

COUNCIL ON AGING

South Hadley, Massachusetts

The sun never sets on our Activities...

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THE GOLDEN CHRONICLE

DECEMBER 2014

Chairperson: Donna Robideau

Social Services Coord:

Ann Andras—
aandras@southhadleyma.gov

Website: www.southhadleyma.gov



HOLIDAY LUNCHEON CHORALITES CONCERT

The annual special Holiday luncheon will be held on Wednesday, December 17th. The menu will be Stuffed Chicken Breast /supreme sauce, mashed potato, tarragon corn, cranberry sauce and pie. The suggested donation is \$2.25. Reservations begin on Friday, December 5th; call 538-5042 beginning at 8 a.m. Please do not leave your name on the answering machine. Due to the popularity of this special lunch, names will be added to the reservation list on a first come, first served basis.

SOUTH HADLEY ANNUAL CHRISTMAS BASKET

Once again this year the Council on Aging will be distributing gift cards for food stores or funds toward the electric bills of qualifying senior citizens. If you can make any size donation toward this project of spreading cheer to those whose budgets are strained, please send a donation (or purchase a food gift card) and send to the Council on Aging, 45 Dayton Street, South Hadley, MA 01075. Please make checks payable to: South Hadley Council on Aging and put whether for food card or "lights on" program in the memo so it will go to the correct program. If you choose to purchase gift certificates to Big Y, Stop and Shop or Price Rite, please bring them to the Senior Center no later than December 5th.

Thank you for your generosity. May you all have joyous holidays. The staff will begin to distribute the gift cards during the week of December 9th. "Lights On" credits will be shared in January or February.

Thank you for helping others to have a Happy Holiday!

Important -Winter is almost here so there is a possibility meals and programs might be cancelled. Please watch television stations 22, 40 or 3 to view the closings. Staff reports unless Town Hall is closed. Usually South Hadley follows WestMass ElderCare with their meal program, but not always. Watch for S. Hadley Senior Center notice. NOTE: View carefully as there is a South County Senior Center.

Every Weekday: Nutritious & Delicious Lunch –11:45 am - 12:15 pm, in the South Hadley Senior Center Dining Room. **PLEASE RESERVE YOUR MEAL BY 1 P.M. OF THE PREVIOUS DAY.** Meals should be canceled by 9 a.m. each day. Monday reservations should be made by Friday. Suggested donation \$2.25 for persons 60 and over. **Guests under the age of 60 pay a charge of \$3.00 per meal.** FEDERAL GUIDELINES SPECIFY THAT FOOD SHOULD NOT BE TAKEN FROM THE LUNCH SITE. The only exceptions are bread, fruit, milk or non-perishable items.



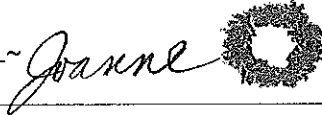
South Hadley Senior Travel Club - Tuesday, December 9th, a delicious holiday luncheon in **Old Sturbridge Village at the Oliver Wright Tavern.**

After lunch it is a short walk to their theatre, where you will be treated to a **Holiday Cabaret** production filled with Holiday songs and celebration. **Cost \$84.00. Call David Bellefeuille, 533-7724. Tuesday, January 13, Mohegan Sun.** Full casino package. **Cost \$23.00. Call Howie Walsh 593-6286. Tuesday, February 10, Foxwoods.** Full casino package. **Cost \$23.00. Call David Bellefeuille, 533-7724.** Both casinos require a Player's Club Card or a Picture ID. **Wednesday, March 11, CAMELOT at the Westchester Broadway Dinner Theatre {the longest running professional theatre in the state of New York}.** Includes reserved seats for the show and a fabulous plated luncheon. **Cost \$105.00. Call Judy Fortier, 534-3598. May 17-24, 2015, BERMUDA** for 8 days/7 nights aboard the *most luxurious ship* sailing to the pink sands of Bermuda, **The Celebrity Summit.** Includes transportation to NJ Pier, 3 days docked in Kings Wharf, 7 nights aboard ship, all meals and daily award-winning entertainment. **Cost depends on cabin choice.** For more information or for a flyer contact: **Susan Canedy, 536-2106 or Judy Fortier, 534-3598. October 8-16, 2015, Canyon Country featuring Arizona and Utah.** 9 days, 12 meals. **Double \$2,829.00.** For more information call **David Bellefeuille, 533-7724.** A \$5.00 non-refundable deposit is due on all non-casino trips. Because the South Hadley Senior Travel Club pays in advance for all trips, no cancellations will be honored less than one month prior to the trip with the exception of a Doctor's note certifying a medical emergency.

