


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.



Fat Tuesday
MARDI GRAS LUNCHEON
Tues. March. 5th
Pancakes, sausage links, fresh melon & orange juice.
Call 538-5042




Irish Music Guy

Kevin Farley
The Irish Music Guy
will perform at our
St. Patrick's Day Luncheon on March 7th.
Traditional Corned Beef
Dinner served .
Call to reserve 538-5042


Coffee & Conversation
Friday, March 8th at 10am
with Leslie
Get the latest updates on the New Senior Center Project.
** (In room 2 at the center.)

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"

March 20th at 12:30pm:
"Diabetes and Healthy Eating"

March 27th at 12:30pm:
Continuing Your Journey"



We Believe it is time to Better Understand Dementia.

More than 120,000 people in Massachusetts are living with Alzheimer's disease or other forms of dementia.

Wednesday, March 13th
5:00-7:00pm.

The Dementia Experience

Cornerstone at Hampton's Dementia Experience uses sensory modifications and role playing activities to depict real situations that a person living with Mild Cognitive Impairment or dementia would face. Getting dressed, taking your daily medications and preparing a meal, are all simple activities that are severely thwarted by cognitive disability.

The Dementia Experience thrusts you into the daily life of someone with dementia by simulating the physical ailments afflicting many seniors and creating the frustration, confusion and anxiety that accompanies cognitive impairment.

join the movement



dementia friendly Communities
In Partnership with Senior Living Residences

EVENING PROGRAMMING

THE DEMENTIA EXPERIENCE
Provided by Armbrook Village in Westfield
MARCH 13TH: 5:00-7:00pm
Call to reserve: 538-5042

MAKE YOUR OWN EASTER CARDS
MARCH 27TH 5:00PM TO 6:30PM
Donations suggested
Call to reserve: 538-5042



BEERS & STORY

SOUTH HADLEY
FUNERAL HOME

Preplanning • Burial • Cremation
*A third generation family business
Serving families since 1919*
413-533-4400
646 Newton Street • South Hadley
www.BeersAndStory.com

Curran O'Brien

FUNERAL HOME

33 Lamb Street • South Hadley, MA 01075
JOSEPH D. CURRAN • T.J. O'BRIEN • MARTY O'BRIEN

413-538-4642 Directors www.curranobrien.com

VERYL'S AUTOMOTIVE SERVICES, INC.

644 Newton Street, South Hadley
413-536-0794
www.verylsautomotive.com
*Operated by the Poirer Family since 1947
Denis, Mary Ann & Jeff*



Frank the Handyman Son

Gutter Cleaning
Snow Plowing
Dump Runs & More

413-210-8874

Cheryl's Petsitting

IN HOME PETSITTING
& DOG WALKING

*Amherst, Chicopee, Granby, Holyoke
Ludlow, S. Hadley and all
surrounding communities*
Call or text Cheryl -
413-687-4181
42 LYN DRIVE, GRANBY, MA



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

7 Hadley Street
South Hadley, MA 01075
buywesternmass.com



HEMOCARE HAIR SERVICES

Licensed for Men & Women
CALL BARBARA FOR
AN APPOINTMENT
413.538.9516 HOME
413.885.0371 CELL



Willimansett Centers East & West

NOT FOR PROFIT FACILITIES

★★★★★ FIVE STAR CENTERS OF EXCELLENCE ★★★★★
"For your Short Term Rehabilitation and Long Term Care needs!"
11 St. Anthony Street Chicopee, MA 01013 413-315-4205
546 Chicopee Street Chicopee, MA 01013 413-536-2540

Estate Planning • Trusts • Elder Law • Estate Administration



Your Needs. Your Goals. Our Job.

Karen G. Jackson, Esq.
573 Northampton St. Holyoke • (413) 532-1200 • www.jlawma.com



CHRISTOPHER HEIGHTS

AN ASSISTED LIVING COMMUNITY

Christopher Heights of Belchertown - NOW OPEN!

