COUNCIL ON AGING
South Hadley Massachusetts

The sun never sets on our Activities . . .

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THE GOLDEN CHRONICLE

SEPTEMBER 2015

Chairperson: Gail Bielizna-Pafford
Social Services Coordinator:
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55+ ANNIVERSARY PARTY
WEDNESDAY
SEPTEMBER 23RD
11:30 A.M.
SO. HADLEY SENIOR CENTER
45 DAYTON STREET

ARE YOU CELEBRATING YOUR 55TH ANNIVERSARY OR MORE? IF SO, YOU ARE INVITED TO A PARTY IN YOUR HONOR. THE MENU ENTRÉE IS ROAST PORK WITH GRAVY AND THE HONOREES WILL BE GUESTS OF THE FRIENDS OF SOUTH HADLEY ELDERLY, INC. PLEASE PLAN ON ARRIVING BY 11:20 A.M. FOR ALL OTHERS THE SUGGESTED DONATION IS $2.25, UNDER 60 GUESTS $3.00 CHARGE.

IF YOU HAVE BEEN MARRIED 55 YEARS (1960 OR BEFORE) AND WOULD LIKE TO BE AMONG OUR GUESTS, CALL 538-5042 BY SEPTEMBER 11TH. IF YOU WANT YOUR FAMILY AND FRIENDS TO SIT AT YOUR TABLE, PLEASE GIVE THEIR NAMES WHEN YOU MAKE YOUR RESERVATION. TO GIVE EVERYONE A CHANCE TO ATTEND, WE ASK THAT YOU LIMIT THE NUMBER OF GUESTS TO NO MORE THAN FOUR.

IF YOU WOULD LIKE TO SHARE YOUR WEDDING PICTURES, PLEASE BRING THEM IN.

Every Weekday: Nutritious & Delicious Lunch prepared at So. Hadley Senior Center, served 11:45 a.m. - 12:15 p.m. in the 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 59 and under must pay $3.00. People 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

Wednesday, October 7: Foxwoods Casino trip, with full casino package PLUS general admission seats for the matinee performance of the **Rat Pack. Cost, $74.00. Call David Bellefeuille, 533-7724. Tuesday, November 10, Twin River Casino with full casino package. Cost, $26.00. Call Howie Walsh, 593-6286.** A player's card or Picture ID required for all casino trips. **Thursday, December 10, The Aqua Turf for a fun and lively Holiday Show featuring the world famous *Glenn Miller orchestra.*** Includes Aqua Turf's famous FAMILY STYLE DINNER MENU. **Cost, $90.00. Call Judy Fortier, 534-3598.** (currently full but taking names for a wait list). **Tuesday, January 19, 2016, Mohegan Sun Casino with full casino package. Cost, $23.00. Call Howie Walsh, 593-6286. Tuesday, February 16, 2016. Twin River Casino, with full casino package. Cost $26.00. Call Howie Walsh, 593-6286.** A player's card or Picture ID required for all casino trips. *A* $5.00 non-refundable deposit is due on all non-casino trips. *Because the South Hadley Senior Travel Club pays in advance for all trips, no cancellations will be honored less than one month prior to the trip with the exception of a Doctor's note certifying a medical emergency.*

FROM THE DIRECTOR

Here comes the fall. It is difficult to believe the summer is almost over. NCOA has designated September as **Celebrate LIFE at your Senior Center** month with "LIFE" standing for Learning, Independence, Friends and Energy.

I wish to acknowledge the 20th anniversary of Nancy Blodgett as one of the Home-Delivered Meals Drivers. Nancy started her career at the So. Hadley COA on July 1st, 1995. Congratulations to her and be sure to extend a thank you for her longevity in a position that requires working in rain, sleet, heat and snow.

PLEASE NOTE THIS IMPORTANT CHANGE: Effective Monday, August 31st snacks will be available from 9 a.m. until 11 a.m. only. The baked goods donations are slowly dwindling down. I anticipate everyone will understand. The coffee station will continue to be open from 9 a.m. until 2:30 p.m. courtesy of the "Friends". The COA can not afford to purchase the items and the amount of paper goods and staff time impact the budget. In order to keep it fair, no afternoon groups will have a "goodie" including support groups.

