

# 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.



## DAN KANE & FRIENDS

Featuring Freddie Marion

May 19, 2019  
2-4PM

The Friends  
of the  
South Hadley  
Elderly

South Hadley High School Auditorium

Tickets \$15 Advance | \$20 @ Door

Tickets @ [dankaneinsouthhadley.eventbrite.com](http://dankaneinsouthhadley.eventbrite.com)

Tickets available at South Hadley Senior Center

CONCERT PROCEEDS TO BENEFIT SOUTH HADLEY'S NEW SENIOR CENTER

The Senior Center is open  
*Most Evenings in May:*  
Please see our calendar on  
page 6-7

The Building is open

Come in and enjoy:

Billiards -start a league

The Fitzgerald Memorial  
Fitness Center

Start a new card group or  
crafting club

Scrabble anyone??

See Lisa or Leslie to start a  
group or club?

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# BEERS & STORY

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413-537-2960 cell  
debbiedmann@gmail.com

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## UPCOMING EVENTS, PROGRAMMING & ACTIVITIES

### EVENING PROGRAM

#### Opioid Crisis & Opioid Addiction

May 1, 5:30-7:00 p.m.

Hampshire Hope will provide a workshop to increase understanding of the local opioid epidemic and how Hampshire County is approaching it.

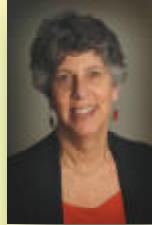
**MAY 8TH No Evening programming  
Annual Town Meeting at Town Hall  
Auditorium 6:30 p.m.**

### EVENING PROGRAM

#### "I'll Have What They're Having"

May 15, 5:30-7:00 p.m.

FREE. Come join us for a discussion with Dr. Jane Fleishman, Certified Sexuality Educator, as we talk about sexuality and aging.



### EVENING PROGRAM

#### Belly Dancing Classes with

Araila Pearl from

Ohana Performing Arts School

May 22-June 22, 5:30-7:00 p.m. Come join us for 4 Wednesday evenings to learn a lively new way to move your body, have fun and exercise.



#### Balanced Diet for a Healthy Lifestyle Workshop: The Food Bank of W. Mass

May 14 at 10 a.m. How to satisfy your appetite and get to a healthier weight. Tips to plan nutritious, lower calorie meals and snacks, Reading food labels and choosing portion sizes.

#### Mass Bar Association: Reverse Mortgages

May 23, 10 a.m. Listen to Attorney Mary Penney, of Melnik Law Offices discuss Reverse Mortgages. Presented with the generous assistance and continued collaboration of the Massachusetts Chapter of the National Academy of Elder Law Attorneys.

#### DO RE ME Singers ENTERTAINMENT

May 23rd 11-12pm Local chorus sings songs from the 50's and 60's. Come sing-along!!

**Beads by Sandy** May 24, 10 a.m. Come join Sandy Merrill as she leads a bead-making class. Create and design your own unique bracelets, necklaces and more.

*Unless otherwise noted, all programs are FREE.*

## Cinco de Mayo

Monday | May 6, 2019

Join us for a themed crossword puzzle. The first person to finish gets a prize!

## National Nutty Fudge Day!

Monday | May 13, 2019

We will be making delicious homemade nutty fudge with Miranda at 10 a.m. Call 538-5042 by May 10 to reserve your spot.

## Lucky Penny Day!



Thursday | May 23, 2019

## Lunch & Learns

Start at 11am  
in the dining room

**May 13: Home Modification Loan Program Explained** By John Leary. A state loan program that could help you or a loved one live more independently at home.

**May 15: WestMass ElderCare Nutrition Program 11:00am**

**May 21: 11am: Depression in the Elderly** Elizabeth Drozdal, LMHC, Patient Care Supervisor at Holyoke Medical Center. The goal is to create a better understanding of the symptoms of depression and ways to cope effectively. We hope the workshop will be interactive, positive and supportive for all attending.

## A MESSAGE FROM LESLIE

### Vote Yes!!

The Annual Town Meeting is May 8th in the Auditorium at Town Hall at 6:00pm  
Town Meeting Members will vote to approve a bond to build a new senior center that will serve our seniors now and in the future!!