99 Front Street, Belchertown, MA

For information and tour about our community, call Lorna Stone at 413-323-5500



www.christopherheights.com



Christopher Heights offers an affordable assisted living



Tara Gottlieb
Senior Care
Service Manager

We Care Every Day In Every Way

Experienced senior care for total piece of mind
ERRANDS | SHOPPING | LIGHT HOUSEKEEPING
FRIENDLY COMPANIONSHIP | FLEXIBLE HOURLY CARE
MEAL PREPARATION | RESPITE CARE FOR FAMILIES | LIVE-IN CARE

413.835.0410

www.visitingangels.com



Serving Holyoke Families for Generations

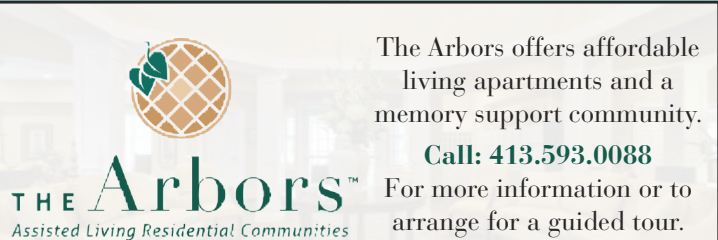


298 Jarvis Avenue
Holyoke, MA 01040
413-538-7551

www.daybrookvillage.org

Formerly Loomis House Retirement Community

We're Perfecting the Art of Superior Care.



The Arbors offers affordable living apartments and a memory support community.

Call: 413.593.0088

For more information or to arrange for a guided tour.

929 Memorial Drive, Chicopee • www.arborsassistedliving.com



39 Lamb St., P.O. Box 789, South Hadley • 413-538-8293
www.jubinville.com • info@jubinville.com

Representing fine companies such as:



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4lpi.com

South Hadley COA - South Hadley, MA 06-5294

A MESSAGE FROM LESLIE



Happy March Everyone...March 1st is Employee Appreciation Day and the perfect time to thank the hardworking staff of the COA. Thank you (by alphabetical order) Ann, Billy, Dylan, Herb, Joe, Jack, Kathy, Ken, Linda, Lisa, Maryanne, Nancy, Ola, Rick & Siri.

Our Memory Café day is **Wednesday, March 13th at 10am**: Art Therapy graduate students from Springfield College will lead the group in making positive affirmation rocks. **Leslie's 100 Cups of Coffee**: 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.

New Senior Center News: The Town has hired the architectural and engineering firm of EDM to serve as the architect for new senior center project. EDM was hired to do the Feasibility study in 2016. LifeSpan Design of Loveland Ohio, a firm specializing in senior center design, will be examining the center's current and future programming needs and use that information to refine the conceptual design.

The Annual Town Meeting and Special Town Meeting will be held on the evening of **May 8th**. Any further progress on the new senior center is contingent upon a vote by Town Meeting Members to approve the bond to fund the new senior center project. Join me **March 8th** for Coffee & Conversation:10-11am, for an update on the project~ Leslie

FEDERAL TRADE COMMISSION SCAM ALERT

The Federal Trade Commission is getting reports about people pretending to be from the **Social Security Administration (SSA)** who are trying to get your Social Security number and even your money.

In one version of the scam, the caller says your Social Security number has been linked to a crime (often, he says it happened in Texas) involving drugs or sending money out of the country illegally. He then says your Social Security number is blocked – but he might ask you for a fee to reactivate it, or to get a new number. He will ask you to confirm your Social Security number.

In other variations, he says that somebody used your Social Security number to apply for credit cards, and you could lose your benefits. He also might warn you that your bank account is about to be seized, that you need to withdraw your money, and that he'll tell you how to keep it safe.

All of these are scams. Here's what you need to know: The SSA will never call and ask for your Social Security number. It will not ask you to pay anything. It won't call to threaten your benefits.

- Your caller ID might show the SSA's real phone number (1-800-772-1213), **but that's not the real SSA calling. Computers make it easy to show any number on caller ID. You cannot trust what you see there.**
- Never** give your Social Security number to anyone who contacts you in this way. **Do not confirm the last 4 digits.** Do not give a bank account or credit card number – ever – to anybody who contacts you by phone asking for it.
- Anyone who tells you to wire money, pay with a gift card, or send cash is always a scammer no matter who they say they are.

If you're worried about a call from someone who claims to be from the Social Security Administration, get off the phone. Then call the real SSA at 1-800-772-1213. If you have spotted a scam, at ftc.gov/complaint. To learn more, you can go to [Fake Calls about your SSN](#).

NUTRITION

Important numbers you should know!

