

THE Golden Chronicle

THE SOUTH HADLEY COUNCIL ON AGING
45 Dayton St., South Hadley MA 01075
Tel. 413-538-5042 • Fax 413-532-8206



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
Kathy Gallivan, Office/Donations...211
Leslie Hennessey, Director204
Ola Herbert, Office /Transport.....201
Lisa Napiorkowski, Assist. Dir.....203
Nancy Yesu, Program /Vol. Coord..205



National Wear Red Day is Friday, Feb. 1st
Wear red to raise awareness about Women & Heart Disease

FEBRUARY EVENING PROGRAMMING

PROGRAM CHANGE!

Heart Attack & Stroke – What You Need to Know!
February 6th : 5:00-7:00pm

Both a heart attack and a stroke can be caused by a blocked artery. Recognizing the symptoms between the two emergencies can be lifesaving to the loved ones around you. Join Angela Smith, RN, Holyoke Medical Center's Stroke Service Manager, as she discusses heart attack and stroke warning signs, risk factors, and preventative measures.

Call to reserve: 538-5042

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



QUILT RAFFLE
To Benefit the Friends of South Hadley Elderly

"A DAY IN THE SUNSHINE"
Pale blue, green and yellow floral. Full-size Quilt Hand-made & donated by the COA Quilters Club. Lucky winner drawn at the Valentine Lunch

\$1.00 a ticket or 6 tickets for \$5.00
Buy raffle tickets at the kiosk in the main lobby at the COA

Happy Valentines Day!!

Thursday, February 14th Luncheon
Schedule of events:
11am— 12pm: Tom & Steve Duo entertain.
12pm: Lunch is served
12:10pm: a video presentation by Beers & Story Funeral Home: *A look back at 2018 and the Council on Aging*
12:30pm: cake from Beers & Story Funeral Home
12: 40pm **FRIENDS** raffle!!

We're having a Luau at lunch!!

Getting tired of the cold...so are we!!
Thursday, February 28th
Wear your favorite Hawaiian Shirt or Hula Skirt

Lunch is \$2.25 anonymous donation for 60yrs and over; \$6.00 for those under 60yrs.



Silk Scarf Making Workshop
February 11th at 10am.

Join Trish Gallivan from CareOne in Northampton and make a silk scarf!

All supplies provided; 10 person maximum. Sign ups begin 2/1/19
CALL 538-5042





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A MESSAGE FROM LESLIE



Busy February starts with Heart Healthy Month Awareness Day!! Join us for two important events to support Heart Healthy Month at the senior center. First, **wear red** on **Friday, February 1st** in support of Woman's Heart Healthy Day and secondly, attend the evening presentation of "Heart Attacks and Strokes: What You Need to Know" led by Angela Smith, RN and Stroke Manager from Holyoke Medical Center at 5:00pm on the evening of February 6th. Knowing the signs of a heart attack or stroke could save your life, or the life of someone you love.

Events to remember: Our Memory Café day is **Wednesday, Feb. 13th at 10am**. Beginning **Thursday, Feb 21st** our UMASS Nursing Students will be doing orientations in the Fitzgerald Fitness Center. Call to sign up. Let's talk over a cup of coffee? (Tea is fine, too!) My goal is to meet with 100 new people by the end of 2019. Call me at 538-5042, ext. 204.

The New Senior Center project continues to move forward; the Senior Center Building Committee continues to meet regularly with the town's project manager from Colliers International and the next step in the process is to hire an architectural and design firm for the project, that is now underway.

Thank you! The total-to-date of our New Senior Center Fund is up to **\$97,467.13!!** For many years this fund has been growing to support the building of a New Senior Center in South Hadley. Over the years, donations have come in from businesses, organizations, civic groups, the community-at-large and from loved ones as memorials, honorariums, and, in some cases, part of an estate. These generous gifts from donors support our efforts to build a new senior center in South Hadley. Thank you to all our donors, near and far. ~ Leslie

CAREGIVER INFORMATION

The Benefits of a Caregiver Support Group

Any stressful life situation can leave many people feeling isolated and disconnected. For those caring for an older loved one, the day-to-day tasks of making sure the senior is comfortable, safe and provided for can mean that caregivers neglect their own well-being. Support groups can provide a meaningful time that is set aside for the caregiver to focus on their own feelings and needs.