NOTES FROM THE DIRECTOR

I hope you experience peace and joy during the holiday season. I try to count my blessings and realize how fortunate I am compared to so many others. It only takes a small act of kindness to brighten someone's day. If you are able to assist the COA in providing financial assistance to help make the holiday merry I hope you will do so. Life can throw many curves and I can assure you the recipients are very grateful for your generosity! Thank you to all of the individuals, organizations and businesses that help to make the season merrier for residents. If you make a donation "in lieu" of cards, it will be noted in the January newsletter.

HAPPY HOLIDAYS TO ALL~



MAKING PLANS FOR A NEW SENIOR CENTER? On Wednesday, December 10th at 3 p.m. we will meet to discuss plans for a new Senior Center. Everything is on the table so come share your thoughts. Do we need a new Center? Do we build a multiplex building that might also house offices from the Town Hall? Can the Town afford a new building or is there a building in Town that could be renovated and retrofitted to house us? How much money can we get from the State? How much do we need to fund-raise for, how much will come from our tax dollars, how much do we already have? What other ideas do you have? This is the first of many introductory meetings so if you can't come to this one, stay tuned for the next.

NOTE CHANGE IN SHARPS DROP OFF-As of December 15th, all medical sharps must be taken to the Police Station for disposal. There will be empty containers available. The COA and the DPW will NOT ACCEPT the sharps to protect the health and safety of Town employees.

BEERS AND STORY HOLIDAY SERVICE OF REMEMBRANCE will be held on Sunday, December 7th at 3 p.m. at the S. Hadley Funeral Home, 646 Newton St. Registration forms are available at the S. Hadley Senior Center office.

NOTE: NEWSLETTER COLLATING and preparation for mailing will take place on MONDAY, DEC. 22ND.

WestMass ElderCare Holiday Party - Monday, December 2nd 11 a.m. -2:30 p.m. at the Fairview Knights of Columbus.

TRANSPORTATION IS PROVIDED IN PART BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS.

MINIBUS TRIPS TO BRIGHT NIGHTS ON MONDAY, DECEMBER 8TH and MONDAY, DECEMBER 22ND 4 P.M. CALL 538-5042 TO SIGN UP FOR THE TRIP. No charge to the passengers as the cost will be paid for by the Subsidized Senior Transportation gift account.



SPECIAL THANKS TO:

- **Julia and Dillon Miller and family for the basket of ghost pops for the Halloween Luncheon.
- **Girl Scout Troop 11354 for the Jack O Lantern
- **Stanley Wojcik for the paper towels
- **Sunshine Village for the Veteran's Day decoration
- **Gail Laprade for the package of blue pens
- **Mary Ann Ukleja for the 2 beautiful lap afghans
- **Bill Judd for working on the radio in the new van
- **Chief Authier and Fire District #1 staff for housing the minibus
- **Donors to the Anna Mae Parker Memorial fund for the HMOW Thanksgiving breads



SOUTH HADLEY ELECTRIC LIGHT DEPARTMENT SAFETY PROGRAM

will take place in the dining room on Thursday, December 11th at 11:00 a.m. South Hadley residents may call 538-5042 to register for a complimentary gift.



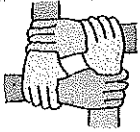
*Doreen McDonald
Ann M. Andras
Lisa A. Spencer
from Framlington
Paul Treasurer
Bethany Moffat
Linda Tentate*

*Joanne Aybus
Clark Herbert
Kathy Sullivan
Margaret Fredette
Herbert Baker
Nancy Blodgett
with love
Rick Dufault
Richard Corrigan*

NOTE: PLEASE CALL AHEAD, IF POSSIBLE, IF YOU NEED HEALTH EQUIPMENT.

FIRE SAFETY PROGRAM AND RAFFLE-FRIDAY, DECEMBER 5TH AT 10 A.M. IN THE CARD ROOM. Call 538-5042 to register. This is an opportunity to learn safety measures to prevent fires or stop one from getting out of control. With the many recent house fires please take some time to discover the reasons why fires start and how you can be proactive in stopping them before they begin.