By Emily DeWolf, UMass Dietetic Intern

The next time you are at your doctor's office and need to have blood work done, make sure to ask him/her what your lab values are for the following tests:

Fasting Blood Glucose - Use the guide below to see if you are at a higher risk of diabetes. Being diagnosed with *prediabetes* means that your body is becoming resistant to the hormone insulin, and that you are at a higher risk of developing diabetes. **Ninety percent of people with prediabetes do not know they have it!** If you have prediabetes, there are changes that you can make to prevent diabetes. A few of these changes include, switching to whole grains, reducing sugar intake, eating more vegetables, and getting more exercise. Fiber from whole grains and vegetables can slow the rate that sugar (glucose) is absorbed and released into the bloodstream. Exercise can help to clear glucose from the blood, even when insulin is not functioning properly. **Remember these Fasting Blood Glucose numbers:**

*Normal – 70-99 mg/dL **** Prediabetes – 100-125 mg/dL
**** Diabetes – 126 mg/dL or higher*

Hemoglobin A_{1c} (HbA_{1c}) - HbA_{1c} is a marker in the blood that represents your average blood glucose level over the past 2 – 3 months. **Remember these HbA_{1c} numbers:**

*Normal – 4%-5.6% **** Prediabetes – 5.7%-6.4% **** Diabetes – 6.5% or greater*

Vitamin D - Many older adults have low vitamin D levels. Vitamin D is important for calcium absorption and for preventing fragile bones. However, a recent systematic review also showed a 43% lower risk of developing diabetes among those with higher vitamin D levels, and that vitamin D supplementation improved insulin resistance. Foods fortified with vitamin D include, dairy products, cereals and orange juice (look for “fortified with vitamin D” on the label). Other foods have naturally occurring vitamin D such as tuna, mackerel, some cheeses and egg yolks. We can also make vitamin D during those sunny summer months. If your vitamin D is low, talk to your doctor about taking a vitamin D supplement. **Remember these vitamin D numbers:**

*Normal – 30-50 ng/mL **** Insufficient – less than 30 ng/mL ****
Very Deficient – less than 20 ng/mL*

TRAVEL CLUB TRIPS

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

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.

June 18, 19, 20th, 2019: Enchanting 1000 Islands Alexandria, NY with Boldt Castle & Two-Nation Cruise. Package includes: Transportation, 2 nights stay, 5 meals, luncheon cruise, winery and brewery tastings, visit to Boldt Castle and Antique Boat Museum. Cost \$579. – 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.

August 7 & 8th, 2019: Boston, MA: Red Sox Game vs Kansas City Royals at Fenway Park. Package includes: Transportation, bleacher tickets, hotel, food options, Duck Boat Tour & Harvard Glass Museum. Cost \$345. - Call Dolores Giroux @ 413-536-2779.

FRIENDS OF SOUTH HADLEY ELDERLY, INC

The Friends would like to thank you all for your support. Last month's quilt raffle generated over **\$600**, all of which will go toward programming and activities at the Senior Center.

This month, we will be raffling a lottery tree with \$100 worth of lottery tickets. All 2019 memberships will be entered into the raffle. The winning membership ticket will be pulled at the St Patrick's Day luncheon. If you haven't yet joined the Friends please stop by the COA office and join for just \$5. Your paid membership automatically enters you into the raffle for this great prize.

In April, we will lend our support to the **COA for their Volunteer Appreciation Luncheon**. We will donate some raffle prizes to be raffled off to volunteers at the luncheon. Like the COA, the Friends rely on volunteers and we are very thankful for all who volunteer to support both the COA and the Friends.

Mark your calendars for May 19! Dan Kane and Friends along with Freddie Marion will be in South Hadley. They will be performing a benefit concert for the new Senior Center. The concert will be held at the South Hadley High School Auditorium on May 19 from 2pm-4pm. Tickets are \$15 in advance (\$20 at the door). Tickets can be purchased at the COA office or online at dankaneinsouthhadley.eventbrite.com.

This will be a fun-filled, toe-tapping delightful afternoon of music. Don't wait to purchase your tickets as this event is expected to sell out. The Friends are grateful for the wonderful community support we receive. And we are thankful for the many new faces and volunteers who have been joining us at our monthly meetings and participating in our upcoming events. If you would like to get involved or find out more about what we do please join us for our next meeting on **March 12th at 5PM** 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 for the Friends of

South Hadley Elderly, Inc. Paper City Car Wash, 990 Main St in Holyoke (across from Marcotte Ford). "You want clean, they'll give you a clean car!"

Dining for Dollars



johnny's bar & grille

The Friends of the South Hadley COA Bring this voucher to Johnny's on Tuesday, **March 26 between 4 pm and 9 pm** and a portion of your check will go to the Friends to support South Hadley's new Senior Center

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.

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

Elder Abuse Hotline: 1-800-922-2275 Call 7 days a week, 24 hours a day!

