

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.

Yes!

**Town Meeting Members
voted YES for a new senior
center in South Hadley!
Thank you!!**

Celebrate the New Senior Center Project with Sarah the Fiddler

Mon. June 10, 11 a.m. to Noon

*Wear your boots and grab your
cowboy hats!*

Enjoy the foot
tapping, high
spirited music
of Sarah and
her fiddle!



Everyone is sure to
have a great time
Get up and dance!

Friends 50/50 RAFFLE

The performance is sponsored by our
The Friends of S.H. Elderly, Inc.



Flag Day Celebration Friday, June 14

Performance starts at 11:00

"The Singing Trooper"

The Cost of the
performance is
\$2.00 per person
Limited seating.

Tickets go on sale
Mon., June 3, 2019

**Tickets MUST be
PRE-PURCHASED**

by Wednesday, June 12, 2019.

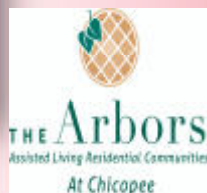
Call 538-5042!

Members of South Hadley VFW 3104
will provide a Color Guard for the
presentation of the Flag.



FRIENDS 50/50 Raffle

**This performance is
co-sponsored by**



**The Arbors At
Chicopee & The Friends of South
Hadley Elderly, Inc.**

Lunch served immediately following perfor-
mance. As always, Lunch is an anonymous,
suggested donation of \$2.25 for 60+ and
charge of \$6.00; Under 60yrs.

WEDNESDAY EVENINGS

Belly Dancing Classes

June 5 & 12,
5:30-7:00 p.m.,
with Araila Pearl



from *Aralia Pearl Belly
Dancing and Ohana
School of*

Performing Arts. Come
join us on Wednesday
evenings and learn a lively new way
to move your body, have fun and
exercise. This program is sponsored by
the South Hadley Cultural Committee.

[Call 538-5042 to confirm your spot!](tel:4135385042)



**Reception Sponsored by the
Friends of South Hadley Elderly
Wed. June 19, 4:30 - 7:00 p.m.**

Music * Hors d'oeuvres * Raffles
Watercolor Paintings, Quilts,
Knitting & Printmaking
Many pieces will be for sale.



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UPCOMING EVENTS, PROGRAMMING & ACTIVITIES



PVTA will be launching a new program for Seniors: Fare Free Tuesdays!

Information session: Thurs. June 6th at 11am

Pick up your ID: Mon. June 17 8:30-4:00

This two year pilot program will start in July and allow seniors with a PVTA Senior ID to ride any and all of PVTA's Fixed Route Buses for **free on Tuesdays**.

June 6th will be a talk about the Senior Fare Free: photo's, names and date of birth for senior ID's needed.

June 17th: ID's delivered to the senior center Free for seniors. To see Fixed Routes go to: <http://pvta.com/schedules.php>



Cooking with Summer Vegetables

The Food Bank of West Mass

Tues. June 18, 10 a.m. in dining room.

Summer offers the best vegetables to try and experiment with. Learn new recipes for garden vegetables. You even get to taste-test them!! Join us for this interactive, and tasty program from the Food Bank of Western Mass.



June 19th, 20th & 21st.

Wednesday 10 -7pm, Thursday: 10-4:30

Friday 10 to 1pm

Our dining room will be transformed into an Art Gallery

Enjoy works of art by our Watercolor Artists, Quilters, Knitters & Printmakers

Wednesday Evening

RECEPTION 4:30PM TO 7:00PM

Enjoy a glass of bubbly & nibble on hors d'oeuvres while you listen to music and shop.

RAFFLES

Lunch & Learn

Lunch & Learn starts at 11am in the Dining Room

Wednesday, June 5: Spiros Hatiras, President and CEO of Holyoke Medical Center, will bring us up-to-date on the latest innovations at the medical center .

Thursday, June 6: PVTA: FARE FREE TUESDAYS at 11am .

Tuesday, June 11

Overview of WestMass ElderCare Services. Season Bryant from WestMass ElderCare will provide a presentation and information about the services and resources available to seniors through WMEC.

Tuesday, June 25

Dr. Alikhan from Holyoke Medical Center will talk about Osteo health.

WEDNESDAY EVENING PROGRAM



Make Your Own Perfume

with Essential Oils

Workshop : June 26th

5:30-7:00 p.m.

Join owner Nora Zinan of "doTERRA"

Learn how to use and incorporate essential oils into your daily life.

Cost is \$10.00 per person.

