



THE

Golden Chronicle

THE SOUTH HADLEY COUNCIL ON AGING

45 Dayton St., South Hadley MA 01075

Tel. 413-538-5042 • Fax 413-532-8206

Follow us on



South Hadley Council on Aging Mission Statement

The South Hadley Council on Aging, with the support and participation of the community identifies, advocates, and implements meaningful educational, cultural, social, volunteer and wellness activities for persons over age 55.

THIS OLD BUILDING... We know the phones are finicky when it rains. Keep trying and use our extensions:

- Ann Andras, Soc. Service Coord..206
- Paris Brantley, Media / Act Coord....208
- Kathy Gallivan, Office / Donations...211
- Leslie Hennessey, Director204
- Ola Herbert, Office / Transport.....201
- Lisa Napiorkowski, Assist. Dir.....203
- Nancy Yesu, Program / Vol. Coord..205

NEW DAY! NEW TIME! The South Hadley Memory Café Next meeting January, 8th at 10am.

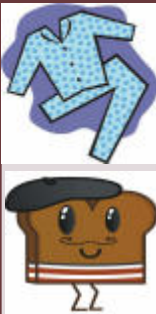
For persons with memory loss, their families and caregivers.
Carol Constant, Director Of Community Engagement at Loomis Communities will facilitate the café
Coffee & snack served.

Please call 538-5042 , for info

EVENING PROGRAMMING WILL BE BACK IN FEBRUARY

HOLIDAY CARD MAKING
February 6th : 5:30-7:00pm
Back by popular demand!! Make your own Valentine's cards.
\$2.00 suggested donation

Elder Law Presentation
February 20th 5:30 to 7:00pm
The Big 5: A Will, Health Care Proxy, Power of Attorney, Advanced Directive and HIPAA Release.
Atty Karen Jackson returns to discuss the documents you should have in place.
Call to reserve: 538-5042



**Tuesday,
JANUARY 15TH**
It's a Breakfast-Pajama-Party-Lunch!!
Eggs & French Toast
Call to reserve 538-5042



Summer Dreamin' Lunch...
Don't let the weather get you down...
Thursday, January, 24th
join us for Burgers/Cheeseburgers, tater tots and corn cobbets!!



Representative Dan Carey

Meet our new State Representative Dan Carey on **FRIDAY, January 11th at 11am**
(Snow date: January 18th)
Menu: Steak Tips, wild rice, vegetable, biscuit & cake!

We are hosting UMASS Nursing Students!!
January 31st—April 25th
Senior-year nursing students will be at the center every Thursday from 9 to 1pm. They want *your feedback* at a discussion to pick topics for their presentations on **January 31st at 10:15am -11:15am in the dining room.**



Taking the fear out of Being Alone: RUOK Program

Are You O.K. is a FREE telephone safety reassurance program provided through the **South Hadley Police Department.** The RUOK program provides....

- ~Telephone contact to an elderly person or homebound individual who wants the independence of living alone in their home with the security of receiving a daily call.
- ~Daily pre-arranged time, **RUOK** automatically makes computerized monitoring calls without interruption to normal community services.
- ~The system eases the concern of friends and family who may find it difficult to maintain consistent, reliable contact.

Call Officer Steve Fleming at 538-5063, Ext. 3713 or Officer Doug Percy at 538-5074, Ext. 4713





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Debra Dufresne
REAL ESTATE AGENT
413-536-7232 office
413-537-2960 cell
debbiedmann@gmail.com

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A MESSAGE FROM LESLIE



Happy New Year! Update: The Town of South Hadley has contracted with Colliers International to represent the town as the owner's project manager of the new senior center project. Leslie's 100 cups of Coffee initiative officially kicks off this month. Let's talk over a cup of coffee (Tea is fine, too!) Call me at 538-5042. We will welcome UMass nursing students back to the center this spring. We will gain two additional students this year due to our center popularity with last years students. Nancy will keep them busy assisting in the fitness center, with health screenings, cooking for one programs, brain game time and lunch and learns. Please join the open topics discussion on January 31st at 10am to offer your ideas. Our sincere thanks to the Mother's Garden Club. The outside of the senior center has been decorated with very festive holiday wreaths - a beautiful addition!! ~ Leslie

INFORMATION

Delivery of fresh made breads from Big-Y were delivered to our Home Meal of Wheels clients for the Thanksgiving Holiday. Compliments of the Anna & Tom Parker Memorial Fund. Our thanks to their family.

