

# 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 60.



### Back by Popular Demand!



*An Evening of Card Making*

**Wed. July 10th at 5:00 pm**

Create your own beautiful cards

*Simple directions and supplies included.*

*Suggested \$2.00 donation*

### Important Information

**Wed. July 17, 5:30pm**

The REAL ID is coming to Massachusetts...Here's what you need to know

Starting Oct. 1, 2020, regular Mass driver licenses will no longer suffice for Domestic Flights & Entrance to Federal Buildings

Only licenses with REAL ID will grant people access to Domestic flights and Federal Buildings  
**Come find out the details.**

### Center

**CLOSED on**

**July 4th & 5th**



**August 28th**



*Volunteer Appreciation Brunch!*



**Resist Aggression Defensively Personal Defense Training for Seniors**

**Wed. July 24th at 5:00pm**

Empowering seniors to resist aggression defensively.

The goal of the workshop is to improve the personal safety of seniors through pro-active strategies and physical techniques unique to their age group

**This workshop could save your life.**



**Bead Jewelry Design**

**Wed. July 31st at 5:00pm**

Some beads supplied- Bring your own beads or purchase them from Sandy for a small price.

*Earrings, bracelets, ankle bracelets & necklaces*



**Wed., July 24th**

**12:30-2:00 PM**

**BINGO & ICE CREAM SOCIAL**

*Ice cream from McCray's*

**Sponsored by the Friends of South Hadley Elderly.**



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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, MA 01075  
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## UPCOMING EVENTS, PROGRAMMING & ACTIVITIES



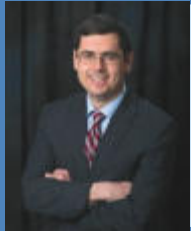
Celebrating  
**Birthdays and Anniversaries**  
On Tuesday, July 9th

**Let us know if you're celebrating in JULY!**

Call Ola 538-5042, ext. 201



**Baby...it's hot outside!!!**  
Any day the temperature is 90  
degrees and over, come in for a  
complimentary popsicle  
Sponsored By Our Friends of South  
Hadley Elderly, Inc.



Monday, July 1st at 11:30am.  
Lunch & Legislature....  
**Representative Dan Carey** will  
be here for lunch



### Coffee & Conversation with Leslie

Friday, July 12th at 10am in the  
dining room:

**New Senior Center Updates.**

**Where will the temporary COA be located?**  
Questions & Discussions



### MEMORY CAFÉ

**Wednesday, July 10th at 10:00 am**

Spirit of the Drum interactive drumming  
workshop with Cliff Madru.

A memory café is a safe and inviting place for individuals  
with cognitive challenges and their caregivers to come  
together and enjoy some quality time through a socially  
engaging activity.

For more information, call Leslie at 538-5042

## Lunch & Learn

Lunch & Learn starts at 11:15 am in  
the Dining Room

**Wednesday, July 10, 2019 • 11:15 a.m.**

### Protecting Our Skin

*with Dr. John Mazzuco, HMC General  
Surgeons:*

The ultraviolet radiation that shines from the  
sun can be very dangerous to our skin. Please  
join Dr. Mazzuco as he talks about ways to  
protect your skin and prevent skin cancer.

**Thursday, July 11, 2019 • 11:15 a.m.**

### Catching Your Breath: COPD

*with Dr. Andrey Pavlov, HMC Pulmonology  
Center*

Chronic Obstructive Pulmonary Disease, or  
COPD, is actually a group of conditions that all  
block airflow to your lungs.

Come learn about COPD as Dr. Pavlov discusses  
the different causes of COPD, and the different  
treatments available to help control it.



July 16th at 11am  
**Savas Hadzisavidis**

Returns with his Buzuki to entertain us with  
beautiful, Greek music !



**Buttery Brook Park**

**SAVE THE DATE**

**COA Picnic**  
**September 10th**

**PICNIC**

## A MESSAGE FROM LESLIE

### *Where are we going while the new senior center is under construction????*

The senior center will **NOT CLOSE** during the construction of the new building.

I want to assure everyone, we will continue our programs, activities, events and outreach in a, yet to be determined, temporary site in South Hadley. The mini-bus will continue to provide transportation to and from our temporary site and to destinations in town for grocery shopping and medical appointments. We will provide daily, congregate lunches as a designated nutrition site through WestMass ElderCare. The Meals on Wheels program will continue, however, the meals will be prepared and delivered by WestMass ElderCare and their drivers.