Call 538-5042

By 6/24 to reserve your spot!

Must have 8 people to hold this workshop.

This event is co-sponsored by our Friends of S. H. Elderly.

UPCOMING EVENING PROGRAMS

Upcoming Evening Programs

July: 3rd. No Evening Program.
July 10th: Card Making with Tammy.
July 17th: Registry of Motor Vehicles REAL ID info session.
July 24th: R.A.D–Resist **A**ggression **D**efensively. Personal Safety Training for Women.
July 31st: TBA
Aug 7: TBA
Aug 14th: No Evening Program.
Aug 21st: The Clutter Doctor

VOLUNTEER OPPORTUNITIES

OFFICE: Mon –Fri: 8-12 p.m. & 1-4:30 p.m.
Wed. evenings: 4:30pm to 7pm

Greet participants, assist with phones, computer and copier

DINING ROOM: 9 a.m. to 12:30 p.m.

Work as a team to set tables, prepare condiments, assist with serving and clearing tables after lunch.

HOME MEAL ON WHEELS 8:30 a.m. to 10:30 a.m.

Work as a team to assemble cold bags for Home Meal on Wheels delivery, assist with prep as needed.

Benefits: Long coffee breaks & friendly co-volunteers.

A MESSAGE FROM LESLIE



Congratulations South Hadley!

Town Meeting Members overwhelmingly approved the article to appropriate \$9.8 million for funding the design and construction of a new senior center to replace the current facility on 45 Dayton Street. This victory for South Hadley older adults has been long awaited and overdue.

The Senior Center Building Committee will continue the work of overseeing the project in regard to schedule and budget. The Philanthropic Committee and the Friends of South Hadley Elderly, Inc have set a goal to raise one million dollars. The conceptual designs for the new senior center can be found on our Council on Aging website page at www.southhadley.org. ~ Leslie

SOCIAL SERVICES –ANN'S CORNER



LOW VISION GROUP

TUESDAY, JUNE 18TH AT 10:00 A.M.

Guest Speaker: Mollie Burns, Social Worker. Massachusetts Commission for the Blind

All are welcome! For more information, call Ann Andras at 538.5042 ext. 206

Ann's Community Outreach Days for JUNE

Newton Manor ~ Thurs., June 6th

Hubert Place ~ Thurs., June 13th

Lathrop Village ~ Thurs., June 20th

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



PLEASE NOTE:

My **Community Outreach** visits at Newton Manor, Hubert Place and Lathrop will change to **Thursday**, beginning in June. *Looking forward to our visit!*

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 and welcoming.



Single-rider Transportation to Medical Appointments: Companion drivers to transport seniors to 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 for in her office for blood pressure checks, questions about medications and info.



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.

Too often the loved one, or primary caregiver, suffers the effects of feeling isolated and alone in their caregiving, to come together and share those experiences. Call 538-5042 and ask for Leslie.

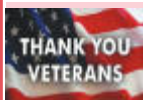


New at the Center: The Williams Sound System: Helping you hear better at the senior center. Are you missing out on conversations at lunch? Do you have trouble hearing in cards or Mah Jongg? In a meeting with Ann? Ask Ann or Lisa for information.



Foot Nurse Appointments: Second and Fourth Monday of the month, 9 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 appt.



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



Weight Watchers Meetings: ON HIATUS FOR THE SUMMER. Weight Watchers will return in the Fall!

