COUNCIL ON AGING
South Hadley Massachusetts

The sun never sets on our Activities...

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THE GOLDEN CHRONICLE

APRIL 2015

Chairperson: Donna Robideau

Social Service Coordinator: Ann Andras

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VOLUNTEER APPRECIATION

FRIDAY, APRIL 24TH

Our annual Evening of Appreciation will be held on April 24th from 6:00- 8:00 p.m. Dining room doors will open at 5:30 p.m. Everyone who recorded 5 or more hours during 2014 will receive an invitation. Most invitations will be hand delivered by the first week of April. Please reply on or before April 21st by calling 538-5042, or stop by the office. Free transportation will be provided upon request. When you make your reservation, please let the receptionist know you need a ride. We hope you come and enjoy the fun as the staff pays tribute to the many wonderful and faithful volunteers who help to make our many programs possible.

Names of volunteers will be accepted first and if room permits guests will be welcome.

THE COA STAFF EXTENDS SINCERE GRATITUDE TO THE 200+ VOLUNTEERS FOR YOUR ASSISTANCE DURING THE LAST YEAR. IF YOU WERE NOT PART OF OUR TEAM, WE COULD NOT PROVIDE THE MANY PROGRAMS AND SERVICES ESPECIALLY WITH LESS STAFF.

TRANSPORTATION PROVIDED BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS, THE TOWN OF SOUTH HADLEY AND DONATIONS FROM THE COMMUNITY.

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 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

Tues., 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 at 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. **Sat., June 20, Locks and Lunch.** A 3 -hour cruise aboard the *Captain JP* to the locks north of Troy. The Captain maneuvers the boat into the locks, where it is raised 17 feet. Enjoy a complete hot/cold buffet and entertainment. Cost $89.00, call Judy Fortier, 534-3598. **Wed., July 15, 2½ hour scenic Gloucester Cruise and on-board lobster-bake luncheon on the Beauport Princess.** Includes 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.-Thurs.) Boothbay Harbor, Maine,** Cost $465.00, call Judy Fortier, 534-3598. A $5.00 non-refundable deposit is due on all non-casino trips. *Because the So. 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

As we patiently wait for spring to arrive, there are signs the seasons are changing. The days stay light longer, birds are singing and although I questioned if I would see green growth again, the bulbs are beginning to emerge from the soil in sunny locations!

Currently the staff is busy planning the Volunteer Appreciation and we welcome the opportunity to thank the many faithful volunteers who have assisted us through 2014. Please note, if you are a new volunteer or have no recorded hours in 2014, you will not be invited this year. The recognition is based on a calendar year. Volunteers will be accommodated first. If room allows, guests will also be welcome but first must go on a waiting list. It is a fun evening so please try to come and let the staff wait on you! Billy Poe and Jim Tomlinson cater a wonderful buffet.

I want to thank all of the staff and volunteers for helping to make the St. Patrick's Day luncheon a wonderful event! On this day over 250 meals are prepared, delivered or served at the Center. It is a challenge but as the saying goes, "many hands make lighter work." This year the Colleen is Venita Redding. The members of her court are Priscilla Peloquin, Terry Purcell, Linda Larivee, and Shirley Burdzy. Special thanks to the Choralites for making the event fun! As always the dining room was a "field of green" that day.

The Falls Prevention Program is filling up quickly. If you are interested in attending, please sign up immediately as there is a maximum number of participants. The six-week session begins on Wednesday, May 20th.

The "Friends" are the 501(c)3 non-profit fund-raisers for the COA. Annually the group gives a generous donation to the South Hadley COA to host special events, buy gifts, and pay for entertainment. The newsletter is printed on the Xerox copier purchased by the "Friends." The office photocopier and maintenance is supported by this volunteer group. In addition coffee for the coffee station is provided every morning through the financial support of these dear "Friends." Clients of the home-delivered meal program receive 5 stamps for their birthday through the generosity of the "Friends" annual donation. Please support them with the $5.00 membership dues or the other fund-raising initiatives. They are also looking for new or unused raffle items for the Volunteer Appreciation Raffle. If you have an item to donate, please drop off at the Senior Center, between 8 a.m.-4:30 p.m., Monday-Friday.

