

FUN, FITNESS & FRIENDS

SEPTEMBER 2019

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 age 60 and over.



JIMMY
MAZZ

PICNIC Council on Aging Picnic Jimmy Mazz Performs

Tuesday, September 10th



Join us for food and festivities



Lunch served at 12:00pm
Call to reserve by Sept. 3rd

EVENING PROGRAMMING AT THE COA RSVP: 538-5042

Wed. Sept. 11th at 5:30pm:

Elder Law Attorney
Karen Jackson

Powerful Tools to Save the Family Home from the Nursing Home Bill

Attorney Jackson will discuss three techniques to save the home from the nursing home bill: Long Term Care Insurance; Life Estate Deeds; and, the Caregiver Child Exception. Throughout the presentation, Attorney Jackson will take questions.

Wed. Sept. 18th at 5:30pm:

What To Know Before You Go

Sandy Ward from the Funeral Consumer Alliance of W. Mass. The FCA of West Mass is an educational organization with no ties to the funeral industry or any religious group. Ms. Ward will discuss how to plan ahead for a dignified, affordable end-of-life service, how to deal with the funeral industry, what the consumer should know about the Federal Trade Commission's Funeral Rule and other funeral related laws. This is be a great opportunity to learn and have your questions answered without bias."

Wed. Sept. 25th at 5:30pm:

Dementia Friends

With Carol Constant from Loomis Communities presents

Dementia Friends is a worldwide movement to raise awareness of what dementia is, what it's like to live with the disease, and offers some tips for communicating with people who have dementia. Join us and turn your new understanding of dementia into practical action that can help someone living in your community.



BEERS & STORY

SOUTH HADLEY
FUNERAL HOME

Preplanning • Burial • Cremation
*A third generation family business
Serving families since 1919*
413-533-4400
646 Newton Street • South Hadley
www.BeersAndStory.com

VERYL'S AUTOMOTIVE SERVICES, INC.

644 Newton Street, South Hadley
413-536-0794
www.verylsautomotive.com
*Operated by the Poirer Family since 1947
Denis, Mary Ann & Jeff*



Curran O'Brien

FUNERAL HOME

33 Lamb Street • South Hadley, MA 01075
JOSEPH D. CURRAN • T.J. O'BRIEN • MARTY O'BRIEN
413-538-4642 Directors www.curranobrien.com

Frank the Handyman Son

Gutter Cleaning
Lawn Mowing
Dump Runs & More

413-210-8874

Cheryl's Petsitting

IN HOME PETSITTING & DOG WALKING

*Amherst, Chicopee, Granby, Holyoke
Ludlow, S. Hadley and all
surrounding communities*
Call or text Cheryl -
413-687-4181
42 LYN DRIVE, GRANBY, MA



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

7 Hadley Street
South Hadley, MA 01075
buywesternmass.com



HEMOCARE HAIR SERVICES

Licensed for Men & Women
CALL BARBARA FOR AN APPOINTMENT
413.538.9516 HOME
413.885.0371 CELL



Willimansett Centers East & West

NOT FOR PROFIT FACILITIES

★★★★★ FIVE STAR CENTERS OF EXCELLENCE ★★★★★
"For your Short Term Rehabilitation and Long Term Care needs!"
11 St. Anthony Street
Chicopee, MA 01013
413-315-4205
546 Chicopee Street
Chicopee, MA 01013
413-536-2540

Estate Planning • Trusts • Elder Law • Estate Administration

JACKSON LAW

Your Needs. Your Goals. Our Job.

Karen G. Jackson, Esq.
573 Northampton St. Holyoke • (413) 532-1200 • www.jlawma.com



CHRISTOPHER HEIGHTS

AN ASSISTED LIVING COMMUNITY

Christopher Heights offers an affordable assisted living

Christopher Heights of Belchertown - NOW OPEN!
99 Front Street, Belchertown, MA
For information and tour about our community, call Lorna Stone at 413-323-5500
www.christopherheights.com

Call today to connect with a SENIOR LIVING ADVISOR

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE

A Place for Mom has helped over a million families find **senior living solutions** that meet their **unique needs**.

