

# COUNCIL ON AGING

South Hadley Massachusetts

The sun never sets on our Activities...

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Tel. 538-5042 Fax 532-8206  
Asst. Director: Lisa Napiorkowski  
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Chairperson: Mary Billion  
Social Service Coordinator:  
Ann Andras  
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## THE GOLDEN CHRONICLE

JULY—AUGUST 2016



### ANNUAL SUMMER PICNIC

THURSDAY, AUGUST 18TH

11:00 P.M. - 3 P.M.

SENIOR CENTER, 45 DAYTON ST.

CHOICE OF HOT DOG OR HAMBURGER

STATE YOUR CHOICE WHEN MAKING

RESERVATION

Daily : Nutritious & Delicious Lunch prepared at So. Hadley Senior Center, served 11:45 a.m. - 12:15 p.m. in the Dining Room. 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 is \$2.25 for participants 60 and over. IT IS A DONATION. Guests 59 and under must pay \$3.00. Although the program is for people 60 and over, those under 60 may attend as a volunteer or a guest of a senior. 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

Wed, July 13, Plymouth Whale Watch. 4-hour whale watch. Full course lunch at Tavern on the Wharf. Cost \$89.00. Call Susan Canedy, 536-2106. Tue, Aug. 16, a narrated cruise of New Hampshire's Lake Winnepesaukee. Includes a full course buffet lunch. Cost \$84.00. Call Howie Walsh, 593-6286. Sept. 12-14, OGUNQUIT, MAINE visits to Kennebunkport, Kittery and Perkins Cove. 2 nights at Meadowmere Resort. 2 breakfasts, a dinner at Jonathan's and a lobster clambake 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. Tue., Oct. 18. OCTOBERFEST at the East Side Restaurant in New Britain, CT. Includes a German lunch, entertainment and a scenic foliage train ride. Cost \$89.00. Call Howie Walsh 593-6286. Wed, Nov. 9, Foxwoods Casino, full casino package, including buffet and time to gamble. Includes The Big Band sound of The Harry James Orchestra, in a Veteran's Day concert at the Fox Theatre. Cost \$79.00. Call Susan Canedy, 536-2106. Thurs. Dec. 8, Aqua Turf Club for their Holiday Show. Featuring Jimmy Sturr and a special guest appearance by "The 4 Aces." Includes their famous family style Christmas luncheon. Cost \$84.00. Call Judy Fortier, 534-3598. Because the S. H 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.

SUGGESTED DONATION: \$ 2 . 2 5  
In addition there will be salads, corn and the usual fixings to make for a great picnic lunch. Please call 538-5042; reservations for the picnic will be taken beginning Friday, July 22nd, at 8 a.m., limited to 136. Bingo and prizes courtesy of the Friends of South Hadley Elderly after the meal. The picnic lunch will be served to hot meals clients on Wednesday, August 17th.

Please welcome our new mini-bus driver

Kenneth Dawley

NOTE: THIS IS A TWO-MONTH  
ISSUE-  
SAVE FOR AUGUST



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

## A LETTER FROM LESLIE



What a wonderful, whirlwind these 2-1/2 weeks have been for me! Thank you for the many kind words of welcome and encouragement from the staff, volunteers and members.

I want you all to know how excited and happy I am to be here. Throughout my career, I have always felt drawn to the work and environment of a busy senior center – and here I am!!

I've lived in South Hadley for 28 years. I married a local boy and together we raised 3 amazing kids—yes, I am bias.

I've spent the last 11 years at the Holyoke VNA & Hospice Life Care. In my role as Community Marketing Liaison, I spoke and presented information at many of the local senior centers. One of my favorites was, of course, South Hadley Council on Aging. Joanne and I had known each other professionally for some time, so I was relieved to know she would be "showing me the ropes" during this time of transition. I can't thank Joanne enough for sharing her abundant knowledge and her experience of leading this Center for the last 30 years.

A special thank you to Lisa, Ann, Ola and Kathy for their support; you've welcomed me and I feel that I am exactly where I am supposed to be!

Bare with me as I learn names and faces, volunteer schedules and program offerings.

Mine is not the only new face in the Center. We also have a new mini-bus driver. Kenneth Dawley will officially start on July 1st — As many of you know, Richard Carrignan will also be retiring on June 29th. Richard has faithfully provided 19+ years of service to the Council on Aging. Please join us on July 1st at lunchtime to celebrate his retirement.

I look forward to the future with all of you. Please feel free to stop in and say 'hello'.

I know I don't have to tell any of you that we have a busy Center and a group of committed, enthusiastic members and volunteers. Here's to the South Hadley Council on Aging and the great work that will continue! ~ Leslie

## SPECIAL THANKS TO:

**THANK YOU**

\*Representative John Scibak for the House of Representative Citations for the 90+ birthday celebration.

\*Carey's Florists for the donations of beautiful flowers throughout the year, especially for the monthly birthdays.

\*Lee Hall for the donation of bottled water and Ensure

\* Bob Smith, from the S. Hadley High School Cable Studio, for the much need upgrade to our sound system and the addition of 4 wireless/portable mics.

\*Big Y for the assorted breads and pastries donated once a week.

\*Les Dickinson for bringing the bread to the kitchen on Thursdays.

\*The volunteers who weed, water and maintain the beautiful Mothers' Garden.

**\* For the Friend's donation for the New Senior Center for the amount of \$6,528.26**

As of June 20th, 2016 we have a total of **\$66,583.26** in the New Senior Center Fund!

Many thanks to all of the many people who have made donations to this fund and have helped it grow!!!

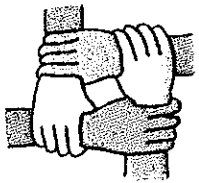
Thur., July 14<sup>th</sup> at 11:30am in the Dining Room

A presentation by Jamie Bronner. He has a culinary degree from Johnson & Wales & is working on his Masters in Public Health at UMass.

He will be discussing the new sodium guidelines for "seniors" (adults over 65) and how the menu conveys the information necessary for them to make smart choices with regards to sodium intake.

As fiscal year 2016 comes to an end, special thanks go to the Town of South Hadley; Massachusetts Executive Office Of Elder Affairs; WestMass ElderCare, Inc.; Friends of South Hadley Elderly, Inc.; Senator Stanley Rosenberg; Representative John Scibak; the families who name the COA for memorial donations and the many individuals in the community who help to

Funding from the **Older Americans Act** through the MA Executive Office of Elder Affairs provides **GRANTS FROM WESTMASS ELDERCARE, INC.** The programs include an Alzheimer's Caregivers Support Group, Chores/Snow Removal and Companion/Escort transportation. Call the COA at 538-5042 and ask for Ann (Ext. 206) or Leslie Ext. (204) if you would like more information.