CONNECT, CREATE, CONTRIBUTE MAY 2019

**May is Older  
Americans Month!!  
We invite all South  
Hadley Seniors to  
come to the COA and  
CONNECT,  
CREATE &  
CONTRIBUTE**



Hello Everyone,

May is Older American's Month and the call to action is to Connect, Create and Contribute in your community. You can find many ways to do that at the South Hadley Senior Center.

Connecting is easy. Come meet a new friend at lunch or in a class?

Join the Social Strollers at 9:30am on Tuesdays and Fridays and begin a new walking routine. Do you want to learn more about your computer, laptop, iPad or iPhone; make an appointment with one of our computer tutors. Can't find a local Weight Watchers meeting? We hold a meeting at the center on Wednesdays at 12:15pm. (Weigh-in at 11:45am)

Create, well, that's easy too! Do you want to create a beaded necklace, or a nutritious meal? We can help you with both. Do you like watercolor painting or creating beautiful quilts? Want to make nutty fudge with Miranda? Do you know you can create the perfect day trip with our travel club? Yes you can.

Contribute: be a part of what we are doing at the center. You can volunteer in the office or the dining room. We have two openings on the Council on Aging Board of Directors, you can support the center's mission and goals by applying on-line at [www.southhadley.gov](http://www.southhadley.gov) Do you find Shakespeare's plays fascinating and do you want to share that passion with others? We want you to teach a workshop! We are waiting for you to join us at the senior center. ~Leslie

## SOCIAL SERVICES –ANN'S CORNER



### THE FACTS ON LONELINESS "WE ALL NEED FRIENDSHIP AND SUPPORT"

Did you know that loneliness is seen by many as one of the largest health concerns we face? The number of over-50's experiencing loneliness is set to reach two million by 2025/2026. Half a million older people go at least five or six days a week without seeing or speaking to anyone at all! I'm still looking for seniors who would like to take part in a letter writing project "Pen Pals". The plan is to share short notes and cards with homebound South Hadley seniors. If you have some free time and would like to share a small greeting with your fellow residents, or for more information, please call Ann at 538.5042 extension 206. Let's join the campaign to end loneliness!

### Ann's Community Outreach Days for MAY

Newton Manor ~ May 1st

Hubert Place ~ May 8th

Lathrop Village ~ May 22nd

**LOW VISION GROUP  
TUESDAY, MAY 21ST AT  
10:00 A.M.**



**Guest Speaker: Harold Anderson from  
Valley Eye Radio All are welcome!**

**For more information, call Ann Andras  
at 538.5042 ext. 206**

## TRANSPORTATION

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

Tuesdays and Fridays:

Catch the Mini-bus and go shopping at Big-Y!

Wednesdays Afternoons:

The Mini bus will go to:  
CVS, Walgreens & Price  
Rite on Memorial Drive

You must schedule rides 24-hours in advance.  
Make reservations with Ola between 8am to  
1pm daily: 538-5042, ext. 201

\*Driver cannot assist with Grocery Bags.\*

## SUPPORT SERVICES AND RESOURCES



**Alzheimer's Caregiver Support Group:** First and Third Thursday @ 10 a.m., Room #1. Facilitated by Gerri Bennet, RN, this group provides support and resources to caregivers of loved ones with Alzheimer's or a memory loss illness. The group is open to new members .



**Single-rider Transportation to Medical Appointments:** Companion drivers transport seniors to and from medical appointments. Some restrictions apply. Call Ann 538-5042, Ext. 206



**Blood Pressure with Nurse:** 2nd Thursday of the month, 12:30-2:00 p.m.

Nurse Marge Bernard has regular hours at the senior center on Mondays, Tuesdays and Thursday. she is available in her office for blood pressure checks, questions about medications and information.



**Brown Bag:** Third Tuesday of the month, 10-11 a.m., Room #3. Call Ann for more information @ 538.5042 ext. 206



**Memory Café:** Second Wednesday of the month, 10 a.m.-11:30 a.m. A Memory Café is a place for people in the community with memory loss, and their caregivers, to come together and interact with other members of the community in a safe and supportive atmosphere. If you have a loved one, or are a primary caregiver to a person with memory loss, we invite you to attend. You can share your experiences with others. Call 538-5042 ask for Leslie

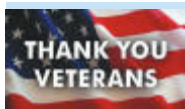


**New at the Center: The Williams Sound System:** Helping you hear better at the senior center. Are you missing out on conversations at lunch? Do you have trouble hearing in cards or Mah Jongg.? Ask Ann or Lisa for information



**Foot Nurse:** Second and Fourth Monday of the month, 9:30 a.m. By appointment only. Call the office at 538-5042.

**FREE Hearing Screening with Gary Winn:** Second Tuesday of the month, 9-11 a.m. By appointment.






**Veterans Support Group:** Second Thursday of the month, 10-11 a.m., Room #2. Free! Coordinator Larry White, Jr. facilitates this group. All Veterans are welcome.