On a sad note, Chester Towne passed away a couple of weeks ago. Chet not only actively participated in programs at the Senior Center, he was a COA Board member for many years. On behalf of everyone at the Senior Center, I want to express our deepest sympathy to his wife Nancy and everyone in his family.

HAPPY SPRING!!!!! Joanne

An optimist is the human personification of spring! Susan J. Bissonette

SPECIAL THANKS TO:

**THE ECUMENICAL GROUP OF GRANBY, HOLYOKE, AND SOUTH HADLEY FOR THE $200.00 FOR "LIGHTS ON."

**THE CONGREGATIONAL CHURCH OF SOUTH HADLEY FOR THE "CLOSING DONATION" OF $300.00 THAT WILL BE DEPOSITED INTO THE NUTRITION GIFT ACCOUNT.

**DR. & MRS. WOLF, FLORENCE BANK, GERRY'S MUSIC SHOP, INC., C.H.I. INSURANCE AGENCY INC., MESSRS. CZELUSNIAK & DUGAL, INC. , THE JUBINVILLE INSURANCE GROUP, SKIBEL PLUMBING, INC., VERYL'S AUTOMOTIVE SERVICE, INC., AND DR. MARGE BLOCK FOR THE SOUTH HADLEY CHORALE CONCERT TICKETS.

CONGRATULATIONS TO:
SENATOR STAN ROSENBURG
FOR BEING CHOSEN AS THE SOUTH HADLEY ST. PATRICK'S DAY PARADE MARSHAL
AND
FRANK DETOMA
FOR RECEIVING THE "IRISH KNIGHTS" AWARD

DIABETES SUPPORT GROUP

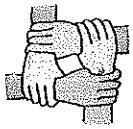
Join Patti Moriarty and student intern, Quinn Duclos on Wednesday, April 8th from 1-2:30 p.m. in the exercise room. This will be the last session of the support group this year. Quinn will talk about how to safely use exercise equipment at the senior center and Patti will present information on glucometers and stress relief. This will be a fun and interactive session!

STROKE AWARENESS

Strokes can happen at any age. Is it a stroke? Check these signs FAST and act FAST! Call 9-1-1 at any sign of stroke! FACE: Does the face look uneven? Ask them to smile. ARM: Does one arm drift down? Ask them to raise both arms. SPEECH: Does their speech sound strange? Ask them to repeat a phrase. TIME: Brain cells die in seconds. **Call 9-1-1** at any sign of stroke!

Risk Factors for Stroke: Mini-strokes: (transient ischemic attacks or TIAs). When stroke symptoms such as confusion, slurred speech or loss of balance appear and disappear, call 9-1-1-. You may be able to prevent a major stroke. Other factors include high-blood pressure, diabetes, obesity and smoking.

Stroke symptoms include: sudden weakness on one side of the body, sudden confusion, trouble speaking or understanding, sudden trouble seeing, sudden trouble walking or loss of balance, sudden severe headache with no known cause. (From MDPH)



Outreach News
by Ann M. Andras
Social Service Coordinator

Series: TAKING CHARGE -What to do if Your Identity is Stolen~Part 3

How to Report Identity Theft to the FTC (Federal Trade Commission) and Print an Identity Theft Affidavit

1. *Online:*

- Go to *www.ftc.gov/complaint* and complete the FTC's online complaint form.
- Complete the form with as many details as you know.
- Review the form and click "submit".
- Save the complaint reference number that appears after you submit your information.

2. *By Phone*:

- Call the FTC at 1-877-438-4338 or 1-866-653-4261 TTY)
- Tell the representative what happened.
- Ask for your complaint reference number and Affidavit password.

The FTC representative will email you a link so you can get your Affidavit.

Inform the FTC representative if you DO NOT have computer access

Remember after each step to record dates, and the names of those you have spoken with and update your files. Keep copies of your Affidavit in your files.

How to File a Police Report

1. Go to your local police department or the department where the theft occurred. Bring:

- A copy of your FTC Identity Theft Affidavit
- Any other proof of the theft
- A government-issued ID with a photo
- Proof of your address (rental agreement, pay stub or utilities bill)
- Complete a report about the theft
- Ask to have a copy, or the number of the report

Attach your Federal Trade Commission (FTC) Identity Theft Affidavit to your Police Report and this becomes your **Identity Theft Report**. Keep a copy in your files.

