



Heading Photo: Detail picture of the Christmas Village donated to the Hadley Council on Aging and Senior Center by Michael and David Travisano, in memory of their mother Rose. Her husband bought her 3 houses for Christmas in 1960 and Rose added onto it through the years. Too large to be set up in their homes, they wanted it to go somewhere that it would be enjoyed for years to come. It was formally dedicated at **The Holiday Open House** held on December 12 which was an afternoon filled with good friends, music, food and door prizes! Thank you to Shannon and Kelly of Barstow's Bakery for joining us at the Holiday Open House and bringing gift baskets, sweatshirts and goodies for sale. Thank you to the 3rd grade Girls Scouts Troop # 11610 for caroling for the seniors, something we so look forward to every year. And to the Acapanthers for traveling from Franklin County to perform an a capella melody of holiday music.

On a personal note, the Holiday Open House was very meaningful to me because my family was involved. Setting up my mother-in-law's Christmas Village for the first time was an honor, knowing it had been in my husband's family for over 50 years. Also, my daughters, Kelly and Elizabeth, are two of the founding members of the Acapanthers, and I enjoyed introducing them to all the people they had been hearing about over the last 18 months. I don't have a musical note in my body, so I'm always amazed when I hear them sing. I truly felt like my own family and my work family had come together to celebrate the season. Isn't that what the holidays should really be about?

~ Suzanne Travisano

Good News for the Hadley COA: There is a newly formed group, '*Friends of the Hadley Council on Aging*' whose mission statement is as follows:

"The primary purpose of the Friends of the Hadley Council on Aging, a non-profit 501(c)3 organization, is to enhance financial and operational support for programs for the Hadley Council on Aging. This support may include, but is not limited to, memberships, fund-raising events, sponsorships, grant applications, and individual and corporate donations to the Council. This support is dedicated to assisting the Council provide activities, programs and services to improve the emotional and physical well-being of Hadley seniors. A secondary purpose is to increase the awareness of Hadley residents, especially its seniors, to the existence of the Council and its offerings by providing community publicity."

Founding members include Jane Nevinsmith, Dave Adams, Karin Garstka, Rich Holden, Connie Mieczkowski, Steve Montague and Sue Norris. Please feel free to contact any of these people with ideas and suggestions that will benefit the Council on Aging.

Look for announcements in this, and the coming newsletters, from our sponsors and how you can get involved!

AARP Senior Tax Clinic

The Senior Tax Clinic is scheduled for Monday March 16 and Monday April 6.

You can now schedule your appointments by calling our office at 586-4023. Please pay attention to the reminder and list of materials we will be mailing to you after scheduling your appointment. These counselors can only file the best tax return for you if you have brought *all* the required materials. There are a limited amount of appointments available, so please do your best to find all the documents before you come, in fairness to others waiting for their appointment.

Thank you to one of the first *Friends of the Hadley Council on Aging* members, Dale Frank, Financial Planner, Corporate Gold Sponsor.



Senior Financial Planning

ph: 413-665-8324 ~ 2 Amherst Road, Sunderland, MA

Thank you for your thoughtfulness...

Thank you to the following people for their contributions, either through donations, volunteerism, or in-kind gifts to the Hadley Senior Community Center: Polish American Citizen's Club, Merrill Tomaskowicz, UMass Agricultural Dept. and Kathy Smiarowski, Helen Baj, Millie Szymkowicz, Lenore and Clifford Bowen, Linda Golding, Jane and Diane Nevinsmith, Joan Johnson, Gladys Nicholson, Peg Miller, John Waskiewicz, Paul Lacoste, Michael and David Travisano, and the amazing Newsletter mailing group.

Right: Kathy Smiarowski of the UMass Agricultural Dept. leads a workshop making holiday centerpieces with fresh greens, berries and cones grown on the campus.

Hadley Senior Community Center Hours of Operation: Monday through Friday, 9am-4pm.

