

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 60.



CREATIVE YOU!



The Art of Card Making
Wednesday

August 7th at 5:00 p.m.

Create your own beautiful cards for any occasion with Tammy Larcombe

Easy directions

Supplies included

*Suggested \$2.00 donation
Call 538-5042*



"Unclutter Your Life & Start Living."

Wed. Aug. 21st at 5:30pm.

Carleen Eve Fischer Hoffman

The Clutter Doctor explains the how and why we get cluttered and why it's so important to get organized.

Carleen demonstrates a 3-step approach to decluttering with examples of how to get it done and use key components to keep the clutter from piling back up! Don't miss this informative presentation. A giveaway to lucky participant!

Call 538-5042

CREATIVE YOU! Watercolor Card Design

Wed. August 28th at 5:00pm

This whimsical craft combines the beauty of watercolors with the simplicity of rubber stamping.

This beginner class is limited to 8 people.

Come along and let your creative self have fun!

All supplies included

Suggested \$2.00 donation



Volunteer Appreciation Brunch

Wednesday, August 28th at 10am to noon

~This event is by invitation only~

A celebration of all our wonderful COA volunteers!

~doors open at 9:30am~

Music by Steve & Tom

Magie Show with M.J. Pannonnault

You Must RSVP by August 21st. 538-5042

Sponsored by our Friends of South Hadley Elderly



CHANGE TO OUR NUTRITION PROGRAM:

The South Hadley Council on Aging is now a Title III-C Nutrition Site. Our Congregate and HMOW lunches are prepared and delivered by WestMass Elder-Care through funding from the Executive Office of Elder Affairs.

Lunch is served in the dining room at 12:15pm

Please call by 1pm the day before to reserve your meal for the following day . Thank you

RAFFLE PRIZES





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UPCOMING EVENTS, PROGRAMMING & ACTIVITIES



BIRTHDAYS AND ANNIVERSARIES

THURSDAY, AUGUST 29TH

Let us know if you're celebrating in
AUGUST Call Ola 538-5042, ext. 201



COFFEE & CONVERSATION WITH LESLIE

Friday, August 9th at 10am in the dining room:
New Senior Center Updates.
Questions & Discussions

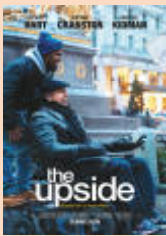


LUNCH & LEGISLATURE....
AUGUST HOURS ARE CANCELLED
Representative Dan Carey will be
back to join us in September

BROADWAY PIANO MUSIC

*Berkshire Hills Music Academy performs
before Lunch*

Thursday, August 8th 11:00 am
Call 538-5042 to reserve lunch



MOVIE with Popcorn!

1ST TUESDAY OF THE MONTH

August 6th 1:00pm: "The Upside" (2017)

Inspired by a true story—A heartfelt
comedy about a paroled ex-convict (Kevin
Hart) and an unusual & unlikely friendship
with a paralyzed billionaire (Bryan Cranston). Also
starring Nicole Kidman.



BOBBIN LACEMAKING SERIES

**Mondays in August: 5th, 12th and 19th
at 10:00-11:30 a.m.** Kara Quinteros, a

Fashion Design student, introduces participants to Bobbin
lacemaking. This treasured decorative element for fashion
is cherished for its delicate workmanship and airy
patterns. **Space limited. Call to reserve 538-5042**



Come In & Cool Off The COA is a Cooling Center

Any day the temperature is 90
degrees and over, come in for a complimentary
popsicle sponsored by The Friends of South
Hadley, Elderly Inc.



BUTTON TREE CANVAS CRAFT

Monday, August 12th at 10:00A.M.

Come join the crafting fun!

Sherry Mayer from Willimansett

Center who will be here to lead the fun

This event is free, but registration is mandatory

Stop by the office or call to sign-up by 8/9.

LUNCH & LEARN

**All Lunch & Learn programs start at 11:30
in the Dining Room**

**You do not need to eat lunch to attend a
Lunch and Learn program**



**Thursday, August 15 at
11:30 a.m..**

Reduce Your Risk of Identity Theft

A presentation by Jean Deshaine,
Branch Manger, from Berkshire Bank in South Had-
ley. What is Identity Theft? How do you know if
your identity has been stolen? Join us for infor-
mation on how to avoid the common pitfalls of
Identity theft and reduce your risk of becoming a
victim.