THE FITZGERALD MEMORIAL FITNESS CENTER
New day; New time;
New instructor; Tuesdays with Heidi from 10am to 11am.
 Circuit training in the Fitness Ctr.
 Limit 10 per class/ \$4.00 per class.
 Orientation/physician form needed.

IDENTITY THEFT!

Identity theft occurs when someone obtains your personal information—such as your Social Security Number, Medicare Number, credit card, bank account number or password to an account and then uses that information to defraud, buy items or commit a crime. Victims of identity theft are often at risk of losing significant amounts of money. Victims also end up spending a lot of time trying to resolve credit issues, restoring their reputation, and restoring their credit that was damaged by the theft. A person's credit rating that's been affected by identity theft makes it difficult to obtain a loan for car or house, gain approval for a rental agreements or approval for credit cards or large purchases. If you've been a victim of identity theft in Massachusetts contact your local police dept. to file a police report— keep a copy for yourself and give a copy to your creditors and the credit bureaus. Massachusetts law provides that identity theft is a crime (M.G.L. c. 266, s. 37E).
 Source: MA Attorney General's Office: 1-617-727-8400

NUTRITION

Making Safe Food Choices at Home by Christy Maxwell, WMEC Dietitian

There are an estimated 48 million cases of foodborne illness each year in the United States. That is the equivalent of 1 in 6 individuals, resulting in 128,000 hospitalizations and 3,000 deaths annually. Older adults are at an increased risk of contracting a foodborne illness due in part to a weakened immune system brought on by a history of chronic disease and use of medications for acid reflux. Making smart choices about how you store, handle, and cook your food will reduce your risk of getting sick.

In terms of food safety, some foods are more risky for you than others. In general, the foods most commonly linked to foodborne illnesses fall in two categories:

Uncooked fresh fruits and vegetables – always wash the outside of any fruit and vegetable before preparing it (even if you do not eat it).

Animal products such as unpasteurized (raw) milk; soft cheeses made with raw milk, undercooked eggs, raw meats, poultry, fish, and shellfish, as well as lunch meats and deli-type salads (i.e. egg or tuna salad) – choose *pasteurized* milk and egg products and avoid soft cheeses.

The risk a food presents depends primarily on the source of the food, as well as how it was processed, stored, and/or prepared. Follow the guidelines below to ensure the safest selection and preparation of your favorite foods.

Handling and Preparing Food Safely in Four Basic Steps

Step 1 – Clean (Wash hands & surfaces often – this can't be stressed this enough!)

Step 2 – Separate (Don't cross-contaminate – keep raw meat separate from ready-to-eat foods)

Step 3 – Cook (Cook to safe internal temperatures)

Step 4 – Chill (Refrigerate leftovers promptly & keep the fridge at 40 °F or below) **Remember** -if you are not sure about a food in your fridge, don't take the risk! **When in doubt, throw it out!**

	Refrigerator Storage (40 °F or less)	Freezer Storage (0 ° F)		Internal Cooking Temps
EGGS: Raw in shell Hard Boiled	3-5 weeks 1 week	Do Not Freeze		160 °F
Lunch Meat	3-5 days	Do Not Freeze		--
Ground Meat	1-2 days	3-4 months		160 °F
Poultry	1-2 days	9 mo – 1 year		165 °F
Steak, Roasts	3-5 days	6 mo – 1 year		145 °F
FISH: Lean Fish Fatty Fish	1-2 days	6-8 months 2-3 months		145 °F 145 °F
Leftovers	3-4 days	Varies (~1-6 mo)		Reheat to 165 °F

TRAVEL CLUB & FRIENDS OF SOUTH HADLEY ELDERLY, INC

Travel Club Hours: Wed: 12pm - 1:30pm & Thursdays: 10am - 11:30am

February 27, 2019: Mohegan Sun Casino, Uncasville, CT. Cost \$30.– call Huguette Supinski @ 530-6162 (full payment required at time of reservation)

March 19, 2019: Grand Oak Villa, Oakville, CT. Gaelic meets Garlic, featuring George Casey Good clean comedy guaranteed belly-laughs also appearing Tony Riccio with his Italian background is celebrated with all the standards we know & love, complimentary carafes of Red & White wine on arrival, also enjoy crackers and cheese & pepperoni. Family Style Menu: Corned Beef & Cabbage plus Chicken Parmesan, Garden Salad, Pasta with Homemade House Sauce, Roasted Potatoes, Vegetables, Zeppole for Dessert, Beverage. Cost \$95. – Call Dolores Giroux @ 413-536-2779.

