

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.

MEET YOUR South Hadley CANDIDATES!

at the Candidates luncheon

APRIL 2, 10:30 A.M.

Ask questions and hear from each candidate. Each candidate will have an opportunity to speak.

Lunch served at NOON
Roast Turkey Dinner

The town election will be held on **April 9.** Check out SouthHadley.org for more info

CASSIN ACADEMY OF IRISH DANCE PERFORMS
APRIL 17
11 A.M. BEFORE LUNCH!

LOUIS AND CLARK EQUIPMENT TUNE-UP **APRIL 23**
10:00-11:00 a.m.

Have your Wheelchairs, Canes, Walkers, Transport Chairs and Rollators checked by a Repair Technician!

There will also be information provided regarding: Foot Health & Diabetic Shoes

EVENING PROGRAMMING

~After Five ~

April 3rd : 5:30-7:00pm

ELDER LAW PRESENTATION

The Core Estate Plan

Atty Jackson will discuss the problems that can occur when proper documents are not prepared before a loss of mental capacity or physical health or before sudden loss of life.

Call to reserve: 538-5042

ELDER LAW PRESENTATION

The Power of Trusts and Life Estate Deeds

Atty Jackson discusses the differences between these two important documents.

April 10: 5:30pm to 7:00pm

Call to reserve: 538-5042

Learn about the OPIOID CRISIS & OPIOID ADDICTION

April 30th: 10:00am at the Senior Center

Hampshire HOPE will provide a workshop to increase understanding of the local opioid epidemic and how Hampshire County is approaching this public health concern.

This workshop is given in collaboration with Hampshire HOPE, the South Hadley Health Department, the South Hadley Council on Aging, South Hadley Police Department & the South Hadley Drug & Alcohol Prevention Coalition

APRIL 25
11 AM, BEFORE LUNCH
RON & JOAN ENTERTAINMENT

SOCIAL STROLLERS ARE BACK!
Sign-ups start: April 3, 2019

We begin walking on **April 30, 2019 at 9:30 a.m.**

TICK TALK

Expert Paul Killinger from the "Tick Report" & the Laboratory of Medical Zoology at UMASS, Amherst will present **April 17th 5:30pm to 7:00pm**

Call to reserve: 538-5042

NAVAGATING HEARING LOSS IN SENIORS

Tips & Tricks to increase better Communication with a loved one with hearing loss.

April 24TH : 5:30pm to 7:00pm

Call to reserve: 538-5042



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

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South Hadley COA - South Hadley, MA 06-5294

A MESSAGE FROM LESLIE



New Senior Center Updates!!

The May 8th special town meeting is just around the corner! The Select Board will put forth an article to ask Town Meeting Members to vote to approve a bond for 9.8 million dollars to continue and complete the new senior center project. This is a crucial vote to continue the project. There will be three public, information presentations during the month of April. The first, will be held at the senior center on **Friday, April 12th at 10:00am** during Coffee and Conversation in the dining room. The second, will be held at the Know Your Town meeting on **Thursday, April 18th at 6:30pm** at the South Hadley High School Library. I will be joined by Dr. Nick Young, Mariann Millard and Mitch Resnick, to give updates regarding our individual projects.

And the third; join us at the center on **Thursday, April 25th** for Soup, Popovers and Plans!! Our Friends of South Hadley Elderly will host this public presentation with a favorable flare! Complementary *soup and popovers from the Smithsonian Café and Chowder House will be served from 5:00pm to 6:00pm.. The senior center presentation will start at 6:00pm and include information from the Town of South Hadley's OPM for the project, Phil Palumbo of Colliers International, and from the Architect for the project, Tim Eagles from EDM. I hope to see you there.

~Leslie (* For food planning: please call 538-5042 and let us know you are coming!)

THANK
YOU

to our event
supporters...

Home Watch
Elder Care
&
Holyoke
Medical
Center



SHINE is a free service for people who have questions regarding their Medicare and/or Medigap insurance.