COA Picnic

September 10th

11am to 2pm

At Buttery Brook Park

Entertainment by

JIMMY MAZZ

Sponsored by our Friends of South Hadley

Burgers, Hot Dogs & Picnic Fare!!

**On the Grill— Officer Steve Fleming &
Deputy Sheriff Dave Fenton**



A MESSAGE FROM LESLIE

COA Temporary Quarters

If all goes as expected, we will use the Parish Hall at St. Theresa's Church on 9 East Parkview Drive, SH as temporary quarters for the COA during the building of the new senior center. While the details are still being ironed out, the COA would have access to the large gymnasium, kitchen, office space, and classroom space in the south wing of the facility, Monday through Friday 8-5 with few exceptions.

The Town Administrator and I met with Father Twohig, Pat Smith and Howie Resnick about allowing the town to use the facilities at Saint Theresa's Church. They were eager to discuss the arrangements and keen to meet our specific needs. Father Twohig expressed a sincere desire to open the parish hall to the Council on Aging and the larger community of South Hadley. More details will be forthcoming at my monthly coffee and conversation meetings and in the Golden Chronicle.

In mid-June, we ended our catering contract with WMEC and became a Title III-C Nutrition Meal Site. This means the congregational meals (served in the dining room) and the home-delivered meals (Meals on Wheels) lunches are now prepared and delivered by WestMass ElderCare. Lunches are delivered to the center, ready to serve. The home-delivered meals (Meals on Wheels) are prepared through WestMass ElderCare and delivered to South Hadley clients by WMEC drivers. There have been a few 'bumps in the road', but thanks to Ann, Brenda, Rick and our fantastic volunteers, things have gone as smoothly as possible.

We've enjoyed tasting the new items on the WMEC menu. A few staff favorites include Taco Tuesdays, Sloppy Joe with Crinkle Fries, Seafood Salad cold plate, Clam Chowder and Salmon Boat with dill sauce. (Our own Ann Andras is a huge fan of the Lemon Pudding).

Please check our website for updates: <https://www.southhadley.org/324/Council-on-Aging> ~ Enjoy the summer! Leslie

WHAT IS AN AGING SERVICES ACCESS POINTS (ASAPS)

Aging Services Access Points, commonly referred to as ASAPS, are private, non-profit, state-designated agencies under contract with the Massachusetts Executive Office of Elder Affairs to provide seniors and caregivers with **access** to a variety of programs and services. WestMass ElderCare in Holyoke is the Aging Services Access Point (ASAP) for Hampshire Co. If you or a loved one, 60 years and over, have a question about what services may be available, call **538-9020** and ask to speak to a case manager.

SOCIAL SERVICES –ANN'S CORNER



LOW VISION GROUP~ SUMMER FUN LUNCHEON @ THE BOATHOUSE RESTAURANT

TUESDAY, AUGUST 20TH AT 12 NOON

For information call Ann @ 538.5042 ext.206

Ann's Community Outreach Days for AUGUST

Newton Manor~ Thurs., August 1st

Hubert Place ~ Thurs., August 8th

Lathrop Village ~ Thurs., August 22nd

Time: 2:00 p.m. to 3:00 p.m. "Come join us for information, updates, and a few laughs!"~ Ann



NEW SESSION OF WW

The WW meeting is returning to **FRIDAYS!!!** Beginning Friday, **SEPTEMBER 6th** at 12:15 p.m. Weigh-ins begin at 11:45 a.m. the cost for a 12-week series (14 weeks w/the WW App) is \$156.00. Most insurances have a weight loss benefit. For more information Call Ann @ 538.5042. ext.206



FUEL ASSISTANCE 2019/2020

It's difficult to talk about fuel assistance when the outside temperature reads **87** degrees! Many of you will receive your fuel assistance re-certification paperwork from **Community Action!** in mid August. **PLEASE remember DO NOT simply sign the back of the application and send it back. This will delay your approval process. Qualifying documents must be sent with your application every year.** Ann is available to help any South Hadley Senior with their application. Call Ann at 538.5042 ext. 206 for an appointment & for a list of documents.

GROUPS AND SUPPORT SERVICES

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.