A support group is a meeting of people who are going through the same stressful event in life, such as caregiving or grief over the passing of a loved one; or dealing with a similar medical condition, for example cancer, diabetes or Alzheimer's Disease. Support groups are oftentimes led by social workers, case managers and psychologists, or the facilitator may just be someone who has experience with the life situation or medical condition.

Support groups provide a safe place to share feelings and experiences with others who are going through the same situation. Some groups may be very open ended where members direct the discussion, while others may be more formal and have guest professional presenters, such as doctors and lawyers. It is important to decide which format will support you the best.

Support groups are not the same as group therapy sessions, which are formal mental health treatments.

Support groups can offer a number of benefits, including:

- * Lessening feelings of isolation
- * Have people to talk to who are going through similar circumstances
- * Being able to freely air feelings
- * Learning from people who have been down the same path; what your expectations should be and what resources they found helpful.

Call 538-5042 for information about groups at the senior center.

NUTRITION

Are you prepared for colder weather?

By Christy Maxwell, WMEC Dietitian/Nutritionist

It looks like winter is finally upon us here in New England. Some of you may be fortunate enough to spend these months basking in the warmth of the sun down south. The rest of us, however, still need to battle the sleet, snow, and freezing temperatures for the next few months. You may have already observed that handling this season's delightful weather is not as easy as it used to be. As we get older, our bodies are less adaptable to the cold. Older adults generate less heat due to a slower metabolism and less physical activity. The dangers of cold exposure and of hypothermia (abnormally low body temperature) are much higher in older adults and can affect one's thinking ability and physical functioning. Elderly persons with chronic illnesses and multiple medications are at an even greater risk of cold-induced dangers. Signs of hypothermia include, skin that is cold to the touch and may have a bluish tinge, shivering, drowsiness/exhaustion, reduced alertness, mild confusion, and slurred speech. If you suspect someone may have hypothermia, get him/her to a warm environment and call for medical assistance immediately.

HERE ARE SOME WAYS TO KEEP YOU SAFE DURING THE NEXT FEW MONTHS: In the home: have drafty doors and windows properly sealed. Humidifiers put moisture in the air, which can help with breathing, but be careful of too much humidity. Do **NOT** use kerosene heaters – these emit carbon monoxide, which may lead to unconsciousness and even death. Stay indoors during especially frigid weather as much as possible.

Avoid exposure to the cold: wear warm, comfortable clothing (wool, flannel, silk) in several layers – enough to trap in heat, but still allow for mobility. At night, wear warm clothes and socks to bed and use a suitable blanket.

Healthy habits: Hydration is particularly important in the winter months. Be sure to drink a sufficient amount of water (8-10 glasses) – even if you are not feeling thirsty. Warm beverages, such as tea or hot cocoa, help to preserve body heat. Avoid alcohol, as it can lower your reactivity to the cold. Eat relatively light meals frequently (5-6 times) throughout the day (avoid heavy meals which can cause blood flow to favor digestion sending it away from the extremities). Keep active and mobile in the home to increase circulation and raise body heat.

If you must go outdoors, be sure to bundle up appropriately and limit the time spend outside. If you are driving, make sure to keep emergency supplies in your car such as extra clothing, boots, blankets, water, non-perishable snacks, flashlight with batteries, shovel, kitty litter or rock salt, extra windshield wiper fluid, and a first aid kit. Being prepared and knowing the dangers of winter weather will help to keep you safe while you anxiously await the arrival of spring.

TRAVEL CLUB

Travel Club Hours: Wed: 12pm - 1:30pm & Thursdays: 10am - 11:30am at 45 Dayton Street

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 and Tony Riccio's Comedy Show. Package includes: transportation, show & family style luncheon. Cost \$95. – Call Dolores Giroux @ 413-536-2779.

March 26, 2019: Twin River Casino, Lincoln, RI. Cost \$28. - call Huguette Supinski @ 413-530-6162 (full payment due at time of reservation).

April 18, 2019: Clove Creek Dinner Theater, Fishkill, NY - "The 39 Steps" a fast-paced whodunit play. Package includes: transportation, show & luncheon. Cost \$105. – Call Huguette Supinski @ 530-6162.

May 14, 2019: Friesians of Majesty, Townshend, VT. Equestrian performance & tour. Package includes: transportation, show and luncheon @ the Inn at East Hill Farm. Cost \$98. – Call Susan Canedy @ (413) 536-2106.