Joan Lunden, journalist, best-selling author, former host of *Good Morning America* and senior living advocate.

There's no cost to you!
(888) 672-0689
We're paid by our partner communities

aPlace for Mom.



Serving Holyoke Families for Generations

DAY BROOK VILLAGE SENIOR LIVING
A Member of Berkshire Healthcare
Formerly Loomis House Retirement Community
We're Perfecting the Art of Superior Care.

298 Jarvis Avenue
Holyoke, MA 01040
413-538-7551
www.daybrookvillage.org

THE Arbors
Assisted Living Residential Communities

The Arbors offers affordable living apartments and a memory support community.
Call: 413.593.0088
For more information or to arrange for a guided tour.

929 Memorial Drive, Chicopee • www.arborsassistedliving.com

Home, Auto, Business, Life

39 Lamb St., P.O. Box 789, South Hadley • 413-538-8293
www.jubinvill.com • info@jubinvill.com

Representing fine companies such as:

SEPTEMBER EVENTS, PROGRAMS & ACTIVITIES

JOIN OUR EMAIL LIST: email Lnapiorkowski@southhadleyma.gov



Celebrating Birthdays and Anniversaries

On Thursday, Sept. 26th

Let us know if you're celebrating in September



Monday, Sept. 9th at 11:30am.

Lunch & Legislature.... **Rep. Dan Carey** will join us for lunch in the dining room.



COFFEE & CONVERSATION WITH LESLIE

Friday, Sept. 13th at 10am in the dining room:
New Senior Center Updates.

MOVIE with Popcorn

1st Tues. of the Month Sept. 3rd at 1:00pm

GREENBOOK: (2019 Best Picture) A working-class Italian-American bouncer becomes the driver of an African-American classical pianist on a tour of venues through the 1960's American South. Inspired by a true story.



COOKING WITH CHEF ROB

Thurs. Sept. 5th at 10:30am

Chef Rob will be preparing Chicken Francais for the CareOne food demo and tasting! Join us in the dining room

Lunch & Learn

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

Monday, Sept. 16th at 11:30am.

Tinnitus: Ringing in Your Ears

Kathryn Girardin, AuD, HMC Speech & Hearing Center. According to the Centers for Disease Control and Prevention, at least 45 million Americans suffer from ringing in the ears, or tinnitus. While there's no proven cure for tinnitus, understanding the symptoms, causes and related illnesses can help ease, manage or block out the ringing-in-the-ears sensation. Join Kathryn Girardin, manager of the HMC Speech & Hearing Center, to learn more about this aggravating condition.

CRAFTING & CREATING WITH BRENDA

Sept. 16th 9-10:30: "Mini Donut party"- Come make delicious mini donuts with Brenda, decorate your own donuts that just may be too pretty to eat. (Dining Rm)

Sept. 23rd 1:00pm: Fun Fall Flower Power - come turn pens into pretty fall flowers to display or have fun writing with. These pens will be sure to put a smile on your face and start conversations.

Sign up at the office for both activities, or call 538-5042



"NAME THAT TUNE"

WITH STEVE DAMON

Friday, Sept. 6th at 12:30pm

Have fun and test your knowledge of the Big Band Hits of the 40's, 50's and 60's.

BERKSHIRE HILL MUSIC ACADEMY BAND

Thursday, Sept. 19th at 11:30 am

Berkshire Hills Music Academy Band will perform before lunch. Come listen and join us for lunch.



SHEET PAN DINNER DEMO WITH SHERRY

Mon, Sept. 9th. at 10:00A.M.

Join Sherry Mayer from the Willimansett Center. Learn how to prepare this nutritious, tasty meal for one, or two!



MINI-BUS TO THE BIG E

Monday September 23rd 9—2pm

Senior entrance fee is \$12.00

No charge for transportation.