Medical Transportation Program: Transportation is available to provide free transportation to medical appointments. Riders must be able to walk on their own but the drivers can accompany them to appointments. To learn more about using the program, please call Ann 538-5042, Ext. 206



Blood Pressure with Town Nurse: 2nd Thursday of the month, 12:30-2:00 p.m. Marge Bernard has 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.



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

Supportive.

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. **(CANCELLED FOR AUGUST—WILL BE BACK IN SEPTEMBER)**



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 starting at 9:30 a.m. By appointment ONLY—Call the office at 538-5042.



S.H.I.N.E Counseling: SHINE counselor Eileen Burke is here on *alternating* Mondays, 9am to 12pm, to answer your questions about Medicare, supplemental plans, prescription drug plans and other insurance questions. Appointment is required. Please call 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, Veteran Liaison for Hospice Life Care in Holyoke. In addition to conversation, a variety of educational and entertaining documentaries will be shown.



Weight Watchers will be back in SEPTEMBER on FRIDAYS



Like us on Facebook! Look for South Hadley Council on Aging and like our page for updates on classes, presentations and special events

AUGUST EVENT CALENDAR & LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Lunch is served at 12:15pm (Full Menu Available at COA Office or on COA Website)</p>	<p>“NEW” (Please call for reservations no later than 1:00 the previous business day). Lunch provided by WestMass ElderCare. Suggested Donation \$2.25 for 60 or older; \$6.00 for <u>under</u> 60.</p>	<p>1 MENU: ROAST TURKEY</p> <p>10:00 Alzheimer's Care-giver's Support Group (Rm#1)</p> <p>10-11:30 Travel Club</p>	<p>2 MENU: HADDOCK POMODORO</p>
<p>5 ASIAN HERITAGE CELEBRATION MENU: BOURBON CHICKEN OVER RICE</p> <p>10-11:30 BOBBIN LACE-MAKING SERIES (Aug. 5, 12, 19)</p>	<p>6 BIG Y SHOPPING MENU: MEATBALL STROGANOFF WITH MUSHROOMS</p> <p>10:30 AVA THE DOG</p> <p>1:00 MOVIES ARE BACK!!: “The Upside” (2017) - join us for a great movie with Free Popcorn!</p>	<p>7 MEMORIAL DRIVE SHOPPING MENU: CHICKEN PRIMAVERA OVER PASTA</p> <p>9:15 Gentle Yoga</p> <p>12-1:30 Travel Club</p> <p>5:00–7:00 pm “THE ART OF CARD MAKING” WITH TAMMY</p>	<p>8 MENU: HONEY GLAZED PORK ROAST</p> <p>10:00-11:00 Veterans Support Group</p> <p>10-11:30 Travel Club</p> <p>11:00-Noon “BROADWAY PIANO MUSIC” Berkshire Hills Academy</p> <p>12:30-2:00 Blood Pressure with Nurse</p>	<p>9 BIG Y SHOPPING MENU: COLD PLATE — SEAFOOD SALAD</p> <p>10:00-11:00 Coffee & Conversation with Leslie—New Senior Center Updates.</p>
<p>12 MENU: SALISBURY STEAK WITH GRAVY</p> <p>9:30 am: Foot Nurse (by Appointment)</p> <p>9:00-12:00 SHINE (by Appointment Only)</p> <p>10-11:30 BOBBIN LACE-MAKING SERIES</p> <p>10:00 BUTTON TREE CANVAS CRAFT (Sign-up by Fri. 8/9)</p>	<p>13 BIG Y SHOPPING MENU: OVEN FRIED CHICKEN DRUMS</p> <p>9:00 Hearing Screening (by Appt.)</p> <p>10:30 AVA THE DOG</p>	<p>14 MEMORIAL DRIVE SHOPPING MENU: COLD PLATE — CHICKEN SALAD</p> <p>9:15 Gentle Yoga (LAST CLASS)</p> <p>MEMORY CAFÉ: CANCELLED—Will be back in September</p> <p>12-1:30 Travel Club</p> <p>NO EVENING PROGRAM</p>	<p>15 MENU: YANKEE POT ROAST WITH GRAVY</p> <p>10:00 Alzheimer's Care-giver's Support Group (Rm#1)</p> <p>10-11:30 Travel Club</p> <p>11:30 LUNCH & LEARN: “Reduce Your Risk of Identity Theft”</p>	<p>16 BIG Y SHOPPING MENU: BREADED FISH</p>
<p>19 MENU: GARLIC MEATBALLS</p> <p>10-11:30 BOBBIN LACE-MAKING SERIES</p>	<p>20 BIG Y SHOPPING MENU: CHICKEN PICATTA</p> <p>10:00 Brown Bag (Rm#3)</p> <p>12:00 NOON: LOW VISION GROUP: Summer Luncheon at the Boat House</p> <p>10:30 AVA THE DOG</p>	<p>21 MEMORIAL DRIVE SHOPPING MENU: STUFFED SHELLS WITH MEAT SAUCE</p> <p>12-1:30 Travel Club</p> <p>5:30-7:00pm — “UNCLUTTER YOUR LIFE & START LIVING”</p>	<p>22 MENU: MEATLOAF WITH GRAVY</p> <p>10-11:30 Travel Club</p>	<p>23 BIG Y SHOPPING MENU: COLD PLATE — EGG SALAD</p>
<p>26 MENU: CHICKEN MARSALA</p> <p>9:30 Foot Nurse (by Appointment)</p> <p>9:00-12:00 SHINE (by Appointment Only)</p>	<p>27 BIG Y SHOPPING MENU: TACO TUESDAY BEEF/BEAN/CHEESE MIX WITH TORTILLA CHIPS</p> <p>9:00 NEWSLETTER COLLATING</p> <p>10:30 AVA THE DOG</p>	<p>28 MEMORIAL DRIVE SHOPPING LUNCH: NO LUNCH AT COA</p> <p>10:00-NOON—VOLUNTEER APPRECIATION BRUNCH (INVITATION ONLY)</p> <p>12-1:30 Travel Club</p> <p>5:00-7:00pm— “WATERCOLOR CARD DESIGN” WITH TAMMY</p>	<p>29 BIRTHDAY/ANNIVERSARY <i>Birthday & Anniversary Celebrants eat FREE as guest of our Friends of S.H. Elderly— Let Ola know in the Office</i></p> <p>MENU: ROASTED TURKEY WITH GRAVY</p> <p>10-11:30 Travel Club</p>	<p>30 MENU: POTATO POLLOCK</p>

