

COUNCIL ON AGING

South Hadley Massachusetts

The sun never sets on our Activities...

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THE GOLDEN CHRONICLE

MARCH 2015

Chairperson: Donna Robideau

Social Service Coordinator:
 Ann Andras
 E-Mail: aandras@southhadleyma.gov
 Website: www.southhadleyma.gov

ST. PATRICK'S DAY LUNCH & CONCERT

WEDNESDAY, MARCH 18TH

SUGGESTED DONATION \$2.25

Come and celebrate the holiday with us. The entrée is corned beef and cabbage. A Colleen and court will be chosen via raffle. Entertainment by the Choralites who will sing some wonderful holiday music, immediately following lunch. Reservations will be taken beginning on Monday, March 2nd at 8 a.m. Call 538-5042 or stop by the office. Please do not leave a message.

NOTE: DAYLIGHT-SAVINGS TIME BEGINS EARLY THIS YEAR. REMEMBER TO MOVE YOUR CLOCKS ONE HOUR FORWARD ON SUNDAY, MARCH 8TH.

AARP TAX ASSISTANCE

AARP Tax Aide Assistance will continue on Wednesday until April 15th. The schedule is filling up quickly, so if you are planning on making an appointment please do so as soon as possible. It is very important that you come prepared with the proper documentation. If you are filing for the circuit breaker it is necessary to bring all the 2014 property tax receipts (4), water bills (4) and sewer use fee (2). If you do not have the proper documentation, it will result in a second appointment. If you have questions, please call the COA office at 538-5042.



Every Weekday: Nutritious & Delicious Lunch 11:45 a.m.-12:15 p.m. in the South Hadley Senior Center Dining Room. Please reserve your meal by 1 p.m. of the previous day by calling 538-5042. Meals should be cancelled by 9 a.m. each day. Suggested donation \$2.25 for participants 60 and over. 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.

South Hadley Senior Travel Club

Tuesday, April 14, Travel to the beautiful Hudson Valley, back to the time of prohibition for a tour & tasting and a farm to table lunch at **DUTCH Schultz's historic prohibition bunker museum. Cost \$85.00. Call Howie Walsh, 593-6286.** **May 17-24, 2015, BERMUDA** 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, Bermuda, 7 nights aboard ship, all meals and daily award-winning entertainment. **Cost depends on cabin choice.** For more information or for a flyer contact: **Judy Fortier, 534-3598.** **Saturday, June 20, Locks and Lunch.** A 3-hour cruise aboard the *Captain JP* to the locks north of Troy. Watch the Captain maneuver our boat into the locks, where it is raised 17 feet. Enjoy a complete hot and cold buffet and entertainment aboard. **Cost \$89.00. Call Susan Canedy, 536-2106.** **Wed., July 15, 2 ½ hour Gloucester Cruise and lobster bake luncheon on the Beauport Princess and free time in Rockport. Cost \$95.00. Call David Bellefeuille, 533-7724** **August 3, Saratoga Race Track.** Admission and reserved grandstand seating. Family style Italian dinner at **Buca di Beppo. Cost \$89.00. Call Susan Canedy 536-2106.** **August 25-27, (Tues. to Thurs.) Boothbay Harbor, Maine, Cost \$465.00.** For more information call **Judy Fortier, 534-3598** or **Susan Canedy, 536,2106.** 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

In the morning as I walk from my vehicle to the senior center I hear the Cardinals singing their spring song. It is a ray of hope after this long and very cold winter. If you are struggling to keep up with the cost of heating your homes, please contact Ann Andras before the fuel assistance season ends. The income guidelines are \$32,618 for one-person and \$42,654 for a couple.

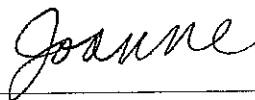
I want to take this opportunity to express my personal thanks to the staff and volunteers for their loyalty, dedication, work ethic and respect for the population we serve for going above and beyond during the last few months. Each and every staff member has taken on more responsibility as the Council on Aging made a transition through personnel changes. I believe we have made it through because of the cooperation of the staff and the faithful volunteers and the senior center remains the vibrant and active place for participants to visit. Although some changes had to be made, they were necessary. Change is difficult but a part of life.