If you are a victim of identity theft and have created an Identity Theft Report, you can place an extended fraud alert on your credit file. It stays in effect for 7 years. When you place an extended alert:

- You can get 2 free credit reports within 12 months from each of the 3 nationwide credit reporting companies
- The credit reporting companies must take your name off marketing lists for prescreened credit offers for 5 years, unless you ask them to put your name back on the list

How to Place an Extended Fraud Alert

1. Contact each credit reporting company.

- Ask the company to place an extended fraud alert on your credit file (*the company may have you complete a request form)*
- Include a copy of your Identity Theft Report when you submit your form and letter. *Placing a Fraud Alert is* ***FREE.***
- Mark your calendar. *The extended alert stays in effect for 7 years.*

Review Your Credit Reports:

If you know an identity thief tampered with some of your accounts, you may have contacted the related businesses already. After you get your credit reports, read them to see whether other fraudulent transactions or accounts are listed.

Your credit report is full of information about where you live, how you pay your bills, and whether you've been sued or arrested, or have filed for bankruptcy. The information in your credit report is used to evaluate your applications for credit, insurance, employment, and renting a home, so it's important that the information is accurate and up-to-date.

Check all key information, including your:

- Name
- Address
- Social Security number
- Employers

If you see errors on the report, like accounts you didn't open or debts you didn't incur, contact the credit reporting companies and the fraud department of each business that reported an error.

Dispute Errors with Credit Reporting Companies:

If you find mistakes when you review your credit reports, send letters explaining the mistakes to:

- The 3 nationwide credit reporting companies
- The fraud department of each business that reported a fraudulent transaction on your existing accounts
- The fraud department of each business that reported a new account opened in your name by an identity thief

If the errors resulted from identity theft and you have an Identity Theft Report, ask the credit reporting companies and businesses to **block** the disputed information from appearing on your credit reports. **The credit reporting companies must block transactions and accounts if you are an identity theft victim**.

This is the 3rd and final section on a series on Identity Theft. If you have missed the previous articles and would like copies, or have additional questions please see me. Remember, there are steps that we can practice to keep our personal information safe.

- When shopping, take only the credit card you will be using and leave the others at home in a safe place. I enjoy shopping "hands free" by taking only my credit card, drivers license and cash if necessary and storing them in a coat or pants pocket. This way I can browse easily without having to keep an eye on my purse.
- Take the time to carefully review your bank statements, credit card bills and your monthly Medicare/ Insurance statements for errors.

Be Aware and Stay Safe!

Ann

Just a thought... "I remind myself every morning: Nothing I say this day will teach me anything. So, if I'm going to learn, I must do it by listening."