Our SHINE Coordinator, Eileen Burke, is available on the 2nd and 5th Mondays of the month. For an appointment you must call 538-5042.

Welcome back to Eileen!

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

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. 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.

October 24, 2019: Oktoberfest at Krucker’s in Pomona, NY. Celebrate the genuine spirit of an Oktoberfest. Enjoy a full day of Entertainment, Food, Fun, Music and Dancing that includes a Welcome Reception, Lunch, and 4pm snack. Cost \$105. – Call Huguette Supinski @ 530-6162.

November 12, 2019: Songs Across America! at Grand Oak Villa with **Jimmy Mazz.** Package includes: Transportation, show & Family Style Meal. - Cost \$95. - Call Dolores Giroux @ 413-536-2779.

FRIENDS OF SOUTH HADLEY ELDERLY, INC

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.

- Help sell Dan Kane raffle and concert tickets on Election Day at the High School on **March 26 (between the hours of 8am-7pm)**
- 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)

***To volunteer, please email the Friends at friendsofshcoa@gmail.com or call Janet Stawasz @ 534-5886**

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.



Dan Kane & Friends Concert Tickets on Sale

When: May 19, 2019
Time: 2-4PM
Where: South Hadley High School Auditorium
Cost: \$15 advance | \$20 @ door
How: Call or stop-in at the office to inquire or purchase online at: Dankaneinsouthhadley.eventbrite.com
Why: Tickets are limited so buy one before they sell out.

FRIENDS monthly meeting will be on April 11 this month -5pm at the COA-



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SUPPORT THE COUNCIL ON AGING’S

NEW SENIOR CENTER !!

When you shop at amazon.smile.com Amazon donates 5% of your purchases back to the **Friends of South Hadley Elderly, Inc.**

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.

WILLIAMS SOUND SYSTEM...HELPING PEOPLE HEAR AT THE SENIOR CENTER



The Senior Center is now equipped with a hearing assistance system. Are you struggling hearing a guest speaker in the dining room? Can't fully understand our weekly announcements? This devices can assist with hearing the dialogue between two people. **PLEASE SEE ANN, NANCY OR LISA.**

THE CARLE IS BACK!!



Create with The Carle! Printmaking

Join us at South Hadley Senior Center for **Create with The Carle!** In this seven-week workshop, participants will have the opportunity to explore printmaking techniques that don't require a press. Participants will create multiple prints, using hand-pressure and carving tools to learn basic techniques including transfer drawing, linocut, and printing for collage additions. The Teaching Artist: Joyce Silverstone.

Wednesdays May 1 – June 12

Time: 10:00 AM – 12:00 PM

Enrollment limited to 15

\$60 (Members \$51)

Bookings open to South Hadley residents Monday 8 April

General Bookings open Monday 15 April

Call 413 559 6300 to reserve or <http://www.carlemuseum.org>

SENIORS ON THE GO!

On March 11, we took a trip to Smith College and enjoyed the beautiful flower display!