March 26, 2019: Twin River Casino, Lincoln, RI. Cost \$28. - call Huguette Supinski @ 530-6162 (full payment required at time of reservation)

April 18, 2019: Clove Creek Dinner Theater, Fishkill, NY. Mix a Hitchcock masterpiece with a juicy spy novel, add a dash of Monty Python and you have “**The 39 Steps**,” a fast-paced whodunit for anyone who loves the magic of theater! This two-time Tony and Drama Desk Award-winning treat is packed with nonstop laughs, over 150 zany characters (played by a talented cast of four), an on-stage plane crash, handcuffs, missing fingers and some good old-fashioned romance! Our luncheon menu will include *Salad, Choice of: Beef, Chicken or Fish; Side Dishes, Dessert & Beverages.* Cost \$105. – Call Huguette Supinski @ 530-6162

May 14, 2019: Friesians of Majesty, Townshend, VT. Interact with beautiful, majestic horses in a guided tour of the European-style barns. Meet the spectacular stallions, Othello & Mathijs, then watch as they interact with their babies in the mare/foal barn. See a captivating show as dressage freestyle is exhibited, driving is demonstrated and a beautiful Friesian with her baby runs at liberty to inspiring music! Beforehand we will stop for lunch at the **Inn at East Hill Farm** in Troy, NH. Located at the base of Mount Monadnock. Upon arrival we will receive a delicious rum punch and apple cider. Lunch features mouth-watering hearty comfort foods and will be served family-style: *Slow-cooked New England Pot Roast & Roast Turkey with Country-style Stuffing, homemade soup, fresh bread, fritters with maple syrup, vegetables, mashed potatoes & gravy, dessert, milk, coffee, tea.* Cost \$98. – Call Susan Canedy @ (413) 536-2106

All trips depart from Rocky’s Plaza, Newton St, South Hadley, please arrive 30 minutes prior to departure time.

FRIENDS OF SOUTH HADLEY ELDERLY, INC

Dear Friends,

Please join me in thanking Sheila Adams for her dedication to the Friends of the South Hadley Elderly. Sheila has served as president of the Friends for the past 5 years, giving generously of her time and talents. The Friends would also like to thank Donna Robideau and Don Lever who have served as treasurers of the board.

The Friends is run entirely by volunteers. The following people have graciously volunteered to serve on the Friends’ board in 2019:

Janet Stawasz - Vice President Joan Aras - Assistant Treasurer
Gail Bielizna - Secretary Diane Mulvaney, Jean Lambert & Melide Normand - Directors
Kay Washburn, Claire Bielanski & Pauline Kelly - Directors At-Large

Would you like to learn more about the Friends? Our monthly meetings are open to the public. We meet the 2nd Tuesday of the month from 5-6:30PM at the Council on Aging (COA). Our next meeting is on Tuesday, January 8th at 5PM.

Are you ready for some sunshine? If so, be sure and purchase your tickets for our annual quilt raffle. This year’s beautiful quilt, “A Day in the Sunshine”, was hand applied by the South Hadley COA quilters and quilted by Anne Carey. The quilt is hanging in the dining room. Tickets are \$1 each or 6 for \$5. Tickets are available at the COA office.

Also, just a friendly reminder that our membership drive is underway. Membership in the Friends is just \$5. If you join by St Patrick’s Day you will be automatically entered to win a lottery tree with a guaranteed \$100 worth of lottery tickets. Membership forms are available at the COA office.

On behalf of the Friends group, we thank you for the generous support you’ve given us over the past year. We’re looking forward to an exciting 2019. May this New Year bring you peace, good health and happiness.