Call to reserve 538-5042, ext. #201



THE HISTORY OF THE CONNECTICUT RIVER AND

THE TOWN OF SOUTH HADLEY IN 1795

Historian Leo Labonte Tues. Sept. 24th at 10am

Join us for a South Hadley history lesson : Participants are invited to bring along their own photos and maps to this interactive presentation

UPCOMING EVENTS & ANNOUNCEMENTS



**FREE! SPECIAL
PERFORMANCE
AT THE
S.H. COA
BY THE**

**UMass Ballroom
Dance Team**

**FRIDAY, SEPT. 27TH AT
2:00PM**

Seating in the dining room
Call to reserve 538-5042

South Hadley Council on Aging Winter Safety & Preparedness Fair

South Hadley Senior Center, 45 Dayton Street
Wednesday October 9
10am to 2pm & 5pm to 7pm

FREE ride to and from the COA for the daytime session only

Raffles items & many giveaways

Meteorologist Adam Stremcko from Channel 22 will be here.



**FLU SHOT CLINIC
TUES. OCTOBER 1ST. 9:00AM
TO 1PM**

The South Hadley Board of Health and Walgreen's Pharmacy invite you to the Flu Shot Clinic at the Council on Aging. The Flu vaccine and the high-dose vaccine for individuals 65 years and over will be available. Please bring your insurance card and wear a short-sleeved shirt.

FREE !

Books * videos * puzzles & baskets

All free, but we'll take donations to the Friends of SHCOA New Senior Center Building Fund



**MOTHERS'
GARDEN PLANT SALE**

**Friday and Sat., Sept. 13 and 14
from 10 a.m. - 2 p.m.**

Irises, 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 mugho pine, and more.
All reasonably priced

All of the proceeds benefit the Friends of SHCOA New Senior Center Building Fund

**checks payable : FOSHCOA
New Senior Center Building Fund**

Come and enjoy digging up your plant(s) -- pots and shovels will be provided.

For questions, call Linda 532-3921.



COMPUTER TUTORING

Tutors are available for private lessons at the center

For Ipads, Basic P.C., Laptops

Tues & Thurs. By Appt.

Please call the office to schedule 538-5042

Go4Life
STROLL FAMILY FUN

- ◆ The South Hadley COA
- ◆ South Hadley Bike-Walk
- ◆ Conservation Department

Will host the 3rd Annual Go4Life Family Fun Stroll at the River To Range Loop Trail (off Ferry St.)

Sun., Oct. 20, 2019: 1:00-3:00

**~~PVTA~~
Senior Fare Free
Tuesdays**

Seniors Ride PVTA's Fixed Route Buses for **FREE** every Tuesday.

Must show Valid PVTA Senior ID

PASSES FOR SENIOR FARE FREE TUESDAYS

Available at the center office

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. This program is funded in part with funding from the Older Americans Act OAA Title III Program through a grant from WestMass Elder Care.

Medical Transportation Program: Grant funds are available to provide free transportation to medical appointments for eligible seniors. Drivers accompany riders to their appointments if needed. To learn more about the program, please call Ann 538-5042, Ext. 206 This program is funded in part with funding from the Older Americans Act OAA Title III Program through a grant from WestMass Elder Care.

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. Marge is in room 1. 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 ask for Leslie.

Low Vision Group Third Tuesday of the month, 10-11 a.m. Transportation provided by the Mass. Assoc. for the Blind and Visually Impaired. Call Ann for information @ 538.5042 ext. 206

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

Foot Nurse Appointments: 2nd & 4th Mon. of the month at 9 a.m. By appointment. Call 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, 9-12 a.m. Licensed, Hearing Instrument Specialist, **Gary Winn, owner of "New Ears" Affordable Hearing Care**, will conduct a **free hearing clinic**. He will see people who do or don't have hearing aids, check for earwax, clean hearing aids and offer advise to those thinking about getting hearing aids - all at **no charge or obligation**. Make an appointment by calling 538-5042, and hear what you've been missing.

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 documentaries will be shown.