WestMass ElderCare: 1-413-538-9020

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

Home Meals on Wheels Delivered 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



AARP FOUNDATION TAX PREP

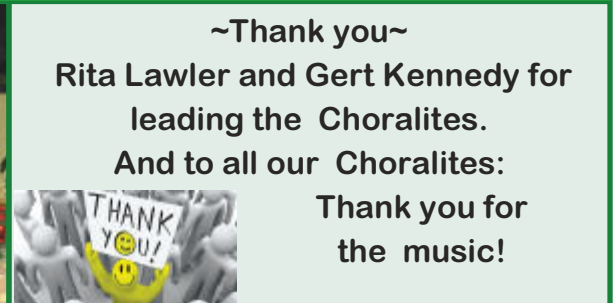
We are taking names for our wait-list only. Please call Ola between 8:00am & 1pm Mon—Fri 538-5042, ext. 201 Simple tax forms prepared only. Complicated returns will not be completed by AARP volunteer tax preparers. ** Please arrive 15-minutes early for your appointment to review 3 new AARP Tax Consent forms.



BEERS & STORY
A STORY OF THE YEAR

Thank you for the beautiful video montage of our 2018 COA photos & the delicious, Valentine's Day celebration cake.

DEAR CHORALITES; THANKS FOR THE MEMORIES



~Thank you~

Rita Lawler and Gert Kennedy for leading the Choralites.

And to all our Choralites:

Thank you for the music!



MARCH 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 style="text-align: center;">Our Lunch Program is Funded By the Federal Title III-C Older Americans Act</p>	 <p>Ava & Maggie Visits: Ava visits Thursday mornings with her friend</p>	<p style="text-align: center;">UMASS Nursing Students EVERY THURSDAY MORNING 9:00-12:00pm</p>	<p>1. BIG Y SHOPPING MENU: Grilled Cheese w/Tomato Sandwich, Potato Puffs, Pineapple Soup of the Day 11:00 –12:30: Hospice Life Care Bereavement Group Meeting.</p>
<p>4 BIRTHDAY/ ANNIVERSARY MENU: Roasted Turkey, Mashed Potatoes, Broccoli, Cake (Birthday & Anniversary Celebrants eat FREE as a guest of our Friends of South Hadley Elderly, Inc.) 11:00 Rep. Dan Carey</p>	<p>5 BIG Y SHOPPING 11:00 Entertainment: Berkshire Hills FAT TUESDAY: Pancakes, Sausage Links, Orange Juice, Fresh Melon 9:00-12pm SHINE by Appt 12:45 Movie: “March of the Penguins” (2005) Rm#5</p>	<p>6 MEMORIAL DRIVE SHOPPING MENU: Tortellini Alfredo, Carrots, Garlic Bread, Peaches 11:45 WW Weigh-In 12:15 WW Meet (Rm#5) 12-1:30 Travel Club 3:00 Book Club (Library) No Evening Program</p>	<p>7 ST. PATRICK’S DAY 11:00 Entertainment: Kevin Farley: The Irish Music Guy LUNCHEON MENU: Corned Beef & Cabbage, Potatoes, Carrots, Irish Soda Bread, Cake. 10:00 Alzh. Caregiver’s Support Group (Rm#1) 10-11:30 Travel Club</p>	<p>8 BIG Y SHOPPING 10:00 Jewelry Class with Sandy 10:00 Coffee & Conversation with Leslie New Senior Update MENU: Stuffed Shells, Peas & Onions, Juice, Mixed Fruit, Soup of Day 11:00-12:30: Hospice Life Care Bereave. Grp.</p>
<p>11 MENU: Salisbury Steak, Mashed Potatoes, Stewed Tomatoes, Pudding 9:30 NO Foot Nurse 12:30-4:00 Smith College Bulb Show Trip (Pay \$5 & signup: Limited to 10) 4:30 Council on Aging Board of Directors Meeting</p>	<p>12 BIG Y SHOPPING MENU: BBQ Chicken, Corn Cob let, Baked Potato, Apricots 11:15 “Frail Elder Waiver Presentation” Fallon Health 12:45 Movie: “The Ides of March” (2011) Rm#5 5:00 pm Friends of S.H. Elderly Meeting in Dining Room of COA</p>	<p>13 MEMORIAL DRIVE SHOPPING MENU: Liver & Onions, Scaloped Potatoes, Peas & Onions, Juice, Cookies 11:00 Entertainment: Davis Bates, Celtic Song & Stories 11:45 WW Weigh-In 12:15 WW Meet (Rm#5) 12-1:30 Travel Club 5:00-7:00 “Dementia Experience”</p>	<p>14 MENU: Spaghetti & Meatballs, Mixed Vegetables, Juice, Peaches 10:00 Veteran’s Group 10-11:30 Travel Club 10:30 Ava & Maggie Visit</p>	<p>15 BIG Y SHOPPING after 10am. MENU: Fish Sandwich, Confetti Rice, Vegetable Soup, Tropical Fruit, Soup of the Day 11:00 to 12:30: Hospice Life Care Bereavement Group Meeting</p>
<p>18 MENU: Beef Tips, Mashed Potatoes, Wax Beans, Cake 11:00 Entertainment: Joan & Ron Entertainment (Irish Afterglow)</p>	<p>19 BIG Y SHOPPING MENU: Baked Ham, Yams, Spinach, Pears 9:00-Noon SHINE by Appt 9:30 Br Bag Food Tasting 10:00-11:00 BROWN BAG 10:00 Low Vision 12:45 Movie: “March of the Wooden Soldiers” (1937) #5</p>	<p>20 MEMORIAL DRIVE SHOPPING MENU: American Chop Suey, Broccoli, Cornbread, Fresh Fruit 11:45 WW Weigh-In 12:15 WW Meet (Rm#5) 12-1:30 Travel Club No Evening Program</p>	<p>21 MENU: French Meat Pie, Mashed Potatoes, Mixed Vegetables, Peaches 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: Fiesta Pollock, Egg Noodles, Corn, Juice, Fruit Crisp, Soup of the Day 11:00 to 12:30: Hospice Life Care Bereavement Group Mtg.</p>
<p>25 MENU: Lasagna with Meat Sauce, Broccoli & Cauliflower, Garlic Bread, Pineapple 9:30am: Foot Nurse by Appointment</p>	<p>26 BIG Y SHOPPING MENU: Oven Fried Chicken, Baked Potato, Peas & Onions, Jell-O NEWSLETTER COLLATING (Rm#3) 12:45 Movie: “The Wedding March” (2017) Rm#5 DINING FOR DOLLARS AT JOHNNY’S 4-9PM</p>	<p>27 MEMORIAL DR. SHOP. MENU: Roast Pork, Yams, Green Beans, Applesauce, Cake 11:45 WW Weigh-In 12:15 WW Meet (Rm#5) 12-1:30 Travel Club 5:00 Easter Card Making with Tammy</p>	<p>28 MENU: Meatloaf, Mashed Potatoes, Mixed Vegetables, Peaches 10–11:30 Travel Club 10:30 Ava & Maggie Visit</p>	<p>29 MENU: Macaroni & Cheese, Stewed Tomatoes, Spinach, Pears, Soup of the Day 11:00 to 12:30: Hospice Life Care Bereavement Group Mtg.</p>