Our support groups, like the Alzheimer's Caregiver Support Group, Brown Bag Program, our single-rider medical transportation program and our Memory Café, will also continue. We have been fortunate to have the support of the South Hadley community, in particular, local businesses, organizations and the faith community, have all offered support and space to host the COA during the construction phase of the new building.

As soon as we know where the temporary site will be—you will know. To that end, I will be hosting coffee & conversation on the **2nd Friday** of each month from 10am to 11am in the dining room. If you have questions or concerns, please join me for a cup of coffee and conversation. If you can't come to the center on Fridays, please check our website for updates: <https://www.southhadley.org/324/Council-on-Aging>.

There will be some (small) bumps along the way, but be patient and before we know it, we will be in a bright, all-inclusive building that includes; a large multi-purpose room and kitchen, a café, library, art and crafting room, card and games room, a billiards room, a lobby/gathering area with a fireplace and comfortable seating—all specifically designed for the needs of South Hadley older adults. ~ Leslie



### Senior Benefit: SHINE

On scheduled Mondays (see our calendar for days) SHINE Counselor, Eileen Burke, has office time for senior benefits information. The SHINE Program provides free one-on-one health information, counseling, and assistance to Medicare beneficiaries of all ages. A SHINE Counselor is trained and certified by the Massachusetts Executive Office of Elder Affairs on topics pertaining to Medicare, Supplemental plans and Prescription Drug Plans. Counselors can also help beneficiaries with limited income and resources enroll in programs that help pay health insurance costs. All information is kept confidential. For more information or to schedule an appointment with Eileen, call 538-5042.

## SOCIAL SERVICES –ANN'S CORNER



### LOW VISION GROUP: TUESDAY, JULY 16TH AT 10:00 A.M.

Guest Speaker: Diane Mastroianni,  
Occupational Therapist for MABVI

(Mass. Assoc. for Blind & Visually Impaired)

For more information, call Ann at 538.5042 ext. 206

### Ann's Community Outreach Days for JULY

Newton Manor~ Thurs., July 11th

Hubert Place ~ Thurs., July 18th

Lathrop Village ~ Thurs., July 25th

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

**"Please join me, I would love to meet new residents!" ~ Ann**



Need assistance  
with **Mass Health**  
or **SNAP**  
recertification?

Call Ann at 538.5042 ext.  
206

for an appointment.



### ANNUAL FARMERS MARKET COUPONS AND PRODUCE BAGS!

The Farmers Market Coupons will arrive in the 2nd or 3rd week of July and the Produce Bags will be distributed on Tuesdays in August. A notice will be posted in the Senior Center one-week in advance. Coupons are available on a "first come~first served" basis.

Produce bags are for home bound seniors. For information call Ann 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

new participants *always* welcome!



**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 disease, dementia or any memory loss illness. The group is open and welcoming.



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



**Blood Pressure with Town 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 info. Stop in!



**The Food Bank of Western Massachusetts Brown Bag Program: Mobile Pantry.** 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. Call 538-5042 and ask for Leslie.

**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 during cards or Mah Jongg. Ask Ann or Lisa for information.



**Foot Nurse Appointments:** 2nd & 4th Monday of the month at 9 a.m.  
By appointment Call the office at 538-5042.



**S.H.I.N.E Counseling:** Mondays 9am to 12pm: By appointment 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. This informal group is facilitated by Larry White, the Veteran's Liaison for Hospice Life Care of Holyoke. In addition to conversation, a variety of educational and entertaining documentaries will be shown.