My personal thanks to Marc, Wendy, Crystal and Amy of Beers and Story Funeral Home for making the Valentine's Day lunch very special. This group has been providing the cake and doing the video for the last 14 years.

The "Friends" do something special for the home-delivered meals clients and this year a card and stamps were sent home. Thank you to Sheila Adams and Donna Robideau for coordinating the program.

Reservations for the St. Patrick's luncheon begin on **Monday, March 2nd at 8 a.m.** Please do not leave a message on voice mail. Do not hesitate to add your name to the waiting list since we often call everyone by the day of the event. Please note there will be no Osteo exercise on Wednesday, March 18th.

Happy Spring!!!



FIVE HABITS TO HELP SAVE YOUR HEART

Avoid tobacco. Smoke from cigarettes, cigars, and pipes is as bad for the heart and arteries as it is for the lungs. If you smoke, quitting is the biggest gift you can give yourself. Secondhand smoke is also toxic, so avoid it whenever possible. **Be active.** Exercise and physical activity are about the closest things you have to magic bullets against heart disease and other chronic conditions. Any amount of activity is better than none; at least 30 minutes a day is best. **Aim for a healthy weight.** Carrying extra pounds, especially around the belly, strains the heart and tips you toward diabetes. If you are overweight, losing just 5% to 10% of your starting weight can make a big difference in your blood pressure and blood sugar. **Enliven your diet.** Add fruits and vegetables, whole grains, unsaturated fat, good protein (beans, nuts, fish, poultry), herbs and spices. Subtract processed foods, refined carbohydrates, salt, red meat, and soda. **Drink alcohol in moderation or limit your intake.** The above information is from (www.health.harvard.edu/healthbeat).

SPECIAL THANKS TO:



**The Friends of South Hadley Elderly, Inc. for sponsoring the subscription to the

Daily Hampshire Gazette.

**The Friends of South Hadley Elderly, Inc. for the Valentine's Day cards and stamps sent home to the Home-Delivered Meals clients and for the treats candy for the congregate diners.

**Bud and Ann Andras for the coffee filters

**McCray's for the milk

**Marilyn Gass for the kleenex



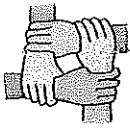
*SPECIAL THANKS TO WENDY STORY AND MARC GAUDREAU OF BEERS & STORY SOUTH HADLEY FUNERAL HOME FOR THE DELICIOUS CAKE FOR THE CONGREGATE VALENTINE'S LUNCH. THANK YOU TO MARC FOR THE WALK DOWN MEMORY LANE WITH THE SLIDE SHOW OF 2014. IT WAS VERY NICE TO REMINISCE. A note of thanks to Crystal Champigny for her assistance. Everyone appreciated the culinary talents of Amy Giroux, Crystal's sister who baked and decorated a beautiful cake. It was delicious!

The South Hadley Council on Aging Knitting Group generously donated their hand-crafted articles to the Neighbors Helping Neighbors and Providence Ministries. A note of thanks to the people other than the members of the knitting group who donated items. The following is a list of articles donated: 74 hats, 34 mittens, 9 scarves, 3 sweaters, lap robes, 3 knitted animals, 2 Christmas stockings, and 1 pair of slippers. Many people are warmer because of their efforts.

The Friends of the South Hadley Elderly, Inc. are continuing their membership drive. The group is offering a raffle of a \$100.00 scratch ticket tree on April 7th at the luncheon if one joins before that date. Memberships are \$5.00 per person. People of all ages as well as non-residents are invited to become a member of this fund-raising group which generously supports the South Hadley Council on Aging/Senior Center in a multitude of ways.

In the spring I have counted one hundred and thirty-six different kinds of weather inside of four and twenty hours. Mark Twain

TRANSPORTATION PROVIDED BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS, THE TOWN OF SOUTH HADLEY AND DONATIONS FROM THE COMMUNITY. During the month of January 593 rides were provided by the COA.



Series: TAKING CHARGE What to do if Your Identity is Stolen~Part 2

I hope you found the information in the February newsletter on Identity Theft useful. If you missed that issue and would like to read Part 1 of this series, please see me for a copy.