Yours In Service, Kim Prough, Friends’ President. ksprough@me.com

TRANSPORTATION



To & From the Council On Aging is ONLY .75 each way

Pharmacy, Grocery Shopping & Medical Appointments: \$1.25 each way

Tuesdays and Fridays Mini-bus goes to Big Y for shopping

Wednesdays Afternoons our Mini bus will go to: CVS, Walgreens & Price Rite on Memorial Drive!!

Make reservations with Ola between 8am to 1pm daily: 538-5042, ext. 201

Must Schedule Rides 24-hours in advance. Driver cannot assist with Grocery Bags.



IMPORTANT NUMBERS FOR SOUTH HADLEY OLDER ADULTS

Exec. Office of Elder Affairs: 1-800-243-4636

WestMass ElderCare: 1-413-538-9020

South Hadley Housing Authority: 1-413-532-3194

PVTA Paratransit (Van) Services: 1-413-739-7436

South Hadley Town Hall: 538-5017

Home Delivered Meals: 1-413-538-9020

Medicare: 1-800-633-4227

Social Security: 1-866-964-5061

SNAP & Fuel Assistance: 538-5042, Call Ann Andras

South Hadley Veteran's Office: 538-5017, ext.137



Our Veterans Day Appreciation Luncheon



The Land of the Free because of the Brave.

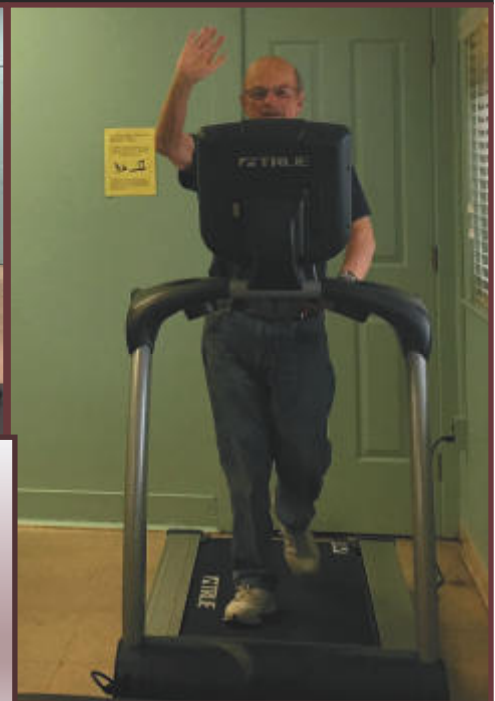


SENIORS ON THE GO....!



TAP DANCING ON MONDAYS 1pm to 2pm: Ohana School of Performing Arts dance instructor Loryn gets your toes tapping and your heart beating !!

THE FITZGERALD MEMORIAL FITNESS CENTER is open during regular COA hours. A great winter workout. Going to the Bahamas in February? Stay in shape for golf season - it's just around the corner...Join us!!