APRIL EVENT CALENDAR & LUNCH MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|--|
| <p>1 MENU: Stuffed Shells, Spinach, Pineapple</p> <p>11:00 Rep. Dan Carey</p> | <p>2 BIG Y SHOPPING CANDIDATES LUNCHEON</p> <p>MENU: Roasted Turkey, Mashed Potatoes, Corn, Cranberry Sauce, Tropical Fruit</p> <p>10:30 Meet the Candidates</p> | <p>3 MEMORIAL DRIVE SHOPPING</p> <p>MENU: Broccoli Quiche, Potato Puffs, Peas & Onions, Cookies</p> <p>11:30 Social Strollers Sign-up in the Dining Room</p> <p>11:45 <i>WW Weigh-In</i></p> <p>12:15 <i>WW Meet (Rm#5)</i></p> <p>12-1:30 Travel Club</p> <p>3:00 Book Club (<i>Library</i>)</p> <p>5:30-7:00 Elder Law Presentation—Core Estate Plan</p> | <p>4 MENU: Low Salt Hot Dogs, Baked Beans, Broccoli, Cake.</p> <p>10:00 Alzh. Caregiver's Support Group (Rm#1)</p> <p>10-11:30 Travel Club</p> <p>11:30 Social Strollers Sign-up in the Dining Room</p> | <p>5 BIRTHDAY/ANNIVERSARY BIG Y SHOPPING</p> <p>MENU: Grilled Tomato & Cheese Sandwich, Potato Puffs, Cake, Soup</p> <p>(<i>BirthDay & Anniversary Celebrants eat FREE as guest of our Friends of South Hadley Elderly</i>)</p> <p>1:00 to 2:30: Hospice Life Care Bereavement Group Mtg. (Rm#1)</p> |
| <p>8 MENU: BBQ Chicken, Corn, Roasted Potatoes, Tropical Fruit</p> <p>9:00-12pm SHINE (by Appointment only)</p> <p>9:30am: Foot Nurse (by Appointment)</p> <p>4:30 Council on Aging Board of Directors Meeting</p> | <p>9 BIG Y SHOPPING SOUTH HADLEY VOTING DAY</p> <p>MENU: Shepherd's Pie, Mashed Potatoes, Spinach, Pudding.</p> <p>9:00 Hearing Screening (by Appt.)</p> | <p>10 MEMORIAL DRIVE SHOPPING</p> <p>MENU: Cheese Lasagna, Romano Beans, Pineapple.</p> <p>11:30 Social Strollers Sign-up in the Dining Room</p> <p>10:00 –11:30 MEMORY CAFÉ (Rm#1) Please Call Office</p> <p>11:45 <i>WW Weigh-In</i></p> <p>12:15 <i>WW Meet (Rm#5)</i></p> <p>12-1:30 Travel Club</p> <p>3:00 Book Club (<i>Library</i>)</p> <p>5:30-7:00 Elder Law Presentation— Power of Trusts & Life Estates</p> | <p>11 MENU: Sweet & Sour Chicken, Confetti Rice, Carrots, Brownies</p> <p>10:00-11:00 Veterans Support Group</p> <p>10-11:30 Travel Club</p> <p>11:00 Lunch & Learn with Oasis Health Care</p> <p>11:30 Social Strollers Sign-up in the Dining Room</p> <p>12:30-2:00 Blood Pressure w/Nurse</p> <p>5:00 pm FRIENDS of So. Hadley Elderly Meeting</p> | <p>12 BIG Y SHOPPING</p> <p>MENU: Macaroni & Cheese, Stewed Tomatoes, Peas & Onions, Peaches, Soup</p> <p>10:00 Coffee & Conversation with Leslie: New Senior Center Update</p> <p>1:00 to 2:30: Hospice Life Care Bereavement Group Mtg (Rm#1)</p> |
| <p>15</p> <p>COA IS CLOSED</p> | <p>16 BIG Y SHOPPING</p> <p>MENU: Beef Stew, Mashed Potatoes, Carrots, Pineapple or Diet pineapple</p> | <p>17 MEMORIAL DRIVE SHOPPING</p> <p>MENU: Grilled Rueben Sandwiched tater tots,</p> | <p>18 MENU: Mild Beef Chili with Egg Noodles, Peas & Carrots, Mandarin Oranges</p> | <p>19 BIG Y SHOPPING</p> <p>MENU: Grilled Tuna & Cheese Sandwiches, Confetti Rice, Broccoli &</p> |