Larry King
Talk-show host

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.
APRIL MENU

1) ROASTED PORK W/GRAVY, Egg Noodles, Spinach, Biscuit, Bread Pudding w/Topping or Diet Bread Pudding.
2) MACARONI & CHEESE, Stewed Tomatoes, Peas & Carrots, Cornbread, Pears or Diet Pears.
3) POLLOCK LOINS, Scalloped Potatoes, Beets, Rye Bread, Mixed Fruit or Diet Mixed Fruit.
6) SWEET & SOUR CHICKEN, Brown Rice, Squash Blend, Whole Wheat Bread, Pears or Diet Pears.
7) **BIRTHDAY/ANNIVERSARY—FRENCH MEAT PIE W/GRAVY,** Noodles, Carrots, Multi Grain Rolls, Orange Juice, Cake or Diet Cake.
8) VEAL PARMESAN W/SAUCE, Pasta, Romano Beans, Italian Bread, Tropical Fruit or Diet Tropical Fruit.
9) GRILLED HAM & CHEESE SANDWICH, Potato Puffs, Corn Cobbets, Juice, Pudding or Diet Pudding.
10) CHEESE LASAGNA WITH ALFREDO SAUCE, Mixed Vegetables, Italian Bread, Pineapple or Diet Pineapple.
13) MEATLOAF W/GRAVY, Mashed Potatoes, Peas & Mushrooms, Multi Grain Bread, Applesauce or Diet Applesauce.
14) BAKED CHICKEN W/GRAVY, Rice Pilaf, Zucchini Blend, Whole Grain Roll, Cranberry Sauce, Orange.
15) BAKED STUFFED SHELLS, Brussels Sprouts, Garlic Bread, Cookies or Diet Cookies.
16) ROASTED TURKEY W/GRAVY, Mashed Potatoes, Corn, Cranberry Sauce, Roll, Brownie or Diet Brownie.
17) BREADED POLLOCK FILLETS, Brown Rice, Mixed Vegetables, Multi Grain Bread, Pineapple or Diet Pineapple.
20) **CENTER CLOSED—PATRIOT'S DAY**
21) LIVER AND ONIONS, Mashed Potatoes, Peas & Mushrooms, Whole Grain Bread, Fruit Mix or Diet Fruit Mix.
22) CHICKEN CACCIATORE, Pasta, Spinach, Rye Bread, Pudding or Diet pudding.
23) SHEPHERDS PIE, Mashed Potatoes, Carrots, Biscuit, Pineapple or Diet Pineapple.
24) FIESTA POLLOCK, Rice, Creamed Corn, Multi Grain Roll, Mandarin Oranges or Diet Mandarin Oranges.
27) BAKED HAM W/PINEAPPLE, Brown Rice, Broccoli, Oatmeal Bread, Jell-O, or Diet Jell-O.
28) TERIYAKI CHICKEN, Au Gratin Potatoes, Beets, Cornbread, Tropical Fruit or Diet Tropical Fruit.
29) STUFFED CABBAGE W/SAUCE, Mashed Potatoes, Peas & Onions, Rye Bread, Pears or Diet Pears.
30) AMERICAN CHOP SUEY, Spinach, Cornbread, Cookies or Diet Cookies.

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

Nutrition Facts Label Update

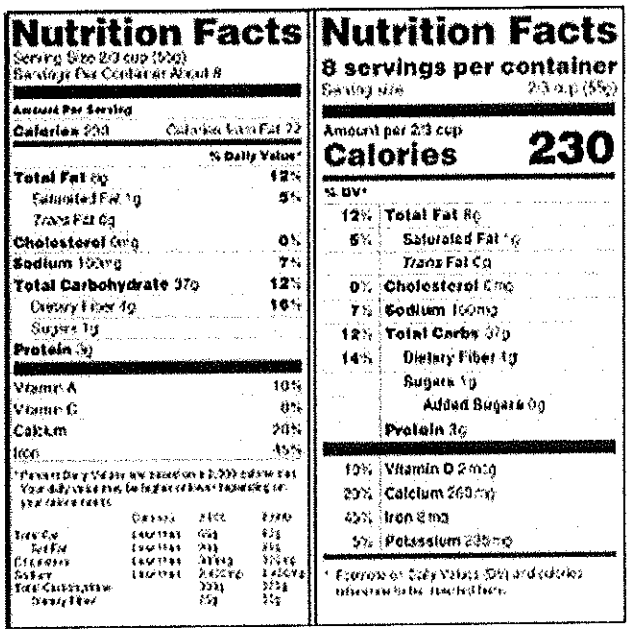
By Christine M. Brown
Nutritionist, WMEC

The Food & Drug Administration has plans to update the Nutrition Facts label to make it more user friendly and understandable by the general public.

The FDA has divided the changes into the following:

- Update nutrition information & the label design to help highlight important information, such as the **calories** in large, bolder type.
- Emphasize that the **serving size** to reflect what people actually eat. The number of servings per package will also be more prominent.
- Amounts of **potassium** and **Vitamin D** would be required on the label, while listing **Vitamin A & C** would be voluntary.
- Listing an **Added Sugars** value. This line will indicate if added sugars, such as corn syrup are in the product.

<u>OLD</u> LABEL PROPOSED <u>NEW</u> LABEL



The proposed new Nutrition label will hopefully help consumers reduce the risk of chronic disease such as cardiovascular disease, obesity, high blood pressure, diabetes and stroke.