Right before the newsletter went to print, I was approached by one of our seniors who was concerned that she could be a victim of Identity Theft or Fraud. We are working together, following the necessary steps to determine if in fact she is a victim. This is a learning lesson for me also. I'm hoping the outcome will be positive for her.

Consider Requesting a Credit Freeze:

You may want to contact the credit reporting companies to place a credit freeze on your file. A credit freeze means potential creditors cannot get your credit report. That makes it less likely an identity thief can open new accounts in your name. The cost to place and lift a freeze depends on state law. In many states, identity theft victims can place a freeze for free, but in others victims must pay a fee, which is usually about \$10.00. If you have a police report, you may be able to place or lift a freeze for free. Putting a credit freeze on your credit report does not affect your credit score. If you place a credit freeze on your credit file, you can:

- Get a copy of your free annual credit report
- Open a new account, apply for a job, rent an apartment, buy insurance, refinance your mortgage, or do anything else that requires your credit report

If you want a business, lender, or employer to be able to review your credit report, you must ask the credit company to lift the freeze. You can ask to lift the freeze temporarily or permanently. You may be charged a fee to lift the freeze.

How to Request a Credit Freeze- Step by Step:

Step 1: Contact your state Attorney General's office at the Boston office: (617) 727-2200 or the Springfield office: (413) 784-1240.

- Ask if there is a fee for putting a freeze on your credit file
- Ask how long the freeze lasts

Step 2: Contact **each** credit reporting company. Again, I have listed them below.

Equifax: 1-800-525-6285

Experian: 1-888-397-3742

Trans Union: 1-800-680-7289

- Report that you are an identity theft victim
- Ask the company to put a freeze on your credit file
- Pay the fee required by state law

Step 3: Mark you calendar. *Your state law determines how long the credit freeze lasts.*

Step 4: Update your files.

- Record the dates you made calls or sent letters
- Keep copies of letters in your files

I cannot stress enough how important it is to keep accurate records of dates and names of those you have reported to.

Order Your Credit Reports Step by Step:

After you place an initial fraud alert, the credit reporting company will explain your rights and how you can get a copy of your credit report.

Placing an initial fraud alert entitles you to a FREE credit report from each of the 3 credit reporting companies.

Step 1: Contact each credit reporting company.

- Explain that you placed an initial fraud alert
- Order your free copy of your credit report
- Ask each company to show only the last 4 digits of your Social Security number on your report

Step 2: Again, up-date your files.

- Record the dates you made calls or sent letters
- Keep copies of letters in your files

Contact Businesses:

If you know which of your accounts have been tampered with, contact

the related businesses. Talk to someone in the fraud department, and follow up in writing. Send your letters by certified mail; ask for a return receipt. That creates a record of your communications.

Create an Identity Theft Report:

An Identity Theft Report helps you deal with credit reporting companies, debt collectors, and businesses that opened accounts in your name. You can use the Report to:

- get fraudulent information removed from your credit report
- stop a company from collecting debts that result from identity theft, or from selling the debt to another company for collection
- place an extended fraud alert on your credit report
- get information from companies about accounts the identity thief opened or misused

Creating an Identity Theft Report Involves 3 Steps:

1. Submit a complaint about the theft to the FTC. When you finish writing all the details, print a copy of the report. It will print as an Identity Theft Affidavit.
2. File a police report about the identity theft, and get a copy of the police report or the report number. Bring your FTC Identity Theft Affidavit when you file a police report.
3. Attach your FTC Identity Theft Affidavit to your police report to make an Identity Theft Report.

Some companies want more information than the Identity Theft Report includes, or want different information. The information you need to provide depends on the policies of the credit reporting company and the business that sent the information about you to the credit reporting company.

Identity Theft Affidavit + Police Report = Identity Theft Report

Stay Safe,

Ann

Next Month: Part three: How to file a Police Report and Review Your Credit Reports.

Just a thought... "TRUE WEALTH: My friends are my estate."