DIABETES SUPPORT GROUP-Wednesday, December 10th-1-2:30 p.m. in the large (C2) conference room. Join Patty Moriarty, RN, CDE for an interactive session, "Create Positive Change".



Outreach News
by Ann M. Andras
Social Service Coordinator

South Hadley Annual Christmas Basket



The Council on Aging will once again celebrate the season by giving gift cards for food stores or funds toward electric bills to qualifying senior citizens. Some financial guidelines apply. If you are currently receiving fuel assistance, Brown Bag, SNAP, or experiencing a difficult financial time in your life because of an illness or unemployment, we may be able to help make your holiday a little brighter. In order to spread these gifts to many South Hadley elders, those who are currently receiving a FREE service such as Companion/ Escort Transportation or Snow Removal will not be eligible for a gift card or light credit. Please call Ann at 538-5042 extension 206

to be considered for a holiday gift. The deadline for requests is **Monday, December 8th**

Practical Gifts for Seniors

- * Gas or food gift cards
- * Pre-paid phone cards
- * Snow removal or landscaping service
- * Credits to their fuel, electric or cable bill
- * Newspaper delivery service
- * PVTA bus tickets
- * Car wash gift Certificates
- * A gift certificate to a salon for a new hair cut or a manicure
- * Take Dad or Mom to an afternoon theater show and a late lunch

And the most important gift is your time and attention!

Wishing you JOY and PEACE,

Ann

2014/2015 Fuel Assistance Guidelines

***Please note the Fuel Assistance Income Guidelines were incorrectly reported in the November newsletter, the correct financial guidelines are as follows:

No. of People	Income Limit
1	\$32,618
2	\$42,654

Help with fuel assistance requires an appointment. I can be reached at 538-5042 ext. 206. Home visits are available for those South Hadley seniors in need.

What will I need to provide when applying:

- ◆ Photo ID and proof of address
- ◆ Proof of income, including wages, Social Security and Pensions
- ◆ Property tax and Homeowners Insurance
- ◆ Heating and Electric bill
- ◆ Current bank statements
- ◆ Mortgage statement if applicable
- ◆ If renting: a lease agreement

DONATIONS TO THE SOUTH HADLEY COUNCIL ON AGING ACCOUNTS:

Throughout the year we are asked how an individual can make a donation to help the Senior Center. Kindly check off one of the accounts listed below that you would like to have your donation go to. If your donation is in memory of someone and you would like us to send an acknowledgement, please indicate the individual's name and address below.
Thank You for Your Assistance!

DONATION FROM: _____ **ADDRESS:** _____

Contribution in memory/honor of: _____

Please send Acknowledgement to: (kindly indicate name, address & relationship): _____

- | | | |
|---|--|---|
| <input type="checkbox"/> Activities Account | <input type="checkbox"/> Clinic Account | <input type="checkbox"/> Nutrition Gift Account |
| <input type="checkbox"/> Minibus Maintenance Acct. | <input type="checkbox"/> Building Fund | <input type="checkbox"/> Mothers' Garden |
| <input type="checkbox"/> Minibus (Future Purchase) | <input type="checkbox"/> Emergency Fund | <input type="checkbox"/> "Lights On" |
| <input type="checkbox"/> Subsidized Senior Transportation | <input type="checkbox"/> Computer Class | <input type="checkbox"/> Services Account |
| <input type="checkbox"/> Transportation Account | <input type="checkbox"/> Newsletter Account | <input type="checkbox"/> Christmas Baskets |
| <input type="checkbox"/> Wherever Needed Most | <input type="checkbox"/> Caregivers Gift Account | |

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

Donations made "In Memory/Honor" of someone **WILL** be published in the Monthly COA Newsletter.
_____ Please check if you **DO NOT** want your name published.