| | | | | |
|--|--|--|--|---|
|  | <p>10:00 LOW VISION GROUP (Rm #1)</p> <p>10:00-11:00 Brown Bag (Rm #3)</p> | <p>Juice, Cookies</p> <p>11:00 Cassin Academy of Irish Step Dancers</p> <p>11:30 Social Strollers Sign-up in the Dining Room</p> <p>11:45 WW Weigh-In</p> <p>12:15 WW Meet (Rm#5)</p> <p>12-1:30 Travel Club</p> <p>5:30-7:00 Tick Talk – UMass</p> | <p>10:00 Veteran's Group Support Group (Rm#1)</p> <p>10-11:30 Travel Club</p> <p>6:30 pm KYT COMMUNITY FORUM AND NEW SENIOR CENTER UPDATE AT THE SOUTH HADLEY HIGH SCHOOL LIBRARY</p> | <p>Cauliflower, Pudding, Soup</p> <p>1:00 to 2:30: Hospice Life Care Bereavement Group Mtg (Rm#1)</p> |
| <p>22 MENU: Spaghetti w/ meatballs, mixed vegetables, garlic bread, juice, mixed fruit or diet mixed fruit.</p> | <p>23 BIG Y SHOPPING</p> <p>MENU: Beef Tips, Peas & Onions, Scalloped Potatoes, Juice, Cake</p> <p>10:00 Lois & Clark Medical Equipment Tune-up , Foot Health, Diabetic Shoes NEWSLETTER COLLATING (Rm#3)</p> | <p>24 MEMORIAL DRIVE SHOPPING</p> <p>MENU: Oven Baked Chicken, Baked Potato, Peas & Onions, Cranberry Sauce, Pears</p> <p>11:45 WW Weigh-In</p> <p>12:15 WW Meet (Rm#5)</p> <p>12-1:30 Travel Club</p> <p>5:30-7:00 Navigating Hearing Loss in Seniors</p> | <p>25 MENU: American Chop Suey, Spinach, Fruit Crisp</p> <p>10-11:30 Travel Club</p> <p>11:00 Ron & Jean Entertainment</p> | <p>26 BIG Y SHOPPING</p> <p>MENU: Baked Salmon, Wild Rice, Broccoli, Peaches, Soup</p> <p>1:00 to 2:30: Hospice Life Care Bereavement Group Mtg (Rm#1)</p> |
| <p>29 MENU: Stuffed Peppers, Mashed Potatoes, Broccoli & Cauliflower, Pineapple.</p> <p>9:00-12pm SHINE (by Appt only)</p> | <p>30 BIG Y SHOPPING</p> <p>MENU: Chicken Marsala with Sauce, Eggs Noodles, Stewed Tomatoes, Jell-O</p> <p>9:30 Social Strollers Spring Start</p> <p>10:00 Learn About the Opioid Crisis & Addiction</p> | <p>Lunch is Served</p> <p>M-F 11:45-12:15</p> <p>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 under 60 will be charged \$6.00—<u>Per Federal Regulations</u></p> | <p>Our Lunch Program is Funded by the Federal Title III-C Older Americans Act</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 | 10:00am 10:00am 11-11:45 1:00pm | 8/wks: \$48.00; \$3/class \$4.00 per class No Charge | Beginning Exercise (Exercise Room) - <i>pay at the office</i> Circuit Training with Heidi - <i>pay at the office</i> Fitzgerald Fitness Center Orientation (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) 2nd Thur/month: library Scrabble (Lib), Quilting (rm #3), Chip Poker (rm #4) |
| FRIDAY | 10:30am 1:00pm | No charge No Charge | 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 noncompetitive, 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, -OR- **Tap Dance with Loryn** Class begins with a warm-up to stretch the muscles of the legs and feet. Dancers practice a series of basic steps, adding more difficult combinations as they become more proficient.

On **TUESDAYS** join **Circuit Training with Personal Trainer Heidi Ewen** in the Fitness Center. Rotate through 6 pcs of fitness equipment. Exercise and have fun with this class.



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

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

WEDNESDAY mornings join **Dance with Ashley**; movement and fun make this a popular class at the center. Join this **free class** anytime. All levels welcome.



On **TUESDAYS** and **THURSDAYS**, we have **Beginning Exercise**. This YMCA sponsored class gets you up and moving.