DAILY ACTIVITY SCHEDULE

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

MONDAY	10:00am	No Charge	Music Appreciation (rm #2)
	10:00am	\$3.00 Per Class	Tai Chi (Exercise Room) - <i>pay at the office</i>
	1:00pm	No Charge	Canasta & Pinochle (DR) Mah Jongg (rm #2)
	1:00pm	No Charge	Color Me Calm (rm 3) 1st & 3rd Monday
TUESDAY	9:30am	No Charge	SOCIAL STROLLERS : Meet at COA
	10:00am	\$4.00 Per Class (Office)	Circuit Training with Heidi - <i>pay at the office</i>
	11-11:45	No Charge	Fitzgerald Fitness Center <i>Orientation</i> (must reserve)
	1:00pm		Bingo (rm #2)
WED.	9:15am	No Charge	Gentle YOGA With Michele (from Serenity Yoga Studio) Ends 8/14
	10:30am	No Charge	Healthy Bones & Balance
	1:00pm	No Charge	Pitch (rm #2), Mah Jongg (rm #3),
	3:00pm	No Charge	Book Club (Library—1st Wed. of Month) Returns in September
THUR .	10:15 am	\$3.00 (Pay instructor)	Seated & Standing Yoga (Exercise room)
	1:00pm	No Charge	Scrabble (Lib), Quilting (rm #3), Chip Poker (rm #4)
FRIDAY	9:30am	No Charge	SOCIAL STROLLERS: Meet at Talcott Greenhouse at MHC
	10:30am	No Charge	Healthy Bones & Balance
	1:00pm	No Charge	Bridge (Rm #3), Canasta (DR), Cribbage (Rm#2), Knitting (Libr)

JOIN THE SOCIAL STROLLERS (Rain or Shine)

Join anytime & get a free t-shirt

Tuesday at 9:30am meet at the COA to walk the quiet neighborhoods of South Hadley

Friday at 9:30am meet at the Talcott Greenhouse on the Mt. Holyoke College Campus to walk the ponds and enjoy nature.

