

COUNCIL ON AGING

South Hadley Massachusetts

The sun never sets on our Activities...

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THE GOLDEN CHRONICLE

MAY 2013

Chairperson: M. Connie Laplante

Social Service Coordinator:

Position Open

WebSite: www.southhadleyma.gov



**HAPPY MOTHER'S DAY TO ALL
 MOTHERS, GRANDMOTHERS,
 GREAT-GRANDMOTHERS AND
 GREAT-GREAT GRANDMOTHERS.**



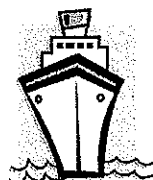
Every Weekday: Nutritious & Delicious Lunch 11:45 am to 12:15 pm, in the South Hadley Senior Center Dining Room. Please reserve a day in advance (538-5042) and cancel if you cannot attend. Suggested donation \$2.25 for persons over 60. Guests under 60 must pay \$3.00. FEDERAL GUIDELINES SPECIFY THAT FOOD SHOULD NOT BE TAKEN FROM THE LUNCH SITE. The only exceptions are bread, fruit, milk or non-perishable items.

SPRING LUNCH AND CHORALITES CONCERT-WEDNESDAY MAY 22nd

Come and join the fun by having lunch (Chicken Parmesan/Sauce) and then stay for a delightful concert by the Choralites immediately following the meal. They will perform "The Best of Broadway" and perhaps will have a sing-a-long.

South Hadley Senior Travel Club

Tuesday, July 9. The Schooner Argia. A 2 1/2 hour smooth sail on the protective waters of historic Mystic River. Lunch at the **Mystic Riverwalk Restaurant.** Time after lunch to browse the shops of **Olde Mystic Village.** Cost \$96.00. Call Judy Fortier at 534-3598. **Thursday, August 1. Saratoga Raceway, Saratoga NY.** Includes admission and reserved grandstand seating. Lunch on own at raceway. Dinner stop at **Grandma's Restaurant and Country Store.** Cost \$81.00 (\$10.00 prepaid deposit to confirm date and grandstand seat). Call Barbara Laramie 536-8567. **Thursday, August 29. The Broadway musical CATS at the North Shore Music Theatre** Includes lunch at the **Davenport Yacht Club** and reserved tickets for the play. Cost \$106.00. Call Susan Canedy 536-2106. **Friday, September 20.** Board the **Essex Steam Train**, a restored 1920's Pullman Dining car for a savory 3 course lunch. Then cruise down the Lower Connecticut River aboard **The Becky Thatcher Riverboat.** Cost of both, \$84.00. Call David Bellefeuille 533-7724. **WINTER 2014 CARRIBEAN CRUISE** aboard the **Norwegian Gem.** Dates: Feb.8-Feb, 17, 2014. Includes round trip motor transportation from South Hadley. Stops in San Juan, St. Maarten, St. Thomas and Samana with 4 days at sea. **Cost depending on category.** Call Barbara Laramie 536-8567 or 335-8786. **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.**



MOTHERS' GARDEN

PLANT SALE-Saturday, May 18th, 9-12 at the COA Mothers' Garden. Plants from the gardeners' personal homes. Easy prices!
NEEDED-Volunteers to work at the Garden. Most of us meet on Wed. mornings (every other Wednesday) but you could volunteer at any time that is convenient for you. If you can't get down and garden, could you water the window boxes? Call 532-3921 for more information and ask for Linda.

THE FRIENDS OF SOUTH HADLEY ELDERLY, INC. WILL BE HOSTING THEIR ANNUAL CARD PARTY ON TUESDAY, MAY 14th 6:30 P.M. AT THE ST. PATRICK'S CHURCH SOCIAL CENTER. THERE WILL BE WONDERFUL HOME-MADE DESSERTS AND GREAT RAFFLE PRIZES. THIS IS A MAJOR FUND-RAISER FOR THE "FRIENDS" SO PLEASE SUPPORT THE EVENT. CARD PARTY TICKETS ARE \$4.00 AND RAFFLE TICKETS ARE 3/\$1.00 WITH A \$100 CASH FIRST PRIZE. TICKETS ON SALE AT THE DAILY LUNCHES. The "FRIENDS" sponsor the coffee station, the photocopier, and provide financial support for all the special events.