Suzanne Travisano, Director:
586-4023 or coa@hadleyma.org

Elsie Waskiewicz, Outreach: 586-4023 or
Hadleyoutreach@gmail.com

Lunch Reservations: 586-1910 (2 days in advance)

Home Delivered- Meals on Wheels: 584-6784

Volunteers Needed:

2 Kitchen volunteers to help serve Congregate Meals Tuesdays through March, and the occasional back up day if someone is out. 11am to 12:45pm. A huge thank you goes out to Florence Russell, who recently retired as our Wednesday volunteer. We need another person to take over Tuesdays from now until the end of March as well. The food is premade and delivered each morning into the steam tables. Volunteers wash tables, kitchen counters before and after meal, serves, and also puts dishes through the commercial dishwasher and puts them away. If you think you might be interested, please contact Suzanne at **586-4023**.



Helpful Consumer Information & Resources



Veteran's Benefits: Thomas Geryk is available on Wednesdays from 10-12 at the Center. If you are a MA Veteran or surviving spouse, and have questions about benefits stop by or call 413-587-1299.

Outreach Office Hours at Winfield Senior Estates and Golden Court are held one Tuesday per month, listening sessions or guest speakers arranged and hosted by Outreach Coordinator Elsie Waskiewicz.
February 24 10am: Winfield Senior Estates, #30
March 24 10am: Winfield Senior Estates, #32,

Home Modification Loan Program (HMLP) established by the MA legislature to provide loans in the amounts between \$1000 and \$30,000 for modifications to the permanent residences of *elders and individuals with disabilities*. These loans allow individuals to remain in their homes and help them to function on a daily basis. For more information or for an application contact Shirley Stephens, Housing Coordinator, Pioneer Valley Planning Commission, 60 congress St.-Floor 1, Springfield, MA 01104-3419. Phone: 413-781-6045, TTY 413-781-7168, go to www.pvpc.org

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**. If you have a disability that prevents you from riding the regular, fixed route buses, you may apply for ADA transportation which offers extended service hours over the regular Dial-A-Ride program. Call the number above and ask to be transferred to the ADA Coordinator.

PVTA van tickets are available for purchase at the Council office. A book of (20) \$2.50 one-way van tickets cost \$47.50.

Cost Cutting Programs and Resources

Fuel Assistance- Help with heating costs for income eligible households. New applications can be submitted until April 30. Contact Elsie to apply. 586-4023

SNAP (Supplemental Nutrition Assistance Program) may help you to buy more food. Elsie can help you apply. 586-4034 or Hadleyoutreach@gmail.com

Brown Bag Nutrition Program sponsored by the food Bank of W. MA is a program that brings a pallet of non-perishables and local produce once a month, which is bagged up by our volunteers for program participants. It offers great staples for the pantry, or in a pinch, to help with grocery budgets. Call us for information.

The Hadley Food Pantry is an ecumenical project based at the Most Holy Redeemer Church that is open every Sunday from noon-1pm. They are also looking for volunteers. For more information call Christine Cullen at 549-0259.

Take and Eat Program: Homebound elders can receive a free, hot and nutritious weekend meal on the 1st Saturday and the 2nd Sunday each month. Call Kathleen at 413-664-1041, or takeandeat@verizon.net for more information or to register.

Congregate Meals at the Senior Community Center served Monday through Friday at 11:45. Call 586-1910 two days in advance. \$2 suggested donation

Reminder: The IRS, your bank, Medicare, a credit card company, or anyone else you do not usually do regular business with, should never be calling you and asking for any identity information. "Just hang up!"

CLOSING / CANCELLATION POLICY

Please refer to the following venues for closing and cancellations of the Hadley Senior Community Center

WGGB Channel 40 or WWLP Channel 22
WHMP/WRSI Radio 1400/99.3
WHAJ/Bear Country Radio 98.3/95.3

For Meals on Wheels refer to Highland Valley Elder Services Cancellations or call 584-6784

Newsletters

We are making head-way in getting an increasing number of you to switch over to email to receive the newsletters. As some of you have found out, an advantage of receiving it on-line is being the first to find out about trips or programming changes scheduled after the newsletter has gone to print.