JUNE EVENT CALENDAR & LUNCH MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|--|
| <p>3 MENU: BBQ Chicken, Roasted Potatoes, Mixed Vegetables, Pineapple</p> <p>9:00-12:00 SHINE (by Appointment Only)</p> | <p>4 BIRTHDAY/ANNIVERSARY <i>Birthdays & Anniversary Celebrants eat FREE as guest of our Friends of S.H. Elderly- Let Ola know in the Office</i></p> <p>MENU: Roast Turkey with Gravy, Mashed Potatoes, Carrots, Cake</p> | <p>5 MEMORIAL DRIVE SHOPPING</p> <p>MENU: French Meat Pie with Gravy, Egg Noodles, Corn, Tropical Fruit</p> <p>11:00 LUNCH & LEARN: Spiros Hataras from HMC</p> <p>12-1:30 Travel Club</p> <p>3:00 Book Club (Library)</p> <p>5:30-7:00 BELLY DANCING</p>  | <p>6 MENU: COLD PLATE: Tuna Salad, Macaroni Salad, Carrot & Raisin Salad, Applesauce Cake</p> <p>10:00 Alzh. Caregiver's Support Group (Rm#1)</p> <p>10-11:30 Travel Club</p> <p>10:30 AVA THE DOG</p> <p>11:00 PVTA "Ride the Bus Free Tuesday" Information Session</p> | <p>7 BIG Y SHOPPING</p> <p>MENU: Breaded Pollock, Confetti Rice, Broccoli, Lite Salad, Pears</p> |
| <p>10 MENU: Sweet & Sour Chicken, Wild Rice, Squash Blend, Tropical Fruit</p> <p>9:30 am: Foot Nurse (by Appointment)</p> <p>4:30 Council on Aging Board of Directors Mtg.</p> | <p>11 BIG Y SHOPPING</p> <p>MENU: Spaghetti with Meatballs, Mixed Vegetables, Garlic Bread, Juice, Peaches</p> <p>9:00 Hearing Screening (by Appt.)</p> <p>11:00 Overview of West-Mass ElderCare Services</p> <p>5:00 p.m. FRIENDS of South Hadley Elderly Monthly Meeting in COA Dining Rm.—All are Welcome</p> | <p>12 MEMORIAL DRIVE SHOPPING</p> <p>MENU: BURGER BAR, Beef Patty with Cheese, Bun, Lettuce & Tomato, Tater Tots, Juice, Brownie</p> <p>10:00 – 11:30 MEMORY CAFÉ (Rm#1) Please Call Office</p> <p>12-1:30 Travel Club</p> <p>5:30-7:00 BELLY DANCING</p>  | <p>13 MENU: American Chop Suey, Broccoli, Garlic Bread, Pears</p> <p>10:00-11:00 Veterans Support Group</p> <p>10-11:30 Travel Club</p> <p>10:30 AVA THE DOG</p> <p>12:30-2:00 Blood Pressure with Nurse</p> | <p>14 BIG Y SHOPPING</p> <p>SPECIAL "Singing Trooper Lunch-Advance Reservation Needed to Attend"</p> <p>MENU: Pot Roast with Sauce, Mashed Potatoes, Vegetable Medley, Lite Salad, Cake</p>  <p>FLAG DAY CELEBRATION</p> |
| <p>17 MENU: Stuffed Cab- bage with Tomato Sauce, Mashed Potatoes, Carrots, Fresh Fruit</p> <p>PICK UP PVTA ID'S</p> <p>9:00-12:00 SHINE (by Appointment)</p> | <p>18 BIG Y SHOPPING</p> <p>MENU: COLD PLATE: Turkey Salad, Three Bean Salad, Pickled Beets & Onions, Pudding</p> <p>10:00 Food Bank of West-</p> | <p>19 MEMORIAL DRIVE SHOPPING</p> <p>MENU: Oven Baked Chicken, Baked Potato, Peas & Onions, Cranberry Sauce, Mandarin Oranges</p> | <p>20 MENU: Shepherd's Pie with Gravy, Spinach, Bis-cuit, Fruit Cup</p> <p>10:00 Alzh. Caregiver's Support Group (Rm#1)</p> <p>10-11:30 Travel Club</p> | <p>21 BIG Y SHOPPING</p> <p>MENU: Baked Salmon with Lemon, Wild Rice, Broccoli, Lite Salad, Cake</p> <p>10:00-1:00 ART SHOW</p> |

| | | | | |
|---|---|---|--|--|
| <p>9:00-12:00 SHINE (by Appointment Only)</p> | <p>ern Mass: Cooking with Summer Vegetables 10-11:00 Brown Bag (Rm#3) 10:00 LOW VISION GROUP (RM #1)</p> | <p>12-1:30 Travel Club 10:00--7:00 ART SHOW 4:30-7:00 ART SHOW RECEPTION</p> | <p>10:00-4:30 ART SHOW 10:30 AVA THE DOG</p> | |
| <p>24 MENU: Broccoli Quiche, Potato Puffs, Peas & Onions, Peaches 9:30 am: Foot Nurse (by Appointment)</p> | <p>25 BIG Y SHOPPING MENU: Liver & Onions, Mashed Potatoes, Wax Beans, Juice, Cookies 11:00 Lunch & Learn: Dr. Alikhan from HMC will talk about Osteo Health</p> | <p>26 MEMORIAL DRIVE SHOPPING MENU: Meatloaf with Gravy, Scalloped Potatoes, Mixed Vegetables, Fruit Crisp 9:15 Yoga 12-1:30 Travel Club 5:30-7:00 Essential Oils Workshop —Make your own perfume. \$10 call by 6/25</p> | <p>27 MENU: Teriyaki Chicken, Wild Rice, Carrots, Pineapple 10-11:30 Travel Club 10:30 AVA THE DOG 11:00-11:45 Lunch & Learn: RMV Disability Placard</p> | <p>28 BIG Y SHOPPING MENU: Grilled Cheese & Tomato, Sandwiches, Potato Puffs, Lite Salad, Tropical Fruit</p> |
| <p>The Rainbow Supper Club Invite all LGBTQ+ individuals (ages 60+), as well as younger partners, friends, AND allies to attend. EVERYONE IS WELCOME! Join us the first Wednesday of the month 5-7pm at the Holyoke Council on Aging. Call 538-9020 to make reservations.</p> | <p>Our Lunch Program is Funded by the Federal Title III-C Older Americans Act</p> | <p>Lunch is Served M-F 11:45-12:15 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— Per Federal Regulations</p> | <p>Friday Soup will be replaced with salad June- July</p> | |