DAILY ACTIVITIES

MONDAY	10:00am	No charge	Music Appreciation (rm #2)
	10:00am	\$3.00 per class	Tai Chi (Exercise Room) - pay at the office
	1:00pm	\$3.00 per class	Tap Dancing with Loryn (Exercise Room) - pay instructor
	1:00pm	No Charge	Canasta & Pinochle (DR) Mah Jongg (rm #2)
	1:00pm	No Charge	Color Me Calm (rm 3) 1st & 3rd Monday
TUESDAY	10:00am	8/wks: \$48.00; \$3/class	Beginning Exercise (Exercise Room) - pay at the office
	10:00am	\$4.00 per class	Circuit Training with Heidi - pay at the office
	11-11:45am	No Charge	Fitzgerald Fitness Center Orientation (must reserve)
	12:45pm	No Charge	Afternoon Movie
	1:00pm		Bingo (rm #2)
WEDNESDAY	9:15am	No Charge	Dance Class w/Ashley
	10:30am	No Charge	Healthy Bones & Balance
	1:00pm		Pitch (rm #2), Mah Jongg (rm #3),
	3:00pm	No Charge	Book Club (Library—1st Wed. of Month)
THURSDAY	10:00am	8/wks: \$48.00	Beginning Exercise (Exercise Room) - pay at the office
	9:30am	\$5.00 per class	Water Color Class (Rm #3) - pay the instructor
	9:30am	No Charge	Fitness Center Orientation (must reserve)
	10:15 am	\$3.00(Pay instructor)	Seated & Standing Yoga (Rm #2) 2nd Thur/month: library
	1:00pm	No Charge	Scrabble (Lib), Quilting (rm #3), Chip Poker (rm #4)
FRIDAY	10:30am	No charge	Healthy Bones & Balance
	1:00pm	No Charge	Bridge (Rm #3), Canasta (DR), Cribbage (Rm#2), Knitting (Libr)