The picnic was a success due to the teamwork of staff and faithful volunteers and I extend my sincere thanks to everyone who helped in any way. Our thanks to the Friends of South Hadley Elderly, Inc. for the Bingo prizes. Special thanks to Hampshire County Sheriff Robert Garvey for lending us a grill and to Dave Fenton for delivering it and assisting Officer Steve Fleming and Sergeant Mike Pollender with the grilling.

There is one more vacancy on the COA Board. If you are interested the information and application are available on the Town Website.

I hope to see you in September. Joanne

4TH ANNUAL PENNY'S PRIDE MEMORY RIDE

On Saturday, September 12th a motorcycle ride in memory of Janet "Penny" Koske will be held along with a BBQ/Pig Roast. All money raised will be donated to the South Hadley Council on Aging Alzheimer's Caregivers' Support Group and the Services Gift Account. The event is held rain or shine. Registration begins at 10:30 a.m. at Ebenezer's, 60 Bridge Street, South Hadley. Ride departs at 12 noon. Party begins at 4 p.m. Tickets: $20 for rider/$10 for passengers/$10 for non-riders. Donations can be made to: Penny's Pride Memory Ride. For more information contact Sandra at (413) 575-2590 or Jeri Lyn Koske 262-2576.

Transportation is available to and from the South Hadley Senior Center and destinations in town. It is provided in part by the Executive Office of Elder Affairs, Town funding and many generous donations. In July 2015, the minivan provided 738 rides.

COMING SOON TO YOUR SENIOR CENTER! The Friends of So. Hadley Elderly are sponsoring the 4th annual HOLIDAY CRAFT FAIR on **Saturday, October 17TH** from 9 a.m. to 2 p.m. Interested vendors are invited to apply with Connie Clancy 533-1614 or conclancy@verizon.net. Space is limited, apply ASAP. Join us for holiday shopping and a nice lunch. Baked goods will be appreciated for the bake sale.

**SPECIAL THANKS TO: ST. PATRICK'S LADIES GUILD FOR THE $500 DONATION THAT WILL BE DEPOSITED INTO THE NEW SENIOR CENTER FUND.

**SENATOR STANLEY ROSENBERG AND REPRESENTATIVE JOHN SCIBAK FOR ADVOCATING FOR THE $9.00 PER SENIOR ALLOCATION IN THE FORMULA GRANT!

**SPRINGFIELD ELDER AFFAIRS FOR FUNDING THE NUTRITION SENIOR AIDE POSITION.

**BILL SCHENKER FOR THE FRESH VEGETABLES

**THERESA ROBERTS FOR THE BEAUTIFUL ROSES FROM HER GARDEN

**REPRESENTATIVE JOHN SCIBAK FOR THE 42-CUP COFFEE POT

**HELEN LEMIECH FOR THE PENCILS

**DON LEVER FOR THE 16 ROLLS OF PAPER TOWELS AND KLEENEX

**LIZ METHOT FOR THE PAPER TOWELS, LAUNDRY DETERGENT, DISH DETEGENT AND KLEENEX

**ROGER DUVAL FOR REPAIRING THE MEAT SLICER AND COFFEE MAKER

**JOAN CASAVANT FOR THE KLEENEX, DISH SOAP AND PAPER TOWELS

**ALL SAINTS EPISCOPAL CHURCH FOR THE $300 DONATION TO THE SERVICES GIFT ACCOUNT

EMERGENCY LOCK BOXES-S. Hadley S.A.L.T. Council/TRIAD, Fire District #1, and the COA have initiated a program that will provide emergency access to your property. These Emergency Medical Boxes are available for residents of F.D. #1. They are small weatherproof, tamper-proof boxes installed outside the home by emergency personnel from Dist. #1 and contain the owner's house key. In the event of an emergency, the responding ambulance or firefighter have a master key that will unlock the box to gain entry without having to damage doors and/or other entryways. If you have a key hidden elsewhere in the event of a lock-out, continue to keep that spare key as the homeowner does not have access to the Emergency Medical Box. If you live in a condo, please be sure your association allows this installation. If you rent your house or apartment, your landlord must give approval. This box is not necessary for residents of Lathrop Village, Newton Manor or Hubert Place. For more information call the COA at 538-5042 The information will be forwarded to F.D. #1 and they will contact you. Cost: $30.00, checks to S.H. S.A.L.T.