JANUARY EVENT CALENDAR & LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>LUNCH IS SERVED M-F 11:45-12:15</p> <p>Make reservations at least 24 hours in advance by calling 538-5042. The suggested donation for lunch is \$2.25 for participants 60 or older; guests under 60 will be charged \$6.00—Per Federal Regulations</p>	<p>1</p> 	<p>2 MENU: Roasted Chicken w/Gravy, Mashed Potatoes, Peas, Cranberry Sauce, Cake</p> <p>11:45 W.W. Weigh-In 12:15 WEIGHT WATCHERS (Rm#5) 12-1:30 Travel Club</p> <p>No evening programming</p>	<p>3 MENU: Sweet & Sour Pork, Asian Rice, Oriental Vegetables, Fortune Cookie</p> <p>10:00-Alzh. Caregiver Support Group (Rm #1) 10:30 Ava & Maggie 10-11:30 Travel Club</p>	<p>4 BIG Y SHOPPING</p> <p>MENU: Grilled Ham & Cheese Sandwich, Broccoli, Pears, Soup</p>
<p>7 MENU: Cheese Lasagna with Sauce, Italian Blend Vegetables, Garlic Bread, Tropical Fruit</p>	<p>8 BIG Y SHOPPING</p> <p>MENU: Chicken Nuggets/Sauce, Baked Potato, Corn Cobbett, Juice, Peaches</p> <p>9-11AM Gary Winn Free Hearing screening 12:45 Movie: "The Long Walk Home" (1990) Rm#5 Friends of S.H. Elderly Meeting at 5pm: dining room of COA</p>	<p>9 MEMORIAL DRIVE SHOPPING</p> <p>BIRTHDAY/ANNIVERSARY</p> <p>MENU: Roast Turkey w/ Gravy, Mashed Potatoes, Peas & Onions, Cake</p> <p>10AM MEMORIES CAFÉ 11:45 W.W. Weigh-In 12:15 WEIGHT WATCHERS (Rm#5) 12-1:30 Travel Club 3:00 Book Club</p> <p>No evening programming</p>	<p>10 MENU: BBQ Chicken, Green Beans, Au Gratin Potatoes, Juice, Pears</p> <p>10-11:30 Travel Club 10:00 Veteran's Group 10:30 Ava & Maggie Visit</p> <p>12:30-2:00 Blood Pressure with Nurse in the nurses office in room #1</p>	<p>11 BIG Y SHOPPING</p> <p>MENU: Beef Tips/ Sauce, Wild Rice, Broccoli & Cauliflower, Cake, Soup</p> <p>11am Luncheon & Welcome for Rep. Dan Carey (Snow Date January 18)</p>
<p>14 Menu: Shepherd's Pie w/ Gravy, Mashed Potatoes, Carrots, Apricots</p> <p>9:30 Foot Nurse (by appointment only)</p> <p>Council on Aging Board of Directors Meeting at 4:30pm</p>	<p>15 BIG Y SHOPPING PJ PARTY DAY—WEAR YOUR PAJAMAS!</p> <p>MENU: Scrambled Eggs, French Toast w/Syrup, Sausage Links, Orange Juice, Fresh Pineapple</p> <p>10:00-11:00 BROWN BAG (Rm#3) 12:45 Movie: "42" (2013) Rm#5</p>	<p>16 MEMORIAL DRIVE SHOPPING</p> <p>MENU: Apricot Glazed Chicken, Baked Potato, Broccoli, Pudding</p> <p>11:00am: LUNCH & LEARN: CareOne of Northampton 11:45 W. W. Weigh-In 12:15 WEIGHT WATCHERS (Rm#5) 12-1:30 Travel Club</p> <p>No evening programming</p>	<p>17 MENU: Beef Stew, Scaloped Potatoes, Wax Beans, Juice, Peaches</p> <p>10:00-Alzh. Caregiver Support Group (Rm #1)</p> <p>10-11:30 Travel Club</p> <p>10:30 Ava & Maggie Visit</p>	<p>18 BIG Y SHOPPING after 10am.</p> <p>MENU: Fish Sandwich, Potato Chips, Cookies, Soup</p> 
	<p>22 MENU: Liver & Onions, Mashed Potatoes, Wax Beans, Juice, Mixed Fruit</p> <p>12:45 Movie: "All the Way" (2016) Rm#5</p>	<p>23 MEMORIAL DRIVE SHOPPING</p> <p>MENU: American Chop Suey, Broccoli & Cauliflower, Cornbread, Peaches</p> <p>11:45 W. W. Weigh-In 12:15 WEIGHT WATCHERS (Rm#5) 12-1:30 Travel Club</p> <p>No Evening Program</p>	<p>24 SUMMER DREAM</p> <p>MENU: Summer Lunch, Cheeseburgers/Roll, Tater Tots, Corn Cob-bets, Juice, Cookies</p> <p>10:00 Root Beer Float (sign up by 1/22) 10-11:30 Travel Club 10:30 Ava & Maggie Visit</p>	<p>25 BIG Y SHOPPING</p> <p>MENU: Veal Patty w/ Gravy, Rice Zucchini Blend, Juice, Cake, Soup</p>
<p>28 MENU: Meatloaf w/Gravy, Mashed Potatoes, Mixed Vegetables, Pineapple</p> <p>9:30 Foot Nurse (by appointment only)</p>	<p>29 MENU: Chicken Marsala w/sauce, Stewed Tomatoes, Jello</p> <p>NEWSLETTER COLLATING (Rm#3) 12:45 Movie: "The Help" (2016) Rm#5</p>	<p>30 MENU: Mild Beef Chili w/ Beans, Wild Rice, Brussels Sprouts, Mixed Fruit</p> <p>11:45 W. W. Weigh-In 12:15 WEIGHT WATCHERS (Rm#5) 12-1:30 Travel Club</p> <p>No evening programming</p>	<p>31 MENU: Baked Ham w/ Fruit Sauce, Yams, Green Beans, Brownies</p> <p>10-11:30 Travel Club 10am: UMASS Nursing Students Topic Discussion 10:30 Ava & Maggie Visit</p>	<p>Our Lunch Program is Funded By the Federal Title III-C Older Americans Act</p>

