

Hadley Senior Community Center Newsletter

April/May 2016

Sponsored by the EOE and Friends of Hadley COA

Happy Spring!

Hard to believe some plows have already taken to the fields, but we're here. Time for longer daylight hours, getting outdoors and reconnecting with neighbors. We have ample opportunities to reconnect, find out the latest news, or just come and visit, such as:

First Fridays with Friends from 2-3pm at the Center. Starting April 1, and every first Friday for the months following, we'll put the coffee pot on, have some fresh baked cookies and conversation available for folks to take a break and reconnect. Nothing to sign up for, no cost, just a coffee hour with friends- Come on over.

Senior Vision Planning Forum II: Thursday April 28 at 1pm. Remember back in July 2014, we held a senior open forum where we brainstormed and discussed what kinds of things you wanted to see in your Center? Well, it's time to revisit those things again. We'll talk about updates and programs, what's working and what's not, and the new Senior Center committees and their work. Together we will try to envision next steps to work towards the kind of Center that engages your interests and supports your well-being into the future. It's time. Let's talk about it.

May means Elder Law Education and Older American's Month. We will be having a legal presentation in the second half of May. Please look in the Gazette or call the Center in early May for the date.

Hadley Senior Community Center

46 Middle St, Hadley, MA 01035

Office: 413-586-4023, or coa@hadleyma.org

Hours: Monday through Friday 9am-4pm

Meals on Wheels 584-6784

Highland Valley Elder Service 586-2000

Thank you for your Thoughtfulness.

To the following groups and individuals:
Wednesday morning yoga pinch-hitters!
Barbara Brown, Kellan, Laura Norcutt, The Ladybugs, and the decoration committee's outstanding job!

I also want to give a shout out to Hadley's **Rep. John Scibak**, who makes the time for **Office Hours at our COA**, as often as possible on **the first Friday of the month at 11:30am**, and is happy to get calls from constituents in between visits at 413-539-6566.

Open House Tuesday May 3, 1-4pm

This is the opportunity to come look around, see for yourself the programs that are offered, talk to others, and visit with the Friends of Hadley COA who will be on hand to let you know about their first year as a non-profit on *Valley Gives Day*.

A note to Caretakers also known as wives, husbands, adult children, parents, relatives and family friends: **Powerful Tools for Caregivers Is a 6 week series for caretakers offered Tuesdays April 5 – May 10, 10am to noon.** Held at Highland Valley Elder Services, Florence. Class size is limited.

To register call GERALYN RODGERS 588-5733
No cost for program and materials.

What I really like about this program is that you not only learn effective ways to take care of yourself, but talk about practical issues too, such as making tough decisions, setting goals and problem solving. ~Suzanne

If you can't commit to a 6 week program, **Highland Valley** will be at our Center on **Tuesday April 26, 1pm** to talk about **resources for Caregivers** and what's available.

Be sure to visit the local businesses featured throughout the newsletter and thank them for supporting Hadley Seniors!



The Handy Man Hank Co.
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| State Rep. John Scibak | Valley Veterinary Hospital | | |
| Barbara Demerski, Realtor | Helen Blatz, Financial Advisor, Edward Jones. | | |

Health, Wellness and Safety

Exercise Classes

Don't know if a class is right for you? Try 1 class free to find out. Just let us know you're here.

Monday: 10:30 Dancercise with Lynne Nicole Smith \$6 per class, 1:30 Tai Chi with Bai Ling Li

Tuesday/Thursday: 9:30 Healthy Bones and Balance: with Betty Faulkner and friends.

Wed: 9:15 Yoga Stretch, Flex and Breath, with Ed Golding & friends. Free. 1:45-2:45 Healthy Bones & Balance with Georgia & Elaine, free. 3pm Fun & Fit, with Sidra Ellison, \$3 per class.

Friday: 10:30 Yoga/Pilates Mat-work with Sidra Ellison, \$3 per class through May.