For those of you that do not have e-mail but are regular participants, may we suggest picking up your newsletter at the Center to help us cut down on postage costs? The next time you are here, ask us to put you on the list of those that will pick up your newsletter instead of having it mailed. Every little bit helps.

To be put on the email list, please send us a request at coa@hadleyma.org

For a full listing of activities, please refer to the monthly calendars

Knitting/Crocheting Group

Beginners and Pros welcomed. The group meets in the Education Room Thursdays at 10:45. Drop in!

Canasta Fridays at 12:30.

Mexican Train Thursdays at 12:30

Ever wonder what *really* happens behind the scenes?

LET'S ACT OUT! II

Spoiler Alert: Coming in March, 6 weekly lessons of Acting Improv, Character Building, and Stage Technique, culminating in a show you won't want to miss. Casting & stage design sign ups happening now at the Hadley Community Senior Theatre!

Starts Thursdays March 26

3:15-4:30pm.

Call 586-4023 to sign up

¿Intermediate Spanish Conversation?

Hadley Senior Community Center

Wed. 10:15-11:45am

If interested, contact Suzzy Morin 586-6273

Do you have an interest you would like to share, or a topic you would like to know more about?

The most highly attended programs are those suggested or taught here by you.

Contact Suzanne and let her know what you would like to see at *your* Senior Community Center

Health and Wellness

Long-Term Care Insurance

**Why would you look into purchasing it?
Lunch & Learn Friday Feb. 20 at 12:20**

The younger you are, the easier and cheaper the policy. Learn these and other facts about Long-Term Care Insurance.

- Who can benefit from it
- What will it cover
- How long does it last
- How it can be purchased: ie. Riders, etc.
- Cost
- How to compare plans
- Who sells it
- Additional resources for further reading

Fun and Fit – NEW!

New Afternoon Exercise Class-6 week Intro!
Wednesdays at 1pm Feb. 18 through March 25
\$18 for the session.

Join us for an energizing, fun program for seniors that includes a variety of low-impact exercises set to stimulating music. We will use dumbbells, gym balls and more. You will work on strength, flexibility, balance, fall prevention and cardiovascular fitness. Look forward to each class in this upbeat, friendly atmosphere!

Sidra Ellison is a Certified Senior Fitness Specialist, National Academy of Sports Medicine, Certified Personal Trainer, National Academy of Sports Medicine, Certified Healthways FLEX Instructor, Certified Silver Sneakers Instructor (Strength and Range of Motion, Cardio Circuit), Licensed Zumba Instructor.

Sidra wakes up feeling great! She is excited to inspire others to enjoy fitness through friendly group classes and great motivating music. With a positive attitude, she presents herself as a guide to those who want to live well. Her workouts are outrageously fun, enjoyably challenging, and tailored for every fitness level.

Community Health Nurse Open Office

Hours: Wednesdays from 8am-noon on the main floor of the Senior Community Center. Medical Equipment loans, blood pressure and glucose checks are always available. 586-2513

Foot Care Clinics by Appointment: Offered by Diane Roeder, the third Tuesday, every other month. Cost: \$30 for clinic visit or \$50 for a home visit. Next clinic dates are February 17 and April 21. Call 586-4023 for an appointment.

Ear Care Clinics by Debcor Homecare by appointment: 549-6545. There is a fee.



Tai Chi

Mondays at 1:30pm

This program is partially grant funded from the Executive Office of Elder Affairs.

Taught by Bai Ling Li of the School of Tai Chi. \$36 for the 12week series.

Dancercise: this aerobic workout integrates dance, balance, and light hand weights for those of you looking to step up your fitness routine. This class is partially grant funded through the Executive Office of Elder affairs. **Never been? Try your first class free. 9 week session. Jan. 31 through March 27- \$27 for the session-payable when you start. Or Drop in for \$5 per class.**

Yoga, Stretch, Flex and Breathe: Wed. 9:15a
Whether you have a lot of flexibility or a little, this class is all about loosening up, gentle stretching, and moving your body and mind toward a peaceful, integrated sense of calm. Exercises can be done sitting for those that prefer not to get down on the floor. **FREE.**
Warning: This class can be habit-forming.