July 9, 2019: Isles of Shoals, NH. Aboard the M/V Thomas Loughton cruise for 2 ½ hour along the New Hampshire & Maine Seacoasts featuring the 9 Legendary Isles of Shoals and many more attractions. Package includes: transportation, cruise and luncheon @ **Warren's Lobster House** in Kittery, Maine. Cost \$110. – Call Susan Canedy @ (413) 536-2106.

Details coming soon / save these dates: **June 18, 19, 20th, 2019:** Enchanting 1000 Islands Alexandria, NY with Boldt Castle & Two-Nation Cruise. **August 7 & 8th, 2019:** Boston, MA: Red Sox Game, Duck Boat Tour, Harvard Glass Museum.

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Valentine's Day is just around the corner and this means the quilt raffle is too. We hope you've been admiring the beautiful quilt hanging in the dining room. The quilt raffle will be held at the Valentine's Day luncheon on February 14. Be sure to buy your raffle tickets today. Tickets are available in the lobby right next to the scanner. Tickets are \$1 each or 6 for \$5.

People often ask, "What is the Friends group and why is it important to the COA?" Each year the Friends group gives the COA \$6,000 for programming and various activity needs. Last year, this money funded the musical performances by Dan Kane & Freddie Marion, Berkshire Hills Music Academy, the Humblebees and Sarah the Fiddler; the entertainment offered by the Laughter Pharmacist, Tom & Steve and The Crescent Belly Dancers; and various activities such as the Ice Cream Social, the Volunteer Appreciation Luncheon and lunch for Veterans during the Veterans Appreciation Luncheon. And finally, the Friends fund the supplies for classes such as card making and jewelry making. Because of your generous support of the Friends, we're able to keep funding these valuable programs and activities for the COA.

Have you joined the Friends? If not, please become a member today. Membership is only \$5. Ola has membership forms in the office. Becoming a member automatically enters you into the \$100 lottery tree raffle, held on March 13, where a member will win the lottery tree. Join us at our next meeting on Tuesday, February 12 at 5PM to find out more about what we do and how to get involved. We meet the 2nd Tuesday of each month from 5-6:30PM at the COA.



Don't let the salt and dirt build up on your car this winter! \$5 car wash coupons available at the COA office. Paper City Car Wash, 990 Main St in Holyoke (across from Marcotte Ford). "You want clean, they'll give you a clean car!"

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.



AARP FOUNDATION TAX PREP

AARP will once again be offering free tax preparation for older adult taxpayers, ages 60 and older, who live in South Hadley.

Simple tax forms prepared only. Complicated returns will not be completed by AARP volunteer tax preparers.

Appointments fill up fast.

Call Ola between 8:00am & 1pm Mon—Fri, for an appointment 538-5042, ext. 201

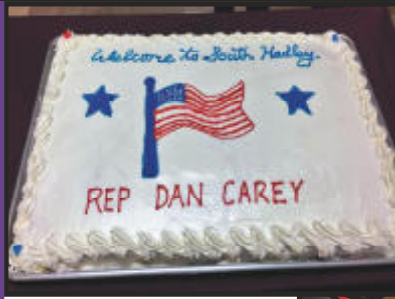
**** Please arrive 15-minutes early for your appointment to review 3 new AARP Tax Consent forms.**



Our Fabulous Friends made their yearly donation to the COA!!

SENIORS ON THE GO....!

**Tuesday Morning
Personal Training with
Heidi: 10am to 11am in the
Maurice "Fitz" & Margaret
Fitzgerald Memorial Fitness
Center**