WEIGHT WATCHERS REIMAGINED (WW): ~SEPTEMBER 13TH JOIN US FOR A NEW SESSION OF WEIGHT WATCHERS! MEETINGS WILL BE HELD ON FRIDAYS AT 12:15 P.M. WEIGH IN BEGINS AT 11:45 A.M. SUPPORT MEETING & WEIGH-IN: 11:45AM

SEPTEMBER EVENT CALENDAR & LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p>  <p>COA is Closed</p>	<p>3 MENU: HOT DOG 10:00 Beginning Exercise (begins) 1:00 pm : MOVIE & POP-CORN: "GREEN BOOK" (2019 Won three Oscars including Best Picture, Best Supporting Actor & Best Original Screen Play)</p>	<p>4 MEMORIAL DRIVE SHOPPING MENU: CHICKEN PARMESAN 1:30 BEREAVEMENT SUPPORT GROUP 5-7PM RAINBOW SUPER CLUB AT THE HOLYOKE COA</p>	<p>5 MENU: ROAST PORK 10:00 Alzheimer Caregiver Support Group 10:30 COOKING WITH CHEF ROB FROM CARE-ONE IN NORTHAMPTON</p>	<p>6 BIG Y SHOPPING MENU: TUNA MACARONI SALAD W/PEAS 12:30 "NAME THAT TUNE" with Steve Damon</p>
<p>9 MENU: SWEDISH MEAT-BALLS 11:30 REPRESENTATIVE DAN CAREY JOINS US FOR LUNCH 9-12 SHINE (by Appt.) 9:30 am— Foot Nurse (by Appointment) 10:00 "Sheet Pan Dinner Demo with Sherry"</p>	<p>10 BIG Y SHOPPING COA PICNIC MENU: GRILLED BURGERS, HOT DOGS & PICNIC FAIR 9:30 Free Hearing Screening with Gary Winn 10:30 AVA THE DOG 4:30 FRIENDS of SH Elderly Monthly Meeting- COA Dining Rm.</p>	<p>11 MEMORIAL DRIVE SHOPPING MENU: CHEF SALAD—TURKEY & HAM 9:15 Dance with Ashley (begins) 10:00 –11:30 MEMORY CAFÉ 12-1:30 Travel Club 1:30 BEREAVEMENT SUPPORT GROUP 3:00 Book Club (begins) 5:00-7:00 Elder Law Presentation: Tools to save the family home from Nursing Home Bill</p>	<p>12 MENU: POT ROAST W/ GRAVY 10:00-11:00 Veterans Support Group 10-11:30 Travel Club 12:30-2:00 Blood Pressure with Nurse</p>	<p>13 BIG Y SHOPPING MENU: SALMON BOAT 10am –11am Coffee & Conversation with Leslie—New Senior Center Updates 10:00-2:00 MOTHERS' GARDEN PLANT SALE : Friday and Sat., Sept.13 &14 10 a.m. - 2 p.m. 12:15 WW: Starts</p>
<p>16 MENU: SALISBURY STEAK 9-10:30: Fun with Brenda: Mini Donut party 11:30 LUNCH & LEARN: Tinnitus Presentation by HMC 4:30 Council on Aging Board of Directors Mtg.</p>	<p>17 BIG Y SHOPPING MENU: GARLIC GLAZED CHICKEN DRUMS 9:30 Hearing Screening (by Appt.) 10:00 Brown Bag (Rm#3) 10:00 LOW VISION GROUP (RM #1) 10:30 AVA THE DOG 1:00– 2:30pm: Shakespeare's Hamlet</p>	<p>18 MEMORIAL DRIVE SHOPPING MENU: LASAGNA W/MEAT SAUCE 9:15 Dance with Ashley 12-1:30 Travel Club 1:30 BEREAVEMENT SUPPORT GROUP 5:30pm "What to know, Before You Go" Funeral Consumer Alliance of Western Massachusetts</p>	<p>19 MENU: MEATLOAF 10:00 Alzh. Caregiver's Support Group (Rm#1) 10-11:30 Travel Club 11:30 am Berkshire Hills Music Academy Live Band</p>	<p>20 BIG Y SHOPPING MENU: SEAFOOD SALAD 12:15 WW</p>