**Weight Watchers Meetings:** Weight Watchers will return in the Fall!

# JULY EVENT CALENDAR & LUNCH MENU

\* MENU IS SUBJECT TO CHANGE WITHOUT NOTICE \*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> MENU: TBA  11:30 REPRESENTATIVE DAN CAREY JOINS US FOR LUNCH	<b>2</b> MENU: TBA  10:30 AVA THE DOG	<b>3</b> <b>MEMORIAL DRIVE SHOPPING</b> 9:15 Gentle Yoga MENU: TBA 12-1:30 Travel Club 3:00 Book Club ( <i>Library</i> )  <b>NO EVENING PROGRAM</b>	<b>4</b>  <b>CENTER IS CLOSED</b>	<b>5</b>  <b>LUNCH will be delivered to our HOME MEALS ON WHEELS CLIENTS CENTER IS CLOSED</b>
<b>8</b> MENU: LASAGNA w/sauce  <b>9:30 am: Foot Nurse (by Appointment)</b>  4:30 Council on Aging Board of Directors Mtg.	<b>9</b> <b>BIG Y SHOPPING BIRTHDAY/ ANNIVERSARY</b> <i>Birthdays &amp; Anniversary Cele- brants eat FREE as guest of our Friends of S.H. Elderly- Let Ola know in the Office</i> <b>MENU: ROASTED TURKEY W/GRAVY</b>  9:00 Hearing Screening (by Appt.) <b>10:30 AVA THE DOG</b>  5:00 p.m. FRIENDS of South Hadley Elderly Monthly Meeting in COA Dining Rm.—All are Welcome	<b>10</b> <b>MEMORIAL DRIVE SHOPPING</b> <b>MENU: OVEN BAKED CHICKEN</b> 9:15 Gentle Yoga <b>10:00 – 11:30 MEMORY CAFÉ (Rm#1) Interactive Drumming Workshop</b> <b>Please Call Office to sign- up</b> <b>11:15—LUNCH &amp; LEARN: Protecting Our Skin</b>  12-1:30 Travel Club  <b>5:00-7:00 CARD MAKING WITH TAMMY</b>	<b>11</b> <b>MENU: FRENCH MEAT PIE</b>  <b>10:00-11:00 Veterans Sup- port Group</b> <b>10-11:30 Travel Club</b> <b>12:30-2:00 Blood Pressure with Nurse</b>  <b>11:15 LUNCH &amp; LEARN: Catching Your Breath: COPD</b>	<b>13</b> <b>BIG Y SHOPPING</b> <b>MENU: HADDOCK FILLETS</b>  10am –11am Coffee & Conversation with Leslie—New Senior Center Updates
<b>15</b> MENU: STUFFED	<b>16</b> <b>BIG Y SHOPPING</b> <b>MENU: ROAST PORK</b>	<b>17</b> <b>MEMORIAL DRIVE SHOPPING</b>	<b>18</b> <b>MENU: SHEPHERD'S PIE WITH GRAVY</b>	<b>19</b> <b>BIG Y SHOPPING</b> <b>MENU: LOW-SODIUM FRANKS &amp; BEANS</b>

<p><b>PEPPERS WITH TOMATO SAUCE</b> 9:00-12:00 SHINE (by Appointment Only)</p>	<p>10-11:00 Brown Bag (Rm#3) 10:00 LOW VISION GROUP (RM #1) 10:30 AVA THE DOG 11:00— Greek music with Savas on his Buzuki</p>	<p><b>MENU: BURGER BAR</b> 9:15 Gentle Yoga 12-1:30 Travel Club  5:30pm—REAL ID— Information about New Mass. Driver Licenses</p>	<p><b>WITH GRAVY</b>  10:00 Alzh. Caregiver's Support Group (Rm#1) 10-11:30 Travel Club  11:00 am Berkshire Hills Music Academy Troupe</p>	<p><b>FRANKS &amp; BEANS</b></p>
<p><b>22</b> <b>MENU: BROCCOLI QUICHE</b> 9:30 am: Foot Nurse (by Appointment)</p>	<p><b>23 BIG Y SHOPPING</b> <b>MENU: VEAL PATTIES</b>  10:30 AVA THE DOG  9:00 NEWSLETTER COLLATING</p>	<p><b>24 MEMORIAL DRIVE SHOPPING</b> <b>MEATLOAF WITH GRAVY</b> 9:15 Gentle Yoga 12-1:30 Travel Club 12:30-2:00 BINGO &amp; ICE CREAM SOCIAL 5:00pm—RAD-Resist Aggression Defensively (Personal Defense)</p>	<p><b>25</b> <b>MENU: KIELBASA &amp; SAUERKRAUT</b> 10-11:30 Travel Club</p>	<p><b>26 BIG Y SHOPPING</b> <b>MENU: Grilled Cheese &amp; Tomato, Sandwich</b></p>
<p><b>29</b> <b>MENU: TBA</b> 9:00-12:00 SHINE (by Appointment Only)</p>	<p><b>30</b> <b>MENU: TBA</b></p>	<p><b>31</b> <b>MENU: TBA</b> 9:15 Gentle Yoga 11:00 am Jazz Trio from BHMA 5:00-7:00pm—JEWELRY MAKING \$2.00 suggested donation</p>	<p><b>Our Lunch Program is Funded by the Federal Title III-C Older Americans Act</b>  <b>“TBA = To Be Announced”</b></p>	<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 under 60 will be charged \$6.00—Per Federal Regulations</p>