**Welcome to South
Hadley State Rep. Dan
Carey!**



FEBRUARY EVENT CALENDAR & LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>LUNCH IS SERVED M-F 11:45-12:15 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 <u>under</u> 60 will be charged \$6.00—Per Federal Regulations</p>	<p>Birthdays and Anniversaries celebrated at the February 5th Luncheon <i>Celebrants eat <u>FREE</u> as guest of our Friends of South Hadley Elderly, Inc.</i></p>	<p>Ava & Maggie Visits: Ava visits Thursday mornings with her friend Maggie.</p> 	<p style="text-align: center;">UMASS Nursing Students EVERY THURSDAY MORNING 9:00 am-1:00pm</p>	<p>1. BIG Y SHOPPING WEAR RED FOR WOMAN'S HEART HEALTH TODAY! MENU: Grilled Cheese w/Tomato Sandwich, Chips, Pineapple</p>
<p>4 MENU: BBQ Chicken, Roasted Potatoes, Corn, Tropical Fruit</p>	<p>5 BIG Y SHOPPING BIRTHDAY/ANNIVERSARY MENU: Roast Turkey with Gravy, Mashed Potatoes, Carrots, Cake 12:45 Movie: "Serendipity" (2001) Rm#5 Friends of S.H. Elderly Meeting at 5pm: Dining Room of COA</p>	<p>6 MEMORIAL DRIVE SHOPPING MENU: Cheese Lasagna w/ Sauce, Romano Beans, Garlic Bread, Pineapple 11:45 <i>WW Weigh-In</i> 12:15 <i>WW Meet (Rm#5)</i> 12-1:30 Travel Club 5:00-7:00 Heart Attack and Stroke: What you need to know.</p>	<p>7 MENU: French Meat Pie w/Gravy, Mashed Potatoes, Mixed Vegetables, Cookies 10:00 Alzh. Caregiver's Support Group (Rm#1) 10:00 Valentine Craft with Nancy (signup limit 10) 10-11:30 Travel Club 10:30 Ava & Maggie Visit</p>	<p>8 BIG Y SHOPPING MENU: Breaded Pollock, Confetti Rice, Broccoli, Pears, Soup</p>
<p>11 MENU: Spaghetti with Meatballs, Mixed Vegetables, Juice, Peaches 10:00 Silk Scarf Painting with Trish from CareOne (signup—limited to 10) Council on Aging Board of Directors Meeting at 4:30pm</p>	<p>12 BIG Y SHOPPING MENU: Sweet & Sour Chicken, Egg Noodles, Squash Blend, Whole Grain Bread, Tropical Fruit 12:45 Movie: Amelia" (2001)Rm#5</p>	<p>13 MEMORIAL DRIVE SHOPPING MENU: Burger Bar with Beef Patty w/Cheese on Bun, Lettuce & Tomato, Tater Tots, Juice, Brownie 11:45 <i>WW Weigh-In</i> 12:15 <i>WW Meet (Rm#5)</i> 12-1:30 Travel Club No evening programming</p>	<p>14 VALENTINE'S DAY MENU: Pot Roast w/ Sauce, Mashed Potatoes, Peas & Carrots, Cake 10:00 Veteran's Group 10-11:30 Travel Club 10:30 Ava & Maggie Visit 11:00-12:00 Steve & Tom Duo Entertainment 12 Noon: Lunch Friends' Quilt Raffle</p>	<p>15 BIG Y SHOPPING after 10am. MENU: Chicken Breast Sandwich, Tater Puffs, Pineapple, Soup</p>
<p style="text-align: center;">CENTER IS CLOSED FOR PRESIDENTS' DAY</p>	<p>19 BIG Y SHOPPING MENU: Stuffed Cabbage with Tomato Sauce, Mashed Potatoes, Carrots, Pudding 10:00-11:00 BROWN BAG 12:45 Movie: "Before Sunset" (2004) Rm#5</p>	<p>20 MEMORIAL DRIVE SHOPPING MENU: Oven Baked Chicken, Baked Potato, Peas & Onions, Cranberry Sauce, Mandarin Oranges 11:45 <i>WW Weigh-In</i> 12:15 <i>WW Meet (Rm#5)</i> 12-1:30 Travel Club 5:30-7:00 Elder Law Presentation" Important Documents You Should Have Ready"</p>	<p>21 MENU: Shepherd's Pie with Gravy, Spinach, Fruit Cup 10:00 Alzh. Caregiver's Support Group (Rm#1) 10-11:30 Travel Club 10:30 Ava & Maggie Visit</p>	<p>22 BIG Y SHOPPING MENU: Baked Salmon w/ Lemon, Wild Rice, Broccoli, Peaches, Soup 11am to 12:30pm: Hospice Life Care Bereavement Group mtg</p>
<p>25 MENU: Liver & Onions, Mashed Potatoes, Wax Beans, Juice, Cookies</p>	<p>26 BIG Y SHOPPING MENU: Broccoli Quiche, Potato Puffs, Peas & Onions, Peaches NEWSLETTER COLLATING (Rm#3) 12:45 Movie: "Love Actually" (2003) Rm#5</p>	<p>27 MEMORIAL DR. SHOP. MENU: Meatloaf w/Gravy, Mashed Potatoes, Mixed Vegetables, Fruit Crisp 11:45 <i>WW Weigh-In</i> 12:15 <i>WW Meet (Rm#5)</i> 12-1:30 Travel Club No evening programming</p>	<p>28 LUAU WITH ENTERTAINMENT MENU: Pulled Pork, Baked Beans, Coleslaw, Pineapple Cake 10-11:30 Travel Club 10:30 Ava & Maggie Visit</p>	<p style="text-align: center;">Our Lunch Program is Funded By the Federal Title III-C Older Americans Act</p>