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

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RETURN SERVICE REQUESTED

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
Office Management Assistant:
Community Outreach Coordinator: Elsie Waskiewicz
Clerical Assistant: Leslie Elliott
Van Drivers: Jane Nevinsmith, Dick Fydenkevez,
Gladys Nicholson

MEMBERS OF THE COUNCIL ON AGING:
Elizabeth Faulkner, Chairperson
Glenn Clark, Vice Chair
David Storey, Secretary
Marguerite Wilson, Treasurer
George Ritter, Elsie Andrews and Margie Townsend

HIGHLAND VALLEY ELDER SERVICES'
BOARD REPRESENTATIVES:
Elizabeth Faulkner & Jack Wright

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
586-1910, at least 2 days in advance, to sign up for meals.

Veteran's Services Office Hours: Wednesdays from 10-12
in the Education room at the Senior Center
Central Hampshire Veterans Services 587-1299
Highland Valley Elder Services 586-2000
S.H.I.N.E. /RX Advantage 1-800-AGE-INFO
Hampshire Elder Law Program (H.E.L.P.)—civil legal
services at no cost to low income elders 586-8729
Salvation Army's Hadley Representative. 549-5473
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
Call for carbon monoxide alarm & smoke detector
assistance
Hadley's 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.

Day Trip Calendar

To sign up for Day Trips call the office at 586-4023.

Wed. Feb. 11 – The George Walter Vincent Smith Art Museum, Springfield to see the elaborate Japanese Paper Folding exhibit “A ground-breaking exhibit of sculptures and large-scale origami installations by nine visionary master folders from around the world.” Eat at the Blake Café in the museum. \$25 covers admission and transportation. Lunch cost on your own. Depart at 9:30 am.

Thurs. Feb. 12- **Camelot on the Big Stage! Join our motor coach tour** to the Elmsford NY Broadway Theatre production of ‘Camelot: A Legendary Musical’ retelling the story of King Arthur and his wife Guenevere. Reserved tables for fine dining, pre-show lunch followed by the full scale musical production. \$107. **Contact Jane Nevinsmith at 413-586-3772.**

Tues. Feb. 17 – Lunch Trip to the new Ocean Grille Restaurant in Greenfield. Depart at 11:45, \$7 transportation plus your cost of lunch.

Mon. Feb. 23 – Visit the Arbors in Amherst for a tour and join them for a complementary lunch. Depart at 10am. \$5 transportation

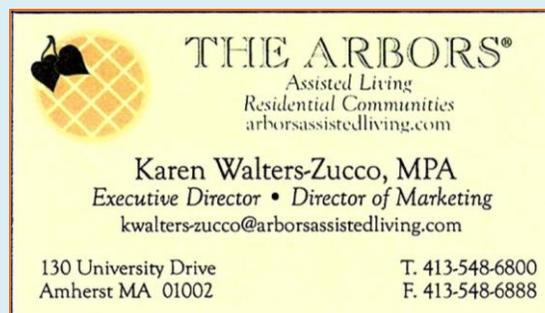
Tues. March 3 – Lunch Trip to Reins Deli in Vernon, CT (New York style deli). Depart at 11am, \$15 transportation, lunch cost on your own.

Friday March 13 – Mystic Aquarium and Mystic Village Shops, depart at 8:30-return approximately 5pm. \$40 covers admission and transportation, lunch cost on your own.

Friday March 27 – Lunch Trip to the Steaming Tender in Palmer. Depart at 10:30, \$10 transportation, plus lunch cost on your own.

Wed. April 8 – Shopping trip to the Lee Outlets-lunch there on your own, transportation \$15, departs at 9am.