## Outreach News

by Ann M. Andras  
Social Service Coordinator

### Welcome South Hadley Seniors!

If you are reading The Golden Chronicle for the first time you have reached the age of "60" or will do so in the next few months. Congratulations and welcome to the Council on Aging!

As Social Service Coordinator it is my responsibility to keep all South Hadley seniors informed as to the many services that are available. I can assist with the application process for a variety of programs and services such as: MassHealth (Medicaid), Low-Income Home Energy Assistance Program (Fuel Assistance), Joe 4 Oil, SNAP (Food Stamps), the Brown Bag, Food for Elders Program and Prescription Advantage, the state pharmacy assistance program.

Referrals for in-home services can be made to WestMass ElderCare, Inc. (our area agency on aging) such as home and or personal care, Meals on Wheels, the Money Management program and Options Counseling to name a few.

If a senior is having a civil/legal issue, FREE help is available to those who meet financial guidelines through a program called Hampshire Elder Law Program (H.E.L.P.)

The South Hadley TRIAD group is comprised of senior volunteers in the community, Council on Aging staff, Police and Fire personnel, Board of Health, Housing Authority, a representative from the Hampshire County District Attorney's office as well as the Hampshire County Sheriff's Department, all working together with the common goal of educating and informing seniors about safety, both public and personal.

I can provide information regarding emergency response equipment such as a pendant worn around the neck or a wrist device to ensure help will arrive to the seniors' home in case of an injury or illness.

The SafeLink program provides a FREE cell phone and monthly minutes to qualifying seniors.

The Council on Aging has a SHINE Program (Serving the Health Insurance Needs of Elders).

Our volunteer SHINE counselor, Eileen Burke, as well as myself are trained and certified to provide health insurance information and if needed to guide seniors through the Medicare system.

The Council on Aging is the recipient of several service grants such as the Snow Removal/Chore Grant and the Companion/Escort Program. Seniors are encouraged to request these services which have benefited many elders over the years. Our new Director, Leslie Hennessey, and I will work closely, choosing qualifying senior residents to participate in the program, who have the greatest need and little or no family support in the area.

I am available to meet with South Hadley seniors at the Council on Aging or at home if a senior is homebound. Arrangements can be made to use our transportation service if needed for a visit in my office. I am at the Senior Center Monday thru Friday from 8:30 a.m. to 4:30 p.m. I can be reached in my office by calling 413-538-5042 extension 206. Of course I am willing to meet with family members of a senior who might be in need of services. It is best to make an appointment with me so that I can devote the necessary time needed.

I also serve as your source for information and referral regarding area senior services. If I do not have the answer you need I will give you my best effort to find someone who does.

Your privacy is important to me. Please be assured that all conversations and meetings with me, whether here in my office or in your home, are confidential.

It is both my pleasure and an honor to serve the South Hadley seniors and I look forward to an opportunity to work with each of you. Please don't hesitate to contact me in the future.

Warmest regards,

Ann M. Andras  
Social Service Coordinator

**Just a thought.....** "There is magic that results when a person invests in you. He becomes a big-time investor in your success, a stockholder in your dreams. Because, when you ask someone for help, you are implicitly asking him to place a bet on you. The more people you get to bet on you, the larger your network of investors and the shorter the odds."