# DAILY ACTIVITY SCHEDULE

These ongoing programs are held regularly at the COA —new participants always welcome!

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 10:15am 11-11:45 1:00pm	No Charge \$4.00 per class \$3.00 (Pay instructor) No Charge	SOCIAL STROLLERS Circuit Training with Heidi - <i>pay at the office</i> Seated and Standing Yoga (Exercise room) 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	<b>Gentle YOGA With Michele</b> (from Serenity Yoga Studio) Healthy Bones & Balance Pitch (rm #2), Mah Jongg (rm #3), <b>Book Club (Library—1st Wed. of Month) Returns in September</b>
THUR	10:15 am 1:00pm	\$3.00 (Pay instructor) No Charge	Seated & Standing Yoga (Exercise room ) 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)



## JOIN THE SOCIAL STROLLERS

Join anytime  
~ Free t-shirt at NO cost!  
**Tuesday & Fridays at 9:30am**  
**Rain or Shine.**  
Call 538-5042 for more information.



### Focus on Fiber

By Amanda Abrams, UMass Dietetic Intern

Dietary fiber is the part of plant foods that your body cannot break down or absorb. Fiber does not provide calories, but it is an important nutrient!

**Benefits of Fiber:** Fiber is famous for its bowel health benefits; it improves regularity and reduces the risk of colon cancer and diverticulosis. There are many other benefits of fiber. Foods with fiber keep you feeling full for longer, which can help you maintain a healthy body weight. Fiber also helps your heart by lowering “bad” (LDL) cholesterol and helps with diabetes by slowing the rise in your blood sugar after eating.

**How much fiber do you need? Men: 30 g per day. Women: 21 g per day**

**Easy Ways to Get More Fiber** Try using whole grains such as brown rice, barley, and whole wheat pastas in soups, casseroles, and main dishes. Include beans, peas, lentils, and lots of vegetables in main dishes and soups.

Try oatmeal with fruit and nuts for breakfast. Use high-fiber breads for sandwiches. Spread hummus as a condiment on sandwiches or use as a dip with veggie sticks. Try cut up raw vegetables for snacking, such as carrots, celery, or bell peppers. Use whole wheat crackers with cheese sticks, peanut butter, or fruit slices.

High-fiber cereal can be a great snack any time of day! Eat whole fruits instead of fruit juice. Add granola and fruit to yogurt to make a parfait.

**Remember:** Increase fiber slowly over a few weeks and make sure you are drinking plenty of fluid throughout the day to reduce gas and bloating!

# FRIENDS OF SOUTH HADLEY ELDERLY, INC



## The Friends of South Hadley Elderly: Bingo & Ice Cream Social

July 24th in the COA dining room

BINGO at 12:30pm

Ice Cream Social at 2pm

Prizes for bingo: gift cards !!

**Dan Kane Concert a Huge Success!**  
The Friends would like to thank the South Hadley COA community for your generous support of the Dan Kane Concert.

We're pleased to announce we raised nearly **\$12k** for the new Senior Center.

Thanks to all for a job well done!