**Weight Watchers Meetings:** Wednesdays: weekly Weigh-in at 11:45 a.m., meeting starts at 12:15 p.m. Find support and motivation from an experienced facilitator and from other meeting members.

# MAY EVENT CALENDAR & LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Lunch is Served</b>  <b>M-F 11:45-12:15</b>                      Make reservations at least 24 hours in advance by calling 538-5042. 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><b>Our Lunch Program is Funded by the Federal Title III-C Older Americans Act</b></p>	<p><b>1 MEMORIAL DRIVE SHOPPING</b>                      MENU: Broccoli Quiche, Potato Puffs, Peas &amp; Onions, Peaches                      11:45 <i>WW Weigh-In</i>                      12:15 <i>WW Meet (Rm#5)</i>                      12-1:30 Travel Club                      3:00 Book Club (<i>Library</i>)                      5:30-7:00 <b>Opioid Crisis &amp; Opioid Addiction</b></p>	<p><b>2 BIRTHDAY/ANNIVERSARY</b>                      MENU: Roasted Turkey w/ Gravy, Mashed Potatoes, Peas, Cranberry Sauce, Cake                      Broccoli, Cake.                      10:00 <b>Alzh. Caregiver's Support Group (Rm#1)</b>                      10-11:30 Travel Club</p>	<p><b>3 BIG Y SHOPPING</b>                      MENU: Breaded Pollock, Confetti Rice, Broccoli, Pears, Soup (<i>Birthday &amp; Anniversary Celebrants eat FREE as guest of our Friends of S.H. Elderly—Let Ola know in the Office</i>)</p>
<p>6 MENU: Macaroni &amp; Cheese, Stewed Tomatoes, Brownies                       9:00-12:00 SHINE (by Appointment Only)</p> <div style="text-align: center;">  </div>	<p><b>7 BIG Y SHOPPING</b>                      MENU: Roasted Pork w/ Gravy, Roasted Potatoes, Mixed Vegetables, Pears                       9:00 Hearing Screening (by Appt.)</p>	<p><b>8 MEMORIAL DRIVE SHOPPING</b>                      MENU: Sweet &amp; Sour Chicken, Egg Noodles, Winter Mix Vegetables, Mixed Fruit                      10:00 —11:30 <b>MEMORY CAFÉ (Rm#1) Please Call Office</b>                      11:45 <i>WW Weigh-In</i>                      12:15 <i>WW Meet (Rm#5)</i>                      12-1:30 Travel Club                      3:00 Book Club (<i>Library</i>)  <b>NO EVENING PROGRAM</b>                      ANNUAL TOWN MEETING 6:00PM New Senior Center VOTE!!!</p>	<p><b>9 MENU: COLD PLATE:</b>                      Turkey Salad, Potato Salad, Carrot &amp; Raisin Salad, Tropical Fruit                      10:00-11:00 <b>Veterans Support Group</b>                      10-11:30 Travel Club                      12:30-2:00 <b>Blood Pressure w/Nurse</b>                       11-2:00 <b>Friends Hanging Basket sale at COA: Dining room</b></p> <div style="text-align: center;">  </div>	<p><b>10 BIG Y SHOPPING</b>                      MENU: Potato Crusted Chicken Tenders, Rice Pilaf, Spinach, Juice, Peaches, Soup                       11-2:00 <b>Friends Hanging Basket sale at COA</b></p> <div style="text-align: center;">  </div>
<p><b>13 MENU:</b> Cheese Tortellini, Tomato Sauce, Italian Blend Vegetables, Apricots.                       9:30 am: <b>Foot Nurse (by Appointment)</b></p>	<p><b>14 BIG Y SHOPPING</b>                      MENU: Baked Ham with Fruit Sauce, Sweet Potatoes, Green Beans, Pineapple</p>	<p><b>15 MEMORIAL DRIVE SHOPPING</b>                      MENU: American Chop Suey, Confetti Rice, Broccoli Biscuit Pudding</p>	<p><b>16 MENU:</b> BBQ Chicken, Green Beans, Au Gratin Potatoes, Juice, Pears                       10:00 Veteran's Group</p>	<p><b>17 BIG Y SHOPPING</b>                      MENU: Fish Sandwich, Potato Chips, Cookies, Soup</p>