Exercise Equipment: The room is open Monday through Friday 9am-4pm, for those 55+. Signed consent must be on file, orientation is mandatory. Recumbent bike, Nu-Step, treadmills available.

Cleaning of Hearing Aids/Hearing Screenings with Deborah Reed of Ascent Audiology on the 3rd Tues. every other month from 10-11am here at the Senior Community Center- Next Clinic **April 19**. Free, walk-in clinic.

Community Health Nurse Open Office Hours: Wednesdays from 8am-noon on the main floor of the Senior Community Center. 586-2513. Sharps accepted in approved containers only. Many medical devices available for loan. Call us or nurse for more information.

Foot Care Clinics: Offered by Diane Roeder, RN every other month. Cost: \$30 for clinic visit or \$50 for a home visit. Next clinic date is **April 19**. Call 586-4023 to schedule an appointment.

Prescription Drug Costs too High? You may be eligible to apply for **Extra Help** in meeting prescription drug costs. Benefits for 2016 include drug co-pays as low as \$2.95 for generics and \$7.40 for brand name drugs. An **Extra Help** application can be completed anytime during the year. Jayne Sullivan, our SHINE Counselor can help apply, and to answer your health insurance questions. Call 586-4023 to schedule an appointment.



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Cancer: Thriving and Surviving

FREE 6 week series for cancer survivors
Wednesdays April 13, 20, 27 and Fridays May 6 and 11, at Valley Medical Group, Amherst.
This program is sponsored by Highland Valley Elder Services. To register contact Nancy Maynard at 588-5754 or nmaynard@highlandvalleyelder.org

Chiropractic Care:

Is it for you and how does it work? Tuesday May 17 at 10:45. **Daniel Shaver, D.C.** Certified Chiropractic Sports Physician, will be giving an informative and interactive presentation.

At Home Counseling: Jon Steinberg, LICSW, provides in-home counseling and psychotherapy, specializing in homebound elders. Insurance accepted. For more information call Jon at 413-210-5713 or JONS629@comcast.net

A Veteran's Service Agent, is here on Wednesdays from 10-noon, or you may call 413-587-1299. **Honor Flight** is accepting applications from WWII and Korean Vets. Call 603-518-5368 for more info.

Helpful Resources and New Services

NEW Benefits Application Assistance Service
Coming soon to the Hadley COA.

Hadley will be one of the satellite sites hosting a Counselor once weekly in conjunction with Highland Valley Elder Services. Counselors help consumers fully and accurately complete many types of forms and applications required for programs such as:

- Utility discounts for seniors,
- increasing SNAP benefits using the Senior Medical Deduction,
- Fuel Assistance,
- Home weatherization programs that cut energy use,
- Appliance replacement with more efficient models, and more.

This free and confidential service is managed by the MA Assoc. of COA's and HVES, and funded under a grant from the MA Executive Office of Elder Affairs. We expect the program to be in-house within 2-3 months. Please call for more information.

New One-on-one Computer Tutorials: Steve Eagle is a new-to-us volunteer from RSVP that would like to offer free one on one computer tutorials at our Community Center. If you are interested, please call the office. 586-4023

Traveling Hairdresser: Candee Wong of Celebrity Beauty salon is now making house-calls to seniors. Shampoo and cut, wash and style, and more. Contact Candee for pricing and scheduling. 413-256-1899.

Fuel Assistance: You can still apply for assistance until April 30th. You might qualify for a retroactive payment. Call our COA office and speak with Elsie Waskiewicz, our outreach person, at 586-4023.



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Transportation

COA Van Service on Tuesdays-What a Deal!
Take the Van to the Center, the bank, medical appointments or to pick up prescriptions. Call 586-4023, *at least* 2 days in advance. \$2 each way. HVES or Mass Health seniors ride free. Service area is Hadley, Hatfield, Amherst, Northampton and Florence.

Thursday Shopping Van

Pick up at your home or apartment for groceries and staples at local shopping centers. Call 586-4023 by Tuesday to schedule.