The South Hadley TRIAD/S.A.L.T. Council will meet on Tuesday, September 29th at 9 a.m. at the South Hadley Police Station. New members are welcome.

Outreach News

by Ann M. Andras
Social Service Coordinator

Service Grants

Are you aware that the Council on Aging has two service grants to assist low income eligible seniors with medical transportation and snow removal? Let me tell you a little about each one.

The Companion/Escort Program is designed to provide elders who can no longer drive, and have little or no family support in the area, receive transportation to and from their medical appointments. The COA hires drivers that use their own vehicle to bring seniors to medical appointments in Chicopee, Springfield, Holyoke and Northampton. The drivers are paid an hourly rate and mileage for their service. There is no charge for the passenger. The use of the COA minibus is encouraged for appointments within South Hadley.

The Chores/Snow Removal Program provides snow plowing to low income elders who live in their own home, and again have no family support in the area. The COA employs a contractor to plow your driveway and clear one walkway in the event of a snow storm that accumulates 2 inches or more of snow. Again, there is no charge for this service. Donations to either program are appreciated and help to strengthen the program.

Seniors who are interested in either service should contact Ann at 538-5042 extension 206 for more information and to apply for assistance.

Ann

Just a thought... "Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom." Marcel Proust

The South Hadley Council on Aging and Holyoke VNA ~ Hospice Life Care will once again offer a support group, at the Senior Center, for those who have experienced the death of someone close.

The group will be facilitated by Bereavement Counselor Cary Quigley M. Ed. and will begin on Thursday, September 17th, from 2:00 p.m. to 4:00 p.m. and continue for 8 weeks.

Ms. Quigley will lead the group through:

- *Conversations examining common responses to grief such as confusion, loss of concentration, fatigue, irritability, fear or relief.*
- *Discussions about handling new and unfamiliar responsibilities; such as maintaining a home, handling the family finances, caring for a family member, or learning to shop for one.*
- *Sharing stories with others in similar circumstances.*

Please call Ms. Quigley at 413-887-5552 for further information or to sign up.

Grief is not an experience we can wish away by deciding to move on. Grief has its own timeline; it can show up in many ways, and can leave us unsure of our next steps.

Fuel Assistance 2015/2016

The fuel assistance season will begin on **November 1, 2015**. No NEW applications will be completed before that date. Any senior who has received their re-certification paperwork from Community Action and would like assistance, please call Ann at 538-5042 extension 206. An appointment is required for help with Fuel Assistance. I will provide additional details as they become available.

Christopher Heights of Northampton presentation for South Hadley Seniors

New Assisted Living Residence in Northampton, MA to open this Fall

Representatives from Christopher Heights of Northampton will be giving a presentation at the South Hadley Council on Aging on Wednesday, September 23rd at 10: 00 a.m. Christopher Heights Assisted Living Residence will be the newest member of Village Hill, a 126 acre master planned mix use community located in Northampton. Christopher Heights of Northampton will have 83 assisted living units, of which 43 are designated for low-income seniors. Christopher Heights offers programs of financial assistance which enable residents to remain in their apartments once their personal savings are depleted. Please join us here at the Senior Center to learn more about this new affordable concept in senior living. Please call 538-5042 to register for this program.

Brown Bag Volunteer Help Needed!

I am in need of a volunteer driver to deliver a few Brown Bags to South Hadley seniors in need. Can you spare 1 to 1.5 hours once a month? Brown Bag is always the 3rd Tuesday of each month at 10:00 a.m. The bags are assembled by other volunteers and the driver would need to use their own vehicle. Have you been waiting for the perfect opportunity to volunteer? WE NEED YOU! Please contact Ann at 538-5042 extension 206 for additional information.