NUTRITION PROGRAM

PLEASE MAKE RESERVATIONS 24 HOURS IN ADVANCE.*
 MENU SUBJECT TO CHANGE. The Nutrition Program is funded
 by the Older Americans Act through a contract with:

**WESTMASS ELDERCARE, INC.
 DECEMBER MENU**

- 1) ITALIAN SAUSAGE, Peppers & Onions, Egg Noodles, Green Beans, Whole Grain Bread, Apricots or Diet Apricots.
- 2) MACARONI & CHEESE, Broccoli, Garlic Bread, Jell-O or Diet Jell-O.
- 3) CHICKEN BREAST PATTY W/GRAVY, Mashed Potatoes, Biscuit, Carrots, Mixed Fruit or Diet Mixed Fruit.
- 4) MEATLOAF W/GRAVY, Mashed Potatoes, Corn, Whole Grain Bread, Peaches or Diet Peaches.
- 5) BAKED SALMON FILLETS W/LEMON, Brown Rice, Brussels Sprouts, Rye Bread, Juice, Brownies or Diet Brownies.
- 8) SHEPHERD'S PIE W/GRAVY, Carrots, Biscuit, Orange Juice, Pears or Diet Pears.
- 9) BIRTHDAY/ANNIVERSARY—ROASTED TURKEY W/GRAVY, Mashed Potatoes, Peas, Whole Grain Bread, Cranberry Sauce, Cake or Diet Cake.
- 10) BBQ CHICKEN, Green Beans, Au Gratin Potatoes, Multi Grain Roll, Apricots or Diet Apricots.
- 11) LIVER & ONIONS, Egg Noodles, Mixed Vegetables, Juice Cookies or Diet Cookies.
- 12) VEAL PATTY W/GRAVY, Rice, Zucchini Blend, Tropical Fruit or Diet Tropical Fruit
- 15) STUFFED SHELLS W/TOMATO SAUCE, Garlic Bread, Broccoli & Cauliflower, Apricots or Diet Apricots.
- 16) BAKED HAM, Sweet Potatoes, Green Beans, Whole Grain Bread, Juice, Mandarin Oranges or Diet Mandarin Oranges.
- 17) HOLIDAY LUNCHEON—STUFFED CHICKEN BREAST, Supreme Sauce, Mashed Potatoes, Tarragon Corn, Cranberry Sauce, Pie w/Topping or Diet Pie w/Topping.
- 18) BROCCOLI QUICHE, Confetti Rice, Wax Beans, Whole Wheat Bread, Pineapple or Diet Pineapple.
- 19) TUNA CASSEROLE, Noodles, Mixed Vegetables, Orange Juice, Pudding or Diet Pudding.
- 22) BAKED CHICKEN W/GRAVY, Brown Rice, Green Beans, Whole Grain Bread, Pineapple or Diet Pineapple.
- 23) VEAL PARMESAN, Pasta w/Red Sauce, Mixed Vegetables, Garlic Bread, Orange Juice, Peaches or Diet Peaches.
- 24) STUFFED CABBAGE W/SAUCE, Mashed Potatoes, Carrots, Rye Bread, Apricots or Diet Apricots.
- 25) CENTER CLOSED—CHRISTMAS HOLIDAY
- 26) POLLOCK LOINS, Confetti Rice, Broccoli, Rye Bread, Jell-O or Diet Jell-O.
- 29) KIELBASA, Lazy Pierogi, Carrots, Rye Bread, Tropical Fruit.
- 30) MILD BEEF CHILI, Rice, Spinach, Cornbread, Apricots or Diet Apricots.
- 31) CHICKEN NUGGETS W/SAUCE, Potato Puffs, Corn, Whole Grain Bread, Juice, Cookies or Diet Cookies.

ALL MEALS ARE SERVED WITH BREAD AND A 1/2 PINT OF MILK. FOR RESERVATIONS PLEASE CALL 538-5042 NO LATER THAN 1:00 P.M. THE PREVIOUS DAY. PLEASE CALL BY FRIDAY TO EAT ON MONDAY. KINDLY CANCEL RESERVATION NO LATER THAN 9:00 A.M. ON THE DAY OF LUNCH.

Nutrition Tidbits

By Christine M. Brown
 WMEC Nutritionist

It is Never too Late to Eat Your Fiber

Studies have indicated that higher cereal fiber lowers the risk of cardiovascular disease. Newer studies has indicated that cereal fiber will also be beneficial for heart attack survivors. If the survivors increased their cereal fiber after the first heart attack, they have a 35% reduction in dying from a second heart attack.

Dietary fiber protects the heart by improving glycemic response and insulin sensitivity. Good sources of soluble fiber include oats, beans, peas, rice bran, barley, citrus fruits, strawberries and apples. Insoluble fiber include whole wheat breads, wheat cereals, wheat bran, rye, rice, barley, most other grains, cabbage, beets, carrots, Brussels sprouts, turnip, cauliflower and apple skin.