Call 538-5042 for more information.

Get up and go!

THE MAURICE "FITZ" & MARGARET FITZGERALD MEMORIAL FITNESS CENTER IS OPEN

MON.— FRIDAY 8:00AM TO 4PM
WED. EVENINGS TO 7PM (Except 8/14)

TUESDAYS: 10AM TO 11AM:
Circuit training with Heidi

TUESDAYS: 11:00 AM TO 11:45AM:
Equipment Orientation with Heidi.

CALL FOR INFO: 538-5042



The South Hadley Council on Aging in collaboration with the South Hadley Bike-Walk Committee and the Conservation Department, will hold the **3rd Annual Go4Life Stroll** at the River To Range Loop Trail (off Ferry St.) on **Sunday, Oct. 20, 2019 from 1:00-3:00 PM.**



TRANSPORTATION

Monday – Friday

To & From the Council On Agings ONLY .75 each way!

Transportation is provided Monday – Friday Door to Door Services

Every Tuesday & Friday:

Grocery Shopping at the South Hadley Big Y! 3-bags maximum, please

Wednesday Mornings

Memorial Drive in Chicopee stops: CVS, Walgreens & Price Rite.

You must schedule rides **24-hours in advance.** Call between 8am to 1pm daily: **538-5042**

Driver cannot assist with Grocery Bags.

FRIENDS OF SOUTH HADLEY COA, INC

LADIES, MARK YOUR CALENDARS!

Designer Handbag Bingo is coming to South Hadley



All proceeds to benefit the NEW Senior Center

DATE: Friday, October 18, 2019

PLACE: St Theresa Church, 9 East Parkview Dr, South Hadley

TIME: Doors open at 5:30PM, Bingo begins at 7PM

COST: \$30 per person (Includes 10 games of Bingo plus door prize entry. Each game has a designer handbag prize.)

TABLES: Tables of 8 can be reserved and will receive an extra set of Bingo cards for the group.

Payment is due in full to reserve a spot. Make checks payable to Friends of SHCOA. Checks can be dropped off at the Senior Center or mailed to the Friends of SHCOA at 45 Dayton Street, South Hadley, MA 01075

Support the New Senior Center

The Friends have a \$1 million dollar fundraising goal to help with the costs of the new Senior Center building.

Make your donation to the "Friends of South Hadley Elderly, Inc." or FOSHE New Senior Center Building Fund

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TRAVEL CLUB TRIPS



TRIPS AND TOURS

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

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.

TRIP CANCELLED: October 24, 2019: Oktoberfest at Krucker's in NY.

December 10, 2019 Historic Salem Cross Inn with Luncheon Show Cost \$80. Call Susan @ 413-536-2106.

SOLD OUT / WAIT-LIST ONLY

October 4, 2019: NEW TRIP:

Essex Steam Train & Riverboat, CT. Package includes transportation, train ride, river cruise and luncheon. Cost \$105. - Call Huguette Supinski @ 413-530-6162.

November 12, 2019:

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

February 24 - March 6, 2020 Caribbean Cruise from NY.

12 days/ 11 nights aboard NCL Gem cruise ship. Costs from \$1,349.pp to \$1,989.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

WE'RE MOVING!



BOOKS SALE

Starting Monday, August 12th

All PAPERBACK library books will be available for the taking.

The books are free— but our Friends of South Hadley COA will accept donations for the New Senior Center

Suggested donations:
.50 per paperback

MOTHER'S GARDEN



MOTHERS' GARDEN PLANT SALE

at the Council on Aging

We will have a Plant Sale on Friday and Saturday, Sept. 13 and 14 from 10 a.m. - 2 p.m.

Many wonderful choices Dwarf and regular irises of many beautiful color that welcome in Spring and Summer, lilies of all types and colors, hostas of various shades and sizes, pink peonies, daisies, some one of a kind perennials, roses, shrubs including quince, holly, honeysuckle, a mugo pine, and much, much more.

All very reasonably priced.

Proceeds to benefit the new Senior Center.

Make checks payable to Friends of SHCOA.

Come and enjoy digging up your plant(s) -- pots and shovels will be provided. For questions, please call Linda at 532-3921.