Christopher Matthews

## 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. AUGUST MENU



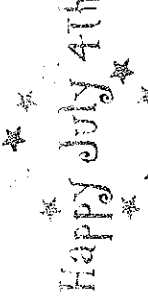







#### WESTMASS ELDERCARE, INC. JULY MENU







- 1) SHEPHERD'S PIE W/GRAVY, Green Beans, Biscuit, Mandarin Oranges or Diet Mandarin Oranges.
- 4) CENTER IS CLOSED —HOLIDAY
- 5) LOW SODIUM BEEF FRANKS, Baked Beans, Mixed Vegetables, Rolls, Pineapple or Diet Pineapple.
- 6) ROASTED CHICKEN W/GRAVY, Confetti Rice, Green Peas, Orange Juice, Oatmeal Bread, Pudding or Diet Pudding.
- 7) BAKED HAM W/PINEAPPLE, Sweet Potatoes, Beets & Onions, Whole Grain Bread, Tropical Fruit or Diet Tropical Fruit.
- 8) COLD PLATE: EGG SALAD, Potato Salad, Carrot & Raisin Salad, Multi Grain Bread, Cookies or Diet Cookies.
- 11) FRENCH MEAT PIE W/GRAVY, Noodles, Spinach, Multi Grain Bread, Pears or Diet Pears.
- 12) BIRTHDAY/ANNIVERSARY—ROAST PORK LOIN, Oven Roasted Potatoes, Mixed Vegetables, Rolls, Gingerbread Cake or Diet Gingerbread Cake.
- 13) MACARONI & CHEESE, Stewed Tomatoes, Peas, Rye Bread, Apricots or Diet Apricots.
- 14) COLD PLATE: TURKEY SALAD, Macaroni Salad, Lettuce/Tomato, Three Bean Salad, Roll, Orange Juice, Fresh Fruit—Plum.
- 15) BAKED POLLOCK LOINS, Wild Rice, Beets & Onions, Orange Juice, Whole Grain Bread, Cookies or Diet Cookies.
- 18) COLD PLATE: CHICKEN SALAD, Potato Salad, Carrot & Raisin Salad, Multi Grain Roll, Fresh Fruit—Apple.
- 19) MILD BEEF CHILI, Brown Rice, Wax Beans, Cornbread, Pineapple or Diet Pineapple.
- 20) VEAL PATTY W/GRAVY, Egg Noodles, Corn, Juice, Whole Grain Wheat Bread, Jell-O or Diet Jell-O.
- 21) ROASTED TURKEY W/GRAVY, Mashed Potatoes, Peas & Carrots, Rye Bread, Peaches or Diet Peaches.
- 22) BAKED SALMON FILETS, Rice, Broccoli, Whole Grain Roll, Pie or Diet Pie.
- 25) BROCCOLI & CHEESE QUICHE, Potato Puffs, Spinach, Multi Grain Bread, Tapioca Pudding or Diet Tapioca Pudding.
- 26) BBQ CHICKEN, Mashed Potatoes, Corn Cobbets, Whole Grain Bread, Apricots or Diet Apricots.
- 27) COLD PLATE: EGG SALAD, Pasta Salad, Pickled Beets, Fresh Fruit—Melon.
- 28) SIRLOIN TIPS W/GRAVY, Egg Noodles, Carrots & Cauliflower, Orange Juice, Multi Grain Roll, Cake or Diet Cake.
- 29) FLORENTINE POLLOCK, Rice Pilaf, Broccoli, Rye Bread, Mixed Fruit or Diet Mixed Fruit.
- 1) CHICKEN MARSALA WITH MUSHROOMS, Egg Noodles, Stewed Tomatoes, Multi Grain Roll, Peaches or Diet Peaches.
- 2) BIRTHDAY/ANNIVERSARY—VEAL PARMESAN W/PASTA, Peas, Juice, Garlic Bread, Tossed Salad: Congregate, Cake or Diet Cake.
- 3) COLD PLATE: CHICKEN SALAD, Three Bean Salad, Carrot & Raisin Salad, Whole Grain Bread, Tropical Fruit or Diet Tropical Fruit.
- 4) ROAST TURKEY W/GRAVY, Mashed Potatoes, Corn, Cranberry Sauce, Apricots or Diet Apricots.
- 5) TUNA & NOODLE CASSEROLE, Multi Grain Roll, Mixed Vegetables, Orange Juice, Bread Pudding or Diet Bread Pudding.
- 8) OVEN FRIED CHICKEN, Roasted Potatoes, Ratatouille, Whole Grain Bread, Fruit Cocktail or Diet Fruit Cocktail.
- 9) SPAGHETTI W/MEATBALLS, Mixed Vegetables, Garlic Bread, Pineapple or Diet Pineapple.
- 10) HAM W/PINEAPPLE SAUCE, Sweet Potato, Beets, Rye Bread, Mandarin Oranges or Diet Mandarin Oranges (*Higher Sodium Meal*)
- 11) BEEF STEW, Mashed Potatoes, Carrots, Orange Juice, Biscuit, Tapioca Pudding or Diet Tapioca Pudding.
- 12) BREADED POLLOCK, Brown Rice, Spinach, Whole Wheat Bread, Cake or Diet Cake.
- 15) COLD PLATE: EGG SALAD, Potato Salad, Carrot & Raisin Salad, Multi Grain Roll, Jell-O or Diet Jell-O.
- 16) BROCCOLI & CHEESE QUICHE, Rice Pilaf, Mixed Vegetables, Orange Juice, Whole Grain Roll, Mixed Fruit or Diet Mixed Fruit.
- 17) SHEPHERD'S PIE, Carrots, Biscuit, Pineapple or Diet Pineapple.
- 18) PICNIC DAY—HAMBURGER OR HOT DOG, Baked Beans, Corn on the Cob, Cold Slaw, Rolls, Potato Chips, Watermelon, Ice Cream or Diet Ice Cream.
- 19) POLLOCK LOINS, Egg Noodles, Brussels Sprouts, Multi Grain Bread, Pudding or Diet Pudding.
- 22) LIVER & ONIONS, Mashed Potatoes, Green Beans & Tomatoes, Multi Grain Bread, Pears or Diet Pears.
- 23) MILD BEEF CHILI, Brown Rice, Winter Blend Vegetables, Biscuit, Pie w/Topping or Diet Pie w/Topping.
- 24) VEAL PATTY W/GRAVY, Au Gratin Potatoes, Mixed Vegetables, Multi Grain Roll, Mandarin Oranges or Diet Mandarin Oranges.
- 25) TARRAGON CHICKEN, Confetti Rice, Broccoli, Cranberry Sauce, Oatmeal Bread, Brownies or Diet Brownies.
- 26) MEATLOAF W/GRAVY, Mashed Potatoes, Corn, Rye Bread, Fresh Fruit—Apple.
- 29) COLD PLATE: HAM SALAD, Pasta Salad, Cucumber & Onion Salad, Whole Grain Roll, Pineapple or Diet Pineapple.
- 30) CHICKEN PATTY W/GRAVY, Rice Pilaf, Peas & Onions, Whole Grain Bread, Tropical Fruit or Diet Tropical Fruit.
- 31) ROASTED PORK W/SAUCE, Baked Potato, Broccoli & Cauliflower, Rye Bread, Fruit Crisp or Diet Fruit Crisp.

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.

TUES. JULY 26  
SUMMER  
LUAU PICNIC  
Donation \$6 for 60+  
Guests Under 60  
Are \$8

WestMass ElderCare Elder Nutrition  
Luau Themed Picnic  
TUESDAY, JULY 26, 2016  
10:30 A.M. to 2:30 P.M.  
Morgan Road Pavilion  
429 Morgan Road, West Spfld, MA