DAILY ACTIVITIES

MONDAY	10:00am 10:00am 1:00pm 1:00pm 1:00pm	No charge \$3.00 per class \$3.00 per class No Charge No Charge	Music Appreciation (rm #2) Tai Chi (Exercise Room) - pay at the office Tap Dancing with Loryn (Exercise Room) - pay instructor Canasta & Pinochle (DR) Mah Jongg (rm #2) Color Me Calm (rm 3) 1st & 3rd Monday
TUESDAY	10:00am 10:00am 11-11:45am 1:00pm	8/wks: \$48.00; \$3/class \$4.00 per class No Charge	Beginning Exercise (Exercise Room) - pay at the office Personal Training with Heidi - pay at the office Fitzgerald Fitness Center Orientation (must reserve) Bingo (rm #2)
WEDNESDAY	9:15am 10:30am 1:00pm 3:00pm	No Charge No Charge No Charge	Dance Class w/Ashley Healthy Bones & Balance Choralites (DR), Pitch (rm #2), Mah Jongg (rm #3), Book Club (Library—1st Wed. of Month)
THURSDAY	10:00am 9:30am 9:30am 10:15 am 1:00pm	8/wks: \$48.00 \$5.00 per class No Charge \$3.00(Pay instructor) No Charge	Beginning Exercise (Exercise Room) - pay at the office Water Color Class (Rm #3) - pay the instructor Fitness Center Orientation (must reserve) starts: 2/21/19 Seated & Standing Yoga (Rm #2) 2nd Thur/month: library Scrabble (Lib), Quilting (rm #3), Chip Poker (rm #4)
FRIDAY	10:30am 1:00pm	No charge No Charge No Charge	Healthy Bones & Balance Bridge (rm #3), Canasta (DR), Cribbage (rm#2), Knitting (Library)

DAILY, WEEKLY, MONTHLY SOCIAL SERVICES & GROUPS SCHEDULE

Alzheimer's Caregiver Support Group, THURS., 2/7 & 2/21 at 10:00am Free (Rm #1) funded by: WestMass ElderCare

Blood Pressure with Nurse, 2nd THURSDAY of the Month from 12:30-2:00 pm.

Brown Bag 3rd TUESDAY of the Month from 10:00-11:00. (Rm #3) Call Ann for information 538-5042, Ext. 206

Hospice Life Care Bereavement Group: Fridays 11-12:30pm Feb. 22 to April 12th (Rm 1)

Foot Nurse 2nd and 4th MONDAY of the month starting at 9:30am: By Appointment only

FREE Hearing Screening with Gary Winn, 2nd TUESDAY of the month 9:00am to 11am: By Appointment

Low Vision Group, 3rd TUESDAY of the Month. (Rm #1) **NO MEETING in January or February**

Memory Café: 2nd WEDNESDAY of the month—FEBRUARY 13TH, 10am to 11:30am. Please call 538-5042

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

WHY SHOULD YOU ATTEND A FITNESS CLASS AT THE COA???

Exercise has been shown to decrease fall risk and fear of falling. It helps to maintain all body systems, promote healthy muscles, bones, your brain and nervous system functions in addition to healthy heart and lung function.

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SOCIAL SERVICES ~ ANN'S CORNER

THE MA "CIRCUIT BREAKER" INCOME TAX CREDIT FOR HOMEOWNERS AND RENTERS AGE 65 AND OLDER

YOU MAY GET A CASH REFUND ON YOUR 2018 STATE INCOME TAXES

The Massachusetts "Circuit Breaker" tax credit program is a program for adults age 65 and older whose property taxes and half of their water and sewer bills are more than

10% of their annual gross income or for renters, if their rent is greater than 25% of their income and who meet a few other rules. You can receive this income tax credit even if you owe no state income taxes! Also, you can get this refundable tax credit if you also receive a local property tax exemption from your town's Tax Assessor.