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. MAY MENU

- 1) CHICKEN NUGGETS W/SAUCE, Confetti Rice, Mixed Vegetables, Multi Grained Bread, Pineapple or Diet Pineapple.
- 2) BROCCOLI QUICHE, Potato Puffs, Corn, Whole Grained Roll Orange Juice, Apricots or Diet Apricots.
- 3) SALISBURY STEAK W/GRAVY, Mashed Potatoes, Green Beans, Cake or Diet Cake
- 6) CHICKEN MARSALA, Mushrooms, Linguini, Stewed Tomatoes, Multi Grained Bread, Applesauce or Diet Applesauce.
- 7) KIELBASA, Lazy Pierogi, Spinach, Rye Bread, Cookies or Diet Cookies.
- 8) ROASTED TURKEY W/GRAVY, Mashed Potatoes, Corn, Cranberry Sauce, Pudding or Diet Pudding.
- 9) TERIYAKI CHICKEN, Brown Rice, Oriental Mixed Vegetables, Multi-Grain Bread, Pineapple or Diet Pineapple.
- 10) FIESTA POLLOCK, O'Brien Potatoes, Broccoli, Peaches or Diet Peaches.
- 13) MEATLOAF W/GRAVY, Mashed Potatoes, Carrots, Whole Grained Bread, Fresh Fruit.
- 14) BIRTHDAY/ANNIVERSARY—BEEF TIPS W/GRAVY, Roasted Potatoes, Wax Beans, Multi Grained Roll, Cake or Diet Cake.
- 15) CHICKEN CACCIATORE, Rice, Zucchini Blend, Fruit Cocktail or Diet Fruit Cocktail.
- 16) BAKED HAM W/FRUIT SAUCE, Sweet Potatoes, Corn, Roll, Orange Juice, Peaches or Diet Peaches.
- 17) CELEBRATE PERU—CHICKEN CAU CAU, Pepe Rice, Broccoli & Cauliflower, Roll, Chocolate Cake or Diet Chocolate Cake.
- 20) FRENCH MEAT PIE W/GRAVY, Egg Noodles, Zucchini, Multi Grained Bread, Juice, Fruited Jell-O or Diet Fruited Jell-O.
- 21) LIVER & ONIONS, Mashed Potatoes, Carrots, Whole Wheat Bread, Pears or Diet Pears.
- 22) CHICKEN PARMESAN W/SAUCE, Pasta, Italian Bread, Green Beans, Tropical Fruit or Diet Tropical Fruit.
- 23) ALL-BEEF FRANKS, Baked Beans, Spinach, Roll, Brownies or Diet Brownies.
- 24) COLD PLATE: TUNA SALAD, Macaroni Salad, Vegetable Salad, Wheat Bread, Fresh Fruit.
- 27) CENTER CLOSED—MEMORIAL DAY HOLIDAY
- 28) MILD BEEF CHILI W/RICE, Carrots & Cauliflower, Rye Bread, Vanilla Pudding or Diet Vanilla Pudding.
- 29) CHICKEN MARINARA, Pasta, Green Beans, Oatmeal Bread, Mandarin Oranges or Diet Mandarin Oranges.
- 30) SHEPHERD'S PIE W/GRAVY, Summer Blend Vegetables, Biscuit, Mixed Fruit or Diet Mixed Fruit.
- 31) FLORENTINE POLLOCK, Wild Rice, Broccoli, Corn Bread, Fruit Crisp or Diet Fruit Crisp.

ALL MEALS ARE SERVED WITH BREAD AND A 1/2 PINT OF MILK. FOR RESERVATIONS OR CANCELLATIONS, PLEASE CALL 538-5042 NO LATER THAN 9:00 A.M. PLEASE TRY TO CALL ON FRIDAY TO EAT ON MONDAY.

A Cup of Tea for Good Health

By Christine Brown
WMEC Nutritionist

A cup of tea is a very soothing concept for many of us. It is tasty, comforting and social. Actually, it can be healthy too. A current article in the *Tufts Health and Nutrition Newsletter* indicates that drinking tea protects your head, heart and bones. And new research shows tea as effective against some cancers and risk of functional disability. Tea, which is made from the leaves of the *Camellia senensis* plant, contains antioxidant compounds called flavonoids. It is the antioxidants that work for you. Tea is a low calorie way to add antioxidants to your diet or way of eating.

Regular tea, as opposed to herbal tea, is usually either black tea which is dried, fermented and fully oxidized. Green tea is unfermented and minimally processed. Oolong tea is partially oxidized. White tea is made from partially opened buds and young leaves. Black and green teas have been studied and most extensively for health benefits.

In a small study, men with high blood pressure who drank just one cup of tea a day had lower blood pressure readings. In another study, drinking three cups of tea daily was associated with an 11% drop in the risk of heart attacks.

In yet another study, green tea boosted bone formation in postmenopausal women and low bone mass. In a study in Japan 14,000 older adults who consumed five or more cups of green tea daily were only a little more than half as likely to develop functional disability than those drinking less than a cup daily.

To get the most flavonoids from tea, steep in hot water. Cold-brewed tea and powdered mixes do not achieve the same flavonoid levels. Brew green teas at 175 to 185 degrees; oolong at 195 and black tea in boiling water.

It is possible to get too much of a good thing, especially if you are sensitive to caffeine. Tea does contain only half the caffeine of coffee. Decaf tea does lose some of the flavonoids in the decaf process.