WEEKLY & MONTHLY SOCIAL SERVICES & GROUPS SCHEDULE

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

LOW VISION GROUP: 3rd TUESDAY of the Month at 10:00 (Rm #1)

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

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

MEMORY CAFÉ: 2nd WEDNESDAY of the month—MARCH 13TH 10am to 11:30am. Room #3 Please call 538-5042

ALZHEIMER'S CAREGIVER SUPPORT GROUP: THURS., 3/7 & 3/21 at 10:00am Free (Rm #1) *

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

VETERANS SUPPORT GROUP: 2nd THURSDAY of the month 10am –11am Free. (Rm #2)

HOSPICE LIFE CARE BEREAVEMENT GROUP: Fridays 11-12:30pm Feb. 22 to April 12th (Rm #1)

FREE Medical Appointment Transportation Call Ann 538-5042 *

DIABETES INFORMATION SERIES: March 13, 20, 27 hosted by Holyoke Medical Center

**Funded by WestMass ElderCare*

**SUPPORT THE ADVERTISERS
THAT SUPPORT OUR COMMUNITY**



SOCIAL SERVICES ~ ANN'S CORNER

Ann's Community Outreach Days for March ~Weather Permitting!

Newton Manor 3/6~Hubert Place 3/13~Lathrop Village 3/27

HAVE YOU EVER HAD A "PEN-PAL"? WOULD YOU LIKE TO BE ONE????



I would like to start a Pen Pal group with our South Hadley Seniors who are "home-bound".

I will be sending an open invitation to our Home Delivered Meals Consumers asking if they would like to converse by letter or card once or twice monthly. That's where YOU come in! I am reaching out to other Seniors in our community to be matched up with a homebound elder who is willing to participate.

So often when speaking with our home delivered meal consumers I hear how they long for some companionship. These cold winter days can be so long when you are unable to leave your home except for a medical visit.



We have an abundance of note cards that have been donated to us that I will be happy to share with each letter writer. The cards, notes and letters will be collected and delivered by me, with the assistance of our meal drivers.

For more information about the program or to become a Pen Pal, please contact Ann at 538.5042 extension 206. Remember we can all combat loneliness together!



WILLIAMS SOUND... HELPING PEOPLE HEAR

The Senior

Center is now equipped with a hearing assistance system. Are you struggling with hearing a guest speaker in the dining room, or unable to fully understand our weekly announcements. This devices can also assist with hearing the dialogue between two people.

For more information or help using the device, please see Ann, Nancy or Lisa.



THE LOW VISION GROUP

Will resume on Tuesday, March 19th. at 10:00 a.m. New members are always welcome and transportation for South Hadley residents is provided at no charge.

Our guest speaker will be Sarah Peterson from WestMass Elder-Care, Inc. For more information please call Ann 538-5042 extension 206.



The South Hadley Council on Aging will celebrate St Patrick's Day and the impending arrival of spring on

March 13th by presenting a performance by Parents' Choice Award winning performing **Davis Bates**.

Entitled A Celtic Celebration: Songs and Stories for The Season, the program will involve the audience in a variety of cultural traditions. It will include traditional songs and tales from Ireland and other Celtic cultures, sea songs, ghost stories and family tales. There will also be plenty of sing-alongs, a short lesson in how to play the spoons, and an appearance by an Irish dancing wooden dog named Bingo. Davis' performance style empowers and encourages audiences of all ages to join in the fun, and to take the songs and stories home with them to share with others. He also encourages listeners to remember and tell stories from their own family and cultural traditions.

This performance is funded, in part, by a grant from the South Hadley Cultural Council, a local agency supported by the Massachusetts Cultural Council. We thank them for their support.

Join us at 11:00 am in the Dining Room on Wednesday, March 13th



ACTIVITY/VOLUNTEER COORDINATOR PAGE



SAVE THE DATE! VOLUNTEER APPRECIATION LUNCH

(TO QUALIFY YOU MUST
HAVE HAD 12 HOURS OF
DOCUMENTED VOLUNTEER
HOURS DURING THE
CALENDAR YEAR 2018)

FRIDAY, APRIL 12
(invites will be mailed
mid March)

**OUR WESTERN THEMED
PARTY WILL INCLUDE
ENTERTAINMENT BY
SARAH THE FIDDLER**

**DUST OFF THOSE COWBOY
BOOTS AND HATS AND
JOIN US
FOR A GREAT
TIME.**



Sylvia Ruiz from Fallon Health
will present a Lunch & Learn
on March 12 at 11:15am
Topic will be
"Frail Elder Waiver"

Do you need help, or do you
know someone, who could
benefit from having assistance
with "Activities for Daily Liv-
ing" Come hear Sylvia Ruiz
discuss options for this im-
portant
resource.