Your Brain on Fish

Another important study has indicated that increased consumption of fish which contains omega – 3 DHA (docohexaenoic acid) may lower the risk of dementia and Alzheimers disease. Study participants with the highest DHA levels in their blood had a 47% reduced risk of dementia and a 39% lower risk of Alzheimers. Food sources of omega-3 DHA include salmon, blue fin or Albacore tuna, swordfish, anchovies, herring, sardines, caviar or fish roe, mackerel, trout and halibut.

The above taken from Tufts Health & Nutrition Letter Oct. 2014

Magnesium for Improved Mobility

An Italian study reports that magnesium might help a person maintain mobility as we age. 300 mg. of magnesium improved physical performance in older women. At Tufts University, researchers have linked higher magnesium intake to benefits including reduced coronary-artery calcification and lower risk of progression from pre diabetes to type 2 diabetes. Many people get enough magnesium by eating a healthy diet of a variety of foods which includes beans, peas, nuts and seeds. Spinach, whole grains, soy milk, low-fat dairy products, bananas, avocados and fish are also high in magnesium.

The magnesium tidbit is from Tufts Health& Nutrition Letter Nov. 14.

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Nutrition Workshop

Wednesday, December 10, 2014

11:15 a.m.—Dining Room

☆☆ Discussion with Registered Dietitian Emily Lawler on what a healthy plate looks like-"MyPlate", health food options during the holidays, portion sizes, tricks to help one survive the holidays without weight gain and healthy baking substitutions. ☆☆

Join Us for a Fun & Engaging Workshop for All!

☆☆ Sponsored by UMass Extension, Nutrition Education Program, Western Region ☆☆

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IN MEMORIAM

IN MEMORY OF:

FROM:

NUTRITION:

GILBERT BACH Eileen M. Sullivan
Local 263 (SEIU, AFL-CIO)

CARLENE F. ALLARD Betty View

JAMES STURTEVANT Judy Underwood
(Birthday December 2)

MARGARET WHITENETT Carolyn Dupuis

NEWSLETTER:

GILBERT BACH Nancy Croke

SHIRLEY R. EISENSTOCK James Eisenstock

MARY MYKYTIUK Helen Willemain

BARBARA LARAMEE Gordon & Phyllis McClafin

LAURINDA PARENTELA Gordon & Phyllis
McClafin

BRIEN ANDERSON Gordon & Phyllis McClafin

EMERGENCY FUND:

MARIAN KENNEDY Sophia Paquette

BUILDING FUND:

FREDERICK BACH James Procon

IN MEMORIAM

IN MEMORY OF:

FROM:

SUBSIDIZED SENIOR TRANSPORTATION:

HEATHER ECKLIN Attny. Mary Paier Powers

RALPH David Perwak

MRS. EMMA MROCZEK Sandy Mroczek

RICHARD DUPUIS Carolyn Dupuis

CHRISTMAS BASKETS:

RAYMOND & ROGER CHARETTE
Laura Gauthier

BRUNO PATRUNO Rita Patruno

GEORGE & EVELYN EDGE Nancy & Shawn Hall
& Evelyn Simpson

PETER & RENA SUDYKA Peter & Evelyn Sudyka

DONNA (SUDYKA) CLAYTON Peter & Evelyn
Sudyka

MR. & MRS. BERTRAM Robert & Lynn Bertram

MR. & MRS LAPIERRE Robert & Lynn Bertram

SUSAN LEVER Donald Lever

AL FERNANDES Bea Fernandes

TRANSPORTATION ACCOUNT:

BARBARA LEONARD Jack & Maureen Leonard

In Loving Memory of

Phillip Herbert

(1-Year Anniversary)

From his wife , Ola Herbert

Thank you to Beers & Story and the Families
for the beautiful funeral flowers in memory of:

Marian F. Kennedy

&

Veronica Mazurowski

Our Deepest Sympathy to Their Families.