<p>23 MENU: BBQ RIBETTE 9:00-12:00 SHINE (by Appointment Only) 9:30 am— Foot Nurse (by Appointment) Trip to the Big E 1:00: Fun with Brenda: Fun Fall Flower Power</p>	<p>24 BIG Y SHOPPING MENU: TACO TUESDAY — BEEF/BEAN/CHEESE MIX 10:00 History of Conn. River & South Hadley 10:30 AVA THE DOG 9:00 NEWSLETTER COLLATING 1:00– 2:30pm: Shakespeare's Hamlet</p>	<p>25 MEMORIAL DRIVE SHOPPING MENU: COLD PLATE— CHICKEN SALAD 9:15 Dance with Ashley 12-1:30 Travel Club 1:30 BEREAVEMENT SUPPORT GROUP 5:00pm Dementia Friends : Raising Awareness</p>	<p>26 BIRTHDAY/ ANNIVERSARY <i>Birthday & Anniversary Celebrants eat FREE as guest of our Friends of S.H. Elderly— Let Ola know in the Office</i> MENU: ROAST TURKEY 10–11:30 Travel Club</p>	<p>27 BIG Y SHOPPING MENU: PARMESAN POLLOCK LOIN 12:15 WW 2:00 UMASS Ballroom Dance Team Special Performance</p>
<p>30 MENU: SAUSAGE BITES</p>	<p>RESERVATIONS Reservations MUST be made at least 24 hours in advance by calling COA at 538-5042. Suggested donation is \$2.25 for 60 or older; guests under 60 are charged \$6—per Federal Regulations.</p>	<p style="text-align: center;">Lunch is served at 12:15pm (Full Menu Available at COA Office or on COA Website)</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 (Room #5) - pay at the office
	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	Pay at the office	Beginning Exercise – starts: September 3rd (Rm #5)
	10-11am	\$4.00 per class (Office)	Circuit Training with Heidi - pay at the office
	11-11-45	No Charge	Fitzgerald Fitness Center Orientation (must reserve)
WED.	1:00pm	No Charge	Bingo (Rm #2), Shakespeare's Hamlet (Rm #3)
	9:15am	No Charge	Dance with Ashley starts on 9/11 (Rm #5)
	10:30am	No Charge	Healthy Bones & Balance (Rm #5)
	1:00pm	No Charge	Pitch (Rm #2), Mah Jongg (Rm #3),
THUR	3:00pm	No Charge	Book Club - Starts Sept. 11th - 2nd Wednesday (Library)
	10:00am	Pay at the office	Beginning Exercise (Rm #5)
	10:15 am	\$3.00 (Pay instructor)	Seated & Standing Yoga (Rm #2) 2nd Thurs of Month (Library)
	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 (Rm #5)
	1:00pm	No Charge	Bridge (Rm #3), Canasta (DR), Cribbage (Rm#2), Knitting (Libr)