<p><b>10AM Make Nutty Fudge with Miranda in the dining room.</b></p> <p><b>Lunch &amp; Learn: Home Modification Loan Prgm</b></p> <p><b>4:30 Council on Aging Board of Directors Meeting</b></p>	<p><b>Workshop with the Food Bank of Western Mass</b></p> <p><b>5:00 pm FRIENDS of South Hadley Elderly Meeting (COA Dining Rm)</b></p>	<p><b>Nutrition Presentation</b></p> <p><b>11:45 WW Weigh-In</b></p> <p><b>12:15 WW Meet (Rm#5)</b></p> <p><b>12-1:30 Travel Club</b></p> <p><b>5:30-7:00 "I'll Have What They're Having" Jane Fleishman, Ph.D. Certified Sexuality Educator</b></p>	<p><b>Support Group (Rm#1)</b></p> <p><b>10-11:30 Travel Club</b></p>	
<p><b>20 MENU: Stuffed Cab- bage, Mashed Potatoes, Carrots, , Rye bread, Peaches</b></p>	<p><b>21 BIG Y SHOPPING</b></p> <p><b>MENU: Veal Parmesan with Pasta &amp; Red Sauce, Mixed Vegetables, Garlic Bread ,Mandarin Oranges</b></p> <p><b>Lunch &amp; Learn: Depres- sion in the Elderly: Ho- lyoke Medical Center pre- sents.</b></p> <p><b>10:00 LOW VISION GROUP (RM #1)</b></p> <p><b>10:00-11:00 Brown Bag (Rm #3)</b></p>	<p><b>22 MEMORIAL DRIVE SHOPPING</b></p> <p><b>MENU: Oven Baked Chick- en, Baked Potato, Peas &amp; Onions, Cranberry Sauce, Peaches</b></p> <p><b>11:45 WW Weigh-In</b></p> <p><b>12:15 WW Meet (Rm#5)</b></p> <p><b>12-1:30 Travel Club</b></p> <p><b>5:30-7:00 Belly Dancing Series Starts</b></p>	<p><b>23 MENU: Beef Stew, Scalloped Potatoes, Wax Beans, Biscuit Juice, Pears</b></p> <p><b>10-11:30 Travel Club</b></p> <p><b>LUCKY PENNY DAY</b></p> <p><b>11:00-12pm DO RE MI Singers (Entertainment)</b></p> <p><b>10:00am MASS BAR ASSOCIATION</b></p> <p><b>Attorney Mary Penney presents on Reverse Mortgages</b></p>	<p><b>24 BIG Y SHOPPING</b></p> <p><b>MENU: COLD PLATE: Tuna Salad, Macaroni Salad, Pickled Beets, Juice, Jell-O, Soup</b></p> <p><b>10:00 Beads with Sandy</b></p>
<p><b>27 COA IS CLOSED</b></p>	<p><b>28 BIG Y SHOPPING</b></p> <p><b>MENU: Chicken Breast with Gravy, Mashed Potatoes, Carrots, Biscuit Mixed Fruit</b></p> <p><b>9:30 Social Strollers Spring Start NEWSLETTER COLLATING (Rm#3)</b></p>	<p><b>29 MEMORIAL DRIVE SHOPPING</b></p> <p><b>MENU: Mild Beef Chili, Rice, Spinach, Cornbread, Cook- ies</b></p> <p><b>11:45 WW Weigh-In</b></p> <p><b>12:15 WW Meet (Rm#5)</b></p> <p><b>12-1:30 Travel Club</b></p> <p><b>5:30-7:00 Belly Dancing Classes</b></p>	<p><b>30 MENU: Liver &amp; On- ions, Mashed Potatoes, Wax Beans, Cornbread- Juice, Cookies</b></p> <p><b>10-11:30 Travel Club</b></p>	<p><b>31 MENU: Grilled Cheese &amp; Tomato, Pota- to Puffs, Fruit Crisp, Soup</b></p>



## DAILY ACTIVITY SCHEDULE

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



### LET'S GET READY FOR SPRING!

On **MONDAYS**, join **Tai Chi** a self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion. Certified instructor Denise Barry .