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.
SEPTEMBER MENU

1) STUFFED PEPPER W/SAUCE, Mashed Potatoes, Carrots, Wheat Bread, Tropical Fruit or Diet Tropical Fruit.
2) ROASTED CHICKEN W/GRAVY: Potato, Peas & Mushrooms, Multi Grain Roll, Cranberry Sauce, Peaches or Diet Peaches.
3) KIELBASA, Lazy Pierogi, Mixed Vegetables, Rye Bread, Pineapple or Diet Pineapple.
4) BROILED POLLOCK LOINS: Scalloped Potatoes, Spinach, Whole Grain Bread, Cookies or Diet Cookies.
7) **CENTER IS CLOSED - LABOR DAY HOLIDAY**
8) **BIRTHDAY/ANNIVERSARY—ROASTED TURKEY W/GRAVY,** Mashed Potatoes, Ratatouille, Cranberry Sauce, Multi Grain Bread, Cake or Diet Cake.
9) BBQ CHICKEN, Roasted Potatoes, Spinach, Rye Bread, Jell-O or Diet Jell-O.
10) COLD PLATE: TURKEY SALAD, Pasta Salad, Three Bean Salad, Whole Grain Roll, Juice, Apricots or Diet Apricots.
11) POTATO CRUSTED POLLOCK, Rice Pilaf, Creamed Corn, Cornbread, Tropical Fruit or Diet Tropical Fruit.
14) HAM W/PINEAPPLE SAUCE, Sweet Potatoes, Romano Blend Vegetables, Rye Bread, Orange.
15) CHICKEN A LA KING, Brown Rice, Multi Grain Roll, Oriental Mixed Vegetables, Pudding or Diet Pudding.
16) VEAL PATTY W/GRAVY, Mashed Potatoes, Wax Beans & Tomatoes, Biscuit, Pears or Diet Pears.
17) BEEF STROGANOFF, Noodles, Peas, Whole Grain Bread, Pineapple or Diet Pineapple.
18) BREADED CATFISH, Rice Pilaf, Winter Blend Vegetables, Whole Wheat Bread, Fruit Crisp or Diet Fruit Crisp.
21) BROCCOLI QUICHE, Potato Puffs, Green Beans, Whole Grain Bread, Mandarin Oranges or Diet Mandarin Oranges.
22) COLD PLATE: EGG SALAD, Pasta Salad, Pickled Beets, Multi Grain Roll, Pineapple or Diet Pineapple.
23) **55+ WEDDING ANNIVERSARIES—ROASTED PORK W/ GRAVY,** Mashed Potato, Mixed Vegetables, Multi Grain Bread, Cake or Diet Cake.
24) SALISBURY STEAKS W/GRAVY, Egg Noodles, Winter Blend Vegetables, Whole Grain Bread, Cookies or Diet Cookies.
25) BREADED POLLOCK, Mashed Potatoes, Rye Bread, Zucchini Blend, Tropical Fruit or Diet Tropical Fruit.
28) BAKED CHICKEN W/GRAVY, Baked Potato, Green Beens, Cranberry Sauce, Whole Wheat Bread, Peaches or Diet Peaches.
29) AMERICAN CHOP SUEY, Broccoli Florets, Cornbread, Pudding or Diet Pudding.
30) COLD PLATE: TUNA SALAD, Potato Salad, Carrot & Raisin Salad, Multi Grain Bread, Mixed Fruit or Diet Mixed Fruit.

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

Importance of Vitamin B12 in Older Adults

Christy Maxwell, MS, RDN, LDN
WestMass ElderCare Nutritionist

Vitamin B12 is an essential nutrient, but it's of particular importance as we age. B12, along with folate, is required for regulating homocysteine levels. High homocysteine levels are associated with B12/folate deficiency and can put one at a greater risk of heart disease. B12 is also crucial in the formation of healthy red blood cells and maintenance of the central nervous system. In addition, research has reported an association between low vitamin B12 levels and a higher risk of depression, faster cognitive decline and risk of dementia, including Alzheimer's disease. Symptoms of B12 deficiency may include anemia (megaloblastic), neurological symptoms such as numbness or tingling in the hands or feet, difficulty walking, memory loss, disorientation, mood changes, and/or dementia.

The Recommended Dietary Allowance (RDA) for vitamin B12 for adults 51 years and older is set at 2.4 micrograms (mcg). Although this is a very small amount, research has shown that 1 in 31 adults over age 51 are deficient in B12, and that risk increases with age. Since vitamin B12 is only found in animal products, our garden salads and fresh fruits that contain many important nutrients are completely void of B12. It is actually recommended that older adults take a vitamin B12 supplement or consume foods that are fortified with B12. Shellfish is particularly rich source. A three ounce serving of clams contains 84.1 mcg (35 times the RDA), while 3 ounces of beef has 6.9 mcg, and a 3 ounce portion of chicken contains 0.3 mcg.