The Maurice & Margaret Fitzgerald Memorial Fitness Center Orientation get you acclimated to the fitness equipment. The Fitness Center is open 8am to 4:30pm daily.

THURSDAYS join **Seated and Sitting Yoga**, a fun and modified version of yoga that helps improve your balance, mobility and core strength.

**Drop into any of our fitness classes. All experience levels welcome*

SOCIAL SERVICES –ANN’S CORNER



LOW VISION GROUP

Meets on the third Tuesday of the month from 10:00 a.m. to 11:30 a.m. ALL are welcomed!

Meetings usually begin with a welcome and introduction period, followed by a guest speaker with a question and answer period. The meeting wraps up with a discussion by the members of what they have learned from the speaker and what programs and speakers would be informative in the future. Participants are welcome to stay for lunch after the meeting to enjoy some social time. Reservations can be made by calling the main office at 538.5042 by the previous day. FREE transportation is provided to South Hadley residents who would like to attend. To reserve your place on the COA minivan, please call Ola at 538.5042 extension 201. Our guest speaker for April 16th is **Officer Steve Fleming from the South Hadley Police Department.** Officer Fleming will talk about Personal Safety. We welcome our “new” group co-leaders: Nancy Pickle, Irene Bernstein and Karen Dupuis. If you would like to have more information regarding the Low Vision group, please call Ann at 538.5042 extension 206.

Ann’s Community Outreach Days for April

Newton Manor~ April 3rd

Hubert Place ~ April 10th

Lathrop Village ~ April 24th

Time: 2:00 p.m. to 3:00 p.m.



It’s NOT to late to apply for Fuel Assistance...for the

2018/2019 heating season. Applications for fuel assistance can

be submitted up to April 30th. Don’t delay! The heating season runs from November 1st to April 30th. You may be eligible for assistance with your oil, gas or electric bill. If approved, Community Action will look back at your heating cost from November 1st. You could be entitled to a credit on your account moving forward. Homeowners, and renters should apply! For additional information, contact Ann at 538.5042 extension 206.

NEWS & EVENTS



Our April 12th Volunteer Appreciation Luncheon has been postponed.

GOODBYE TO OUR
UMASS NURSES!

Please join us on
Thursday, April 18
for coffee & cake



KNOW YOUR TOWN

APRIL 18 | 6:30 P.M.

SOUTH HADLEY HIGH SCHOOL

Come hear Leslie Hennessey, Marian Millard, Mitch Resnick, DDS & Dr. Nick Young update you on the town!

BE PART OF PLANNING THE FUTURE OF SOUTH HADLEY!

Do you live in South Hadley?

Take the Age-Friendly Livable Communities

Survey online or get a copy at the Center before April 18!

Go to www.SouthHadley.gov

and search Livable

Communities Survey to complete it. The Survey

should take

about 20 minutes.

VETERANS' LAWS AND BENEFITS

Chapter 115 from the Massachusetts Department of Veterans

Under Massachusetts General Laws M.G.L. Ch. 115, the Commonwealth provides a needs-based means tested program of financial and medical assistance for indigent veterans and their dependents. Qualifying veterans and their dependents receive necessary financial assistance for food, shelter, clothing, fuel, and medical care in accordance with a formula which takes into account the number of dependents and income from all sources. Eligible dependents of deceased veterans are provided with the same benefits as if the veteran were still living.

How to apply: For applications, contact the local Veterans' Service Officer (VSO) in the city or town where the veteran lives. To find a VSO:

- Call the ITown Hall and speak to the Veterans' Services; 538-5017, ext. 137
- Call the Massachusetts Department of Veterans' Services, 617-210-5480, and ask for the VSO name and contact information.

Visit the DVS website at www.mass.gov/orgs/



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

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

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

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IN MEMORIAM

APRIL 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)

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FROM:

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Bruce T. Carl
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 **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

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