DAILY ACTIVITIES

MONDAY	10:00am	No charge	Music Appreciation (rm #2)
	10:00am	\$3.00	Tai Chi (Exercise Room)
	11:15am	No Charge	Fit & Fun (Exercise Room)
	1:00pm	\$3.00	Tap Dancing with Loryn (Exercise Room)
	1:00pm	No Charge	Canasta & Pinochle (DR)
	1:00pm	No Charge	Mah Jongg (rm #2)
	1:00pm	No Charge	Color Me Calm (rm 3) 1st & 3rd Monday
TUESDAY	10:00am	8/wks: \$48.00	Beginning Exercise (Exercise Room)
	10:00am	\$4.00 per class	Personal Training with Heidi
	1:00pm		Bingo (rm #2)
WEDNESDAY	9:15am	No Charge	Dance Class w/Ashley
	10:30am	No Charge	Healthy Bones & Balance
	1:00pm		(DR)Pitch (rm #2) & Mah Jongg (rm #3),
	3:00pm		Book Club (Library; 1st Wed. of Month)
THURSDAY	10:00am	8/wks: \$48.00	Beginning Exercise (Exercise Room)
	9:30am	\$5.00(Pay instructor)	Water Color Class (Rm #3)
	10:15 am	\$3.00(Pay instructor)	Seated & Standing Yoga (Rm #2) 2nd Thur/month: library
	1:00pm		Scrabble (Lib), Quilting (rm #3) Chip Poker (rm #4)
FRIDAY	10:30am	No charge	Healthy Bones & Balance
	1:00pm		Bridge (rm #3), Canasta (DR), Cribbage (rm#2) Knitting (library)

SOCIAL SERVICES & GROUPS

Alzheimer's Caregiver Support Group, Thur. 1/7 & 1/17 10am Free ((Rm #1) funded: WestMass ElderCare)

Memories Café: WEDNESDAY, JANUARY 9TH, 10am to 11:30am. Please call 538-5042

Medical Appointment Transportation Call Ann 538-5042 Free (Grant Funded: WestMass ElderCare)

Veterans Support Group, 2nd Thur. of month 10am –11am Free. (Rm #2)

Low Vision Group, 3rd Tues of Month. (Rm #1) **No Meeting in January or February**

Brown Bag 3rd Tues of Month. (Rm #3)Call Ann for information 538-5042, Ext. 206

The Rainbow Supper Club

Invite all LGBTQ+ individuals (ages 60+), younger partners, friends, & allies to attend! **EVERYONE IS WELCOME!**
Join us the *first Wed./MONTH 5-7pm* at the Holyoke COA at 291 Pine Street, Holyoke. Call 538-9020

Medical Appointment Transportation

This is a FREE, grant funded program for individuals needing companion transportation to doctor appts to local and regional medical facilities.
Call Ann 538-5042, extension: 206

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THAT SUPPORT OUR COMMUNITY**



SOCIAL SERVICES ~ ANN'S CORNER

Ann's Community Outreach Days will be on hold for January and February...March TBD

IMPORTANT SHINE INFORMATION...

Although Medicare Open Enrollment ended on December 7th, those who are still seeking Medicare information can contact the SHINE main office located at 1476 Roosevelt Avenue, Springfield, MA 01109. Their telephone number is: 413.750.2893. You can also call Medicare at 1.800.633.4227.

LOW VISION GROUP

The Low Vision group will NOT meet during January or February.

Meetings will resume on Tuesday, March 19th at 10:00 a.m. New members are always welcome. For more information contact Ann at 538.5042 ext.206



WEIGHT WATCHERS NEW NAME IS "WELLNESS THAT WORKS"

Our next session of WW meetings will begin on Wednesday, January 2, 2019 at 12:15 (Weigh in at 11:45 a.m.)

PLEASE NOTE DAY CHANGE!