Emily Dickinson

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. MARCH MENU

- 2) SWEET & SOUR CHICKEN, Egg Noodles, Multi Grain Bread, Squash Blend, Juice, Rice Pudding or Diet Rice Pudding.
- 3) BIRTHDAY/ANNIVERSARY—FRENCH MEAT PIE, Scalloped Potatoes, California Blend Vegetables, Wheat Bread, Cake or Diet Cake.
- 4) BROCCOLI & CHEESE QUICHE, Brown Rice, Succotash, Whole Grain Bread, Mandarin Oranges or Diet Mandarin Oranges.
- 5) ROAST TURKEY W/GRAVY, Mashed Potatoes, Wax Beans, Whole Grain Bread, Tropical Fruit or Diet Tropical Fruit.
- 6) BAKED STUFFED SHELLS W/SAUCE, Broccoli & Cauliflower, Garlic Bread, Pineapple or Diet Pineapple.
- 9) SALISBURY STEAK W/GRAVY, Noodles, Beets, Cornbread, Brownies or Diet Brownies.
- 10) ROAST PORK W/GRAVY, Roasted Potatoes, Peas & Onions, Multi Grain Bread, Peaches or Diet Peaches.
- 11) STUFFED PEPPERS W/TOMATO SAUCE, Mashed Potatoes, Carrots, Rye Bread, Apricots or Diet Apricots.
- 12) Veal Patty w/Gravy, Au Gratin Potatoes, Mixed Vegetables, Whole Grain Bread, Tropical Fruit or Diet Tropical Fruit.
- 13) FLORENTINE POLLOCK, Rice Pilaf, Pears, Carrots, Cauliflower, Roll, Cookies or Diet Cookies.
- 16) BAKED HAM & NOODLE CASSEROLE, Peas & Carrots, Rye Bread, Tropical Fruit or Diet Tropical Fruit.
- 17) MEATBALLS & SPAGHETTI W/TOMATO SAUCE, Garlic Bread, Spinach, Pears or Diet Pears.
- 18) ST. PATRICK'S DAY LUNCH—CORNEBEEF W/ CABBAGE, Boiled Potatoes, Carrots, Soda Bread, Cake w/Mint Frosting or Diet Cake with Mint Frosting.
- 19) GROUND BEEF STOGNAOFF, Noodles, Broccoli, Biscuit, Apricots or Diet Apricots.
- 20) BAKED SALMON FILLETS, Rice, Corn, Multi Grain Roll, Juice, Tapioca Pudding or Diet Tapioca Pudding.
- 23) CHICKEN TERIYAKI, Brown Rice, Peas & Onions, Whole Wheat Bread, Mandarin Oranges or Diet Mandarin Oranges.
- 24) CHEESE LASAGNA W/SAUCE, Broccoli, Garlic Bread, Pears or Diet Pears.
- 25) SHEPHERD'S PIE W/GRAVY, Mashed Potatoes, Carrots, Multi Grain Bread, Jell-O or Diet Jell-O.
- 26) SWEET & SOUR PORK, Confetti Rice, Mixed Vegetables, Rye Bread, Tropical Fruit or Diet Tropical Fruit.
- 27) BAKED POLLOCK LOINS, Au Gratin Potatoes, Spinach, Multi Grain Roll, Fruit Crisp or Diet Fruit Crisp.
- 30) AMERICAN CHOP SUEY, Zucchini Blend, Garlic Bread, Juice, Brownies or Diet Brownies.
- 31) CHICKEN PATTY W/GRAVY, Mashed Potatoes, Peas & Onions, Multi Grain Bread, Cranberry Sauce, Pineapple or Diet Pineapple.

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.

March is National Nutrition Month

By Christine M. Brown
Nutritionist, WMEC

Eating a variety of foods from all food groups can help you get the nutrients your body needs as you age. A healthy eating plan emphasizes fruit, vegetables, whole grains and low-fat or fat-free milk or milk products. This healthy eating plan includes lean meat, fish, beans, eggs and nuts. It is also low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.