Thank You!
McCray's Farm & Country Creamery
For the Milk Donation

IN MEMORIAM

IN MEMORY OF:	FROM:
NUTRITION GIFT ACCOUNT:	
MURIEL HUNTER	Philippa Goold
MARY J. POE	COA Knitting Group Melide Normand Alice Pont Tillie Laverdiere Jean & Phyllis Lacoste Marie Tamburro Carol Griffin Ed & Gerri Bennett Stella Warzenski
TOM TETLOW	Irene Tetlow
MARY ANN KIRKPATRICK	Carol Griffin
RONALD H. FRITZ	Theresa Brindamour
BUILDING FUND:	
LIONEL BRINDAMOUR	Theresa Brindamour
BILL SLIGO	Theresa Brindamour
CHESTER "CHET" TOWNE	Jennett Teece Leonard Marian Lubinsky Martha & Thomas Terry Peter & Christine Sklarski Stan & Kathy Lukasiewicz
CHRISTMAS BASKET:	
CHESTER "CHET" TOWNE	Teresa A. Mullaly
SERVICES ACCOUNT:	
HAZEL KUBIC	Theresa Van Belle
PHILLIP HERBERT	Ola Herbert
DORIS KLEKOTKA	Bill & Lynn Oparowski
TRANSPORTATION ACCOUNT:	
LUANNE REYNOLDS	Noella Loiselle

IN MEMORIAM

IN MEMORY OF:	FROM:
ACTIVITIES/NECCESSITIES:	
DONNA ASSELIN	Dr. Steven Markow at Village Eye Care
MOTHER'S GARDEN:	
DON BROCHU	Janie Brochu
SUBSIDIZED SR. TRANSPORTATION:	
RALPH	David Perwak
CHESTER "CHET" TOWNE	Barbara Hatch
NEWSLETTER:	
SUSAN LEVER	Donald Lever

CORRECTION

With Sincere Apology

The March memorials should have been the following:

A memorial donation for Muriel Hunter from "Philippa" Goold and
A memorial donation for "Hazel" Kubic from Theresa Van Belle

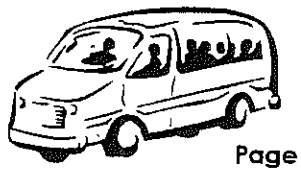
GARDENING WITH ARTHRITIS

PRESENTED BY ATTAIN THERAPY ON
MONDAY, APRIL 13TH AT 10:00 A.M.
IN THE CARD ROOM

According to the Arthritis Foundation, 46 million Americans live with arthritis. The symptoms limit simple everyday activities such as dressing, bathing and gardening for more than 7 million Americans. Severe symptoms may require hand therapy. Come to this workshop and learn some helpful suggestions on how to garden safely and to minimize pain. Gardening is a wonderful form of exercise. Come to this informational program and "give your hands a break." Please call 538-5042 to register.