The value of the refundable credit can be as high as \$1,100 for 2018 tax filers. To obtain the credit, you must file a MA Income Tax "Form 1" and the "Schedule CB Form". You may file to get a refundable credit for the last 3 years tax returns, if you have not yet done so.

You must meet the following guidelines to qualify for this refundable tax credit:

1. Be 65 or older by the end of the tax year for which you are filing.
2. Have income below the maximum levels in the chart below:(including Social Security and other income not ordinarily taxed in Massachusetts)

Income for tax year 2018

- * Single \$58,000
- * Head of Household \$73,000
- * Married, filing jointly \$88,000
- * Married, filing separately.....not eligible

3. The property that you own or rent must be **residential property in Massachusetts that is your primary residence.** (Note: Renters of public housing or who have a subsidized rental agreement are not eligible for the Circuit Breaker because their rent is already factored for their income.)

PLEASE SEE ANN FOR A COMPLETE LIST OF GUIDELINES AND/OR FORMS: 538-5042, EXT. 206

To download the income tax credit tax forms~ Form 1 and the Schedule CB Form~ go to the official Department of Revenue site at:

www.mass.gov/dor/forms.

IT'S SOMETIMES EASY TO FORGET THAT THERE ARE NICE PEOPLE OUT THERE DOING NICE THINGS FOR OTHERS...

A SINCERE Thank You to ALL who donated grocery gift cards or money to our "Operation Holiday Cheer" Project! Due to your generosity we were able to give out a total of 192 gift cards and 12 Electric Light credits. Amazing!

Several thank you notes have come in , here are a few samples of our VERY grateful residents:

- * *"Thank you so much for the gift card. I was able to get some things that I had to do without."*
- * *"Dear Everyone, Your warmth and kindness touched my heart and filled my tummy!"*
- * *"Thank you so much for the Big-Y gift card and all the help you provide to me."*
- * *"Thank you for adding us to the Holiday Cheer list. We will certainly put the gift card to good use!"*
- * *"Thank you to all the people involved in the Light Credit program, and all the folks that work at the Council on Aging".*

Diabetes Information Series

Come Join Us for a Conversation Series on Controlling Diabetes hosted by Holyoke Medical Center

March 13th at 12:30pm: "On the Road to Better Managing Diabetes" Registered Nurse, April Medeiros, RN BSN CDE

March 20th at 12:30pm: "Diabetes and Healthy Eating" *Registered Dietitian* Marissa Chiapperino, MPH, RD, CSO, LDN, CDE, CNSC

March 27th at 12:30pm: Continuing Your Journey" *Pharmacist*, Christine Petraglia, RPh, MSEd



BEREAVEMENT SUPPORT GROUP

Led by Hospice Life Care Chaplain & Bereavement Coordinator Cary Quigley, Edu

Hospice Life Care is pleased to be offering a support group for those who have experienced the death of someone close.

**When: Fridays 11am-12:30pm,
Feb. 22 through Apr. 12**

Please call Ms. Quigley at 413-887-5552 or email cquigley@holyokeyna.org

NANCY'S ACTIVITY/ COORDINATOR PAGE



We are in need of cowboy

boots, cowboy hats, horseshoes, bandannas (or any western themed décor) & hula hoops.

FEBRUARY MOVIE SERIES— LOVE STORIES

Feb 5- “Serendipity” (2001) John Cusack & Kate Beckinsale

Feb 12- “Amelie” (2001) with Audrey Tautou & Mathieu Kassovitz

Feb 19- “Before Sunset” (2004) with Ethan Hawke & Julie Delpy

Feb 26- “Love Actually” (2003) starring Hugh Grant, Liam Neeson



Tom & Steve will be here on Thursday, February 14th to entertain us with a selection of love songs. Join us from 11-12. Lunch will be served at noon.

Wear RED
On FRIDAY, FEBRUARY 1st
for heart health awareness.




COMING IN FEBRUARY...
Valentine Craft time
with Nancy on
Wednesday, Feb 6 @10:00
Call the office to sign up.



Pajama Day– some of the staff joined in the fun by wearing their pjs to work.





Our UMASS
Nursing Students are here every Thursday morning from 9:30-11:45. They will be working on a variety of programs for us but are always available for blood pressure checks.
JUST ASK!