If you are a tea lover, you are on the right track. If you currently do not partake in cup of tea, consider it for improved health.

From *Tufts Health & Nutrition Newsletter*—April 2013 Special Report.



*Come let us have
some tea and
continue to talk
about happy things -*

Chaim Potok

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TRIAD PROGRAM

Join us at the Health/Safety Program on Thursday, May 30, 2013 from 6:00 p.m.-8:00 p.m. at St. Patrick's Social Center. This program is sponsored by TRIAD and its affiliated members. Light refreshments will be served. This event is free, open to the public and will include information for all ages.

Protecting Your Nest Egg From The Nursing Home

Wednesday, May 15th at 10:00 a.m.

Courtesy of the Mass. Bar Association, Attorney Gina Barry will give a presentation on "Protecting Your Nest Egg from the Nursing Home". **Please call 538-5042 to register.**

Of all Americans aged 65 or older, approximately 43% will enter a nursing home during their lifetime. The average cost of nursing home care per month is \$12,000 and the average stay will last 2 1/2 years. To make matters worse, after spending the majority of your life working and building your assets so that your retirement will be well funded, retirement comes when the possibility of catastrophic illness is more likely. Planning ahead will mean the difference between spending your assets to finance any needed care and preserving your assets for your family. **Come to this informative seminar to learn how to preserve your assets for your family.**

MAY 2013

	ROOM KEY B=Billiards Room CR=Card Room CE=Ceramics C2=Formerly Old Office C1=Conf. Room Off Library EX=Exercise Room DR=Dining Room	1 CHICKEN NUGGETS W/SAUCE 8:45 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Pitch-CR 1 Mah Jongg -CE 1 Choralites-DR	2 BROCCOLI QUICHE 10 Alzheimer's Support-C2 10 Beginning Exercise-EX 10 Travel Club-C1 1 Scrabble-L 1 Quilting-CE 1 Golden Agers-CR	3 SALISBURY STEAK/GRAVY 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L 1 Bridge-CE 1 Cribbage-CR 1 Canasta & Poker-DR
6 CHICKEN MARSALA 9:30 Foot Nurse (by appt.) 10 Music Appreciation-CE 10 Tai Chi-EX 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR 1 Mah Jongg-CE 1 Red Hat Society-CR	7 KIELBASA W/ LAZY PIEROGI 9-12 SHINE (by appt.) 10 Beginning Exercise-EX 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE	8 ROASTED TURKEY W/GRAVY 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 11:15 Berkshire Hills Music 1 Pitch-CR,1 Choralites-DR 1 Mah Jongg-CE 1 Diabetic Support C2	9 TERIYAKI CHICKEN 10 Beginning Exercise-EX 10 Travel Club-C1 10 Veteran's Meeting-CE 12:30-2pm Blood Pressure Screening w/Nurse -C2 1 Scrabble-L 1 Quilting-CE 1 Golden Agers-CR	10 FIESTA POLLOCK 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L 1 Bridge-CE 1 Cribbage-CR 1 Canasta & Poker-DR
13 MEATLOAF W/GRAVY 10 Music Appreciation-CE 10 Tai Chi-EX 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR 1 Mah Jongg-CR 4 COA Board Meeting-C2	14 BIRTHDAY / ANNIVERSARY BEEF TIPS W/ GRAVY Travel Club Trip 10 Beginning Exercise-EX 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 6:30 Friends Card Party at St. Patrick's Social Center	15 CHICKEN CACCIATORE 9:30 Grocery Shopping 10 Travel Club-C1 10 "Protecting Your Nest Egg From the Nursing Home". Presented by Atty. Gina Barry - CR 10:30 Osteoporosis Exercise-EX 1 Pitch-CR 1 Mah Jongg-CE 1 Choralites-DR	16 BAKED HAM/FRUIT SAUCE 10 Beginning Exercise-EX 10 Travel Club-C1 1 Quilting-CE 1 Scrabble-L 1 Golden Agers-CR	17 CELEBRATE PERU CHICKEN CAU CAU 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 11:30 Rep. John Scibak-DR 1 Bridge-CE 1 Cribbage-CR 1 Canasta & Poker-DR 1 Knitting-L
20 FRENCH MEAT PIE/ GRAVY 9:30 Foot Nurse (by appt.) 10 Music Appreciation-CE 10 Tai Chi-EX 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR 1 Mah Jongg-CR	21 LIVER & ONIONS 9-12 SHINE (by appt.) 10 Lo-Vision Support-C2 10 Beginning Exercise-EX 10-11 Brown Bag-CE 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE No Get Going until further notice .	22 SPRING LUNCH & CONCERT CHICKEN PARMESAN/SAUCE 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Mah Jongg-CE 1 Pitch-CR 1 Choralites Spring Concert	23 ALL-BEEF FRANKS 10 Beginning Exercise-EX 10 Travel Club-C1 10:30 Blood Pressure Screening w/Fire District #1-DR 1 Quilting-CE 1 Scrabble-L 1 Golden Agers-CR	24 COLD PLATE- TUNA SALAD 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L/Bridge-CE 1 Cribbage-CR 1 Canasta-DR 1 Poker-DR
27 MEMORIAL DAY HOLIDAY CENTER IS CLOSED 	28 MILD BEEF CHILI W/RICE 9 Newsletter Collating-CE 10 Beginning Exercise-EX 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE THE 2013 THEME FOR OLDER AMERICANS MONTH IS "Unleash the Power of Age"	29 CHICKEN MARINARA 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Mah Jongg-CE 1 Pitch-CR IN TOWN TRANSPORTATION IS AVAILABLE MONDAY-FRIDAY 9-3 BY APPOINTMENT ONLY	30 SHEPHERD'S PIE W/GRAVY 10 Beginning Exercise-EX 10 Travel Club-C1 1 Quilting-CE 1 Scrabble-L 1 Golden Agers-CR	31 FLORENTINE POLLOCK 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L 1 Bridge-CE 1 Cribbage-CR 1 Canasta-DR 1 Poker-DR