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
L=Library

APRIL 2015

		1 ROASTED PORK W/GRAVY **9-12 AARP Tax Assistance(by appt.) - C2** 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX **11:30 Candidates Luncheon** 1 Mah Jongg-CE 1 Pitch-CR	**2 MACARONI & CHEESE** **10 Alzheimer's Support–C2** 10 Beginning Exercise-EX 10 Travel Club-C1 1 Golden Agers-CR 1 Quilting-CE 1 Scrabble-L	**3 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
6 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	**7 BIRTHDAY/ANNIVERSARY** **FRENCH MEAT PIE W/GRAVY** 10 Beginning Exercise **12:45 Monthly Movie** 1 Bingo-CR 1 Needlecraft-CE 	**8 VEAL PARMESAN W/ SAUCE** **9-12 AARP Tax Assist -C2** 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX **1 Diabetic Support Group - EX** **1 Choralites-DR** 1 Mah Jongg-CE/1 Pitch-CR	**9 GRILLED HAM & CHEESE** **10 Veteran's Group - CE** 10 Beginning Exercise-EX 10 Travel Club-C1 **12:30- 2 Blood pressure screening w/ nurse** **1 Friend's meeting** 1 Golden Agers-CR/1 Quilting-CE 1 Scrabble-L	**10 CHEESE LASAGNA** 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
13 MEATLOAF W/GRAVY **9:30—Foot Nurse (by appt.)** **10 Attain Presentation Gardening w/ Arthritis—CR** 10 Music Appreciation-CE 10 Tai Chi-EX 1 Canasta– DR/1 Pinochle- DR 1 Mah Jongg-CR 1:30 Water Color Class-CE **4 COA Board Meeting—C2**	**14 BAKED CHICKEN W/ GRAVY** **Town Elections –rides to vote** **So. H. Sr. Travel Club Trip** 10 Beginning Exercise **12—3 SHINE (by appt.)** 1 Bingo-CR 1 Needlecraft-CE	**15 BAKED STUFFED SHELLS** **9-12 AARP Tax Assist-C2 (last day)** 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX **1 Choralites-DR** 1 Mah Jongg– CE 1 Pitch-CR 	**16 ROASTED TURKEY W/GRAVY** 10 Beginning Exercise-EX 10 Travel Club-C1 1 Golden Agers-CR 1 Quilting-CE 1 Scrabble-L	**17 BREADED POLLOCK FILLETS** 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
20 **PATRIOTS' DAY HOLIDAY CENTER IS CLOSED** 	**21 LIVER & ONIONS** **10 Brown Bag—CE** **10 Lo Vision—C2** 10 Beginning Exercise 1 Bingo-CR 1 Needlecraft-CE	**22 CHICKEN CACCIATORE** 9:30 Grocery Shopping 10 Travel Club-C1 **10 Beers & Story Presentation Advance Funeral Panning - CR** 10:30 Osteoporosis Exercise-EX **1 Choralites-DR** 1 Mah Jongg-CE 1 Pitch-CR	**23 SHEPHERD'S PIE** 10 Beginning Exercise-EX 10 Travel Club-C1 1 Golden Agers-CR 1 Quilting-CE 1 Scrabble-L	**24 FIESTA POLLOCK** 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Bridge-CE 1 Cribbage - CR/1 Knitting-L **No afternoon activities in DR** **Volunteer Appreciation/6pm-8pm—Doors open @ 5:30pm**
27 BAKED HAM W/ PINEAPPLE **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	**28 TERIYAKI CHICKEN** **9 Newsletter Collating-CE** **9 TRIAD meeting @ Police station** 10 Beginning Exercise **12—3 SHINE (by appt.)** 1 Bingo-CR 1 Needlecraft-CE	**29 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	**30 AMERICAN CHOP SUEY** 10 Beginning Exercise-EX 10 Travel Club-C1 1 Golden Agers-CR 1 Quilting-CE 1 Scrabble-L 	**IN TOWN TRANSPORTATION AVAILABLE MONDAY-FRIDAY FROM 9-3, BY APPOINTMENT ONLY.** 

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):_____

_____

_____ Activities Account	_____ Clinic Account	_____ Nutrition Gift Account
_____ Minibus Maintenance Acct.	_____ Building Fund	_____ Mothers' Garden
_____ Minibus *(Future Purchase)*	_____ Emergency Fund	_____ "Lights On"
_____ Subsidized Senior Transportation	_____ Computer Class	_____ Services Account
_____ Transportation Account	_____ Newsletter Account	_____ Christmas Baskets
_____ Wherever Needed Most	_____ 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.

FRIENDS OF SO. HADLEY ELDERLY, INC.

The Friends of South Hadley Elderly has some disappointing news this month. Due to dwindling attendance and the time and energy required by our few workers, the Annual Card and Game Party will not be held this year. For those who have attended and supported us, we are sure you realize this was a long and hard decision. The Card Party was one of our two fund-raisers, the other being the Craft Fair in October. The monies we raise through these events go to various Senior Center activities and programs for the elderly throughout the Town. Much of the monies raised at the Card Party were from the funds collected for the various raffles conducted throughout the night. This year we will conduct one large raffle; it will be held during the Volunteer Appreciation Night on April 24th at the Senior Center. Tickets, 6 for $5, will go on sale the beginning of April and can be purchased from Friends' Board members. Please help us to help you and thank you.

Note: The membership raffle will be held on Tuesday, April 7th at lunch. There is still time to join the Friends of South Hadley Elderly, Inc. for $5.00 and have your name entered in the lottery tree raffle.

FRIENDS OF SOUTH HADLEY ELDERLY CLOTHING SALE TO BEGIN SOON

Soon the "Friends" group will try a new fund-raising endeavor and sell new clothing with the price tags attached or very gently used at the Senior Center. The date this program will begin has not been established but if you are starting to spring clean your closets please keep this project in mind. With the end of the Card Party, new projects will begin. Help support this group that generously supports the Council on Aging and the population 60 and over with a coffee station, copies, special events and gifts for special occasions.

The Peek and Poke Rack will absorb the remaining items after the sale period is over.

EXERCISE RECOMMENDATIONS FOR OLDER ADULTS

Four types of exercise are recommended: endurance, balance, strength and flexibility. Endurance exercises include brisk walking and dancing. Balance exercises can help prevent falls. One simple exercise is to hold onto something sturdy, and stand on one leg for 30 seconds. Strength exercises include lifting weights or using resistance bands. Stretching, or flexibility exercises such as Tai Chi can help you bend over to tie your shoes or look over your shoulder when backing up a vehicle. (From Hampshire Council of Governments-Wellness Initiative Program.)

Spring Cleaning: An opportunity to make your home safer for you and your loved one

Every year, we hear the expression, "It's time for spring cleaning!" This tradition is not only a chance to tidy up our homes, but also an opportunity for caregivers to create a safer environment for an elder or person with disabilities.

Homes used to be heated by coal furnaces and fire places, which generated a lot of soot. When spring came, the cleaning started, and it was a big production! Today, your spring cleaning does not need to be so involved, but we can all find new simple ways to improve our space. Let us take a minute to walk through our homes and look for hazards that can be taken care of this spring. Here is a list of potentially high risk areas and some tips to improve them.

High Risk Areas and Tips:

Stairs: Worn carpeting, items left to be taken up or down, loose railings, poor lighting. Tiop: Remove or replace old stair carpeting. Worn carpeting can be uneven and may lead to tripping.

Entrances/Exits: Small mats by door, old or no railing, uneven stairs, steps needing repair, poor lighting. Tip: Repair or replace shaky railings. The repair might be as easy as tightening a screw into the wall! Also, make sure floor mats are secured to avoid slipping.

Bathroom: Portable heaters, no railings or grab bars beside the toilet or in the shower. Tip: If possible, have your loved one show you where to put the grab bar or railing, so you can ensure proper placement.

Bedroom: Bed is too high or too low, clothes piled on chairs, small scatter rugs, poor lighting. Tip: If you can only make one update this spring, improve your home's lighting. Eyesight decreases with age, and inadequate lighting can be responsible for falls.

If he or she is able, have your loved one help with the small home improvements. It provides a different activity to do together, and it may prompt a conversation about other areas of concern. Spring is a new beginning in so many ways! Use this spring to create a new, safer environment for both you and your love one.

(Above information from http://www.caregiverhomes.com/info/for-caregivers/spring-cleaning-an-opportunity-2013)

SUBSTITUTE HOME DELIVERED MEALS DRIVERS NEEDED

The Town of So. Hadley seeks qualified applicants to be substitutes for the regular drivers. Successful candidates will be punctual, patient, flexible and have good interpersonal skills.

The hours are 10:30 a.m.—12:30 p.m., Monday through Friday and this is a part-time, casual position to fill in when needed.

The position has no benefits and the rate is $9.00 per hour. You must use your own personal vehicle and will be reimbursed for mileage at the IRS approved rate. A valid Massachusetts Driver's License, proof of current automobile insurance and a successful CORI check are required.

Employment applications are available at the South Hadley Senior Center located at 45 Dayton Street, South Hadley or may be downloaded from the Town of South Hadley Website Human Services Department. Please contact Joanne Trybus, COA Director at (413)538-5042, Ext. 204 for additional information. Applications should be submitted to Jennifer Wolowicz, Assistant Town Administrator, 116 Main Street, Suite 103, South Hadley, MA 01075. The Town of South Hadley is an Affirmative Action/Equal Opportunity Employer.

April is Poetry Month –This Poem was written by a member of the Senior Poetry Workshop, a former activity at the Center.

CHANGE NEEDED, NOT WANTED

Is change always good?
I think I need to make one.
Perhaps I should write paragraphs
Without rhythm or rhyme.
Guess I am an old-fashioned poet.
Not even that.
I like to play around with rhyme.
(That's what I believe poetry does.)

Prose is just a narrative that
Might just tell a story.
Sometimes the details are somewhat gory.
Unwanted cat shot in a hole.
Unwanted aliens meet disastrous fate.
So rhymed poetry is not up to date.
It has been given take-over prose fate.

Just write what happens to come to mind,
Regardless of meter, rhythm or rhyme.
I fail to find this an exciting genre.
Will go back to Frost, and find my way
To take the other path, as he suggests.
Perhaps I will, some other day.
By Ruth M. Schmidt

DOREEN'S INFO

Yahoo - Spring is here. There was a time when I thought it wouldn't show up until June. As New Englanders we have to appreciate the four seasons. Many of us are putting away the heavy coats and boots and replacing them with sweaters and sneakers. This is the perfect time of year to go out and take walks outside. Before you take on any "heavy duty" exercise come to our COA and check out the several exercise programs we offer that will help to awaken those sleepy muscles. In order to participate in any of these programs we need to have a physician's approval note on their office letter head and emergency contact on file.

Last month we celebrated St. Patrick's Day. We had a full house and the color green was everywhere. Our very own Choralites, who are all volunteers, treated the audience to an Irish concert. The Choralites are lead by Rita Lawler and accompaniment by Gertrude Kennedy. Thank you to all.

This month our Birthday/Anniversary luncheon will be held on Tuesday the 7th. If you are celebrating a birthday or anniversary, please call and make your reservation (1 guest pp please). Lately we have not had any folks celebrating an anniversary. We would love to have you join us and wedding pictures are welcome. Also on this day we will be having our Monthly Movie activity. This month we will be showing Heaven is Real, based on a true story.

Our Veteran's group would like to thank Bill Wall, Director of the MA State Veteran's Memorial Cemetery as our guest speaker. He shared with the group the history of Memorial Cemeteries' for Veterans and the Agawam cemetery.

Want to learn more about working on a computer? Computer classes are offered here to those 50 years of age or older and there is no residence requirement. For more information call 533-6889. Another class you may be interested in is our Water Color Painting class. They meet on Mondays at 1:30pm for an hour. The instructor is Kathy McKay, a retired art teacher. It is said so often here at the COA. Daily operations could not run as well as they do if we did not have our dedicated volunteers. They are our extended family and they brighten each day for all of us. I and the COA staff are so very grateful for their service. To show our appreciation, on April 24th we will have our annual Volunteer Appreciation Dinner. Our theme this year is, "Volunteers ... A Work of Heart". Thank you to all of our wonderful volunteers'. I would like to welcome our newest volunteers Fran Prawlucki and Michele Scanlon.

In February/ 2015 the volunteers logged 1314 hours.

THANK YOU. Doreen

SOUTH HADLEY COUNCIL ON AGING
Computer Learning Center

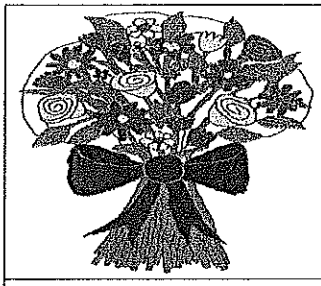
Address: So. Hadley Senior Center
45 Dayton Street
South Hadley, MA 01075
Telephone: 413-533-6889

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 Computer Learning Center is a unique experience in a friendly atmosphere offering hands-on classes with a Course Manual to keep, as well as individual coaches. All this for a very reasonable fee.

Some of the students have said the following: "the course guide was very instructive and clear, excellent teacher, no nonsense; and great coaches." "These classes introduced me to a whole new world." "These classes were not only informative but also fun." "Very informative instructor. Helper (coach) was a plus."

The SHCOA Computer Learning Center is available to individuals 50 and over, non-residents welcome. For more information call (413) 533-6889. Leave your name and number and your call will be returned and information will be provided on classes being offered.



ADVANCED PLANNING SESSION

Wendy Story from the Beers & Story Funeral Home will be presenting information on ADVANCED FUNERAL PLANNING on April 22nd at 10 a.m. at the Senior Center. Wendy will provide information on the advantages of getting your final wishes in order, alleviating the stress on your family and providing peace of mind.

SOUTH HADLEY TOWN ELECTION
TUESDAY, APRIL 14, 2015
POLLS OPEN 7:00 A.M.—8:00 P.M.

If you are interested in transportation to the polls, please call the Council on Aging at 538-5042 to schedule "free" transportation, paid for by the Friends of the South Hadley Elderly, Inc.

South Hadley Council On Aging
45 Dayton Street
South Hadley, MA 01075
(413) 538-5042
(413) 532-8206 FAX

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