There are special nutrient needs as we age:

Calcium and Vitamin D – Older adults need more calcium and vitamin D to help maintain bone health. Have three servings of vitamin D fortified low-fat or fat-free milk or yogurt each day. Good sources of Vitamin D are 3 oz. of cooked rainbow trout, 3 oz. of cooked swordfish, 3 oz. of cooked Salmon (sockeye), 1/2 cup of grilled portabella mushrooms, 1 cup of milk fortified with Vitamin D, 1 large Egg (vitamin D is in the yolk). The Institute of Medicine recommends 600 International Units (IU) of vitamin D daily for women 51 to 70 years of age and 800 IU for those 71 and over. For people who are deficient, a commonly recommended dosage of vitamin D in supplement form is 800-1,000 IU per day. Ask your physician to check your vitamin D status and discuss taking a supplement if needed. (*Dietary sources from the Women's Nutrition Connection, March 2015 issue.*)

Vitamin B-12 – Many people older than 50 do not get enough vitamin B-12. Fortified cereal, lean meat and some fish and seafood are sources of vitamin B-12.

Fiber – Eat more fiber-rich foods to help stay regular. Fiber can also lower your risk for heart disease, control you weight and prevent type II diabetes.

Potassium – Increasing potassium along with reducing sodium (salt) may lower your risk of high blood pressure. Fruits, vegetables, and low-fat or fat-free milk and yogurt are good sources of potassium.

Know your fats – Foods that are low in saturated fats, trans fats and cholesterol help reduce your risk of heart disease. Most of the fats you eat should be polyunsaturated or monounsaturated fats.

The above information is provided by the American Dietetic Association.

IN MEMORIAM

IN MEMORY OF:

FROM:

NUTRITION GIFT ACCOUNT:

MURIEL HUNTER Elinor Burnett
Nancy Larson
Philipp A. Goid

MARY ANN KIRKPATRICK Bob & Liz Methot

DORIS Y. KLEKOTKA John & Diane Kuc

DARRYL J. LECLAIR Bob & Liz Methot
Janet & Howard Walsh

DORIS M. RAINAUD The Macko Family

RONALD H. FRITZ Judy Fortier

JACK RYAN Lucille Ryan

MARION (DOLLY) PEPIN Sophie Paquette

SERVICES ACCOUNT:

DORIS Y. KLEKOTKA Janice Faginski
Alice McGuire
Leo & Debbie Tetrault
Bob & Jeanette Marsh
Marilyn & Roger Duval
Dave & Sue Corey
Lenny & Linda Klekotka
Roger & Ellen Cook
Donald & Nancy Marsh
Laurie Sellers
Stanley & Carol Klekotka
The Sullivan Family
Kathy Gallivan
Richard & Helen Gibbs

HAZEK KUBIC Theresa VanBelle

SOPHIE RATKIEWICZ Christopher, Robert &
Janice Ratkiewicz

BUILDING FUND:

FREDERICK BACH James M. Procon

BERNARD WHALEN, SR. Ruth & Bob Lynch

NEWSLETTER ACCOUNT:

HOLLY MICHON Lillian Riley

IN MEMORIAM

IN MEMORY OF:

FROM:

LIGHTS ON:

DARRYL J. LECLAIR So. Hadley Senior Travel

DORIS M. RAINAUD M. Connie Laplante
Marcel & Sheila Goepfert

EMERGENCY FUND:

DARRYL J. LECLAIR Ola L. Herbert
Eileen K. Burke
Tillie Laverdiere
Theresa & Pierre Van Belle
Judie Strzempko

ACTIVITIES/NECESSITIES:

DANNY LARSON Nancy Larson

TRANSPORTATION ACCOUNT:

ROLAND & CARLENE ALLARD Roland &
Sharlene Racine

COMPUTER CLASS:

PAUL COWLES COA Computer Learning Center

MOTHER'S GARDEN:

MURIEL HUNTER Terry Roy







SUZANNE & CHARLES ROY Terry Roy

In Loving Memory of **James J. Doherty, Jr.**

A generous donation of reusable cloth shopping bags was received for Meals-on-Wheels Brown Bag Clients for the year 2015.