THANK YOU to one of our high school volunteers Julia L. for creating hand made Valentine cards for our Meals on Wheels recipients. The cards included stamps which were donated by
The Friends of South Hadley Elderly, Inc.



We will have several surprise giveaways during February. To be eligible you must **swipe in when you enter the center**. Our computer program will randomly pick from everyone who has used their swipe card to determine winners.
JOIN US & SWIPE IN!



COMING IN MARCH...
“Mix it up Mondays”
We will be mixing up the table arrangements on Mondays in the dining room to encourage you to sit in a different spot and meet a new friend.
We want to be welcoming to all new faces so let’s switch up seats on Mondays!



It's funny because you meet these people and they make you laugh and they give you hope and they make you realize that there is so much more to life and when you're with them you forget how empty you felt before.

PROTECT YOURSELF FROM IDENTITY THIEVES AND SCAMMERS!!



Only Answer Calls if you Know the Caller- use your voicemail and don't trust the caller ID.

Make Phone Calls Only to Numbers You Independently Verify- if you see the number in a pop-up message, it is probably a scam!

- you are asked to WIRE MONEY OR BUY A PREPAID CARD.
- you are told YOU HAVE WON A PRIZE or a gift, but you need to pay fees or taxes first. There is NO National Lottery.
- you are told to KEEP THE CALL A SECRET.
- you are asked to PRESS A NUMBER TO "OPT OUT" – this will notify scammers your number is active, and they will keep calling.
- you are asked to VISIT WEBSITES or download software.
- you are asked for usernames, PASSWORDS, account numbers, or your home address.
- you are told THE OFFER IS ONLY GOOD FOR TODAY.
- you answer a call and hear AN UNATURALLY LONG PAUSE followed by a prerecorded message.

Really, just hang up!

Report phone scams to www.ftc.gov or call 1-877-382-4357.

Reporting helps catch scammers. For more information Contact the Attorney General's Consumer Advocacy and Response Division hotline 1-617-727-8400

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 538-5042for 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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Feel Free to Call or Text:

Bill Young 413-552-9327 • Cheryl Funk 413-687-4181

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IN MEMORIAM

FEBRUARY 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)

ALBERT FORTIER

COA Cribbage Club

ANNA MAE & TOM PARKER*

Maureen, Julie, Tom & Anne Murray

BOB FLEMING

COA Cribbage Club

CAROLYN DICKINSON

Kathleen Kennedy

CHARLES SZOTKIEWICZ

Gordon & Phyllis McClafin

DELORES & DAVID DALY

Anne Conti
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Donna Kuenzel

RITA FALCETTI

Mary Kim & Richard Bourdeau

ROBERT LECOURE

Gordon & Phyllis McClafin

ROBERT STEIGER

Launa & Steve Stathis
Kathy Rivest
Walter & Ann Nalesnik
Kathy Gallivan
Michelle Berniche

WE ARE VERY GRATEFUL FOR THE FOLLOWING DONATIONS FROM:

Anonymous
Betty Green
Diane V. Scheinost
Edward & Kathleen Kopec
John Haczynski
Larry Kuntz
Lynn & Bill Masson
Nancy Archambault
Robert Schwartz
So. Hadley/Granby Chamber of Commerce

**The COA is thankful for the Anna Mae & Tom Parker Memorial Fund for sponsoring special "treats" for our Homebound Meals on Wheels Program (HMOW) throughout the year.*

South Hadley Dental Associates, Inc.



Marjorie S. Block, D.M.D.

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CONTACT

Susanne Carpenter to place an ad today!
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 ENDORSE THE ADVERTISERS, WE ASK THAT
 YOU PATRONIZE THEIR BUSINESS.



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Congrats Tina Lukasik!!! Winner of the 2018 Email Contest.
 93 individuals signed up to receive their newsletter by email in 2018.



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 Check here:

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

Name: _____ Address: _____ Relationship to deceased: _____

___ Wherever Needed Most	___ Holiday Gift Card Fund/ Lights On	___ New Senior Center
___ Activities Account	___ Nutrition Gift Account	___ Mothers' Garden
___ Caregivers Gift Account	___ Newsletter Account	___ Services Account

Make Check Payable To: South Hadley Council on Aging, 45 Dayton Street, South Hadley, MA 01075.
 Contributions are tax deductible.

✂