Don't miss the trip to tour the Arbors in Amherst, one of the first proud Corporate Sponsors of *The Friends of Hadley Council on Aging!*



February 2015 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 11:45 Lunch 1:30 Tai chi	3 9:30 Osteo Exercise 11:45 Lunch 12:30 Chronic Disease Self-Management #3	4 9:15 Yoga Stretching 11:45 Lunch	5 9:30 Osteo Class 10:45 Knitting group 11:45 Lunch 12:30 Mexican Train Senior Local shopping in the van. 9:30-noon	6 10am Dancercise-wk2 11:45 Lunch 11:30-12:30 Rep. John Scibak office hours 12:30 Canasta
9 11:45 Lunch 1:30 Tai chi Lunch and Learn: Blue Cross Blue Shield presentation on living with Arthritis 12:15-1pm	10 9:30 Osteo Exercise 10:30 COA Meeting 11:45 Lunch 12:30 Chronic Disease Self-Management #4	11 9:15 Yoga Stretching 11:45 Lunch Trip to Springfield Museum, \$25, depart at 9:30am	12 9:30 TRIAD/SALT 9:30 Osteo class 10:45 Knitting group 11:45 Lunch 12:30 Mexican Train Senior Local shopping in the van. 9:30-noon Motor coach trip to see Camelot	13 10am Dancercise-wk3 11:45 Lunch 12:30 Canasta 
16 President's Day  Senior Center Closed	17 Foot Clinic appts. 9:30 Osteo Exercise S.H.I.N.E. appts. 11:45 Lunch 12:30 Chronic Disease Self-Management #5 Lunch Trip to Ocean Grille. Depart 11:45	18 9:15 Yoga Stretching 11:45 Lunch 1pm Introduction to Fun & Fit Exercise Class. 6 week trial session. \$20 for the session.	19 Brown Bag Day Pick up is between 10:15-noon unless other arrangements are made in advance. 9:30 Osteo Class Senior Local shopping in the van. 9:30-noon 10:45 Knitting group 11:45 Lunch 12:30 Mexican Train	20 10am Dancercise-wk4 11:45 Lunch 12:30 Canasta Lunch & Learn: What is Long Term Care Ins? And who might need it? Presented by Helen Blatz
23 11:45 Lunch 1:30 Tai chi Trip to Arbors in Amherst to tour and join them for a complementary lunch	24 9:30 Osteo Exercise 11:45 Lunch 12:30 Chronic Disease Self-Management (last class) 10am Outreach office hours at Windfield #30	25 9:15 Yoga Stretching 11:45 Lunch 1pm Introduction to Fun & Fit Exercise Class. 6 week trial session	26 9:30 Osteo Class Senior Local shopping in the van. 9:30-noon 11:45 Lunch 10:45 Knitting group 12:30 Mexican Train	27 10am Dancercise-wk5 11:45 Lunch followed by Feb. Birthday Celebration 12:30 Canasta 

**Local Shopping in the Senior Van:
 Thursday Mornings: 9:30-noon
 \$4 round trip.
 You must call by Tuesday to reserve your seat. 586-4023**