So why is B12 of particular importance for older adults? Deficiency of vitamin B12 is primarily due to malabsorptive disorders, which are much more prevalent in the aging population. Conditions such as *atrophic gastritis* and *achlorhydria* are common causes of malabsorption and said to affect approximately 30% of adults over age 60. Other factors that impair B12 absorption include medications such as metformin, cholestyramine, PPIs (Prilosec), H2 antagonists (Pepcid), and colchicine for gout, as well as poor dentition.

Supplemental vitamin B12 is available orally (sublingual), as well as via intramuscular injection. Oral supplements are often given in very high doses (500 – 3000 mcg) in order to overcome absorption barriers. Taking a daily supplement of 1000 mcg is equivalent to receiving a monthly injection in its ability to correct deficiency and restore an adequate B12 status. Unfortunately, the severe neurological symptoms that occur with prolonged B12 deficiency are irreversible. Hence, it is crucial for older adults to be sure they are getting enough in the diet via fortified foods or by supplementation or injection. High doses of B12 are non-toxic and no adverse effects have ever been reported. Be sure to speak with your healthcare practitioner if you have any concerns or questions.

IN MEMORIAM

IN MEMORY OF:	FROM:
NEW SENIOR CENTER FUND:	
CAROL E. CRAIG, M.D.	Bonnie A. Catto
ROBERT M. BERTRAM	Dorothea & Jack Berry
FREDERICK BACH	Jim Procon
ROSEMARY FLEMING	Donna Perreault Pierre Van Belle
LIONEL BRINDAMOUR	Theresa Brindamour
EMERGENCY FUND:	
ROBERT M. BERTRAM	Marlene Perkins
NEWSLETTER:	
ROBERT M. BERTRAM	Lynn Bertram
ALBERT J. CARRIER	Janet C. Brunelle
SUSAN LEVER	Donald Lever
MAURICE ROBICHAUD	Mary Januszkiewicz
MOTHER'S GARDEN:	
VIRGINA (GINNEY) RUSSELL	Bob & Bev Henneman
MAURICE ROBICHAUD	Theresa & Bill Boisjolie

IN MEMORIAM

IN MEMORY OF:	FROM:
CAREGIVERS GIFT FUND:	
KATHRYN G. BARRY	Mitchell & Deidre Torff The Morrissey Family Geraldine D. Bennett (Eileen's) Friends at Mass Mutual Ralph & Louise Whitelock Diane & Joe Parda Maxie & Jimmy Strother Maura & Jim Kozik Judy & Jerry Barry Brian Kennedy & Sharon Kennedy Timothy & Susanna Barry
ROBERTA "BOBBY" STATHIS	Kathy Gallivan
SUBSIDIZED SENIOR TRANSPORTATION:	
RALPH	David Perwak
MINIBUS MAINTENANCE ACCT.:	
RENE CASAVANT	Karen A. Casavant
LIONEL BRINDAMOUR	Theresa Brindamour
CHRISTMAS BASKET:	
ALL VETERANS	Jeffrey & Valerie Franz

SHINE Open Enrollment
Fall 2015 for 2016

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2016: *it is important to* ***review, understand and save*** *this information!* During **Medicare Open Enrollment, from October 15th to December 7th**, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. Learn more about how SHINE can help *you*: call our senior center **now at (413) 538-5042!**

With Our Sincere Gratitude!