DAILY ACTIVITY SCHEDULE

| | | | |
|---------|--|---|---|
| MONDAY | 10:00am 10:00am 1:00pm 1:00pm | No charge \$3.00 per class No Charge No Charge | Music Appreciation (rm #2) Tai Chi (Exercise Room) - <i>pay at the office</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 <i>8/wks: \$48.00; \$3/class</i> \$4.00 per class No Charge | SOCIAL STROLLERS <i>Beginning Exercise Summer Hiatus: June – mid-Sept</i> Circuit Training with Heidi - <i>pay at the office</i> Fitzgerald Fitness Center Orientation (must reserve) Bingo (rm #2) |
| WED. | 9:15am 9:15am 12:15 1:00pm 3:00pm | No Charge No Charge No Charge No Charge | <i>Dance Class w/Ashley: Summer Hiatus: 6/19 - 9/ 11</i> NEW CLASS: YOGA 10 week class: Join anytime. <i>WW (Weight Watchers): Summer Hiatus June to Sept.</i> 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 | <i>8/wks: \$48.00</i> <i>\$5.00 per class</i> \$3.00(Pay instructor) No Charge | <i>Beginning Exercise Summer Hiatus: June – mid-Sept</i> <i>Water Color Class (Rm #3) - Summer Hiatus: 7/4-9/19</i> Seated & Standing Yoga (Rm #2) 2nd Thur/month: library Scrabble (Lib), Quilting (rm #3), Chip Poker (rm #4) |
| FRIDAY | 9:30am 10:30am 1:00pm | No charge No Charge | SOCIAL STROLLERS Healthy Bones & Balance Bridge (Rm #3), Canasta (DR), Cribbage (Rm#2), Knitting (Libr) |

Summer Hiatus



DANCE WITH ASHLEY

June 19th to Sept. 11th

will be taking the summer off.

Class returns on September 11th



BEGINNING EXERCISE

will be taking the summer off.

June –mid-September



WATER COLORS CLASS

Last day is June 27th. Fall classes start September 19th.

WW (Weight Watchers) - Will start back up in the Autumn



Gentle YOGA With Michele

10-week series starts June 26th

Join instructor Michele Lyman, owner of **Serenity Yoga Studio**

Wednesdays at 9:15 a.m. in the

Gentle Yoga with Michele is a rest and calm class that includes breathing, gentle flowing movements and basic balancing poses. Relax and settle in as you learn to feel your way through your practice. *Key benefits: reduces stress, improves stability, improves body alignment and increases joint mobility*



THE SOCIAL STROLLERS ARE BACK!

Tuesday & Fridays at 9:30am Rain or Shine.

Fun, Fitness & Friends!

Join us at anytime. Call 538-5042 for more information.



FRIENDS OF SOUTH HADLEY ELDERLY, INC

Volunteers Needed:

Do you have 1-2 hours to volunteer to support the Friends? Do you like to cook or bake?

We can use some help with the following: making a dessert or preparing an appetizer for the upcoming Art Show on June 19, helping with fall fundraising events (Bingo, yard sale, etc.), helping with the November wreath sale, and helping with the December raffle baskets & holiday party. To be added to our volunteer list or to donate an appetizer or dessert for the Art Show, please email the Friends at friendsofshcoa@gmail.com or call Janet Stawasz at 534-5886.

Shop at smile.amazon.com and support the Friends. Amazon donates 1/2% of your purchases to the **Friends of South Hadley Elderly, Inc.**

Smile.amazon has the same products, pricing & shopping as Amazon.