Anna Mae Parker Fund

(funding special treats for HMOW clients)




A very generous donation was

Received from the

"Radiant Rubies Red Hat"

In Memory of Anna Mae Parker



<p>1 ITALIAN SAUSAGE W/ PEPPERS & ONIONS 10 Music Appreciation-CE 10 Tai Chi-EX 1 Canasta & Pinochle- DR 1 Mah Jongg-CR 1:30 Water Color Class-CE 1 WMEC Holiday Party</p>	<p>2 MACARONI & CHEESE 9-2-SHINE (by appt.)—C2 10 Beginning Exercise—EX 1 Bingo-CR 1 Needlecraft-CE</p>	<p>3 CHICKEN BREAST PATTY W/ GRAVY 9:30—Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Charalites-DR 1 Mah Jongg-CE 1 Pitch-CR</p>	<p>4 MEATLOAF W/ GRAVY No Beginning Exercise 10 Travel Club-C1 10 Alzheimer's Support-C2 1 Golden Agers-CR 1 Quilting-CE 1 Scrabble-L</p>	<p>5 BAKED SALMON W/ LEMON 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10 Fire Safety Program & Raffle—CR 10:30 Osteoporosis Exercise-EX 1 Bridge-CE 1 Canasta-DR/1 Cribbage - CR 1 Knitting-L</p>
<p>8 SHEPARD'S PIE 9:30 FOOT NURSE (by appt.) 10 Music Appreciation-CE 10 Tai Chi - Ex 1 Canasta & Pinochle, DR 1 Mah Jongg-CR 1:30 Water Color Class-CE</p>	<p>9 BIRTHDAY/ANNIVERSARY Luncheon ROASTED TURKEY W/GRAVY So. H./ Sr . Travel Club Trip 10 Beginning Exercise-EX 1 Bingo-CR 1 Needlecraft-CE</p>	<p>10 BBQ CHICKEN 9:30—Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 11:15—Healthy Holiday Eating — Presented by UMASS Extension—DR 1 Choralites-DR 1 Mah Jongg-CE 1 Pitch-CR 1-Diabetic Support Group-C2</p>	<p>11 LIVER & ONIONS 10—Beginning Exercise—EX Travel Club-C1 10 Veterans meeting—Off site 11—So. H. Electrical Safety Presentation—DR 12:30-2pm Blood Pressure Screening w/Nurse—C2 1 Golden Agers-CR/1 Quilting-CE 1 Scrabble-L</p>	<p>12 VEAL PATTY W/ GRAVY 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Bridge-CE 1 Canasta- DR 1 Cribbage - CR 1 Knitting-L</p>
<p>15 STUFFED SHELLS W/ SAUCE 10 Music Appreciation-CE 10 Tai Chi-EX 1 Canasta & Pinochle, DR 1 Mah Jongg-CR 1:30 Water Color Class-CE 4 COA Board Meeting-C2</p>	<p>16 BAKED HAM 9-1- SHINE (by appt.) -C2 10-11 Brown Bag-CE 10 Lo Vision — Offsite 10 Beginning Exercise-EX 1 Bingo-CR 1 Needlecraft-CE</p>	<p>17 HOLIDAY LUNCHEON / STUFFED CHICKEN BREAST 9:30—Grocery Shopping 10 Travel Club-C1 10:30 No Osteoporosis Exercise 1 Choralites Holiday Concert-DR 1 Mah Jongg-CE 1 Pitch-CR</p>	<p>18 BROCCOLI QUICHE 10 Alzheimer's Support-C2 10 Beginning Exercise-EX (Last session until 1/6/2015) 10 Travel Club-C1 1 Golden Agers-CR 1 Quilting-CE 1 Scrabble-L</p>	<p>19 TUNA CASSEROLE 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 11:30 Rep. John Scibak-DR 1 Bridge-CE/1 Canasta- DR 1 Cribbage - CR 1 Knitting-L</p>
<p>22 BAKED CHICKEN W/ GRAVY 9 News Letter Collating 9:30 FOOT NURSE (by appt.) 10 Music Appreciation-CE 10 Tai Chi - EX 1 Canasta & Pinochle, DR 1 Mah Jongg-CR 1:30 Water Color Class-CE</p>	<p>23 VEAL PARMESAN No Beginning Exercise 1 Bingo-CR 1 Needlecraft-CE</p> 	<p>24 STUFFED CABBAGE W/ SAUCE 9:30—Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Choralites-DR 1 Mah Jongg-CE 1 Pitch-CR</p>	<p>25 HOLIDAY CENTER IS CLOSED</p> 	<p>26 BAKED POLLOCK LOINS 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Bridge-CE 1 Canasta- DR 1 Cribbage - CR 1 Knitting-L</p>
<p>29 KIELBASA/LAZY PIEROGI 10 Music Appreciation-CE 10 Tai Chi - EX 1 Canasta & Pinochle, DR 1 Mah Jongg-CR 1:30 Water Color Class-CE</p>	<p>30 MILD BEEF CHILI No Beginning Exercise 1 Bingo-CR 1 Needlecraft-CE</p> <p style="text-align: center;">December 2014</p>	<p>31 CHICKEN NUGGETS W/ SAUCE 9:30—Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Choralites-DR 1 Mah Jongg-CE 1 Pitch-CR</p>	<p>ROOM KEY CR=Card Room CE=Ceramics C1=Conf. Room Off Library C2=Formerly Old Office DR=Dining Room EX=Exercise Room L=Library</p>	<p>IN TOWN TRANSPORTATION AVAILABLE MONDAY-FRIDAY FROM 9-3, BY APPOINTMENT ONLY.</p> 