From family members:

Ann M. Andras
Sandra Herd
Mary Beth Leclair
Lisa Guenette

<p>2 SWEET & SOUR CHICKEN 10 Music Appreciation-CE 10 Tai Chi-EX 1 Canasta- DR 1 Pinochle- DR 1 Mah Jongg-CR 1:30 Water Color Class-CE</p>	<p>3 BIRTHDAY/ANNIVERSARY FRENCH MEAT PIE 10 Beginning Exercise- EX 12:45 Monthly Movie-EX 1 Bingo-CR 1 Needlecraft-CE</p>	<p>4 BROCCOLI & CHEESE QUICHE 9-12 AARP Tax Assistance(by appt.) - C2 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>5 ROAST TURKEY W/ GRAVY 10 Alzheimer's Support-C2 10 Beginning Exercise-EX 11 Travel Club-C1 1 Golden Agers-CR 1 Quilting-CE 1 Scrabble-L</p>	<p>6 BAKED STUFFED SHELLS W/ SAUCE 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>9 SALISBURY STEAKS W/ GRAVY 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 4 COA Board Meeting-C2</p>	<p>10 ROAST PORK W/GRAVY 9:30 WMEC Advisory Council Meeting—C2 10 Beginning Exercise—EX 1 Bingo-CR 1 Needlecraft-CE</p> 	<p>11 STUFFED PEPPERS W/ TOMATO SAUCE 9-12 AARP Tax Assistance(by appt.) - C2 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>12 VEAL PATTY W/ GRAVY 10 Veteran's meeting- CE 10 Beginning Exercise-EX 11 Travel Club-C1 1 Golden Agers-CR 1 Quilting-CE 1 Scrabble-L</p> 	<p>13 FLORENTINE POLLOCK 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>16 BAKED HAM & NOODLE CASSEROLE 10 Music Appreciation-CE 10 Tai Chi-EX 1 Canasta- DR 1 Pinochle- DR 1 Mah Jongg-CR 1:30 Water Color Class-CE</p>	<p>17 MEATBALLS & SPAGHETTI 10 Lo-Vision Support-C2 10 Brown Bag 10 Beginning Exercise—EX 1 Bingo-CR 1 Needlecraft-CE</p>	<p>18 ST. PATRICK'S DAY LUNCHEON CORNED BEEF W/ CABBAGE 9-12 AARP Tax Assistance(by appt.) - C2 9:30 Grocery Shopping 10 Travel Club-C1 NO Osteoporosis Exercise- 1 Choralites Concert-DR 1 Mah Jongg-CE/1 Pitch-CR</p>	<p>19 GROUND BEEF STROGANOFF 10 Beginning Exercise-EX 11 Travel Club-C1 1 Golden Agers-CR 1 Quilting-CE 1 Scrabble-L</p>	<p>20 BAKED SALMON FILLETS 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 11:30 Rep Jahn Scibak—DR 1 Bridge-CE 1 Canasta- DR 1 Cribbage - CR/1 Knitting-L</p> 	
<p>23 CHICKEN TERIYAKI 9:30—Foot Nurse (by appt.) 10 Music Appreciation-CE 10 Tai Chi-EX 1 Canasta- DR 1 Pinochle- DR 1 Mah Jongg-CR 1:30 Water Color Class-CE</p>	<p>24 CHEESE LASAGNA W/ SAUCE 9 Newsletter Collating—CE 10 Beginning Exercise—EX 1 Bingo-CR 1 Needlecraft-CE</p>	<p>25 SHEPHERD'S PIE W/GRAVY 9-12 AARP Tax Assistance(by appt.) - C2 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>26 SWEET & SOUR PORK 10 Beginning Exercise-EX 11 Travel Club-C1 1 Golden Agers-CR 1 Quilting-CE 1 Scrabble-L</p>	<p>27 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>30 AMERICAN CHOP SUEY 10 Music Appreciation-CE 10 Tai Chi-EX 1 Canasta- DR 1 Pinochle- DR 1 Mah Jongg-CR 1:30 Water Color Class-CE</p>	<p>31 CHICKEN PATTIES W/ GRAVY 10 Beginning Exercise—EX 1 Bingo-CR 1 Needlecraft-CE</p> 	<p>MARCH</p> <p>2015</p> 		<p>IN TOWN TRANSPORTATION AVAILABLE MONDAY-FRIDAY FROM 9-3, BY APPOINTMENT ONLY.</p> 	<p>ROOM KEY CR=Card Room CE=Ceramics C2=Formerly Old Office C1=Conf. Room Off Library EX=Exercise Room DR=Dining Room L=Library</p>

DOREEN'S INFO

Happy March! The calendar says spring starts on the 20th of this month. I sure hope it is correct. We certainly had our share of snow, ice, and cold and snow piles to last us for the next few winter seasons. It will be so nice to see our dedicated Mothers' Garden volunteers working in the garden and watching the flowers bloom.