We are hoping for a 17-week session (\$158.10) with access to the WW app for 19 weeks. We will require 20 individuals to enroll on the 2nd. We can also have another 12 week session (\$132.60) with the app for 14 weeks, 15 individuals are needed. Spread the word and make 2019 your healthiest!! For more information call Ann @538.5042 ext.206



FUEL ASSISTANCE 2018~2019

Help with Fuel Assistance is still available!
Call Ann at 538.5042 ext. 206 for an appointment.

Family Size

1
2

Income Limit

\$35,510
\$46,437

For first time applicants, call Ann for a complete list of documents required for applying.



A Special "Thank You" to Val Patruno for the wonderful cookie and brownie tray donation. The treats were thoroughly enjoyed by our participants!!



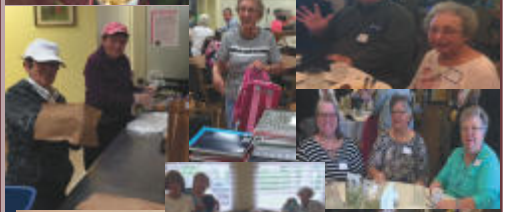
As we begin a new year, I'd like to say



THANK YOU to all our VOLUNTEERS.

Our center is incredibly busy and our volunteers work in many different ways to keep us running smoothly. Volunteers logged over 13,000 hours in 2018. When you see one of our volunteers please

take a moment to say thanks. ~Nancy Yesu Program & Volunteer Coordinator



ACTIVITY/VOLUNTEER COORDINATOR PAGE

JANUARY MOVIE SERIES—

Civil Rights Movies

Jan. 8- “Long Walk Home” (1990) Sissy Spacek & Whoopi Goldberg

Jan. 15- “42” (2013) with Chadwick Bosman & Harrison Ford

Jan. 22- “All The Way” (2016) with Bryan Cranston & Bradley Whitford

Jan. 29- “The Help” (2016) starring Emma Stone & Viola Davis

EVERY TUESDAY AT 12:45pm

Thank you to Brooks Holmes and the South Hadley middle school band for entertaining us this month.

Our holiday party featuring the music of the Choralites



Thank you to Ann Andras who donated the gift card prizes for our Halloween party in memory of her brother.

THANK YOU to the following people who graciously donated gift cards for our veteran’s lunch. Your kindness was appreciated by our veterans. (*some gift cards came without a donor name attached so if we have missed listing you please call the office).

Rene Orzechowski
Mel Normand
Ken Williams
Mary Beth Leclair
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Robert Labonte
Sally Gauthier
Richard Lewis
Barbara Vanderpoel
Joan Aras
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Cookie Exchange



We visited the Balise Jubilee of Trees Festival in West Springfield twice this year. The showroom was filled with donated, decorated trees. Following our visit we went on to see the Bright Nights display at Forest Park in Springfield.



COMING IN JANUARY-

Pajama party on Tues., Jan 15 at lunch. Come dressed wearing your pajamas and be entered into a raffle to win a gift card. We will be serving breakfast for lunch (French Toast) ALSO-**Thurs., January 24** we will break up the dreary winter weather by SUMMER DREAMING with a special summertime lunch menu and ROOT BEER FLOATS. Sign up for a homemade float on 1/24. (sign up required for floats: we need to properly plan resources. Sign up in office beginning Jan 1. Sign ups close Jan 22.)



We are in need of cowboy boots,



cowboy hats, horseshoes, **bandanas** (or any western themed décor) & hula hoops. Can you help?

Thank you to Sherry at Willimansett East for sponsoring our gingerbread house making event. Great fun!



LEGAL TIPS BY ELDER LAW ATTORNEY KAREN G. JACKSON
RETIREMENT FUNDS AND THE IMPORTANCE OF “PER STIRPES”

I always recommend that the owner of retirement funds (“the owner”) name primary and contingent beneficiaries for each fund. Retirement funds can be identified in your portfolio because it can never be held jointly with another person (even your spouse); and, if you are older than 70 ½ you will have to begin taking your Required Minimum Distributions, RMDs. Upon the death of the owner, without the necessity of probate, the named beneficiaries can open up their own inherited IRA account and request the transfer of the beneficiary’s share of the owner’s account into the beneficiary’s new retirement account. The beneficiary of the inherited IRA will have to begin taking RMDs at year one, but can continue to enjoy tax free growth.