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| <p><b>TOWN TRANSPORTATION IS AVAILABLE</b><br/> <b>MONDAY-FRIDAY 9-3BY</b><br/> <b>APPOINTMENT ONLY.</b></p>                  | <p><b>ROOM KEY</b><br/> B=Billards Room<br/> CR=Card Room<br/> CE=Ceramics<br/> C2=Formerly Old Office<br/> C1=Conf. Room Off Library<br/> EX=Exercise Room<br/> DR=Dining Room<br/> L=Library</p>  |  <p><b>2016</b></p>   | <p><b>1 Shepherd's Pie /Gravy</b><br/> <b>* Retirement Luncheon for Richard Carrigan</b><br/> 9:30 Grocery Shopping<br/> 10 Coffee &amp; Conversation-DR<br/> 10:30 HB &amp; Balance -EX<br/> 1 Bridge-CE<br/> 1 Canasta- DR<br/> 1 Cribbage - CR<br/> 1 Knitting-L</p>                            | <p><b>8 CATFISH FILLETS</b><br/> 9:30 Grocery Shopping<br/> 10 Coffee &amp; Conversation-DR<br/> 10:30 HB &amp; Balance -EX<br/> 1 Bridge-CE<br/> 1 Canasta- DR<br/> 1 Cribbage - CR<br/> 1 Knitting-L</p>  |
| <p><b>4</b><br/> <b>CLOSED</b><br/> <b>Independence Day</b><br/> <br/> <b>Happy July 4th</b></p>                              | <p><b>5 LOW SODIUM BEEF FRANKS</b><br/> <b>12:45 Monthly Movie-EX</b><br/> 1 Bingo-CR<br/> 1 Needlecraft-CE</p>  | <p><b>6 ROASTED CHICKEN W/GRAVY</b><br/> 9:30 Grocery Shopping<br/> 10 Travel Club-C1<br/> 10:30 HB &amp; Balance -EX<br/> 1 Mah Jongg-CE<br/> 1 Pitch-CR</p>   | <p><b>7 BAKED HAM W/ PINEAPPLE</b><br/> 10 Travel Club-C1<br/> <b>12:30- 2 Blood pressure screening w/ nurse</b><br/> 1 Chip Poker-B<br/> 1 Quilting-CE<br/> 1 Scrabble-L</p>  | <p><b>14 TURKEY SALAD PLATE</b><br/> 10 Travel Club-C1<br/> 1 Chip Poker-B<br/> 1 Quilting-CE<br/> 1 Scrabble-L<br/> <b>1 Friend's Quarterly Meeting-DR</b></p>   |
| <p><b>11 FRENCH MEAT PIE/GRAVY</b><br/> <b>9:30 Foot Nurse ( by appt.)</b><br/> 10 Music Appreciation<br/> 10 Tai Chi-EX<br/> 1 Canasta- DR<br/> 1 Pinochle- DR<br/> 1 Mah Jongg-CR</p>                          | <p><b>12 ROASTED PORK LOIN BIRTHDAY &amp; ANNIVERSARY LUNCH</b><br/> 1 Bingo-CR<br/> 1 Needlecraft-CE</p>        | <p><b>13 MACARONI AND CHEESE</b><br/> Travel Club Trip<br/> 9:30 Grocery Shopping<br/> 10 Travel Club-C1<br/> 10:30 HB &amp; Balance-EX<br/> <b>1 Friend's Ice Cream Social &amp; Entertainment ( reservations needed)</b><br/> 1 Mah Jongg-CE/1 Pitch-CR</p>  | <p><b>21 ROAST TURKEY/GRAVY</b><br/> 10 Travel Club-C1<br/> 1 Chip Poker-B<br/> 1 Quilting-CE<br/> 1 Scrabble-L</p>   | <p><b>15 BAKED POLLOCK LOINS</b><br/> 9:30 Grocery Shopping<br/> 10 Coffee &amp; Conversation-DR<br/> 10:30 HB &amp; Balance -EX<br/> <b>11:30 Rep. John Scibak-DR</b><br/> 1 Bridge-CE<br/> 1 Canasta- DR<br/> 1 Cribbage - CR<br/> 1 Knitting-L</p> |
| <p><b>18 CHICKEN SALAD PLATE</b><br/> 10 Music Appreciation<br/> 10 Tai Chi-EX<br/> <b>1 Adult Coloring -CE</b><br/> 1 Canasta- DR<br/> 1 Pinochle- DR<br/> 1 Mah Jongg-CR<br/> <b>4pm COA Board meeting</b></p> | <p><b>19 MILD BEEF CHILI</b><br/> <b>10 Brown Bag</b><br/> 10 Lo-Vision Support- (9-12 SHINE (by appt.))<br/> 1 Bingo-CR<br/> 1 Needlecraft-CE</p>  | <p><b>20 VEAL PATTY/GRAVY</b><br/> 9:30 Grocery Shopping<br/> 10 Travel Club-C1<br/> 10:30 HB &amp; Balance -EX<br/> 1 Mah Jongg-CE<br/> 1 Pitch-CR</p>   | <p><b>22 BAKED SALMON FILET</b><br/> 9:30 Grocery Shopping<br/> 10 Coffee &amp; Conversation-DR<br/> 10:30 HB &amp; Balance -EX<br/> 1 Bridge-CE<br/> 1 Canasta- DR<br/> 1 Cribbage - CR<br/> 1 Knitting-L</p>  | <p><b>29 FLORENTINE POLLOCK</b><br/> 9:30 Grocery Shopping<br/> 10 Coffee &amp; Conversation-DR<br/> 10:30 HB &amp; Balance -EX<br/> 1 Bridge-CE<br/> 1 Canasta- DR<br/> 1 Cribbage - CR<br/> 1 Knitting-L</p>  |
| <p><b>25 BROCCOLI &amp; CHEESE QUICHE</b><br/> <b>9:30 Foot Nurse ( by appt.)</b><br/> 10 Music Appreciation<br/> 10 Tai Chi-EX<br/> 1 Canasta- DR<br/> 1 Pinochle- DR<br/> 1 Mah Jongg-CR</p>                   | <p><b>26 BBQ CHICKEN</b><br/> 1 Bingo-CR<br/> 1 Needlecraft-CE<br/> <b>WestMass ElderCare Picnic</b></p>       | <p><b>27 EGG SALAD PLATE</b><br/> 9:30 Grocery Shopping<br/> 10 Travel Club-C1<br/> 10:30 HB &amp; Balance -EX<br/> 1 Mah Jongg-CE<br/> 1 Pitch-CR</p>  | <p><b>28 SIRLOIN TIPS W/ GRAVY</b><br/> 10 Travel Club-C1<br/> 1 Chip Poker-B<br/> 1 Quilting-CE<br/> 1 Scrabble-L</p>    | <p><b>29 FLORENTINE POLLOCK</b><br/> 9:30 Grocery Shopping<br/> 10 Coffee &amp; Conversation-DR<br/> 10:30 HB &amp; Balance -EX<br/> 1 Bridge-CE<br/> 1 Canasta- DR<br/> 1 Cribbage - CR<br/> 1 Knitting-L</p>  |