FRIENDS OF THE SOUTH HADLEY ELDERLY, INC.

December 2014

This is our annual letter to our past, current, and future Friends. As we stated last year, we eliminated the mailing to the Friends membership because of the cost and postal regulations as they pertain to bulk-mailing. Also, using the Chronicle we are able to reach a greater number of people. Even though the Chronicle is disseminated to the over-60 population, we solicit membership from all age groups. You don't have to be a senior to be a member of the Friends of the South Hadley Elderly, Inc. Our annual dues have not changed – they remain at \$5.00. This is quite reasonable in this day and age, particularly when you realize what we do with the money.

In the past year the "Friends" provided more than \$11,000 to purchase coffee in the dining room at the Senior Center, free copy service, lottery tickets for the home delivered and congregate meals program at Christmas, a donation to the Christmas gift cards/electric bill program, Valentine's Day gifts to the meals-on-wheels participants, the Ice Cream Social, cover the difference between the grant and purchase price of the new van, and an annual donation to the Council on Aging for activities, special luncheons and other necessary uses.

All of this is done with your annual membership fee of \$5.00 per person. In addition, your donations for the coffee, as well as general donations and memorials for loved ones, our 50/50 raffles, and the net proceeds from the May card party and October craft fair allow us to continue our activities.

At this time we're also collecting dues for the 2014 calendar year. Checks should be made to "Friends of the South Hadley Elderly, Inc." and can be left at the Senior Center or mailed to Donna Robideau, Treasurer, at 12 Edgewater Lane, South Hadley MA 01075. Cash is always accepted; please don't forget to give us your name and current address. Donations and memorials can also be made at any time.

\$5.00 MEMBERSHIP DUES: NAME:

ADDRESS:

DONATION:

MEMORIAL ON BEHALF OF:

MADE BY:

2014 DONATIONS/MEMORIALS
DONOR NAME

Eric/Linda Haines	H. and M. Casey	Gloria Labonte
Nancy Bombard	Anita Gauthier	Laurence Kuntz
Carolyn Baston	Donna Asselin	Carol//Cengiz Kaye
Barbara Ayers	Chet/Nancy Towne	Lions Club
Ken Williams	Dot Hurley	Edward Dzuris
Mary/Joseph Herschel	Fran Cyr	Margaret Murray
Joanne Marcotte	Kathy Gallivan	Judy Fortier
Irene Zajac	Helen Parker	Laura Gauthier
Irene Tetlow	Jane Theberge Tardif	Jan Girard
Dorothy Perrella	Phyllis Ichtou	Harry Chandler
Evelyn Zwirko	Rita Lawler	Jean Lambert
SHAHPC	Violet Forni	Fred Bozek
St. Patrick's Ladies Guild		

2014 MEMORIALS

In Memory Of	Made by
Tom Tetlow	Irene Tetlow
Mary Williams	Kenneth Williams
Alice Turcotte	Corrine Lemay
Judy Forest	V. Hajdamowicz
Al Fernandes	Bea Fernandes
Anna Chandler	Harry Chandler
Jules Gazaille	Madeline Gazaille
Rene Laverdiere	Tillie Laverdiere
Donald Gilpatrick	Barbara Gilpatrick
Roger and Reed Charette	Laura Gauthier
The Wojcik Family	Stanley Wojcik
Lois Publicover Bernard	Thomas Bernard

DOREEN'S INFO

Happy December the last month of 2014. Where did the time go? It seems like time is flying too fast. Last month sure did. Our two annual events: Veteran's Luncheon and Thanksgiving Luncheon were well attended. In October our Halloween Luncheon was so much fun. Thank you to all who came in costume. The Halloween costumes winners were; Sandra Kadie as Maple tree, Bob Marlborough as Ballerina, Barbara Hatch as Bum and Maria Marlborough as Peace Hippy.