If the owner fails to name a beneficiary, the retirement account will have to be probated. The probate process requires that the retirement fund be liquidated, which in turn triggers the withholding of approximately one-third of the retirement fund, leaving the beneficiaries of the owner’s estate the remaining two-thirds. The beneficiaries of the owner’s estate are those named in the owner’s Will; or, a genealogy of the owner’s family tree if the owner died without a Will. Probate, the loss of funds and/or the net proceeds going to strangers can all be avoided by naming beneficiaries for each retirement account. **Review your beneficiary designations for each retirement fund frequently.**

If choosing to name more than one beneficiary, you must choose between “joint” or “**per stirpes**.” Let’s say Mr. Green names his spouse the primary beneficiary and his three children his contingent beneficiaries. Let’s assume at Mr. Green’s death, his spouse and one of his three children have died before him. If he named the three children “jointly”, only the two surviving children will inherit. If he chose “**per stirpes**”, the child(ren) of the deceased child will “stand in the shoes” of their parent (Mr. Green’s child), equally sharing the one-third. For more information, jlawma.com or 413-532-1200.

Funding from the **Older Americans Act** through the Massachusetts Executive Office of Elder Affairs and The Administration for Community Living provide GRANTS FROM WESTMASS ELDERCARE, INC. The programs include: Alzheimer’s Caregivers Support Group, and Companion/Escort transportation. Call 538-5042 for information.

The mailing of the newsletter is made possible through Formula Grant funds & your generous support.

Transportation is available to and from the South Hadley Senior Center and destinations in town. It is provided in part by the Executive Office of Elder Affairs, Town funding and many generous donations.

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IN MEMORIAM

JANUARY 2019 NEWSLETTER – MEMORIAL DONATIONS

WE ARE SINCERELY GRATEFUL FOR ALL OF THE DONATIONS MADE TO THE SOUTH HADLEY COA IN SUPPORT OF OUR SENIOR CENTER AND THE MANY SERVICES PROVIDED. THE FOLLOWING DONATIONS WERE MADE IN MEMORY OF LOVED ONES INDICATED IN CAPS. (Deadline to appear in next month's Newsletter are due one-month in advance)

BERYL MAYO

Russell & Catherine Mayo

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Norma McCain

DR. CENGIZ KAYI

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Linda O'Donnell

DUKE DUGUAY

Jo Duguay

FLORENCE GALLIVAN

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Kathy Gallivan & Family

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Chet Marciniak

ROBERT M. BERTRAM

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Alvord Place Communities

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Judie Strzempko

WE ARE VERY GRATEFUL FOR THE FOLLOWING DONATIONS FROM:

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John Howes & Fran O'Connell

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Like us on Facebook for the latest, most up to date information at [southhadleycouncilonaging](https://www.facebook.com/southhadleycouncilonaging)






COA Closures & Cancellations:
 Watch Channels 22, 40 or 3 for weather related COA Closures, Mini-bus cancellations & Home Meals on Wheels cancellations.

The South Hadley COA reserves the right to utilize photos of participants for publicity purposes. Participants not wanting their photo used must notify the center in writing.

COUNCIL ON AGING GIFT FUNDS

The South Hadley Gift Funds are used to pay for services, programs and activities for South Hadley older adults and are not considered part of the Town's operating budget for the Council on Aging. The New Senior Center Fund will be used for building costs attributed to a new senior center. Anyone wishing to make a donation may do so by making checks payable to "South Hadley Council on Aging" Donations may also be made in honor of, in memory of, or in appreciation of. Contributions will be listed in our newsletter unless you wish to remain anonymous. Contributions are greatly appreciated.

SOUTH HADLEY COUNCIL ON AGING GIFT FUNDS

*In Honor or Appreciation of: _____ or 

*In Memory Of: _____ or

Donated By _____
 Address _____

If you ***DO NOT*** want your name published in the newsletter, please

Please send acknowledgement to family: (kindly indicate name, address & relationship to deceased)

Name: _____ Address: _____ Relationship to deceased: _____

<input type="checkbox"/> Wherever Needed Most	<input type="checkbox"/> Holiday Gift Card Fund/ Lights On	<input type="checkbox"/> New Senior Center
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