MARCH MOVIE SERIES-

March 5 "March of the Penguins" (2005) with Morgan Freeman

March 12- "The Ides of March" (2011) with George Clooney

March 19 "March of the Wooden Soldiers" (1937) with Laurel
and Hardy

March 26- "The Wedding March" (2017) starring Jack Wagner



Berkshire Hills will be here March 5. Kevin Farley will entertain with Irish music on March 7 at 11:00. Jewelry class with Sandy on March 8 at 10:00. Ron & Joan will sing with us on March 18 at 11:00. JOIN US!



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!



March 27th 5:00-6:30
Easter card making with
Tammy
\$2.00 suggested donation



We have had a
request to start back
up our scrabble playing
group.

Would you be interested in play-
ing 1/week? If so what day/
time would work best for you?
Please call Nancy Yesu 538-5042
Ext 205 or email
nyesu@southhadleyma.gov
and leave her your thoughts.

JOIN US for a trip to the Smith
College Spring Bulb Festival
Monday, March 11. We will leave
the SHCOA at approx. 12:45 for a
1:15 arrival at the show. Once
there you will be on your own to
walk around the exhibit. We will
board the van at approx
2:45 for arrival back at the
COA at approx 3:30.

Reservations open on March 1st
and are limited to 10 people.
Cost of the trip is \$5.00
You must sign up *in person* by
March 6th at NOON.

The Bulb Show is
A spectacular array of blossoming
crocuses, hyacinths, narcissi, iris-
es, lilies and tulips providing an
early glimpse of spring.



"Mix it up Mondays" in March

We will be mixing up the table arrangements on Mondays in the dining room to en-
courage you to sit in a different spot and meet a new friend. We want to be welcom-
ing to all new faces so let's switch up seats on Mondays!



LEGAL TIPS BY ELDER LAW ATTORNEY KAREN G. JACKSON

SAVE YOUR HOME FOR YOUR BENEFICIARIES

I frequently meet with clients who want to save the home from the nursing home bill. This is a real problem. For example, let's say Mom, a widow, goes into a nursing home and applies for MassHealth benefits to pay the nursing home bill. MassHealth cannot force Mom to sell her home; and, if Mom meets the medical and financial requirements to receive MassHealth benefits, she can own her home while she is living. However, upon her death, through the probate court process the Estate Recovery Unit for the Medicaid Office will force the sale of Mom's home to pay Mom's MassHealth bill. MassHealth pays approximately \$7,000 for each month Mom was receiving these benefits. The bill adds up fast. Typically, the bill swallows up the entire house, meaning, the house will be sold and MassHealth paid back. To avoid this sad result, I recommend that Mom sign a MassHealth qualified irrevocable trust; and, sign a deed conveying her home to the trust. Because the deed to the trust is treated as a gift by MassHealth, Mom must sign this deed at least five years before she may have to go into a nursing home. If, within five years from the date Mom signs the deed, Mom goes into a nursing home and must apply for MassHealth benefits to pay for her care, the house must be deeded back to Mom. The plan failed and Mom's house is vulnerable to Estate Recovery. On the other hand, if Mom goes into a nursing home **after** five years from the date she signed the deed, the **trust** will own her home and the home will not be probated and subject to Estate Recovery. The trust states that, at Mom's death, the home be given to her named beneficiaries. **Advice:** If you want to preserve your home for your beneficiaries, sign this type of trust and sign the deed conveying your home to this trust more than five years before you might have to enter a nursing home. This type of trust must be very carefully drafted so it complies with the MassHealth rules. 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.

Cheryl's Collectibles

Buying & Selling Antique & Vintage Unique & Collectible Items

• INCLUDING BUT NOT LIMITED TO •

Gold & Silver - any item new or old • All Jewelry - Costume, Gold & Silver

All Christmas items before 1980 • Pocket Watches, Old Toys, Statues

Metal Items, etc. ... Anything Unusual

Feel Free to Call or Text:

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

funkytown@comcast.net



WE'RE HIRING AD SALES EXECUTIVES



- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT

careers@4LPi.com • www.4LPi.com/careers

Introducing

A Whole New Level
of Post Acute Care
Million Dollar Renovations
Now Complete!



We are pleased to present the new and improved Mont Marie Rehabilitation & Healthcare Center.