Tips and Tricks for Eating More...Even if You Have Less Appetite

By Amanda Abrams, UMass Dietetic Intern

Are you having trouble finishing your meals? Do you feel less hungry than you used to? Have you found your clothes getting loose, even though you weren't trying to lose weight? If you find you have trouble eating enough to maintain your weight and feel like you have energy for your activities, try the tips below:

First, talk to your doctor. Poor appetite, dry mouth or taste changes can all be side-effects of medications or health conditions. These are problems your doctor should help you with. If the trouble is with your teeth, see if your dentist can help.

Eat on a regular schedule. Your sense of hunger may get weaker as you get older, so don't wait to feel hungry, eat when it's time to eat. If you find yourself feeling hungrier at certain times of day, take advantage of it and eat more then.

Try smaller meals of more calorie-rich foods. Some options are toast with peanut butter, cottage cheese with some fruit, or half a turkey sandwich with avocado.

Add seasonings. Your sense of taste might not be as strong as it once was, so try adding more spices to foods, like Mrs. Dash. But go easy on the salt and sugar.

Drink liquids separately. If you feel like you get full too quickly, it might help to not drink liquids during meals. On the other hand, if dry mouth is an issue try taking small sips in between bites to make swallowing easier.

Move more. Take a walk or do some chair exercises to work up an appetite! Why is it important? Eating enough lowers your risk of falls, illness and injuries and helps you heal more quickly if you do get hurt or sick. If you're having trouble getting the nutrition you need, try the tips above and see what works best for you!



Our thanks to the following businesses and individuals for their generous donations to the COA:

*The Friends of South Hadley COA ,
The Arbors of Chicopee, Big Y,
Holyoke Medical Center, the Food Bank of Western Mass, Willimansett Centers, Tammy Larcombe, Savas Hadzisanski, The Springfield DMV, Officer Kellie Cournoyer and Maggie Brown from Mount Holyoke College Campus Police & South Hadley Community Garden (GRO – Garden and Resident Outreach)*



YOU'RE invited to the Rainbow Supper Club of Holyoke

Western Mass ElderCare & the Holyoke COA , invite all Lesbian, Gay, Bi-sexual Transgender seniors, age 60 and older, younger partners, friends and allies.

First Wednesday of the Month 5pm-7pm, Holyoke Council on Aging, 291 Pine St, Holyoke, MA **Reservations required call**

413-538-9020

or email rainbowsupperclub@wmeldercare.org

ELDER LAW ARTICLE

LEGAL TIPS BY ELDER LAW ATTORNEY KAREN G. JACKSON MEDICARE: TWO TIPS AND TRAPS

Here is the scenario: Mrs. Green, a widow, is taken by ambulance to the hospital due to a medical emergency. After she has been treated at the hospital "for a few" days she is not well enough to go home directly from the hospital. With the help of her family, she chooses and is moved to a rehabilitation facility, or rehab unit of a nursing home. The family expects her Medicare benefits to pay 100% of her first 20 days and know that Mrs. Green must pay a daily co-pay of \$167.50 from day 21 up to 100 days for her rehab. The family assumes that Mrs. Green's Medicare Part A will pay for her hospitalization.

Tip/Trap #1: If Mrs. Green was not an **admitted patient** at the hospital for at least **three midnights in a row** Medicare will not pay for her rehab. And, for those days she was not admitted, she will be billed under Part B, as an out-patient, which is much more expensive than Part A. The medical records must be read to determine the actual time of **admission**. Her surroundings provide no clue. For example, she could be in the Emergency Department waiting for a room and be admitted. Or, she could be in a semi-private room for two weeks "**under observation**" and not admitted (True story). If Mrs. Green is placed "Under Observation" or does not stay for three midnights, she can appeal this decision. **Tip/Trap #2:** If Mrs. Green avoided the first trap, watch out for the second trap. Medicare rehab treatment and payments must continue up to the maximum of 100 days as long as Mrs. Green's medical condition is improving, maintained, **or even if her deterioration is slowed or prevented** as a result of the rehab services. If Medicare benefits are stopped too soon, Mrs. Green can appeal. For more information, jlawma.com or 413-532-1200.

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

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

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DONATIONS AND MEMORIALS

August 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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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 provide 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/Friends of South Hadley Elderly, Inc. will be used or 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.

SOUTH HADLEY COUNCIL ON AGING GIFT FUNDS

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