Shop at [smileamazon.com](https://www.smile.amazon.com) and support the Friends. Amazon donates **1/2%** of your purchases to the

**Friends of South Hadley Elderly, Inc.**

**AmazonSmile** has the same products, pricing & shopping as Amazon .

### Keeping up with the Friends

*The Friends will not meet during the months July and August.*

*If you are interested in helping out with future fundraising activities or have an idea for a fundraising activity, Please email the Friends at [friendsofshcoa@gmail.com](mailto:friendsofshcoa@gmail.com)*

### THE VOTE WAS YES!!

The Friends have a \$1 million fundraising goal to help with the costs of the new Senior Center building. To learn how you can get involved or find out ways to support the project, contact Kim at [friendsofshcoa@gmail.com](mailto:friendsofshcoa@gmail.com)

## 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.

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

**December 10, 2019**

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

**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

### LEGAL TIPS BY ELDER LAW ATTORNEY KAREN G. JACKSON SOME BASIC MASSHEALTH FACTS IN THE EVENT OF A NURSING HOME ADMISSION

I think it is important to lay out the basic Medicaid rules in the event a family member needs care at a skilled nursing home. Health insurance does not pay for long-term custodial care. The private pay rate for such care is around \$390 per day. At \$12,000 PER MONTH most people sooner or later need Medicaid to pay this bill. In Massachusetts, this program is called MassHealth.

Here are the 2019 rules for MassHealth financial qualification; meaning, MassHealth pays the nursing home bill. MassHealth cannot force the sale of the primary residence until both the applicant (person in the nursing home) and the spouse have died, even if the home is vacant. After both the applicant and spouse have died, during the probate court process of transferring ownership of the home to the beneficiaries, MassHealth gets paid back unless the applicant (and spouse) signed a Life Estate Deed (see my prior article).

The home is called a "Non-Countable" asset. One automobile, a pre-paid irrevocable funeral for both the applicant and spouse, a burial account of \$1500 each, and assets needed to support the spouse are also Non-Countable. Most all other assets are "Countable." The applicant can keep under \$2,000 and the spouse can keep \$126,420 plus all of the Non-Countable assets and the applicant will qualify for MassHealth benefits. There are techniques to protect assets over this amount.

Once MassHealth starts paying the nursing home bill, the applicant's income, minus a couple of deductions, is paid to the nursing home. MassHealth pays the rest. The spouse can keep all of his/her income and receive some or all of the applicant's income to get the spouse's total monthly income to between \$2,000-\$3,000 depending upon the spouse's needs. No gifts can be made by the applicant or the spouse during the five years immediately preceding the date of the application. A disabled person or caregiver child can be protected from this rule. For more information, [jlawma.com](http://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](mailto:funkytown@comcast.net)



## WE'RE HIRING AD SALES EXECUTIVES



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- Expense Reimbursement

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# IN MEMORIAM

## JULY 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)

**ALICE ENNIS**

Heather Christiana

**ELVA ZAJAC**

Bonnie Catto

**DIANNE (MORIARTY) DOOLEY**

Loretta Parlengas

**DORIS BIBEAU**

Melide C. Normand

**FLORENCE GALLIVAN**

Kathy Gallivan

**HOWARD S. KIRKPATRICK**

his daughters Maura & Paula

**JAMES H. MAHONEY, M.D.**

Sal & Ann Canata

**JOYCE HUDOCK**

Alfred Hutt, M.D.

**PHYLLIS HOPEWELL**

Lady Bug Card Group

**RAY FAGINSKI**

Janice Faginski

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

Edward & Kathleen Kopec  
Kathleen Hurley  
Lawrence G. Kuntz  
Richard & Marguerite Lacoste  
St. Patrick's Church Ladies Guild

*Thank you John Seibak!*

**For your Support and  
Dedication to  
South Hadley Seniors  
Donation from Ann Andras**

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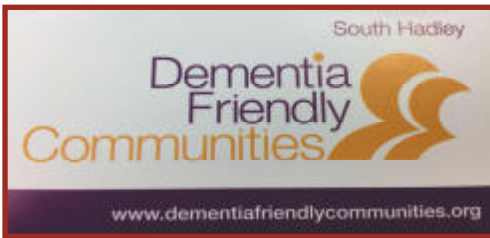
**SOUTH HADLEY COUNCIL ON AGING**  
**45 DAYTON ST.**  
**SOUTH HADLEY, MA 01075**

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 Just email Lisa at: [Lnapiorowski@southhadleyma.gov](mailto:Lnapiorowski@southhadleyma.gov)

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 \_\_\_\_\_

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 Name: \_\_\_\_\_ Address: \_\_\_\_\_ Relationship to deceased: \_\_\_\_\_

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

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

If you **DO NOT** want your name published in the newsletter, please Check here: