

COUNCIL ON AGING

South Hadley, Massachusetts

The sun never sets on our Activities...

Director: Joanne Trybus
 E-Mail: jtrybus@southhadley.ma.gov
 45 Dayton Street
 South Hadley, MA 01075-1924
 Tel. 538-5042 Fax 532-8206
 Assistant Director: Lisa Napiorkowski
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THE GOLDEN CHRONICLE

MAY 2016

Chairperson: Gail Bielizna-Pafford
 Social Service Coordinator:
 Ann Andras
 E-Mail:
aandras@southhadley.ma.gov
 Website: www.southhadley.ma.gov



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



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. The suggested donation is \$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.

SPRING LUNCH AND CHORALITES CONCERT-WEDNESDAY MAY 25TH

Come and join the fun by having lunch (Chicken Parmesan/Sauce & Pasta) and then stay for a delightful concert by the Choralites immediately following the meal. They will perform some patriotic songs in recognition of Memorial Day.



CONGRATULATIONS
 JOANNE!
 OUR SOON-TO-BE
 RETIREE!



If you haven't heard the news, our Director, Joanne Trybus, is retiring after 30 years of loyal and dedicated service to the Council on Aging ~ 15 years of which she served as Director. Come join us on Joanne's last day WEDNESDAY, JUNE 29th for an open house in her honor between 1:00 and 4:00. Refreshments & beverages will be provided. Please **RSVP** by Wed. June 15, 2016 by contacting Asst. Director Lisa Napiorkowski at 538-5042, Ext. 203 or Social Services Coordinator, Ann Andras at Ext. 206, or e-mail Lisa: lnapiorkowski@southhadley.ma.gov or Ann at aandras@southhadley.ma.gov. Please come and celebrate with us as we wish Joanne a very happy retirement as she begins this well-deserved new chapter in her life!

South Hadley Senior Travel Club

Tuesday, May 17-Friday, May 20, 2016, 4 days, 3 nights trip to Lancaster (Penn Dutch Amish Country) and Gettysburg. Includes Sight and Sound's brand new show "SAMSON". 3 nights at the luxurious CORK FACTORY HOTEL. Total cost \$579.00. Call Susan Canedy, 536-2106 or Judy Fortier, 534-3598. Friday, June 3, Keepsake Quilting. Their annual sale of all quilting materials. This is a true quilter's dream trip. Includes lunch at Hart's Turkey Farm. Cost \$79.00. Call David Bellefeuille, 533-7724. Wednesday, July 13, Plymouth Wale Watch. 4 hour whale watch out of Plymouth. Full course luncheon at Tavern on the Wharf (overlooking Plymouth Harbor) Cost \$89.00. Call Susan Canedy, 536-2106. Tuesday, August 16, a narrated cruise of New Hampshire's beautiful Lake Winnepesaukee. Includes a delicious full course buffet luncheon. Cost \$84.00. Call David Bellefeuille, 533-7724. Sept. 12-14, OGUNQUIT, MAINE with visits to Kennebunkport, Kittery and Perkins Cove. Two nights at Meadowmere Resort. Two breakfasts, dinner at Jonathan's, clambake along the ocean at Foster's. A musical *7 Brides for 7 Brothers* at the Ogunquit playhouse. Cost \$375.00. Call Susan Canedy, 536-2106 or Judy Fortier, 534-3598. Tues., Oct. 18, OCTOBERFEST at the East Side Restaurant in New Britain, CT. includes an award winning German luncheon, German entertainment and a bonus scenic foliage train ride. Cost \$89.00. Call Howie Walsh, 593-6286. **COMING EVENT-11 DAY CARIBBEAN CRUISE FROM NEW YORK** from \$1076. Feb 7-17, 2017 aboard NORWEGIAN GEM. Call Susan Canedy, 536-2106 or Judy Fortier 534-3598 for information. A \$5.00 non-refundable deposit is due on all non-casino trips. Because the SH 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

Last month I celebrated 30 years of employment at the South Hadley COA. I can tell by the many files, papers and keepsakes I have collected! Slowly but surely I am weeding through my collections. It is amazing to look back and realize the many years that have passed. It is also an emotional time for me as my retirement date draws near. However, I should be rather busy with the sorting and tossing to help keep my mind occupied. I have truly enjoyed the variety of this position. There has never been a dull moment.

Another member of the staff has decided it is time to retire. Richard Carrignan, the COA minibus driver for the last 19 1/2 years has also decided to retire at the end of June and enjoy life with friends and family. Richard has been a faithful and conscientious employee for the past 19 1/2 years, beginning his COA journey as a substitute driver. He became the regular driver in October of 1996. Richard is loved by all of the passengers for his kind and gentle manner. He will be missed!

May is Older Americans Month and the theme for this year is "Blaze a Trail." The Senior Center is definitely a place to do this.

Because May is a special month there are several programs and activities planned for both education and fun. For fun consider having lunch on May 25th and stay to enjoy the entertainment by the Choralites.


As part of the Elder Law Education Program, on May 11th it is our intention to host a legal program at 10 a.m. Please call to register because the date and time may have to be changed. Legal information is always useful and making your plans while you are able to do so insures your wishes will be followed. Waiting for a crisis is not a good plan because someone else might make decisions for you.

I want to thank the staff for their efforts in making the Volunteer Appreciation Event a huge success last month. We can never thank our faithful volunteers enough for their hours of service.

My best wishes to all mothers, grandmothers, great-grandmothers and great-great grandmothers for a very special Mother's Day for all of the sacrifices they have made in the name of love!

Also in May we remember our deceased veterans who fought and sacrificed their life to keep us free.

Happy May, my favorite month!



PUT A DENT IN IDENTITY THEFT
Free Community Shred Event
SATURDAY, MAY 14TH, 2016
FORMER BIG Y SHOPPING PLAZA

Newton St., S. Hadley - 9:00 a.m. to 12 noon
Sponsored by South Hadley TRIAD/S.A.L.T. Council, and VALLEY GREEN SHREDDING. Open to all community members, no limit on the amount you can bring. You can also bring old cell phones and hard drives FROM COMPUTERS. We are asking that you bring a canned good to benefit the food pantry of South Hadley. We look forward to seeing you there!

SPECIAL THANKS TO:

**Bob Smith for checking out the P.A. system at the senior center and installing a new microphone system that will not scare those with hearing aids when it crackles! Thanks also for connecting the CD player so the participants can have music again. Everyone at the COA extends gratitude for your efforts!

**Ray and Linda Gerbert for the grapevine wreaths.

HOUSE NUMBERS AVAILABLE

TRIAD HOUSE NUMBERING IS BACK IN BUSINESS. A VISIBLE HOUSE NUMBER MAY SAVE YOUR LIFE! TO HAVE A RED REFLECTIVE NUMBER INSTALLED ON YOUR PROPERTY, CALL 538-5042 AND THE INFORMATION IS PASSED ON TO THE FIRE DISTRICTS. PLEASE GIVE YOUR NAME, ADDRESS AND PHONE NUMBER. THE COST IS \$7.00 TO THE SO. HADLEY TRIAD, c/o South Hadley Senior Center, 45 Dayton Street, South Hadley, MA 01075.

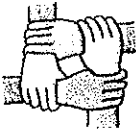
WEDNESDAY, MAY 11TH AT 10 A.M. TENTATIVE DATE FOR THE MASS. BAR ASSOCIATION LEGAL PROGRAM. PLEASE WATCH THE PRESS RELEASES FOR MORE INFORMATION. CALL 538-5042 TO REGISTER AND IF THE DATE AND TIME CHANGES WE WILL CALL YOU. THIS IS AN OPPORTUNITY TO LEARN ABOUT ESTATE PLANNING AND INSURING ONE'S WISHES ARE FOLLOWED IN CASE OF ILLNESS OR INCAPACITY. DO NOT WAIT FOR A CRISIS. IT IS IMPORTANT TO BE PREPARED TO HAVE YOUR WISHES DOCUMENTED.

LOCK BOXES

The So. Hadley S.A.L.T. Council of TRIAD has teamed together with Fire Districts 1 AND 2 to provide a medical emergency lock box to residents of the Districts. These are in addition to the boxes recommended by Fire District 2. To date, more than 100 boxes have been installed. Master keys to these boxes are securely kept at the Districts' headquarters for use by EMTs and other safety/security personnel. The purpose behind the lock box is to permit emergency responders a quick, easy way into the property when required. This prevents the breakdown of doors to gain entrance and the cost to homeowners to repair the damages. Additionally, because the entry is not damaged, the property is secured should the resident be transferred to a medical facility. It is not to be used in the event of a lock-out! The cost of the box is \$30.00 which includes the materials, as well as installation. Checks are to be made payable to South Hadley S.A.L.T. Council; further information and applications can be obtained by visiting the Council on Aging at 45 Dayton Street or calling Joanne Trybus at 538-5042. This program is available to all residents of the Town—not just seniors!

 **NEW SENIOR CENTER FUND ACCOUNT BALANCE**
\$58,279.22

TRANSPORTATION PROVIDED BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS, THE TOWN OF SOUTH HADLEY, DONATIONS AND FARES. In March 2016 the So. Hadley COA provided 487 rides.



Outreach News
by Ann M. Andras
Social Service Coordinator

12 Benefits of Walking

Walking is easy to do and offers many benefits, especially for people with arthritis. The Arthritis Foundation lists the following guidelines:

1. **Walking improves circulation.** It also wards off heart disease, brings up the heart rate, and lowers blood pressure.
2. **Walking shores up your bones.** It can stop the loss of bone mass for those with osteoporosis. Studies show that 30 minutes of walking each day reduced the risk of hip fractures by 40%, in post-menopausal women.
3. **Walking leads to a longer life.**
4. **Walking lightens mood.** Why? Walking releases natural painkilling endorphins to the body-one of the emotional benefits of exercise.
5. **Walking can lead to weight loss.** A brisk 30-minute walk burns 200 calories. Over time, calories burned can lead to pounds dropped.
6. **Walking strengthens muscles,**

helping to lessen arthritis pain.

7. **Walking improves sleep.** Women age 50 to 75, who took one-hour morning walks, were more likely to relieve insomnia than women who didn't walk.
8. **Walking supports your joints.**
9. **Walking improves your breathing.** When walking, your breathing rate increases, causing oxygen to travel faster through the bloodstream.
10. **Walking slows mental decline.** Studies show women who walk 2.5 miles per day had a 17% decline in memory, as opposed to a 25 % decline in women who walked less than a half-mile per week.
11. **Walking lowers Alzheimer's risk.** A study from the University of Virginia Health System found that men between the ages of 71 and 93 who walked more than a quarter of a mile per day had half the incidence of dementia and Alzheimer's disease, compared to those who walked less.
12. **Walking helps you do more, longer!!!**
So put on your favorite sneakers, grab

a friend or family member and start walking. Start with 10 minutes and gradually add more time and distance. Walk outside, get to know your Town, ENJOY!

Ann

Just a thought... "Age is an issue of mind over matter. If you don't mind, it doesn't matter." Mark Twain



"LIGHTS ON"

The South Hadley Council on Aging is once again offering an electric light credit to those senior residents in need. Some financial guidelines apply. If you are currently receiving fuel assistance, Brown Bag, SNAP, or experiencing a financial difficulty we may be able to help. Funds are available.

Residents who have received a grocery store gift card at Christmas, or a light credit already in 2016, are not eligible for the "Lights On" credit at this time. Please contact Ann at 538-5042 extension 206 to request a credit.

Your privacy is very important to the Staff at the Council on Aging. Please, be assured that your request for assistance will be strictly confidential.

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"/> New Senior Center | <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 Gift Card Fund |
| <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. MAY MENU

- 2) COLD PLATE: EGG SALAD, Macaroni Salad, Carrot & Raisin Salad, Multi Grain Roll, Pineapple or Diet Pineapple
- 3) BIRTHDAY/ANNIVERSARY—BEEF TIPS W/GRAVY, Roasted Potatoes, Wax Beans, Multi Grain Roll, Cake or Diet Cake.
- 4) MEATBALLS & SPAGHETTI, Tomato Sauce, Garlic Bread, Spinach, Pears or Diet Pears.
- 5) BROCCOLI QUICHE, Brown Rice, Corn, Whole Grain Roll, Orange Juice, Apricots or Diet Apricots.
- 6) POLLOCK LOINS, Scalloped Potatoes, Beets, Rye Bread, Juice, Brownies or Diet Brownies.
- 9) CHICKEN MARSALA, Linguini, Stewed Tomatoes, Multi Grain Bread, Applesauce or Diet Applesauce.
- 10) KIELBASA, Lazy Pierogi, Spinach, Rye Bread, Cookies or Diet Cookies.
- 11) ROASTED TURKEY W/GRAVY, Mashed Potatoes, Corn, Cranberry Sauce, Biscuit, Pudding or Diet Pudding.
- 12) TERIYAKI CHICKEN, Brown Rice, Oriental Mixed Vegetables, Multi Grain Bread, Pineapple or Diet Pineapple.
- 13) BREADED POLLOCK FILLETS, O'Brien Potatoes, Broccoli, Whole Grain Roll, Peaches or Diet Peaches.
- 16) COLD PLATE: TURKEY SALAD, Pasta Salad, Beet & Onion Salad, Rye Bread, Orange Juice, Jell-O or Diet Jell-O.
- 17) BBQ CHICKEN, Baked Potato, Broccoli Florets, Whole Grain Bread, Fruit Crisp or Diet Fruit Crisp.
- 18) STUFFED SHELLS W/SAUCE, Rice, Zucchini Blend, Garlic Bread, Mandarin Oranges or Diet Mandarin Oranges.
- 19) BAKED HAM W/FRUIT SAUCE, Sweet Potatoes, Corn, Multi Grain Roll, Orange Juice, Peaches or Diet Peaches.
- 20) MEATLOAF W/GRAVY, Mashed Potatoes, Carrots, Whole Grain Bread, Fresh Fruit.
- 23) FRENCH MEAT PIE W/GRAVY, Egg Noodles, Zucchini, Multi Grain Bread, Juice, Cake or Diet Cake.
- 24) ROAST PORK W/GRAVY, Wild Rice, Summer Vegetable Blend, Whole Wheat Bread, Applesauce or Diet Applesauce.
- 25) CHICKEN PARMESAN W/SAUCE, Pasta, Italian Bread, Broccoli, Tropical Fruit or Diet Tropical Fruit
- 26) HOT ROAST BEEF SANDWICH, Mashed Potatoes, Peas & Onions, Roll, Brownies or Diet Brownies.
- 27) COLD PLATE: TUNA SALAD, Macaroni Salad, Vegetable Salad, Whole Wheat Bread, Fresh Fruit.
- 30) CENTER IS CLOSED—MEMORIAL DAY
- 31) MILD BEEF CHILI W/RICE, Carrots & Cauliflower, Rye Bread, Vanilla Pudding or Diet Vanilla Pudding.

ALL MEALS ARE SERVED WITH BREAD AND A 1/2 PINT OF 1% MILK ONLY. 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.

MyPlate for Older Adults

By Christy Maxwell, MS, RDN, LDN
WMEC Nutritionist
(Excerpted from HNRC at Tufts University)

FRUITS & VEGETABLES

Whole fruits and vegetables are rich in important nutrients and fiber. Fruits and vegetables with deeply colored skin are high in antioxidants such as vitamin A & C, as well as many phytonutrients. When choosing canned fruits & vegetables, select fruits packed in natural juice, and low- or no-sodium veggies.

GRAINS

Whole grains and fortified foods are good sources of energy, B-vitamins and fiber. Be sure to check the ingredient list to see if "whole grain" is listed first.

PROTEIN

Protein rich foods provide many important vitamins and minerals and are essential for reducing your risk of *sarcopenia* (muscle loss associated with aging). Choose a variety including nuts, beans/legumes, soy, eggs, fish/seafood, lean meats and poultry.

DAIRY

Fat-free and low-fat milk, cheese, and yogurt are not only good sources of protein, they are also excellent sources of calcium and other essential minerals for bone health. Calcium is also important in maintaining health blood pressure levels.

HEALTHY OILS

Fats/oils provide essential fatty acids as well as some fat-soluble vitamins. Select oils that are liquid at room temperature for use in salad dressings and marinades. Remember that fatty fish contain omega-3 fatty acids important for brain, eye, and nervous system health.

FLUIDS

Drink plenty of fluids throughout the day. Fluids can come from beverages such as water, tea, coffee, and juice, but they can also come from foods such as soup, as well as fruits and vegetables such as grapes, strawberries, tomatoes, and broccoli. Carry a water bottle with you when you're on the go and take sips throughout the day!

HERBS & SPICES

Don't forget to use a variety of herbs & spices to add a salt-free flavor to your meals. Try experimenting with different ones to find out which flavors you enjoy most!

THE BOUTIQUE IS BACK!



Get ready for the reopening of the Friends of the South Hadley Elderly Boutique! We've restocked with a new Spring and Summer inventory of fashions and accessories for both men and women. The Boutique will be open May 9, 17 and 25 between 10:00 a.m. and 1:00 p.m. The Boutique is open to the public; we'd love to have you become a customer. If you have any donations of new and/or clean, gently used apparel, we'll gladly accept them.

IN MEMORIAM

IN MEMORY OF:

FROM:

NEW SENIOR CENTER FUND:

EDWARD J. MELLO, SR.	Barbara, Jo-Ellen, and Christine (Janik)
VIRGINIA P. SLIGO	Theresa Brindamour
MEDERIC "MED" LAFLEUR	Ann Conti
MARY CLEMENT-ALLEN	Brad Allen
ESS "GIGI" DICKINSON	Les Dickinson
SUSAN LEVER	Donald W. Lever

SUBSIDIZED SENIOR TRANSPORTATION:

ROBERT KLEKOTKA	Barbara Hatch
RALPH	David Perwak

LIGHTS ON:

VIRGINIA & BILL SLIGO	Theresa Brindamour
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NUTRITION:

EDWARD J. MELLO, SR.	Mary Mulvaney Mr. & Mrs. Joseph B. Collins
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MINIBUS MAINTENANCE ACCT:

LIONEL BRINDAMOUR	Theresa Brindamour
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GARDENERS NEEDED!!

Calling all gardeners! More help is needed for the maintenance of the beautiful Mothers' Garden at the Senior Center. If you have two hours a week to spare, please consider helping the current volunteers with the planting, watering and weeding. There are also window boxes that need to be watered, especially when the temperatures rise in the summer and they dry out faster than the soil.

The garden is a source of joy from spring through fall. Not only do the participants enjoy looking at the many varieties of trees, shrubs, and flowers but visitors to the senior center always compliment its beauty. I cannot help but believe that all residents who park in the lot and pass by also enjoy the colorful array of nature. So please consider sharing a few hours during this growing season with the other garden volunteers. Call 538-5042 and leave your name if interested.

MEMORIAL DAY

A handful of wilting wildflowers,
Cadence of the drum,
Two by two we follow,
Memorial day begun.

Toward a country wayside,
Where friends and family lie,
We honor and remember,
All of those who died.

O'er the way too many flags,
Besides the veteran's graves,
From wars, some long forgotten,
For those so bold and brave.

The Gettysburg Address is read,
Songs are softly sung,
We smile and greet our neighbors,
Remembrance begun.

Written by Edna Podgurski

MESSAGE FROM SECRETARY OF THE COMMONWEALTH, WILLIAM FRANCIS GALVIN

As Secretary of the Commonwealth, I am pleased to announce the 20th Annual Senior Art Exhibit. Sponsored by my office, the theme for 2016 is "Paint Your Favorite Memory" and is open to all citizens 62 and older.

The guidelines for the art exhibit are as follows: Art entries will be accepted from amateur and professional artists and will be displayed at the Commonwealth Museum. Judges include noted artist and teacher Edwina Cacci and artist Fred Anderson.


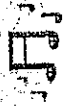



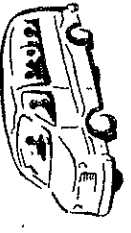
All medium of art is acceptable (oils, watercolor, ink, pastels, etc.). The artwork should represent personal interpretations of this year's theme.

The size requirements are a minimum of 5 by 7 inches and a maximum of 18 by 24 inches. If an artist is unable to mat and frame the entry, our office will provide matting using basic materials.

Please print your name, address, telephone number, and medium used on the back of the artwork and enclose a signed authorization form in order for the artwork to be displayed on our website. The form is available from Joanne Trybus.

Deadline is July 1, 2016 and must be mailed or delivered to the attention of Delores McCray, Commonwealth Museum, 220 Morrissey Boulevard, Boston, MA 02125.

An Annual Award Ceremony will be held at the Commonwealth Museum at a date to be announced. Artwork may be picked up at that time or returned if unable to attend.

<p>2 COLD EGG SALAD PLATE 10 Music Appreciation-CE 10 Tai Chi-EX 1 Canasta- DR 1 Pinochle- DR 1 Mah Jongg-CR</p>	<p>3 BEEF TIPS W/ GRAVY BIRTHDAY/ANNIVERSARY 10 Beginning Exercise- EX 12:45 Monthly Movie-EX 1 Bingo-CR 1 Needlecraft-CE</p>	<p>4 MEATBALLS & SPAGHETTI 9:30 Grocery Shopping 10 Travel Club-C1 10:30 HB & Balance -EX 1 Choralites-DR 1 Mah Jongg-CE 1 Pitch-CR</p> 	<p>5 BROCCOLI QUICHE 10 Alzheimer's Support-C2 10 Beginning Exercise-EX 10 Travel Club-C1 1 Chip poker-B 1 Golden Agers-CR 1 Quilting-CE/1 Scrabble-L</p>	<p>6 POLLOCK LOINS 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 HB & Balance -EX 1 Bridge-CE, 1 Canasta- DR 1 Cribbage - CR 1 Knitting-L</p>	
<p>9 CHICKEN MARSALA 9:30-Foot Nurse (by appt.) 10-1 Fashion Boutique 10 Music Appreciation-CE 10 Tai Chi-EX 1 Canasta- DR 1 Pinochle- DR 1 Mah Jongg-CR 4- COA Board meeting</p> 	<p>10 KIELBASA 9-12 SHINE (by appt.) 1 Bingo-CR 1 Needlecraft-CE</p>	<p>11 ROASTED TURKEY W/GRAVY 9:30 Grocery Shopping 10 Legal Program (call to register) 10 Travel Club-C1 10:30 HB & Balance -EX 1 Choralites-DR 1 Mah Jongg-CE/1 Pitch-CR</p>	<p>12 TERIYAKI CHICKEN 10 Veteran's meeting- CE (off site) 10 Travel Club-C1 12:30 -2 Blood pressure screening w/ nurse 1 Chip poker-B 1 Golden Agers-CR 1 Quilting-CE/1 Scrabble-L</p>	<p>13 BREADED POLLOCK FILLETS 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 HB & Balance -EX 1 Bridge-CE 1 Canasta- DR 1 Cribbage - CR 1 Knitting-L</p>	
<p>16 COLD TURKEY SALAD PLATE 10 Music Appreciation-CE 10 Tai Chi-EX 1 Canasta- DR 1 Pinochle- DR 1 Mah Jongg-CR</p>	<p>17 BBQ CHICKEN SH Sr. Travel Club Trip 10-1 Fashion Boutique 10 Beginning Exercise-EX 10 Brown Bag-CE 10 To Vision-C2 12:45 Monthly Movie 1 Bingo-CR/1 Needlecraft-CE</p>	<p>18 STUFFED SHELLS W/ SAUCE 9:30 Grocery Shopping 10 Travel Club-C1 10:30 HB & Balance -EX 1 Choralites-DR 1 Mah Jongg-CE 1 Pitch-CR</p> 	<p>19 BAKED HAM W/ FRUIT SAUCE 10 Beginning Exercise-EX 10 Travel Club-C1 1 Chip poker-B 1 Golden Agers-CR 1 Quilting-CE 1 Scrabble-L</p>	<p>20 MEATLOAF W/ GRAVY 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 HB & Balance -EX 11:30-Rep John Scibak-DR 1 Bridge-CE 1 Canasta- DR 1 Cribbage - CR 1 Knitting-L</p>	
<p>23 FRENCH MEAT PIE/GRAVY 9:30-Foot Nurse (by appt.) 10 Music Appreciation-CE 10 Tai Chi-EX 1 Canasta- DR 1 Pinochle- DR 1 Mah Jongg-CR</p>	<p>24 ROAST PORK W/ GRAVY 9-12 SHINE (by appt.) 10 Beginning Exercise-EX (last session until Fall) 9 Newsletter Collating-CE 1 Bingo-CR 1 Needlecraft-CE</p>	<p>25 CHICKEN PARMESAN W/ SAUCE SPRING LUNCH & CONCERT 10-1 Fashion Boutique 9:30 Grocery Shopping 10 Travel Club-C1 10:30 HB & Balance -EX 1 Choralites concert-DR 1 Mah Jongg-CE/1 Pitch-CR</p>	<p>26 HOT ROAST BEEF SANDWICHES 10 Travel Club-C1 1 Chip poker-B/1 Golden Agers-CR 1 Quilting-CE 1 Scrabble-L</p>	<p>27 COLD TUNA SALAD PLATE 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 HB & Balance -EX 1 Bridge-CE 1 Canasta- DR 1 Cribbage - CR 1 Knitting-L</p> 	
<p>30 MEMORIAL DAY HOLIDAY CENTER IS CLOSED Memorial Day </p>	<p>31 MILD BEEF CHILI W/ RICE 9-TRIAD 1 Bingo-CR 1 Needlecraft-CE THE 2016 THEME FOR OLDER AMERICANS MONTH IS "Blaze a Trail"</p>	<p>MAY 2016</p>		<p>IN TOWN TRANSPORTATION IS AVAILABLE MONDAY-FRIDAY 9-3 BY APPOINTMENT ONLY</p> 	<p>ROOM KEY B=Billiards Room CR=Card Room CE=Ceramics C2=Formerly Old Office CT=Conf. Room Off Library EX=Exercise Room DR=Dining Room L=Library</p>

DOREEN'S INFO

Happy Spring to all. It is so nice to go outside for a walk or to work in our gardens. This is a great time to get some planting done. Our Mothers' Garden Volunteer group is looking for more volunteers to help water the plants and do some planting. Those of you who enjoy working in gardens, come and volunteer. Give me a call.

The month of May is dedicated to raising awareness about issues facing older adults and highlighting the way older Americans are advocating for themselves, peers, and communities. This year's theme for Older Americans Month is "Blaze a Trail".


Our Birthday/Anniversary lunch will be held on Tuesday, May 3rd, pre registration is needed. Also on this day we have our Monthly movie. The featured films we show are from Netflix. Starting in June we will be returning to having one Monthly movie day which will be held on the first Tuesday of the month.

The South Hadley Friend's of the Elderly Fashion Boutique will be returning this month. They will be here at the center on the mornings of May 9th, May 17th and May 25th from 10am - 1pm.

Mark your calendar for Wednesday, May 25th which will be our Spring Luncheon. The Choralites will be performing their last concert before summer break and you really do not want to miss this event.

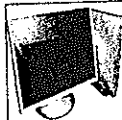
Several people have inquired about the Adult Coloring Activity. I am happy to say that this activity will be starting on the third Monday of each month starting in June. Participants are expected to bring their own supplies. Some will be on hand for those who want to "give it a try" and see if this is something they would like to get more involved with. The front office or I can provide a generic list of supplies one may want to have on hand for Adult Coloring.

Last month we hosted our annual Volunteer Appreciation Dinner. This year's theme is *Volunteers, the heart of the community*. The teams of volunteers we have are definitely the heart of OUR community. The appreciation dinner was a chance for the COA staff to recognize and personally thank the volunteers (close to 200) who help in the operations of our center. If you are interested in volunteering, or take a tour of the senior center or have any questions regarding activities, please contact me at: 413 538-5042, ext. # 205.
Logged volunteer hours: February -762.5, March - 1065.5

Thank you Volunteers 

Enjoy spring,

Doreen



South Hadley Council on Aging Computer Learning Center

45 Dayton St., So. Hadley, MA 01075
Telephone: 413-533-6889

The South Hadley COA Computer Learning Center offers individual tutoring classes: Computer Basics; The Internet; Spreadsheet with Excel; Greeting Cards; and Typing.

Assistance is available for I-Phone/I-Pad and also for Apple products and Windows 10.

For more information call (413)533-6889. Leave your name and number and your call will be returned.

OLDER AMERICAN ARE BLAZING A TRAIL

Older adults are a growing and increasingly vital part of our country. The contributions they make to our communities are varied, deeply rooted, and include influential roles in the nation's economy, politics, and the arts. From 69-year old NASA Administrator Charles Bolden, Jr. to 84-year old actress Rita Moreno to 83-year old Ruth Bader Ginsberg, who took her seat as a Supreme Court Justice at age 60, older adults are blazing trails in all aspects of American life.

In 1963, we began to acknowledge the contributions of older people by using the month of May to celebrate Older Americans Month (OAM). Led by the Administration for Community Living, the annual observance offers the opportunity to learn about, support, and celebrate our nation's older citizens. This year's theme, "Blaze a Trail," emphasizes the ways older adults are reinventing themselves through new work and new passions, engaging their communities, and blazing a trail of positive impact on the lives of people of all ages.

The following may be of interest: When OAM was first established by president John F. Kennedy in May 1963, there were 17 million Americans age 65 or older. In 2014, 44.75 million Americans age 65+ accounted for approximately 14.5% of the U.S. population. In 25 years, 1 in 5 Americans will be an older adult. 10,000 Americans turn 65 daily and this is the year baby boomers turn 70. Older Americans are more active and engaged than ever, with 19% employed. Almost 4.9 million have full-time, year round jobs, tripling in number since 1993. The number of 75 and older working Americans has increased by 140%. Estimates indicate by 2033 American 65 and older will outnumber those aged 18 or younger.





While the Executive Office of Elder Affairs promotes independence, empowerment, and well-being of older adults, individuals with disabilities, and their caregivers adults year-round, we see Older Americans Month as a way to focus on how older adults in our community are leading and inspiring others, how we can support and learn from them, and how we might follow their examples to blaze trails of our own.

According to Secretary of EOEA, Alice Bonner, PhD, RN, "At Executive Office of Elder Affairs we share a vision where all adults and individuals with disabilities will have access to the resources they need to live well and thrive in every community in Massachusetts. We encourage you to get involved by engaging in your community, participating in the dialogue about Older Americans' Month and blazing your own trail!"

• **South Hadley Council On Aging**
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