DOREEN'S INFO

Senior Net is a volunteer service that offers computer courses in a variety of topics. These range from beginner to specialized workshops. We have course materials that the teachers use as well as coaches to help individual students and support the teacher. Our goal is to present "user friendly" classes to those 55 and older. We are looking for volunteer teachers. If interested, call us at 533-6889 to leave a message.

You can also reach us at our website: **SENIORNETSH.ORG**. It offers a current calendar of our classes, other information about our programs, and a way to contact us: just click on the Contact Us tab to leave a message. Another good source of information about SeniorNet is the website of the national organization, **SENIORNET.ORG**. Our program functions under this umbrella.

Some of our classes are one or two session workshops; others run two to four weeks with 4 to 8 sessions. The next classes will include:

INTRODUCTION TO COMPUTERS: An overview of what can be done with a personal computer. Topics covered briefly include Word Processing, Spreadsheets, Databases and the Internet.

THE INTERNET: A course for new and experienced Internet users regardless of the software or Internet service you are using. Learn how to access and search the World Wide Web, and use email. Also learn how to deal with security, cookies, viruses and other on-line issues.

PICASA: A digital photo organizer and editor. The workshop includes ways to make quick edits of pictures, sort pictures, and put them in albums or folder.

Each class has coaches who help each student, an instruction book and a practice disc that is yours to keep. The Friday afternoon lab is available and open to all those who take our classes.

OTHER CLASSES: We offer other classes, such as: **WORD PROCESSING, EXPLORING WINDOWS, FUNDAMENTALS, QUICKEN, EXCEL** and a **GREETING CARD WORKSKHOP**. We also offer a **TYPING TUTORIAL**.

NOTE: EBAY: We have numerous requests for a workshop covering how to buy and sell on Ebay. We are looking for a teacher. Please contact us at our Web site or 533-6889 if you or someone you know is willing to help.

Spring is here and the flowers are in bloom. The blooming flowers bring a busy month for us here at the Council on Aging.

May is "Older American's Month". This year's theme is "Unleash the Power of Age". Every year since 1963, May has been a month to appreciate and celebrate the vitality and aspirations of older adults and their contributions to our communities. This year's theme has never been more fitting. Older Americans are productive, active, and influential members of society, sharing essential talents, wisdom, and life experience with their families, friends, and neighbors.

At the South Hadley COA we are fortunate to offer our elders opportunities to volunteer their time, to teach others the skills they've honed over the years, or to become involved in civic matters.

During this month the Alzheimer's Support group will be meeting only once and that will be on May second at 10 AM. Tai Chi starts a new session on the sixth. This is a good way to retain your balance and flexibility. We are thrilled to have the Berkshire Hills Music Academy returning on the eighth of this month. Come and enjoy the great music. Our Veteran's meeting is on the ninth. Our planned speaker will be sharing information regarding the Holyoke Soldiers Home.

Our Birthday / Anniversary luncheon will be held on the 14th. If you have a celebration, please come and have lunch, courtesy of the "Friends of the Elderly". Reservations are required and one guest per celebrant.

On the 15th there will be a presentation by Attorney Gina Barry called "Protecting Assets from Nursing Home Costs". This presentation will start at 10am. Our very own Choralites will be having their spring concert on the 22nd. Book your lunch date and stay for the uplifting music.

The Lo-Vision Support group will hold their meeting on the 21st at 10AM.

Time to get out of the house, go for a walk or see a movie. Tuesdays are movie days. We are planning to show some great movies. Come have some popcorn and enjoy.


Have a happy season. *Doreen*


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