PVTA

Offers para-transit van service to elderly and disabled residents. To schedule a trip within 7 days, call toll-free **1-866-277-7741**. PVTA van tickets are available for purchase at the Council office. A book of (20) \$2.50 one-way van tickets cost \$47.50



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LEGAL

For Legal Assistance at low or possibly no-Cost, for those that are eligible, you can contact the following resources in our area:

Hampshire Elder Law Program (HELP) at (413) 586-8729. They will try to match you with an attorney specific to your issue, possibly at no cost to you. They can help with Divorce, Guardianship, Healthcare Proxies, Powers of Attorney, Probate of Estate, Wills, and more.

Community Legal Aid also specializes with helping elders in the most economic need for assistance with SSI or SS benefit denials, evictions, shut-off notices, and gaining access to healthcare, abuse, or other issues. **1-800-639-1309**

Hadley Council on Aging
Senior Community Center at Hooker School
46 Middle Street
Hadley, MA 01035

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THE COUNCIL ON AGING OFFICE & SENIOR CENTER
IS OPEN MONDAY-FRIDAY FROM 9:00 A.M.-4:00 P.M.
586-4023 or coa@hadleyma.org

COUNCIL ON AGING STAFF MEMBERS

Senior Services Director: Suzanne Travisano
Community Outreach Coordinator: Elsie Waskiewicz
Clerical Assistant: Leslie Elliott
Van Drivers: Jane Nevinsmith, Dick Fydenkevez,
Gladys Nicholson

MEMBERS OF THE COUNCIL ON AGING:

Glenn Clark, Chair
David Storey, Vice Chair
Elizabeth Faulkner, Treasurer
Margie Townsend, Secretary
Elsie Andrews and Marguerite Wilson
Board Meetings are 2nd Tuesday of month at 10:30am
HVES BOARD REP: Glenn Clark

Congregate Meals, sponsored by Highland Valley Elder
Services for those ages 60+, are held every day at 11:45am, for
a suggested voluntary donation of \$2. You must call 586-4023,
at least 2 days in advance, to sign up for meals.

Central Hampshire Veterans Services	587-1299
Highland Valley Elder Services	586-2000
Hampshire Elder Law Program (H.E.L.P.)—civil legal services at no cost to low income elders	586-8729
Social Security (www.socialsecurity.gov)	1-800-772-1213
Social Security (Holyoke Office)	1-877-480-4989
Medicare (www.medicare.gov)	1-800-633-4227
Medicare Beneficiary Hotline	1-800-252-5533
MA Med Line	1-866-633-1617
Elder Abuse Hotline	1-800-922-2275
Hadley Fire Department	584-0874
(Carbon monoxide alarm & smoke detector assistance)	
Community Health Nurse, Marge Bernard, R.N.	586-2513
Hadley Housing Authority at Golden Court:	584-3868

STATE SENATOR STAN ROSENBERG may be reached at
the State House, Boston, MA 02133 (617-722-1532) or at his
district office at 1 Prince Street, Northampton (587-6365).

STATE REPRESENTATIVE JOHN SCIBAK
413-539-6566, by mail to P.O. Box 136, So. Hadley, MA
01075, or by e-mail to Rep.johnscibak@hou.state.ma.us.
TRIAD/SALT Meetings held 2nd Thur. at 9:30. No Feb. meet

COMMUNITY CORNER

Town Meeting Transportation Available: FREE

The Senior Community Center would like to address the growing number of seniors that no longer drive at night, but still want an active voice in their community. Call us. We will find a carpool near you or use the van. Drivers, Please call the Center if you can offer a ride to another, and we will pair you with those that live nearby and have asked for transportation. For those that might need a bit more assistance or the chair lift, we will gladly bring you in the senior van.

Call the office at 586-4023 to be put on the list for a ride, or to offer a ride, to attend the Thurs. May 5 Town Meeting at 7pm.