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| <p><b>AUGUST 2016</b><br/> <b>IN TOWN TRANSPORTATION IS AVAILABLE</b><br/> <b>MONDAY-FRIDAY 9-3 BY APPOINTMENT ONLY</b></p>                                | <p><b>2 VEAL PARMESAN/PASTA BIRTHDAY/ANNIVERSARY</b><br/> <b>12:45 Monthly Movie-EX</b><br/> 1 Bingo-CR<br/> 1 Needlecraft-CE</p>    | <p><b>3 COLD CHICKEN SALAD PLATE</b><br/> 9:30 Grocery Shopping<br/> 10 Travel Club-C1<br/> 10:30 HB &amp; Balance -EX<br/> 1 Mah Jongg-CE<br/> 1 Pitch-CR</p>   | <p><b>4 ROAST TURKEY / GRAVY</b><br/> <b>10 Alzheimer's Support-C2</b><br/> 10 Travel Club-C1<br/> 1 Quilting-CE<br/> 1 Scrabble-L</p>   | <p><b>5 TUNA NOODLE CASSEROLE</b><br/> 9:30 Grocery Shopping<br/> 10 Coffee &amp; Conversation-DR<br/> 10:30 HB &amp; Balance -EX<br/> 1 Bridge-CE<br/> 1 Canasta-DR<br/> 1 Cribbage - CR/1 Knitting-L</p>                           |
| <p><b>8 OVEN FRIED CHICKEN</b><br/> 10 Music Appreciation<br/> 10 Tai Chi-EX<br/> 1 Canasta- DR<br/> 1 Pinochle- DR<br/> 1 Mah Jongg-CR</p>  <p>Music</p> | <p><b>9 SPAGHETTI / MEATBALLS</b><br/> 1 Bingo-CR<br/> 1 Needlecraft-CE</p>   | <p><b>10 HAM/PINEAPPLE SAUCE</b><br/> 9:30 Grocery Shopping<br/> 10 Travel Club-C1<br/> 10:30 HB &amp; Balance -EX<br/> 1 Mah Jongg-CE<br/> 1 Pitch-CR</p>  | <p><b>11 10 Travel Club-C1</b><br/> <b>12:30- 2 Blood pressure screening w/ nurse</b><br/> 1 Quilting-CE<br/> 1 Scrabble-L</p>   | <p><b>12 BREADED CATFISH</b><br/> 9:30 Grocery Shopping<br/> 10 Coffee &amp; Conversation-DR<br/> 10:30 HB &amp; Balance -EX<br/> 1 Bridge-CE<br/> 1 Canasta- DR<br/> 1 Cribbage - CR/1 Knitting-L</p>                               |
| <p><b>15 COLD EGG SALAD PLATE</b><br/> <b>9:30 Foot Nurse (by appt.)</b><br/> 10 Music Appreciation<br/> 10 Tai Chi-EX<br/> 1 Pinochle-DR<br/> 1 Canasta-DR<br/> 1 Mah Jongg-CR<br/> 4—Board Meeting</p>                                     | <p><b>16 BROCCOLI &amp; CHEESE QUICHE</b><br/> So. H. Sr Travel Club Trip<br/> <b>9-12 SHINE (by Appt)</b><br/> <b>10 Brown Bag</b><br/> <b>10 Lo-Vision Support-CR</b><br/> 1 Bingo-CR<br/> 1 Needlecraft-CE</p>  | <p><b>17 SHEPHERD'S PIE</b><br/> 9:30 Grocery Shopping<br/> 10 Travel Club-C1<br/> 10:30 HB &amp; Balance -EX<br/> 1 Mah Jongg-CE<br/> 1 Pitch-CR</p> <p><b>HMOW PICNIC</b></p>  | <p><b>18 COA PICNIC</b><br/> <b>HAMBURGERS/HOTDOGS</b><br/> 10 Travel Club-C1<br/> 1 Quilting-CE<br/> 1 Scrabble-L</p>   | <p><b>19 POLLOCK LIONS</b><br/> 9:30 Grocery Shopping<br/> 10 Coffee &amp; Conversation-DR<br/> 10:30 HB &amp; Balance -EX<br/> <b>11:30—Rep. John Scibak—DR</b><br/> 1 Bridge-CE<br/> 1 Canasta- DR1 Cribbage - CR/1 Knitting-L</p> |
| <p><b>22 LIVER &amp; ONIONS</b><br/> <b>9:30 Foot Nurse ( by appt.)</b><br/> 10 Music Appreciation<br/> 10 Tai Chi-EX<br/> 1 Adult Coloring—CE<br/> 1 Canasta- DR<br/> 1 Pinochle- DR<br/> 1 Mah Jongg-CR</p>                                | <p><b>23 MILD BEEF CHILI</b><br/> 9 Newsletter Collating<br/> 1 Bingo-CR<br/> 1 Needlecraft-CE</p>  | <p><b>24 VEAL PATTY / GRAVY</b><br/> 9:30 Grocery Shopping<br/> 10 Travel Club-C1<br/> 10:30 HB &amp; Balance -EX<br/> 1 Mah Jongg-CE<br/> 1 Pitch-CR</p>  | <p><b>25 TARRAGON CHICKEN</b><br/> 10 Travel Club-C1<br/> 1 Quilting-CE<br/> 1 Scrabble-L</p>   | <p><b>26 MEATLOAF W/ GRAVY</b><br/> 9:30 Grocery Shopping<br/> 10 Coffee &amp; Conversation-DR<br/> 10:30 HB &amp; Balance -EX<br/> 1 Bridge-CE<br/> 1 Canasta- DR<br/> 1 Cribbage - CR/1 Knitting-L</p>                             |
| <p><b>29 COLD HAM SALAD PLATE</b><br/> <b>9:30 Foot Nurse (by appt.)</b><br/> 10 Music Appreciation<br/> 10 Tai Chi-EX<br/> 1 Canasta- DR<br/> 1 Pinochle- DR<br/> 1 Mah Jongg-CR</p>  | <p><b>30 CHICKEN PATTY W/ GRAVY</b><br/> 1 Bingo-CR<br/> 1 Needlecraft-CE</p>   | <p><b>31 ROASTED PORK W/SAUCE</b><br/> 9:30 Grocery Shopping<br/> 10 Travel Club-C1<br/> 10:30 HB &amp; Balance -EX<br/> 1 Mah Jongg-CE<br/> 1 Pitch-CR</p>  | <p><b>ROOM KEY</b><br/> <b>B= Billiards Room</b><br/> <b>CR=Card Room</b><br/> <b>CE=Ceramics</b><br/> <b>C2=formerly Old Office</b><br/> <b>C1=Conf. Room Off Library</b><br/> <b>EX=Exercise Room</b><br/> <b>DR=Dining Room</b><br/> <b>L=Library</b></p> | <p>Page 6</p>  |

## IN MEMORIAM

### IN MEMORY OF:

### FROM:

#### NEW SENIOR CENTER FUND:

|                    |               |
|--------------------|---------------|
| EDWARD DIETZ       | Beth Dietz    |
| MARY CLEMENT-ALLEN | Brad Allen    |
| EDWARD J. MELLO    | Gaynell Downs |

#### NUTRITION:

|                      |   |
|----------------------|---|
| IRENE PULA           | Jean & Phyllis Lacoste                      |
| MERIDITH GRAMMATICAS | Chris Grammaticas                           |
| CLEMENT POITRAS      | Susan Wiley and<br>Richard & Ronald Poitras |
| GEORGE DUPUIS        | Rita Patruno                                |

#### NEWSLETTER:

|            |                 |
|------------|-----------------|
| JACK MAGRI | Tailgate Picnic |
|------------|-----------------|

#### MOTHER'S GARDEN:

|            |              |
|------------|--------------|
| DON BROCHU | Janie Brochu |
|------------|--------------|

#### SUBSIDIZED SENIOR TRANSPORTATION:

|       |              |
|-------|--------------|
| RALPH | David Perwak |
|-------|--------------|

#### ACTIVITIES/NECESSITIES:

|                   |                |
|-------------------|----------------|
| SIMONE DESJARDINS | Leo Desjardins |
|-------------------|----------------|

#### CAREGIVER'S GIFT ACCOUNT:

|               |                  |
|---------------|------------------|
| GEORGE DUPUIS | Lorraine Kiontke |
|---------------|------------------|

### IMPORTANT! POLICY CHANGE

As of July 1, 2016, physician permission letters are no longer required for using exercise equipment or for participating in the various exercise programs at the Council on Aging. The COA continues to require that you have your emergency contact information up-to-date.