Our Valentine's Luncheon was well attended last month. Thank you to Marc Gaudreau, Wendy Story and Crystal Champigny from Beers & Story Funeral Home for the beautiful Valentine's cake and the video, Walking Down Memory Lane.

Our Birthday/Anniversary luncheon will be held on Tuesday, March 3rd. Pre registration is needed. If you are celebrating a birthday or anniversary (wedding pictures welcome) the Friends of the South Hadley Elderly would like to treat you to lunch. Also this day is our Tuesday Movie. This month we will be showing The Monument Men. On the 5th of March the Alzheimer's Caregiver Support Group will be meeting. The Veteran's group will be meeting on the 12th and a guest speaker is planned. The Lo Vision Group is planning to resume on March 17th. Hopefully, snow storms are finished where there will be no cancellations. We will be celebrating St. Patrick's Day at the COA on March 18th. We will have a traditional Irish meal. Our COA Irish Colleen and her court will also be chosen. I encourage you to stay to hear the Choralites singing a variety of favorite Irish songs.

Did you know computer classes are offered to the general public here at the COA? There is no age or residence requirement. Please call 533-6889 for more information.

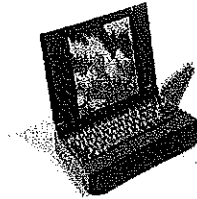
Are you or do you know of someone who just moved into the area? Do you or do you know of someone who now has a senior relative living with them? Come on over to the COA. I would be happy to give you a tour and share with you the many activities taking place here. Give me a call me at 538-5042, ext. #205 to set up an appointment.

As our COA calendar unfolds, monthly we have special events taking place. These events run smoothly thanks to our great team of volunteers. You all are so helpful and know all of us at the COA appreciate and thank you. If you are thinking of joining our volunteer family, please call me at 538-5042, ext. #205. I would like to welcome our newest volunteers Molly Ciszewski and Humberto Guzman.

In January/ 2015 the volunteers logged 954.5 hours – Thank you!

Enjoy the season.

Doreen



South Hadley Council on Aging Computer Learning Center

Address: South Hadley Senior Center
45 Dayton Street,
So. Hadley, MA 01075
Telephone: 413-533-6889

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. 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 individuals 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.

SPACE HEATER SAFETY

Read the manufacturer's instruction manual before using any space heater. Ensure that the heater bears the mark of a nationally recognized testing laboratory such as UL, CSA, or ETL. Make sure all heaters are at least three feet away from any combustible materials such as bedding, clothing, curtains, furniture, and rugs. Keep space heaters away from water. Check the manual to determine whether the heater is intended to be used in locations like bathrooms. Avoid using space heaters in rooms where children are unsupervised. Do not use space heaters with extension cords, plug them directly into an outlet on a relatively unburdened circuit. Space heaters have hot parts that can cause sparking. Do not use them near flammable liquids. Space heaters are meant to supply supplemental heat. Do not use them to warm bedding, cook food, dry clothing or thaw pipes. Turn off, unplug, and safely store portable space heaters when not in use. Check the cord before plugging in the heater. If frayed, worn or damaged, then stop use immediately. Keep space heaters out of high-traffic and exit areas.

Heating equipment was involved in an estimated 53,000 home fires last year. (Source: National Fire Protection Association) These fires accounted for 14 percent of all home fires and caused an estimated 260 deaths, 1300 injuries, and \$500 million in property damage.



PREVENTING FALLS AMONG OLDER ADULTS

A free educational series will be offered by the VNA & Hospice of Cooley Dickinson at the So. Hadley COA/Senior Center beginning on Wednesday, May 20th and continuing weekly for 6 weeks from 1-2 p.m. It is recommended that participants commit to the entire 6-week program to reap the full benefits of the program. Call 538-5042 to register.

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