Hopkins Academy Memorial Park needs help completing the sidewalk on Academy Lane. Your support goes to the Edwards Hopkins Educational Foundation. Engraved Bricks can be purchased by contacting Judy Pelis at 413-537-9779.

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Friends of Hadley COA



Looking to sell the family jewels?

The Friends of the Hadley COA are sponsoring a fun, profitable event for all. They have arranged with *The Family Jewels* of Northampton to come to the center on **Friday, April 15, from 3 – 6PM**. At that time, if you have any jewelry, gold, silver or coins that you want to sell, bring them to the center. There is no cost to sell your items. If you would like to make an appointment for a certain time, please call the council office.

FIRST FRIDAY WITH FRIENDS: April 1st, May 6th and June 3rd from 2 – 3pm, come down to the center and have coffee, cookies & conversation. Bring a friend. It's free and a chance to see those friends you haven't seen all winter.



Tuesday May 3rd, 1-4PM

OPEN HOUSE & VALLEY GIVES DAY –

Join us for a tour, ask questions, give feedback and enjoy some refreshments as we throw open the doors to show you what we do!

May 3rd is the annual, one day fundraising event held in the Pioneer Valley for non-profit organizations. The **Community Foundation of Western Mass. started this one day of giving on-line**, to provide grants and scholarships to organizations in Franklin, Hampshire, and Hampden Counties. **The Friends of Hadley Council on Aging** have joined up to be one of the non-profits that folks can **donate to on May 3rd**, by going on-line to valleygivesday.org. Please encourage your family, friends and children, even if they are not local, to make a donation in your name to the Friends of the Hadley Council on Aging. In the age of social media, we can easily let others know of the good work we do, and help promote more giving.

Trip Calendar

April/May 2016 Trips fill quickly. Payment is due when making your reservation.

For Hadley seniors that do not drive: whenever possible, we will pick you up at your home or apartment. No reason not to go on a trip!

Day Trips

Friday April 8: **American Clock and Watch Museum**, Bristol, CT. \$20, lunch on your own. Depart 8:15.

Wed. April 13: Lunch trip to **Greenfield Country Club (Terrazza)**. \$8 transportation, lunch cost on your own. Depart 11am

Friday April 22: Lunch at the Docks. \$5 transportation. Depart 11:15

Mon. April 25: Shopping at Lee Outlets. \$15 transportation, lunch on own. Departs 9:15am

Wed. April 27: 'Wolf to Woof' Exhibit showcasing the evolution of the domestic canine, at the Springfield Science Museum. \$20 admission and transportation, lunch on your own. Depart at 9:30am

Sat. May 14, "Breaking up is hard to do" matinee at the Majestic Theatre in W. Springfield. \$35 ticket and transportation. Limited to 9 people. Reservations no later than 4/25. Depart at 1pm

Wed. May 18: Lunch at Old Mill Restaurant, Westminster. \$10 transportation, lunch on your own. Depart 10:30am

Mon. May 23: Hancock Shaker Village. Historic village, museum, gallery and farm. \$30 transportation and admission. Depart 9am.

Fri. May 27: **Lunch at Olive Garden**. \$7 transportation. Depart 11:15am.

Wed. June 8: Trip to visit **The Mount: Edith Warton's Lenox home and gardens**. \$30 transportation and admission. Depart 10am.

Thursday July 21: **Million Dollar Quartet: Westchester Broadway Theatre**, \$119. Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins got together one night and made history with their music. Motor Coach. Reservations first come basis. Call Jane 586-3772

Mon. July 25: Take a motor coach to a Schooner Sail in Gloucester Harbor, Lobsta Land for lunch, 2 hour sail, and stop at Kimball's for ice cream on the way home. Lunch and ice cream cost on your own. \$85. Don't wait, this trip fills quickly.