Keeping up with the Friends

Join us at the Council on Aging for our next monthly meeting on Tuesday, June 11 at 5 p.m.

All are welcome!



THE VOTE WAS YES!



The Friends have a \$1 million fundraising goal to help the costs for the new Senior Center building. If you're interested in learning more or want to find out ways to give, contact friendsofshcoa@gmail.com



\$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.

TRAVEL CLUB TRIPS



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

NEW TRIP! August 13, 2019

Duck Boat Tour & Harvard Glass Museum in Boston, MA. Enjoy a narrated land & water tour of Boston and be amazed by the realistic flowers made of blown glass. Includes transportation, Boat Tour, Glass Museum & Luncheon. Cost \$130. Call Dolores Giroux @ (413) 536-2779.

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.

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.

December 10, 2019

Historic **Salem Cross Inn** with Luncheon Show & stop at **Oakwood Farm Christmas Barn.** Cost \$80. Call Susan Canedy @ (413) 536-2106.

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, & 4pm snack. Cost \$105. Call Huguette Supinski @ (413)530-6162.

February 24 - March 6, 2020

Caribbean Cruise from NY. 12 days/ 11 nights aboard NCL Gem cruise ship. Costs ranging from \$1,349.pp to \$1989.pp plus taxes, gratuities and travel insurance and choice of 2 free amenities. Call The Ship Shop @ 1-800-243-1630 or Huguette Supinski @ 413-530-6162.

NUTRITION ARTICLE

Malnutrition Awareness

By Christy Maxwell, WMEC Dietitian, and Bridget Gosiewski, UMass Dietetic Intern

You could be at risk of malnutrition and not even know it! Malnutrition is the lack of the proper nutrients required for us to function. Poor nutrition is common in the elderly (especially those who have been hospitalized). As much as 50% of hospitalized patients are malnourished, or at an increased risk of malnutrition. Did you know that malnutrition increases your risk of falling and breaking a bone? Malnutrition makes you more susceptible to infections, and it can increase your length of stay in the hospital, as well as increase your odds of being re-admitted once you leave. Malnutrition also affects your strength, making it difficult to walk or do the things you love.

Some common signs and symptoms to look for include, low body weight, unintentional weight loss, and a decreased appetite. Have you recently had a fall or been told by a physician that you have "low bone density"? Bone loss is another common symptom of malnutrition. Other contributors to malnutrition risk include poor dentition or difficulty chewing, limited access to food, and living alone or loneliness.

One often thinks of thinness or frailty being associated with malnutrition; however, overweight individuals are also at risk if they consume excess calories from foods that are low in vital nutrients. It is important to choose foods that are *high in nutrient density*, meaning they contain more of the essential nutrients such as protein, complex carbohydrates, vitamins, and minerals. These include colorful fruits and vegetables, lean protein sources, and 100% whole grains. Sugary, high-fat foods have a lot of calories, but lack most of the important nutrients necessary to reduce your risk of malnutrition. If you are concerned that you might be at risk, please speak with your doctor, a dietitian, or your case manager at WestMass ElderCare, or other health care professional. We are all equipped to help you prevent malnutrition!

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

JUNE 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)

CLAIRE C. BEDARD

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DR. JAMES MAHONEY

Neshan & Roberta Daglian

LAURENT "LARRY" MENARD

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Carole & Mike Dubuc

ROSE PETRIE

Ann Conti

TOM TETLOW

Irene Tetlow

WE ARE VERY GRATEFUL FOR THE FOLLOWING DONATIONS

FROM:

Anonymous Donor
Doris Longpre
Edward & Kathleen Kopec*
Kathleen Hurley*

**denotes multiple donations*

South Hadley Dental Associates, Inc.



Marjorie S. Block, D.M.D.

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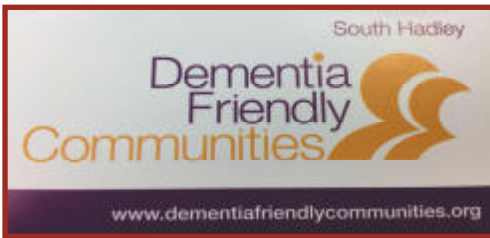
SOUTH HADLEY COUNCIL ON AGING
45 DAYTON ST.
SOUTH HADLEY, MA 01075

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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 _____

*In Memory Of: _____ or _____

Donated By _____
 Address _____

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

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