SHAKESPEARE'S *HAMLET* - Lovelier the Second Time Around?

6-week session starts Tues. Sept. 17th.
1:00 – 2:30pm.

Many of us were assigned Shakespeare's most famous play when we were students. For some, it was a challenging yet satisfying experience. For others; less rosy. No matter what your initial response may have been (OR if you have not yet read the play), you are invited to join a group which will read and discuss this famous work. Tom Malone, retired English teacher and adjunct professor is your guide to *Hamlet*.

BEREAVEMENT SUPPORT GROUP

Hospice Life Care is pleased to be offering a support group for those who have experienced the death of someone close.

With Bereavement Counselor Cary Quigley M. Ed.

Wednesdays Sept 4 - Oct. 23rd.
1:30pm to 3pm. Call Cary at 413-887-5552 or email at cquigley@holyokeyvna.org

Registration strongly suggested



TAI CHI CLASS Mondays at 10am

\$3.00 per class

Denise T. Barry has taught Yang Style Tai Chi to students of all ages since 1986. She currently teaches seniors at the South Hadley Senior Center, Loomis Village, Northampton Senior Center and Linda Manor. Denise enjoyed many years of study with Paul Gallagher, whose teacher was Master T.T. Liang.



TRANSPORTATION

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

Transportation is provided Monday – Friday Door to Door Services

You must schedule rides 24-hours in advance.

Monday –Friday

Transportation is provided Throughout South Hadley Call to schedule a ride

Every Tuesday & Friday:

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

Call between 8am to 1pm daily: 538-5042

Wednesday Afternoons:

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

A MESSAGE FROM LESLIE

I want to welcome Brenda Bartosz to her new role as the volunteer and activity coordinator for the Council on Aging. Brenda transitioned from our dining room assistant to her new role on Aug. 5th and she has been busy meeting volunteers, recruiting more volunteers and planning activities for our members. (Also, she has been coordinating the daily lunch program with help from our extraordinary volunteers.) She's planned two, fun activities on September 16th and the 23rd, so check them out on page 3.

Welcome Brenda!!

The Annual COA Picnic will be held in the COA's dining room on September 10th. Jimmy Mazz will be here to entertain us and he never disappoints! Make your reservation by Sept. 3rd. Call the office at 538-5042. The picnic will be held at the senior center.

In case you haven't heard, we'll be moving into St. Theresa's Parish (**9 East Parkview Drive**) in November. We'll have full use of the Parish Hall to carry on, all but two, of our regular programs and activities. We're so grateful for this opportunity and look forward to "the beginning of a beautiful friendship" with the St. Theresa's Parish Community.

For updates, please join me at Coffee and Conversation on Sept. 13th at 10am.

Updates on our website at <https://www.southhadley.org/Council-on-Aging> ~ Leslie

SOUTH HADLEY COA STAFF:

Leslie Hennessey

Director

Lisa Napiorkowski

Asst Director

Ann Andras

Social Serv. Coordinator

Brenda Bartosz

Activity & Volunteer Coordinator

Billy Poe

Food Service Coordinator

Ola Herbert

Office Personnel

Kathy Gallivan

Office Personnel

Ken Dawley

Mini-Bus Driver

SOCIAL SERVICES –ANN'S CORNER



Low Vision Group~

Tuesday, September 17th at 10:00 a.m.

Our guest speaker will be Sheryl Eaton, Money Management Case Manager from WestMass ElderCare, Inc.

For information call Ann at 538.5042 ext. #206

Ann's Community Outreach Days for SEPTEMBER

Newton Manor~ September 5th

Hubert Place ~ September 12th

Lathrop Village ~ September 19th

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



WEIGHT WATCHERS REIMAGINED~SEPTEMBER 13TH

PLEASE JOIN US FOR A NEW SESSION OF WEIGHT WATCHERS!

MEETINGS WILL BE HELD ON FRIDAYS AT 12:15 P.M.

WEIGH IN BEGINS AT 11:45 A.M.

TO REGISTER, CALL ANN AT 538.5042 EXTENSION #206

FUEL ASSISTANCE 2019/2020

I am available by appointment to any South Hadley senior who would like help with their Fuel Assistance re-certification. The season officially begins November 1st. First time applicants must apply in person. For the new guidelines and what documents you will need to bring to your appointment, call Ann at 538.5042 extension #206. For all those who are currently receiving your re-certification application, you must provide proof of what information you are sending. **DO NOT** just sign the application and return it to Community Action, this will result in a delay of benefits. I should have new applications in mid to late October. Watch the newsletter for updates. *Thank you, Ann Andras*

FRIENDS OF SOUTH HADLEY ELDERLY, INC

LADIES, MARK YOUR CALENDARS!

Designer Handbag Bingo is coming to South Hadley



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 : Friends of SHCOA at 45 Dayton Street, South Hadley, MA 01075

All proceeds to benefit the New Senior Center Building Fund

Keeping up with the Friends

Our next meeting will be on **September 10th at 5pm at the Council on Aging**
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



Shop at 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 .