Upcoming:

Saturday Night Fever: Westchester Broadway Theatre. Nov. 3. \$119

NYC Radio City Music Hall: Christmas Spectacular with the Rockettes, and time in the city. Grandchildren welcome. Sun. Nov. 20. \$145.
Contact: Jane, 586-3772



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Overnight Motor Coach Tours

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Nova Scotia and Bay of Fundy; Oct. 2nd - 9th (8-days/7-nights), \$1,469 pp/dbl; \$1,869 single
Includes Prince Edward Island, Anne of Green Gables, Digby Ferry to St John, New Brunswick, Peggy's Cove, Halifax City Tour (the Citadel, Public Gardens, and Fairview Lawn Cemetery), Hopewell Rocks, Campobello, and CASINO Nova Scotia. 7 breakfasts; 7 dinners. **NOTE: You will need a passport to travel in Canada.** If you are a Triple AAA member, you can get passport photos free. **Contact: Gladys, 658-7773**

Christmas in the White Mountains* - Indian Head Resort, Lincoln, NH: Dec. 5-7 (3-days/2-N)
Beer & Wine receptions both evenings. A Culinary Demonstration. Entertainment both nights. Christmas party and gift from Santa. 5 meals: 2 breakfast, 1 lunch, plus 2 dinners from an open menu. Sightseeing: Franconia Notch Tour including a Wild Life Presentation at the Rock's Estate. Visit to North Conway and the Weather Discovery Center. Shopping at The Christmas Loft – “a magical store that brings back fond Christmas memories ... specializing in holiday decorative accessories and collectibles”. **Contact: Gladys, 658-7773**

SPRING 2017: Mississippi River Cruise aboard the steamboat The American Queen. April 1-10, 2017. 10days-9 nights. New Orleans to Memphis.
Hotel and city tour of New Orleans, ports of call: Oak Valley, St. Francisville, Natchez, Vicksburg, Helena, 1 Night Hotel in Memphis and City Tour. Includes Roundtrip flights, all meals during the cruise, shore excursions, showboat style entertainment, dancing, and lectures. Covers all port and governmental fees. From \$3099 per person. **Contact: Gladys, 658-7773**

Trips Meeting Schedule:

Thurs. April 21, 1pm. Mississippi River Cruise and France River Cruise meeting and French lesson.

Wed. May 4, 1pm: White Mountain and Nova Scotia trip presentations.

International Trips

Jane Nevinsmith 586-3772

TRANS-ATLANTIC CRUISE: Aug 27 –Sept 13, 2016. Royal Caribbean, Sail from Copenhagen to Boston, stopping at the following ports: Oslo, Norway: Kristiansand, Norway: Reykjavik, Iceland: Akureyri, Iceland: Halifax, Nova Scotia then home to Boston. Includes airfare, transportation to airport and home from ship and all taxes. Starting price \$3236 pp/double – 16 nights, 18 days. Call Jane N. 586-3772 for more info.

Dates to Remember

April 1- First Friday with Friends, coffee hour
April 4- No Tai Chi-resumes 4/11
April 12-COA Board Meeting, 10:30am
April 14-TRIAD meeting 9:30am
April 15-Sell the Family Jewels Fundraiser
April 18-Patriots Day-Center is closed
April 21-Brown Bag Pickup by 2pm
April 26- Caregiver's Resources presentation 1pm
April 28- Sr. Vision Planning Forum II, 1pm.
April 29- April Birthday Celebration 11:30am

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May 3- Open House & Valley Gives Day 1-4pm  
May 5-Annual Town Meeting 7p, call for ride.  
May 6- Rep. Scibak & 1st Fri. Coffee/Friends  
May 10-COA Board meeting 10:30am  
May 12-TRIAD meeting 9:30am  
May 17- Chiropractic Presentation 10:45am  
May 19- Brown Bag Pickup by 2pm  
May 27- May Birthday Celebration 11:30am  
(MA Legal Presentation date in May to be announced later)



### **Look for News on these Up-Coming Events**

**Volunteer Appreciation Luncheon,  
Shredding Day, Chicken-to-Go, Wine  
Tasting and Music, Polka Festival,  
Trivia Night**