All participants will now sign a waiver that will release the Town and the Council on Aging of any liability. All participants are strongly advised to consult with their physician before enrolling in any exercise program or before using any exercise equipment at the COA.

### **A recipe for bone health: It's more than just calcium!**

By Jamie Bronner, Keene State, Dietetic Intern

As humans age, our risk of developing osteoporosis increases significantly. Our bones are like our roads in Massachusetts, always under construction! Vitamins, minerals, other nutrients and exercise are to our bones what asphalt and construction workers are to our roads. Through diet and lifestyle, we can maintain strong, healthy bones and reduce our risks for both osteoporosis and fractures by providing the "construction crew and materials" for our bones. While calcium is a major component to maintaining strong bones, there are others vitamins and nutrients that are also essential for bone health. Vitamins A, D and K, protein and regular exercise are all necessary for keeping our bones strong. Here are some good sources of these critical components to maintaining strong bones:

- ◆ **Calcium:** Dairy products such as milk, yogurt and cheese; green Vegetables such as kale, spinach, green cabbage, collards, Brussels sprouts; canned fish w/ bones such as canned salmon, sardines or anchovies
- ◆ **Protein:** Meat, fish, poultry, beans, whole grains and nut butters
- ◆ **Vitamin A:** Dark-green and yellow-orange fruits and vegetables such as carrots, squash, spinach, broccoli, sweet potatoes, cantaloupe, peaches, apricots and mangoes; milk, eggs and fortified bread and cereals
- ◆ **Vitamin D:** Sunshine, fortified cereals, milk and fatty fish such as salmon or mackerel
- ◆ **Vitamin K:** Dark, leafy green Vegetables such as kale, spinach, broccoli, Brussels sprouts, cabbage and lettuce.

Remember that it's still important to get enough vitamin K even if you are on **Coumadin!** Consistent intake is key to keeping your levels stable and your bones healthy.

- ◆ **Regular Exercise:** Any physical activity is good! Walking, climbing stairs, carrying groceries, doing laundry, dancing and other activities like tai chi are all forms of physical activity. Try to get moving for at least 30 minutes a day. Local senior centers have many activities that can help you get moving and have fun while you are doing it! Incorporating these foods into your diet along with regular activity is a great recipe for strong, healthy bones! Consuming meals provided by the South Hadley COA can help provide the necessary vitamins and minerals for maintaining strong, healthy bones.



### The Friends of the South Hadley Elderly Boutique

will be open on  
**JULY 11, 19, 27** and  
**AUGUST 8, 16, & 24**  
from 10:00 a.m. to 1:00  
p.m. at the Senior Center. Always Restocking!!  
Please come in and shop for your Summer fashions & accessories for **BOTH Men & Women!** *The Boutique is open to the public.*

**WANTED:** If you have any donations of new and/or clean, gently used Summer apparel or accessories, we will gladly accept them in the office at the Senior Center during normal working hours (8:00 a.m.—4:30 p.m.).

## 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"/> Emergency Fund           | <input type="checkbox"/> Mothers' Garden        |
| <input type="checkbox"/> Minibus (Future Purchase)        | <input type="checkbox"/> Computer Class           | <input type="checkbox"/> "Lights On"            |
| <input type="checkbox"/> Subsidized Senior Transportation | <input type="checkbox"/> Caregivers Gift Acct.    | <input type="checkbox"/> Services Account       |
| <input type="checkbox"/> Transportation Account           | <input type="checkbox"/> Newsletter Account       | <input type="checkbox"/> Christmas Baskets      |
| <input type="checkbox"/> Wherever Needed Most             | <input type="checkbox"/> <b>New Senior Center</b> |   |

**"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.

## NEWSLETTER DONATIONS

Another fiscal year begins on July 1st for the newsletter gift account. South Hadley continues to be one of the few remaining communities where newsletters are mailed to individual homes, free of charge. It is only through the generous donations of the businesses that place ads, the support of the Executive Office of Elder Affairs, volunteer assistance and the many generous donations throughout the year that the free mailing is made possible. People who live out of town must pay \$10.00 per year to cover the mailing expenses. Patrick Labonte volunteers well over 20 hours every month to print the publication. This teamwork demonstrates that many hands working together make for efficient and economical service. Please know your donations are sincerely appreciated. Some people give many times throughout the year and your generosity is greatly appreciated.

The majority of individuals who receive the newsletter find it educational and informative. We are always open to suggestions. However, if you have no interest in the newsletter, please notify us so we can take your name off of the mailing list. The newsletter is also available on the Town of South Hadley website.

Many thanks, Leslie

## FRIENDS OF THE ELDERLY, INC.

### ICE CREAM SOCIAL



The Friends of South Hadley Elderly, Inc. will be hosting their annual ice cream social on Wednesday, July 13th at the South Hadley Senior Center at 1 p.m. Entertainment by Laurie Festa Call 538-5042 and make your reservation. Please let the receptionist know if you want strawberry, butterscotch or chocolate topping.



FORMS, ETC. AVAILABLE AT THE

SENIOR CENTER

There are many forms which we have at the Senior Center to assist you. Unless a price is stated, it is free. Many other places would charge you, so take advantage of what we have to offer.

- Homestead Protection forms are available for those 62+ and disabled persons of any age (\$500,000/person) and an individual under 62 for \$500,000 on the home. There is a \$35.00 filing fee payable to the Registry of Deeds. These protect you from losing your home due to a lawsuit. You must be the owner of the home to file a homestead.
- Health Care Proxy is available for you to choose your health care agent and treatment. There are many choices in life support; it is important that your family know your wishes.
- Cable Discount Informational letters on how to file for a cable discount are available for those 62+, heads of households receiving SSI or Medicaid, Mass. Fuel Asst. or seniors living in public housing. A \$2.00 discount is available for the Expanded Basic Tier component of service. Documents proving age, Head of Household status or Benefits (Mass. Health Card, Mass. Fuel Asst.) are also required.
- FILE OF LIFE A magnetic holder to keep on your refrigerator door with your updated emergency & medical information available to responding emergency technicians. A compact size is also available to keep with you at all times in a wallet or purse. Replacement inserts are available for both.

**VOLUNTEER OPPORTUNITIES**— We have many ways you can spend some quality time helping the Council on Aging. We need nutrition volunteers, kitchen volunteers, newsletter volunteers, data entry people, decorators, office volunteers and many other various slots you can fill if you would like to share some of your time. Call 538-5042.