TRAVEL CLUB TRIPS

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

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 4, 2019 : **NEW TRIP:**

Essex Steam Train & Riverboat, CT. Catch the Train & Hop on the Boat. Step back in time and enjoy the beginning of autumn. Package includes transportation, train ride, river cruise and luncheon. Cost \$105. – Call Huguette Supinski @ 413-530-6162.

November 14, 2019: **(NEW**

TRIP): Clove Creek Dinner Theater, Fishkill, NY "Chapter TWO" is a hilarious comedic play about a recent widower that starts dating again. Package includes: transportation, show & luncheon. Cost \$110. – 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 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.

LEGAL TIPS

THANK YOU!

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 \$1,500 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 or 413-532-1200.

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

The Friends of South Hadley COA, Big Y, Holyoke Medical Center, Loomis Communities in S. Hadley, The Food Bank of Western Mass, Willimansett Centers, GRO S. Hadley Community Garden, CareOne in Northampton, Berkshire Bank in S. Hadley, HomeWatch Caregivers in W. Spfld, the UMass Ballroom Dance Team, Mr. Leo Labonte and Atty Karen Jackson

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



WE'RE HIRING AD SALES EXECUTIVES



- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT

careers@4LPi.com • www.4LPi.com/careers

Introducing

A Whole New Level
of Post Acute Care
Million Dollar Renovations
Now Complete!



We are pleased to present the new and improved Mont Marie Rehabilitation & Healthcare Center.

Now Featuring

- Beautiful Patient Suites & Bathrooms
- State-of-the-Art Rehab Gym
- Latest Therapy Equipment
- Model ADL Apartment

MONT MARIE

REHABILITATION & HEALTHCARE CENTER

A Proud Member of Marquis Health Services

36 Lower Westfield Road, Holyoke, MA 01040 • (413) 538-6050

MontMarieRehab.com



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4lpi.com

South Hadley COA - South Hadley, MA 06-5294

DONATIONS AND MEMORIALS

SEPTEMBER 2019 NEWSLETTER – MEMORIAL DONATIONS

We are sincerely grateful for all the donations made to the South Hadley COA in support of our senior center and the many activities, programs and services we provide. Donations made *In Memory Of*, are indicated in capital letters (Memorial Donations are due one-month in advance to appear in the next month's newsletter.)

AL FERNANDES

Bea Fernandes

DR. CENGIZ KAYI

Carol Kayi

DAN DANIELS

Dr. Steven & Jennifer Markow

DONNA ALLARD

Brenda Bartosz

DORIS BIBEAU

Judy Van Handle

FLORENCE GALLIVAN

Paul, Terri & Jacob Schmitter

JOHN & AVIS SCHMITTER

Paul, Terri & Jacob Schmitter

LINDA BUTLER

Dot & Ed Perrella

WILFRED "WIL" BEAUDRY

Brenda Bartoz

Carolyn M. Adams

Charlotte Lussier

Ed & Carol Czepiel

Howard & Barbara Redfern

James & Barbara Rougeau

Jean & Larry Lajoie

John & Julie Dowd

John & Linda Mruk

Joyce Mahoney

Kathy Gallivan

Melide Normand & Kenneth Williams

Ola Herbert

Seth & Mary Ann Aslanian

Sullivan & Narey Construction Co., Inc.

JOAN RICHTER

Healthy Bones & Balance Class & Leaders

Marjory Stone

Shirley Danasko

Theresa Hebert

MILTON & MAISEL SKOVE

Paul, Terri & Jacob Schmitter

PHILLIP HERBERT

Ola Herbert

WE ARE VERY GRATEFUL FOR THE FOLLOWING DONATIONS FROM:

Cathy Darcy

Edward & Kathleen Kopec*

Kathleen Hurley*

R. H. Russell

*Denotes multiple donations

South Hadley Dental Associates, Inc.



Marjorie S. Block, D.M.D.

413-536-4455

15 DAYTON STREET, SOUTH HADLEY

KAEBLE OIL, INC.