March 2015 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>11:45 Lunch 1:30 Tai chi with Bai Ling Li</p>	<p>3</p> <p>9:30 Osteo Exercise 11:45 Lunch</p> <p>Lunch Tri to Reins Deli in Vernon, CT</p>	<p>4</p> <p>9:15 Yoga Stretching 10-noon Veteran's Office Hours 11:45 Lunch 1pm Introduction to Fun & Fit Exercise Class. 6 week trial session</p>	<p>5</p> <p>9:30 Osteo Senior Local shopping in the van. 9:30-noon</p> <p>10:45 Knitting Group 11:45 Lunch 12:30 Mexican Train</p>	<p>6</p> <p>10am Movement and Sculpt Exercise-wk 6 11:45 Lunch 11:30-12:30 Representative John Scibak office hours</p>
<p>9</p> <p>11:45 Lunch 1:30 Tai chi with Bai Ling Li</p>	<p>10</p> <p>9:30 Osteo Exercise</p> <p>10:30 COA Meeting</p> <p>11:45 Lunch 12:30-4pm Open gym</p>	<p>11</p> <p>9:15 Yoga Stretching 10-noon Veteran's Office Hours 11:45 Lunch 1pm Introduction to Fun & Fit Exercise Class. 6 week trial session</p>	<p>12</p> <p>9:30 Osteo 9:30 TRIAD/SALT Senior Local shopping in the van. 9:30-noon</p> <p>10:45 Knitting Group 11:45 Lunch 12:30 Mexican Train</p>	<p>13</p> <p>10am Movement and Sculpt Exercise-wk 7 11:45 Lunch 12:30- Canasta</p> <p>Trip to Mystic Aquarium and Mystic Shops. Depart 8:30am</p>
<p>16</p> <p>11:45 Lunch 1:30 Tai chi with Bai Ling Li</p>	<p>17</p> <p>9:30 Osteo Exercise 11:45 Lunch</p>	<p>18</p> <p>9:15 Yoga Stretching 10-noon Veteran's Office Hours</p> <p>11:45 Lunch 1pm Introduction to Fun & Fit Exercise Class. 6 week trial session</p>	<p>19</p> <p>9:30 Osteo Senior Local shopping in the van. 9:30-noon Brown Bag Day-pick from 10:15-noon</p> <p>10:45 Knitting Group 11:45 Lunch 12:30 Mexican Train</p>	<p>20</p> <p>10am Dancercise-wk 8 11:45 Lunch</p> <p>12:30 Canasta</p> 
<p>23</p> <p>11:45 Lunch 1:30 Tai chi with Bai Ling Li</p>	<p>24</p> <p>9:30 Osteo Exercise 11:45 Lunch 12:15 Lunch & Learn: Blue Cross Blue Shield presentation on Diabetes. (to be confirmed) Monthly Outreach Office Hours Winfield Estates #32, 10am</p>	<p>25</p> <p>9:15 Yoga Stretching 10-noon Veteran's Office Hours</p> <p>11:45 Lunch 1pm (last class) Introduction to Fun & Fit Exercise Class. 6 week trial session</p>	<p>26</p> <p>9:30 Osteo 10:45 Knitting Group 11:45 Lunch 12:30 Mexican Train</p> <p>Let's Act Out II- Starts! 3:15-4:30.</p>	<p>27</p> <p>10am Dancercise-last in series. 11:45 Lunch Followed by March Birthday Celebration! 12:30 Canasta</p> <p>Lunch Trip to the Steaming Tender. depart 10:30</p>
<p>30</p> <p>11:45 Lunch 1:30 Tai chi with Bai Ling Li</p>	<p>31</p> <p>9:30 Osteo Exercise 11:45 Lunch</p>			

Around Town

A Fond Farewell

It is with regret that we are finally letting Kathleen Fiske take her long-awaited retirement from the Hadley Council on Aging after almost 18 years. Kathy started with the COA as a volunteer when it was a one room office at Town Hall. Her professionalism, office management skills and humor will be irreplaceable. Fortunately, she is still remaining on as a volunteer, on the occasion we need someone to fill in an hour or two every so often in the office. (Yes, she will still supply and rotate her exquisite framed needlepoint works in the office. A condition of her retirement...) Her retirement has great implications for everyone, as Suzanne is now in charge of buying chocolate for the office and watering the plants...God save them....

So, next time you run into the classy, tall, blond in the Senior Community Center, she will either be visiting or volunteering. Take a moment to say thank you for all the years and devotion she gave to the smooth running of this operation.

On behalf of the COA Boards through the years, Elsie Waskiewicz, Leslie Elliott, and myself...it won't be the same without you.

~ Suzanne Travisano

Where did the Local Cable Channel Go?

The Hadley Public Access TV has moved!

Many of you are still looking for what used to be TV-5. It can now be found on channels 191 and 192.



Seen and Heard at the Holiday Open House...

Mille S., Helping with refreshments



Below at both ends: Bizzy S. and Kelly S. (Suzanne's daughters) middle, Annalise Holesovsky, of the Acapanthers



Above: 3rd grade Girl Scout Troop #11610,

Left: Over 70 people joined us for this festive holiday gathering.