The South Hadley COA is very thankful for receiving a very generous donation of $1,000 toward a **New Senior Center**

In Loving Memory of

Rosemary Fleming

On behalf of the New England Carpenters Labor Management Program

 2015	**1 STUFFED PEPPERS W/SAUCE** **11-3 SHINE (by appt.)** **12:45 Monthly Movie-EX** 1 Bingo-CR 1 Needlecraft-CE	**2 ROASTED CHICKEN /GRAVY** 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 51 Mah Jongg-CE 1 Pitch-CR	**3 KIELBASA & LAZY PIEROGI** **10 Alzheimer's Support-C2** 11 Travel Club-C1 1 Chip poker—B **1 Golden Agers Resumes-CR** 1 Quilting-CE 1 Scrabble-L	**4 BROILED 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
7 **LABOR DAY HOLIDAY CENTER IS CLOSED** 	**8 BIRTHDAY/ANNIVERSARY ROASTED TURKEY/GRAVY** **10 Beginning Exercise Resumes EX** 1 Bingo-CR 1 Needlecraft-CE	**9 BBQ CHICKEN** 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX **1 Choralites Resumes—DR** 1 Mah Jongg-CE 1 Pitch-CR	**10 COLD TURKEY /PASTA SALAD PLATE** **10 Beginning Exercise-EX** 10 Travel Club-C1 **10 Veteran's Group Resumes** **12:30-2pm Blood Pressure Screening w/Nurse-C2** 1 Chip poker—B/ **1 Golden Agers - CR** 1 Quilting_ CE/1 Scrabble—L	**11 POTATO CRUSTED POLLOCK** 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Bridge-CE 1 Canasta-DR 1 Cribbage-CR 1 Knitting-L
14 HAM/PINEAPPLE SAUCE **9:30 Foot nurse (by appt.)** 10 Music Appreciation—CE 10 Tai Chi-EX 1 Pinochle-DR 1 Canasta-DR 1 Mah Jongg-CR **4 COA board meeting -C2**	**15 CHICKEN A LA KING** **10 Beginning Exercise-EX** **10-11 Brown Bag-CE** **10 Lo-Vision Support-C2** 1 Bingo-CR 1 Needlecraft-CE	**16 VEAL PATTY W/ GRAVY** 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise—EX **1 Choralites —DR** Mah Jongg -CE 1 Pitch—CE	**17 BEEF STROGANOFF NOODLES** 10 Beginning Exercise-EX 10 Travel Club-C1 1 Chip Poker—B,/ **1 Golden Agers-CR** 1 Quilting-CE,/ Scrabble-L **2-4 Bereavement Support Group (1st meeting) - C2**	**18 BREADED CATFISH** 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
21 BROCCOLI QUICHE **9-2 Big E Trip** **(Reservations needed)** 10 Music Appreciation—CE 10 Tai Chi-EX 1 Pinochle-DR 1 Canasta-DR 1 Mah Jongg-CR	**22 COLD EGG /PASTA SALAD PLATE** **9 Newsletter Collating-CE** **10 Beginning Exercise-EX** **11 -3 SHINE (by appt.)** 1 Bingo-CR 1 Needlecraft-CE	**23 ROAST PORK** **55+ ANNIVERSARY CELBRATION** 9:30 Grocery Shopping **10 Christopher Heights—Information Program On Assisted Living** 10 Travel Club-C1 **No Osteoporosis Exercise** **1:30 Choralites —DR** 1 Mah Jongg-CE 1 Pitch-CR	**24 SALISBURY STEAKS / GRAVY** **RSVP Volunteer Appreciation/Log Cabin** 10 **Beginning Exercise—EX** 10 Travel Club-C1 1 Chip Poker _B 1 Golden Agers-CR 1 Quilting-CE/1 Scrabble-L **2-4 Bereavement Support Group - C2**	**25 BREADED POLLOCK** 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Bridge-CE 1 Canasta-DR 1 Cribbage-CR 1 Knitting-L
28 BAKED CHICKEN W/ GRAVY **9:30 Foot nurse (by appt.)** 10 Music Appreciation—CE 10 Tai Chi-EX 1 Pinochle-DR 1 Canasta-DR 1 Mah Jongg-CR	**29 AMERICAN CHOP SUEY** **910 Beginning Exercise-EX** 1 Bingo-CR 1 Needlecraft-CE **FRIENDS BOUTIQUE CLOTHES DROP OFF 10AM—12PM Mon. 21 - FRI 25h**	**30 COLD TUNA/POTATO SALAD PLATE** 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX **1 Choralites-DR** 1 Mah Jongg-CE 1 Pitch-CR	**IN TOWN TRANSPORTATION IS AVAILABLE MONDAY-FRIDAY 9-3 BY APPOINTMENT ONLY** 	**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**

DOREEN'S INFO

Ok, someone tell me where did the summer go? I find it hard to believe it is September. With this season we still have a taste of summer and then get to enjoy the leaves changing into a perfect New England postcard.