Oil, Gas Heating &
AC Services

LOCAL & HONEST

- Furnaces & Boilers & A/C
- Roth Containment Oil Tanks
- Heating System Upgrades
- Oil & Kerosene • Ductless Mini Splits

*Certified
Installers*

413-593-3337

1667 Westover Rd., Chicopee - kaebleoil.biz



Loomis Village offers independent living and assisted living apartments, villas, and cottages for adults 62 and older with a vibrant, active, maintenance-free lifestyle including access to a continuum of care should your needs change.

**Call today for a tour
413-588-5102**



LoomisVillage
A member of The Loomis Communities

20 Bayon Drive
South Hadley, MA
www.loomiscommunities.org



All About You HOME CARE

PROVIDING HIGH QUALITY HOME CARE TO SENIORS AND VETERANS SINCE 2007.

No minimum required and flat rates available.

QUALIFIED, TRUSTED AND COMPASSIONATE NURSING AND HOME CARE STAFFING PROVIDED.

Come see how nice it can be when it's All About You.

CALL: 413-439-0883 • WWW.AAYLLC.NET

Easthampton | Amherst | Springfield | Westfield

Hampshire Hearing & Speech Services



Allison Holmberg, M.S. CCC-A/SLP
Audiologist/Speech Language Pathologist
Amy Catanzaro, AuD., PASC, Doctor of Audiology
Joni Skinner, AuD, Doctor of Audiology

**HEAR BETTER
COMMUNICATE
EASIER
LIVE FULLER**
*Over 65 years
of combined
experience!*

**243 King St., Ste. 105 (Potpourri Plaza), Northampton
413-586-9572 • www.hamphearing.com**

➤ Reach the Senior Market
ADVERTISE HERE

CONTACT

Susanne Carpenter to place an ad today!
scarpenter@lpiseniors.com or (800) 477-4574 x6348



**CENTER FOR EXTENDED
CARE & REHABILITATION
AT AMHERST**
YOUR CENTER FOR SOLUTIONS

**CALL FOR MORE INFORMATION
OR FOR A PERSONAL TOUR!
(413) 256-8185**

A Family Tradition for Life's Transitions

Center for Extended Care & Rehabilitation

Pain Management • Cardiac Care • Dialysis • Wound Care Program & More!

150 University Drive | Amherst, MA 01002
info@cecaa.com • www.cecaa.com





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

NONPROFIT ORGANIZATION
 US POSTAGE PAID
 SPRINGFIELD MA
 PERMIT NO 3085

THE GOLDEN CHRONICLE IS PRINTED WITH FUNDS BY THE MASSACHUSETTS EXECUTIVE OFFICE OF ELDER AFFAIRS & BY OUR ADVERTISERS. WHILE THE SHCOA CANNOT ENDORSE THE ADVERTISERS, WE ASK THAT YOU PATRONIZE THEIR BUSINESS.



Like us on Facebook

[southhadleycouncilonaging](https://www.facebook.com/southhadleycouncilonaging)



GIFT FUNDS

The South Hadley Council on Aging Gift Funds

The South Hadley COA Gift Funds are used to provide services, programs and activities for South Hadley older adults and are not part of the Town's operating budget for the Council on Aging. To make a donation please make checks payable to "South Hadley Council on Aging" Contributions will be listed in our newsletter unless you wish to remain anonymous.

The Friends of South Hadley COA
New Building Fund

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

The Friends of South Hadley COA
New Senior Center Building Fund

*In Honor or Appreciation of: _____ or
 *In Memory Of: _____ or
 Donated By _____
 Address _____

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

Please send acknowledgement to family: (kindly indicate name, address & relationship to deceased)

Name: _____ Address: _____ Relationship to deceased: _____

SOUTH HADLEY COUNCIL ON AGING GIFT FUNDS

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

- ___ Wherever Needed Most ___ Activities Account
- ___ Caregivers Gift Account ___ Newsletter Account
- ___ Services Gift Fund ___ Holiday Gift Card Fund/ Lights

FRIENDS OF SOUTH HADLEY COA
"NEW SENIOR CENTER BUILDING FUND"

Make Check Payable To :
Friends of South Hadley COA
 Attn: New Senior Center Building Fund
 ___ New Senior Center building Fund