**EDUCATION PROGRAMS**— our goal is to have at least one program monthly. The subject varies but we are always looking for new ideas.

**HEALTH EQUIPMENT**— is available for loan for 3 months, no charge. If possible, call 538-5042 prior to stopping by so one of the staff may have the equipment ready.

**EXERCISE PROGRAMS**— before starting any exercise programs we require everyone to sign a Liability Release Form and emergency contact information

REMEMBER TO...SWIPE IT!!!



Please remember to "SWIPE" your Myseniorcenter card at the computer station in the front entrance of the building.

EVERYONE NEEDS TO SWIPE!!

All Volunteers, members, activity participants, event participants and **Anyone eating lunch at the Center.** (pls also check-in with the lunch reservation table) If you have any questions, please see us. Our funding sources rely on this valuable information  
Thank you!!!

COA PROGRAMS & SERVICES

Many programs and services are available at the Senior Center. If you are looking for information on Volunteer opportunities or a tour of the building, please call Leslie Hennessey at 538-5042, Ext. 204 for an appointment. If you require assistance with forms, Prescription Advantage (a Massachusetts support program for Medicare Part D), applications for Brown Bag or Fuel Assistance, personalized transportation service, chores, information on the various support groups, food stamps (SNAP), home care assistance or general information about nursing homes or rehab facilities, please call and ask for Ann Andras, Ext. 206. For minibus transportation questions, call Lisa Napiorkowski at 538-5042, Ext. 203. A full list of staff is shown on Page 11. In our library we have lots of books, some large print. There is a puzzle table with two puzzles going at most times or to borrow and do at home. There are coupon boxes where we keep the many coupons that our volunteers clip, sort and file. There are magazines and local newspapers.

We collect eye glasses for the Lions Club and Campbell Soup labels (and other company products) for Plains & Mosier Schools and tabs from cans for the Shriners.

A billiards room is open from 8-4:30.

In the lower hall by the entrance door there is a "free" table that people really enjoy. If you have items that are still usable (no shoes, broken, electronic, electrical, dirty or impractical items please) bring them to the free table or come and look at what we have available.

In the spring and fall new and/or gently used items are on sale for a low price through the Friends of South Hadley Elderly, Inc. Boutique. The Boutique schedule appears on the monthly calendar.



## SO. HADLEY COUNCIL ON AGING

### Computer Learning Center

Address: So. Hadley Senior Center  
45 Dayton St., So. Hadley, MA 01075  
Telephone: (413) 533-6889

Due to declining enrollment The South Hadley Council on Aging Senior Computer Learning Center will no longer offer regular classes. We will continue tutoring as well as assistance with Microsoft Windows 10, Ipad, Iphone and laptop computers.

If you have any specific computer program topic that you would like discussed, please call us at 533-6889 to arrange a special help session. **One of our desktop computers will be available—first come—first served.** If you are interested please call the above phone number. Leave your name and telephone number. Your call will be returned.

### July 5th Movie Presentation will be "JOY"

12:45pm in the Exercise Room

A story of a family across four generations, centered on the girl who becomes the woman (Jennifer Lawrence) who founds a business dynasty and becomes a matriarch in her own right.

### FRIENDS OF SOUTH HADLEY ELDERLY, INC.

This volunteer group is the booster association of the Council on Aging. They host fund-raisers to help provide the extras. The "Friends" purchased the blue COA van which stayed in operation for 10 years. This group also purchased the Xerox copier used for printing the newsletter and the office copier and maintenance contract. In January 2016 \$5,000 was allocated for the special events held during the year. Without this donation no funding exists for providing the extras, including the morning coffee in the dining room. Please support this group by becoming a member. Dues are \$5.00 per year. Membership is open to residents and non-residents of all ages. If you are interested in learning more about the "Friends," come to their next meeting on Thursday, July 14th at 1 p.m. in the senior center dining room.



**SOUTH HADLEY FARMERS'  
MARKET IS HELD EVERY  
THURSDAY FROM 1-6 P.M. ON THE  
TOWN COMMON.**

**MEMA** advised caution during extremely hot weather. Here are some tips to follow during hot, humid weather: slow down; avoid strenuous activity; wear light-weight loose-fitting, light-colored clothing; drink plenty of water; limit intake of alcohol eat a well-balanced, light diet; stay indoors if possible, if you do not have air conditioning stay on your lowest floor, out of the sun and use fans; visit air-conditioned places; check for local 'cooling centers' and the So. Hadley Senior Center is one.

### Conquering your Salt Habit

Your need salt — sodium chloride — to survive. Your body needs sodium to transmit nerve impulses, contract muscle fibers, and, along with potassium, to balance fluid levels in all your cells.

The body is so good at holding on to this vital mineral that you need to consume only a tiny amount of it each day. Too much sodium sets off a cascade of physiological changes that can raise blood pressure. Over time, uncontrolled high blood pressure can stress the heart and blood vessels, which can lead to stroke or heart attack.

The Department of Nutrition at the Harvard School of Public Health teamed up with the Culinary Institute of America to create two dozen science-based strategies for cutting back on salt — without compromising the flavor of the foods you enjoy.

Here are five of those tips.

**Fill half your plate with fruits and vegetables.** Our bodies need more potassium than sodium. But most Americans' diets are just the opposite, which can contribute to high blood pressure.

**Embrace healthy fats and oils.**

**Stealth health.** The average person can't detect moderate changes in sodium levels, including reductions of up to as much as 25%.

**Retrain your taste buds.** We can shift our sense of taste to enjoy foods with lower levels of sodium. Try to combine a reduced-sodium version of a favorite product with a regular version in proportions that gradually favor the reduced-sodium version.

**Watch out for hidden sodium.** Fresh "and "natural" meats and poultry may be injected with salt solutions as part of their processing, and manufacturers are not required to list the sodium content on the label. Some foods that are high in sodium may not taste especially salty, such as breakfast cereals, bakery muffins, energy drinks, and sports drinks.

Harvard Health Publications. Harvard Medical School. Originally published: February 2015

**STRETCHING YOUR DOLLARS**-It is time to consider some of the many programs which may be available to you. **Brown Bag:** Would a bag of easy to cook food help to stretch your monthly budget? The Food Bank of Western Mass. distributes groceries here every month. If you are 55, eligible for fuel assistance or live in elder housing, you can receive a bag. **Prescription Advantage:** This is a Massachusetts support program for Medicare Part D. The program has many benefits, of which the most important is saving you from the donut hole. No specific enrollment period. **Housekeeping, Errands, Companion Service:** If you are in need of some assistance in these areas, call Ann who has a list of individuals who are seeking employment. All service providers must fill out an application, pass a CORI check and provide names of references.