Our Ice Cream Social in July was so much fun. Many thanks to the South Hadley Friends of the Elderly, Inc. for sponsoring this event. As always our Annual Picnic held last month was well attended and it was so much fun. Playing Bingo brought not only a good time but much laughter.

The activities who took a summer break will be retuning this month. Those activities are:

September 3 – Golden Agers meeting resumes
September 8 – Beginning Exercise returns – **All exercise programs require current physician approval forms as well as completed emergency contact forms.**
September 9– Choralites resumes
September 10 – Veteran's group resumes.

Special happening this month is:
September 7 – Center is closed – Labor Day
September 8 – Birthday & Anniversary Luncheon – reservations are needed
September 17 – Bereavement Support Group (8 weeks session)
September 21 – Big E trip (9-2) – reservations needed
September 23– 55+ Anniversary Luncheon – reservations are needed.
September 24 – RSVP Volunteer Appreciation Lunch @ Log cabin

PLEASE MAKE NOTE – Starting on Tuesday, September 1st the Coffee Station hours will be 9am – 2:30pm. Morning snacks will be provided between 9am & 11am. There will be no afternoon snacks. Coffee & hot water will be offered from 9am – 2:30pm.

As the warm summer breeze fades away and the crisp autumn air is around us, this is a good time to come and visit our center. We have many actives taking place daily. If you have not visited our Council on Aging, please call me to schedule a tour.

I am in need of volunteers to help in our Nutrition Program. Also I am in need of volunteers on the second Wednesday of each month. Please call me if you are interested in volunteering. My contact information is 538-5042, ext 205. I would like to welcome our newest volunteers Carolyn Kuras and Donald Lever and Wendy Williams. In July our volunteers logged 898 hours. Many thanks to our volunteers. Doreen

SO. HADLEY COUNCIL ON AGING

Computer Learning Center

at the South Hadley Senior Ctr.

45 Dayton St., So. Hadley, MA 01075

Telephone: (413) 533-6889

At the Computer Learning Center, we have received many favorable comments about the courses we offer. A recent student said that he was thrilled with what he had learned at the classes that he attended. A couple said that our Center has "the best teaching methods." So, if you are interested in learning new skills or refreshing your skills, come and join us. We will be attempting to schedule the following classes: Excel 8.1 and Introduction to Computers. IPAD class to be given in October. , Individual tutoring is also available. Please call (413)533-6889 and leave your name, your telephone number and the best time to call you stating the course that interests you. We will call you with the details as soon as possible.

FALL/WINTER FRIENDS BOUTIQUE

Volunteers from the Friends of the So. Hadley Elderly are rested and recouped after a few weeks off and we are ready to start another Boutique season. Because of the wonderful donations of fabulous spring and summer clothing and our many customers, the Friends group was able to make a "fair bit o' change" at this, our latest fund-raiser. Now, let's fast forward. Though most of us are not looking forward to it, fall and winter are around the corner. The last week of September, the 28th through October 2, volunteers will be at the Senior Center between 10:00 a.m. thru 12:00 p.m. to accept your donations of men and women's fall and winter articles. Your generosity cannot be stated enough, but again, we ask that they be new and/or CLEAN, gently-used items. We don't sew on buttons, rehem slacks, or clean the grease marks. As we said last season – if we wouldn't buy it, we won't sell it. Later issues of the Chronicle will list the schedules for that particular month.

A new session of the Diabetic Support Group begins on Wednesday, October 14th at 1:00 in the large conference room. This group is open to the general public and residents of neighboring communities. You are encouraged to call 538-5042 to register, but pre-registration is not mandatory.

New session of the Alzheimer's and related illnesses Caregivers Support Group will begin on Thursday, October 1st at 10 a.m. For more information, please call Joanne Trybus at 538-5042, Ext. 204, Ann Andras at 538-5042, Ext. 206 or Jessica Scahill, Director of Elder Services in Granby at 467-3239.

South Hadley Council On Aging
45 Dayton Street
South Hadley, MA 01075
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