In September, the Retired Seniors Volunteer Program (RSVP) had their annual volunteer appreciation dinner held at the Log Cabin. I and the whole family here at the COA would like to congratulate two of our dedicated volunteers who were honored at this luncheon. These volunteers hit a milestone. Blanca Brunelle and Peg Ryan won the President's Service Award for Lifetime Achievement. To earn this award, volunteers must have completed and recorded 4,000 hours or more with the RSVP. Blanca did 4,000 volunteer hours and Peg did 4,500 volunteer hours. We are so lucky to have these two great ladies on "our" volunteer team.

In October some of our Veteran's who participate in our monthly Veteran's group on Thursdays went on the New England Honor Flight. They were; John Attardi, Norman, Paul, Joe Paul and, Paul Robillard. I was fortunate to be my father's guardian on this flight. It sure was an experience. We will be discussing and sharing our experience at a future meeting.

Make sure you check out the monthly calendar for this month. Because of the holiday later this month some of our regular activities will be altering their schedule or meeting off site. All are welcome to come and have a hot meal during these cold winter days. On Tuesdays and Thursdays Irene Roy volunteers her time to play the piano during lunch. I am sure many of you will recognize the tunes she plays. Some even stay after lunch to sing along with her. Thank you Irene for sharing your wonderful talent with us. Speaking of singing, please come to our Holiday lunch on the 17th and stay to hear the Choralites Concert.

I am in great need for volunteers. I am looking for help in the dining room, kitchen, newsletter collating, office coverage, lunch book reservationist and helping with our monthly big events. If interested please call me at 538-5042, ext. #205. Volunteer hours logged for October are: 1446.2. Thank you volunteers!

Doreen



SO. HADLEY COUNCIL ON AGING

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South Hadley Senior Center

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The South Hadley Council on Aging Computer Learning Center offers a wide variety of computer Courses ranging from one-time workshops to four weeks of two lessons each week. Courses are taught with experienced teachers as well as coaches for all students. There is a fee for this service.

The SHCOA Computer Learning Center is available to all 50 and over. It is not necessary to live in South Hadley to participate. For more information call (413) 533-6889. Leave your name and number and your call will be returned.

The **COA QUILTERS** are proud to have made and donated a king-size quilt to the Friends of South Hadley Elderly, Inc. for their fall Craft Fair. Together with the Friends, a total of \$762.00 was raised and donated to the Friends. The quilters involved are: Diane Askew, Betty Belliveau, Fran Callahan, Marie Delisle, Sally Gauthier, Madelyn Ginley, Mable Lofland, Eva Miner, Renee Orzechowski, Lucille Pare, Shirley Picard, Terry Roberts, Ann Szafranowicz, Debby Whidden, Anita Wylie. The raffle winners are: 1st Prize, quilt-Eva Mae Miner, 2nd Prize, fall wall hanging-Deacon Normand, 3rd Prize, table runner-Roseanne Brouillard, 4th Prize, gift basket donated by Connie Clancy-Barbara Stark and the Bonus Prize, Christmas wall hanging-Ken Ellis.

PLEASE REMEMBER TO RECORD ALL OF YOUR VOLUNTEER HOURS. THEY ARE IMPORTANT IN THE FUNDING OF THE COUNCIL ON AGING. THANK YOU!



HOLIDAY STROLL ON THE

TOWN COMMON- Fri., Dec. 5th 5-8 p.m.

The Annual Holiday Stroll on the South Hadley Town common is back on Friday, December 5th from 5-8 p.m.! We have bands, choirs, marchers, Lighting of the Tree, food, fun and of course Santa who will be posing for your children's photographs. So put it on your calendar now. This event is free to the public and is sponsored by the South Hadley & Granby Chamber of Commerce and other fine sponsors you will find on our website. Interested in sponsorship or being a volunteer? Contact Dale Johnston, Executive Director of the Chamber at Dale@SHGChamber.com. Please go to www.SHGChamber.com for more event details.

• **South Hadley Council On Aging**
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