Now Featuring

- Beautiful Patient Suites & Bathrooms
- State-of-the-Art Rehab Gym
- Latest Therapy Equipment
- Model ADL Apartment

MONT MARIE

REHABILITATION & HEALTHCARE CENTER

A Proud Member of Marquis Health Services

36 Lower Westfield Road, Holyoke, MA 01040 • (413) 538-6050

MontMarieRehab.com



IN MEMORIAM

MARCH 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)

DR. ANIL CHAKRABARTI

Gerri Bennett

BERNIE & JULIA RATKIEWICZ

Bernie Ratkiewicz

DAVID & DELORES DALY

Dr. & Mrs. Steven Markow

DONALD LEONARD

Joan Descant

DORIS PICHETTE

Rudolph & Pat Kuc

HELEN MAROTTE

COA Canasta Group

Ola Herbert

Robert Labonte

Shirley Poston

Stephen & Linda Marcotte

IRENE GONDEK

James & Laurie Hurley

John & Stephanic Chwalek

Michael & Debra Bednarz

Stanley & Joanne Koczajowsk

LORRAINE GOYETTE

COA Cribbage Sunshine Club

MARLENE GAGNE

Donald A. Gagne

MERIDITH GRAMMATICAS

Chris Grammaticas

MICHELLE HOLDEN

Michael & Arline Laporte

NORM GAGNON

Doris Gagnon

PEG DENAULT

Gerri & Ed Bennett

ROBERT CARRIER

Gerri & Ed Bennett

ROBERT STEIGER

Betsy Levreault

THELMA RYAN

Lathrop Village Social Club

WE ARE VERY GRATEFUL FOR THE FOLLOWING DONATIONS FROM:

**Barbara Ayers
Kathleen Hurley*
Mr. & Mrs. Leo Sieracki**

**denotes multiple donations*

South Hadley
Dental Associates, Inc.



Marjorie S. Block, D.M.D.

413-536-4455

15 DAYTON STREET, SOUTH HADLEY

KAEBLE OIL, INC.
Oil, Gas Heating &
AC Services

LOCAL & HONEST

- Furnaces & Boilers & A/C
- Roth Containment Oil Tanks
- Heating System Upgrades
- Oil & Kerosene • Ductless Mini Splits

*Certified
Installers*

413-593-3337

1667 Westover Rd., Chicopee - kaebleoil.biz



Loomis Village offers independent living and assisted living apartments, villas, and cottages for adults 62 and older with a vibrant, active, maintenance-free lifestyle including access to a continuum of care should your needs change.

**Call today for a tour
413-588-5102**



LoomisVillage
A member of The Loomis Communities

20 Bayon Drive
South Hadley, MA
www.loomiscommunities.org



Judy's Angels Care, LLC
Home Health Services

**LOOKING FOR AFFORDABLE
IN-HOME ELDER CARE?**

HOME CARE SERVICES

PERSONAL CARE • COMPANIONSHIP • RESPITE & HOSPICE CARE
We speak English, Creole-Portuguese, Spanish

Call Today To Set Up Your Free No Obligation In-Home Consultation

413-887-2017 • www.judysangelscare.com • judysangelscare@gmail.com

Quality care on purpose!

**HELP PROTECT
YOUR FAMILY & HOME**

CALL NOW! 1-888-862-6429



HOME SECURITY TEAM

➤ Reach the Senior Market
ADVERTISE HERE

CONTACT

Susanne Carpenter to place an ad today!
scarpenter@lpiseniors.com or
(800) 477-4574 x6348





SOUTH HADLEY COUNCIL ON AGING
45 DAYTON ST.
SOUTH HADLEY, MA 01075

NONPROFIT
 ORGANIZATION
 US POSTAGE PAID
 SPRINGFIELD MA
 PERMIT NO 3085


THE GOLDEN CHRONICLE IS PRINTED
 WITH FUNDS PROVIDED BY THE MASSACHUSETTS
 EXECUTIVE OFFICE OF ELDER AFFAIRS & BY OUR
 ADVERTISERS. WHILE THE SHCOA CANNOT
 ENDORSE THE ADVERTISERS, WE ASK THAT
 YOU PATRONIZE THEIR BUSINESS.



Like us on
 Facebook

[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 Check here:

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
<input type="checkbox"/> Activities Account	<input type="checkbox"/> Nutrition Gift Account	<input type="checkbox"/> Mothers' Garden
<input type="checkbox"/> Caregivers Gift Account	<input type="checkbox"/> Newsletter Account	<input type="checkbox"/> Services Account

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