On **TUESDAYS** join **Circuit Training with Personal Trainer Heidi MacEwen, RYT**. Rotate through 6 pcs of fitness equipment. Exercise and have fun with this class. Heidi is the owner/operator of Total Body Yoga and Pilates Fitness Studio .



Build up your stamina on **WED. and FRIDAYS** with **Healthy Bones & Balance**: Designed to increase participants' strength, mobility, flexibility and balance. Our twice weekly

Classes are led by trained volunteers. Healthy Bones & Balance classes are a **free**, fun way to exercise and socialize.

**WEDNESDAY MORNINGS** join our **Dance with Ashley class**. (Ashley Kohl is the owner of Ohana School of Performing Arts) Movement and fun make this a popular class at the center.



On **TUESDAYS** and **THURS**. Join **Beginning Exercise**. Led by a certified YMCA instructor, this class gets you up and moving.

**THURSDAYS** join **Seated and Standing Yoga**, with Yoga Instructor Elizabeth Nett; a fun and modified version of yoga that helps improve your balance, mobility and core strength.

# FRIENDS OF SOUTH HADLEY ELDERLY, INC

## Mother's Day Hanging Baskets

The Friends will be selling beautiful hanging flower baskets for \$20 each.

Baskets will be available for sale on May 9, 10 & 11 from 11am – 2pm.



Do you have 1-2 hours to volunteer to help the Friends? We're undertaking extensive fundraising efforts for the new Senior Center and can use your help.

- Helping with the Mother's Day hanging basket sale on May 9, 10 or 11 (between the hours of 11am-2pm)
- Help to sell refreshments at the Dan Kane concert on May 19 (between the hours of 2-4pm)
- Additional future events

\*To volunteer, please email the Friends at [friendsofshcoa@gmail.com](mailto:friendsofshcoa@gmail.com) or call Janet Stawasz @ 534-5886 or [richardjanet@comcast.net](mailto:richardjanet@comcast.net)



### \$5.00 Paper City Car Wash

990 Main St in Holyoke  
\$5.00 car wash coupons available at the COA office for the Friends of South Hadley Elderly, Inc.

### SUPPORT THE COUNCIL ON AGING'S NEW SENIOR CENTER



When you shop at [amazon.smile.com](https://www.amazon.com) Amazon donates 50% of your purchases back to the **Friends of South Hadley Elderly, Inc.**

## TRAVEL CLUB TRIPS



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

### 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.

Cruise 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 & 8<sup>th</sup>, 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. St. \$345. - Call Dolores Giroux @ 413-536-2779.

### September 22, 2019:

Thomaston Opera House - **"In The Heights"**, created by **Lin Manuel Miranda** is a captivating musical. Package includes transportation, show & luncheon. Cost \$105. Call Dolores Giroux @ 413-536-2779.

Tired of the cold?  
**CARIBBEAN FROM NY 2020**

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**February 24-March 6, 2020**

Presentation on  
April 24 at 11:15

**NCL GEM CRUISE**  
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- San Juan
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## NUTRITION ARTICLE

### 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<sub>1c</sub> (HbA<sub>1c</sub>)** - HbA<sub>1c</sub> is a marker in the blood that represents your average blood glucose level over the past 2 – 3 months. **Remember these HbA<sub>1c</sub> 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*

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 mailing of the newsletter is made possible through Formula Grant funds & your

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

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South Hadley COA - South Hadley, MA 06-5294

# IN MEMORIAM

## MAY 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)

### CAROL GRIFFIN

Sandra Zieminski

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### SUSAN LEVER (5th Anniversary)

Donald Lever

### WILLIAM LUCHINI

Rose M. Luchini

### WE ARE VERY GRATEFUL FOR THE FOLLOWING DONATIONS FROM:

Lawrence Kuntz  
Kathleen Hurley\*  
Krystyna Sulek  
Raymond & Brenda Bartosz

*\*denotes multiple donations*

## South Hadley Dental Associates, Inc.



Marjorie S. Block, D.M.D.

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**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

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