## JUST WHAT IS TRIAD?

Also known as the S.A.L.T. Council (Seniors and Law Enforcement Together) is a group comprised of local agencies – police, fire districts, board of health, council on aging, housing authority, Northwestern District Attorney's Office, Hampshire County Sheriff's Department, and individuals interested in the safety and well-being of our residents. Originally established in the early 1990s, our mission was to help seniors. Our various programs and services now encompass the entire population. A brief description of the programs currently available:

"Are You OK?" – This is a free computerized program operated from the So. Hadley Police Dept. It is designed for older adults, disabled persons or anyone who lives alone and would like a daily phone call. This program provides a computerized daily phone call, seven days a week, to see whether you are up and about. Contact SHPD at 538-8231 for additional information.

Prevention Programs are offered throughout the year to educate community members on relevant crime prevention and safety programs. They are offered both during the and early evening; available to all. Information can be found in the Chronicle, Channel 15, and the Town Reminder.

File of Life – This is a card in a red plastic container that should be updated as necessary and kept on your refrigerator. There is a smaller version available for your wallet or glove compartment. The File of Life contains pertinent medical conditions and contact information. These can be obtained from the COA or the Police Department. Many local doctors and hospitals have them as well. There is no cost.

House Numbering – This \$7 investment will probably save your life. Both Fire Districts have personnel that will install your house number on reflective red plastic to a metal pole to be located on the tree belt. Minutes are lost if police, fire or emergency responders cannot locate your house. These can be obtained through the Council on Aging at 538-5042. Once your check is received, your address will be forwarded to the appropriate District for their action.

Emergency Medical Boxes - Available by both Fire Districts, these boxes contain a key to your house. The master key for opening these boxes are on the ambulances and fire trucks. During an emergency having a key to unlock your house will save rescuers time and, in the end, you money because you will not have to replace a broken door or window. The cost to purchase and install is \$30 and an application is available at the COA at 538-5042.

The local S.A.L.T. Council of Triad is always looking for new members. There are no dues; there are no age restrictions. At present, we meet in the Training Room at the Police Department at 9:00 a.m. on the last Tuesday of the month, September through May. Try us; you'll probably like us!

## **SOUTH HADLEY COA STAFF:**

**Director:** Leslie Hennessey

**Assistant Director:** Lisa Napiorkowski

**Social Services Coordinator:** Ann Andras

**Activity/Volunteer Coord.:** Vacant

**Food Service Coordinator:** Billy Poe

**Office Clerks:** Ola Herbert and Kathy Gallivan

**Assistant Cook:** Jim Tomlinson

**Home-Delivered Meals Coord.:** Rick Dufault

**Sub Hot Meals Coordinators:** vacant

**Minibus Driver:** Kenneth Dawley

**Substitute Minibus Drivers:** Rick Dufault

Paul Grennon

**Hot Meals Drivers:** Herb Baker

Nancy Blodgett

Maryanne Fredette

Linda Tenkate

Linda Callahan

**Sub Meals Drivers:** Sal Canata

**Sub Cook:** Herb Baker, Paul Grennon

**Office Senior Aide:** position vacant

**Nutrition Senior Aide:** position vacant

**Chores:** Rick Landry

**SHINE COUNSELOR:** Eileen Burke

**WestMass ElderCare Executive Board:** Ken Ellis

**WestMass ElderCare Advisory Council:**

Joanne Chuslo, Dorothy Martin, vacancy

**PVTA Advisory:** Marilyn Ishler

**Triad Chair:** Heidi Heisler

**Travel Club Chairperson:** David Bellefeuille

**Friends President:** Sheila Adams

**So. Hadley COA Computer Class Coordinator:**

Lillian Dunn

**Newsletter Printer:** Patrick Labonte

**AND NUMEROUS DEDICATED, LOYAL AND  
HARDWORKING VOLUNTEERS**

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

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|   |  |   |
|---|--|---|
|  <p><b>Village Eye Care</b><br/> <b>Dr. Steven A. Markow</b><br/>     Optometrist<br/> <b>413-536-6100</b><br/>     7 Hadley St., South Hadley, MA 01075</p>   |  <p><b>RYAN &amp; BOUDREAU, L.L.P.</b><br/>     129 College Street, P.O. Box 190<br/>     South Hadley, Massachusetts 01075-0190<br/>     Paul D. Boudreau, Esq.<br/>     Serving South Hadley since 1967<br/>     (413) 536-8891<br/>     Elder Law Wills and Trusts<br/>     Guardianships/Conservatorships<br/>     Probate of Estates</p> | <p>Proud to support the<br/> <b>South Hadley Council on Aging</b></p>  <p>The bank of you<br/> <b>bankesb.com   413.527.4111</b><br/>     Member FDIC Member DIF</p>   |
|  <p><b>Supporting The Council on Aging</b><br/>     33 Lamb Street South Hadley 538-4642<br/>     www.curranjones.com<br/>     T.J. O'Brien<br/>     Joe Curran<br/>     Vincent Govoni<br/>     Directors</p> | <p><b>STATE REP. JOHN W. SCIBAK</b><br/>     P. O. BOX 136, SO. HADLEY, MA<br/>     Tel: (413) 539-6566 Fax: (413) 539-5855<br/>     E-mail: Rep.Johnscibak@hou.state.ma.us</p>  |  <p><b>BEERS &amp; STORY SOUTH HADLEY FUNERAL HOME</b><br/>     •Preplanning<br/>     •Burial •Cremation<br/>     646 Newton St. South Hadley 533-4400<br/>     www.beersandstory.com<br/>     Marc G. Gaudreau<br/>     Wendy L. Story<br/>     Directors</p> |
|  <p>246 North Main St.<br/>     South Hadley, MA 01075<br/>     (413) 532-5325<br/>     www.LoomisCommunities.org</p>  |  <p><b>ACE Drain &amp; Sewer Cleaning</b><br/>     South Hadley<br/> <b>538-9930</b><br/>     Owner Ronald T. Padykula<br/>     Radio Dispatched • Sinks • Tubs • Toilets • Sewer Lines<br/>     Video Inspection of Pipes • Fully Insured • Reasonable Rates</p>   | <p><b>SOUTH HADLEY DENTAL ASSOC., INC.</b><br/>     MARJORIE S. BLOCK, D.M.D.<br/>     15 DAYTON ST., SOUTH HADLEY, MA 01075<br/>     TEL (413) 536-4455 FAX (413) 532-1757</p>   |