

Hadley Senior Community Center Newsletter



February/March 2016

Partially sponsored by the EOEA and Friends of Hadley COA

2016 Conversations are centered on upcoming elections, Hadley buildings, no snow...yet, and our broken elevator. Thankfully, after 15 days, the elevator has been fixed. Thank you for your patience during that time.

On the flip-side, we now have Wi-Fi throughout the building-just in time for the **AARP Tax Clinic** happening in March and April. Exact dates are still to be determined, but if you call the COA office at **586-4023**, we will put you on the call list to schedule when we have dates. Remember, if you want to claim the **Circuit Breaker Tax Credit**, you will need to have copies of your **Real Estate taxes**. Start gathering your paperwork now.

You will notice some **changes in the newsletter** as well. I'm taking the calendars out so we can add more information, photos, highlights, and articles. Listings of all classes and programs will still be included, but in a different format. Make sure you read through everything and always call the office if you have questions. In this issue you will see which Hadley resident the **Gold Cane** goes to, read about a new **Free Community Service Program designed to help our Seniors**, and more...*read on*.

Thank you for your Thoughtfulness.

To the following groups and individuals for donations or volunteer endeavors: Glenn Clark, Peggy Stosz, Lillian Wood, Leo Carney, John Waskiewicz Sr., Dorothy Fradera, Janice Lengieza, Lenni and Kip Bowen, Anne Smolen, Dorothy Kneeland, Elsie Kares, Hadley Firemen's Assoc., Hadley Policemen's Association, Gene Palmer, Eleanor Burak, Karin Garstka, Phyllis Pike, and all who volunteer every week running programs and lunches. We couldn't do it without you!

***NEW No Cost Community Service Offered For Hadley Seniors!**

A new mission partnership between Hadley's Wesley United Methodist Church and UMass students will coordinate basic, low budget residential projects for elder Hadley homeowners or those with disabilities that they find difficult to do for themselves. **Projects could include:**

- cleaning out garages, basements, barns or attics;
- simple repairs to buildings or porches;
- cleaning up yards;
- washing windows and removing storm windows;
- Small painting projects indoors and out.

There is no cost to the resident. It is hoped that at least ten projects will be accepted for work this spring in late March and April. A small work party of church adults, youth and UMass students will then set a project date with each resident. Current plans are to work on Saturdays, either half days or full days.

> **Please submit your request in writing to Suzanne Travisano by February 26.** Mail to COA, 46 Middle St., Hadley or email coa@hadleyma.org. Be sure to include your address and phone number and a full description of the project you would like considered. You may contact Suzanne with questions or for more information at 586-4023. If your project isn't chosen for this spring, it may be considered for the fall.

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

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Health, Wellness and Safety

Exercise Classes

Want to start exercising, but you don't know if a class is right for you?

You can always try 1 class for 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 (new 12 week session starts Mon. 1/25) \$36 for the series.

Tuesday/Thursday: 9:30 Healthy Bones and Balance: with Betty Faulkner and friends. Currently filled. Free. See Wed. for open class.

Wednesday: 9:15 Yoga Stretch, Flex and Breath, with Ed Golding and friends. Free. 12:45 Fun & Fit, with Sidra Ellison, \$3 per class. 2:00 Healthy Bones and Balance with Georgia and Elaine, free.

Friday: 10:30 Yoga/Pilates Matwork with Sidra Ellison, \$3 per class.

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 February 16. 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 Feb.16. Call 586-4023 to schedule an appointment.

Prescription Drug Costs too High?

Look into the **Extra Help** program from the Social Security Administration! 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.

Extra Help	Monthly Limit	Income	Asset Limit
Individual	\$1,491/month		\$13,640
Couple	\$2,011		\$27,250

Social Security contact information: 1-800-772-1213 or apply online at

www.socialsecurity.gov/extrahelp

***NEW Lock Box Program Sponsored by**

Hadley TRIAD: Now accepting names for high risk seniors to have a lock box installed so police and fire personnel have access to your home in the event of an emergency. Call 586-4023 for more information. **TRIAD meetings** are open to the public and are held March-June on the 2nd Thurs. each month at 9:30am

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

SHINE Counselor Jayne Sullivan will be here to answer your health insurance questions on Feb. 9 and 23, and March 22. Call 586-4023 to schedule an appointment.

Veteran's Service Agent, Tom Geryk is here on Wednesdays from 10-noon.

COA Outreach Office Hours at Windfield

with Elsie Waskiewicz:

Tues. Feb. 23, Building 32, 10am

Tues. March 22, Building 30, 10am.

Rep. John Scibak Office Hours at COA

Friday Feb. 5, 11:30 & Friday March 4, 11:30

Helpful Resources and New Services

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 services, pricing and scheduling. 413-256-1899.

Need help setting up a computer? Janice Jorgensen is our volunteer making house calls on our behalf to help fix glitches or configure your system. Call us to schedule a visit. Though there is no fee, donations to the COA are welcomed. 586-4023

Transportation

COA Van Service on Tuesdays

The senior van is available to transport seniors to the Senior Community Center, local medical appointments, the bank, or to pick up prescriptions.

□ You must schedule your ride at least 2 business days in advance (preferably more) by calling 586-4023. There is a nominal fee of \$2 each way unless you are a HVES or Mass Health client, in which case there is no fee. Service area is Hadley, Hatfield, Amherst, Northampton and Florence.

Thursday Shopping Van

For those that do not drive, we use the van to go to the local supermarkets and box stores on Thursday mornings from 9am to noon. You must call no later than Tuesday to schedule. There is a nominal fee of \$2 each way unless you are a HVES or Mass Health client, there is no fee.

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.

Did you know that one of the major components necessary to aging well is to socialize?

Yes, we all need to eat right and exercise, but isolation can lead to depression, or lack of a support network for those living alone.

Believe it or not, this is one of the reasons Councils on Aging were developed. We have many opportunities to get together with others, keep our cognitive skills sharp, and share our stories.

If you like to play cards, join our **Canasta** group every Friday at 12:30. Never learned or haven't played in a while? They are happy to mentor you!

If you used to speak Spanish and want to brush up, we have a **Conversational Spanish** class that meets every Wednesday at 10:30am.

Did you want to know how to **skype** (converse via video in real-time) your children and Grandchildren on a computer? Call us to have a one-on-one tutorial with our new volunteer Steve Eagle here at the Senior Center.

Stuck inside and no longer drive? Go **shopping** on Thursday in the Senior Van. When was the last time you sat and had a coffee with a friend? Go to Barnes and Noble, look at books, and have a coffee at Starbucks!

Come to the **Congregate Meal!** We have them Monday through Friday! Many folks join us for the first time during their birthday month, and end up coming again after having a good time.

Look at the **photos** in the newsletter that **highlight** some of the **social events** and **classes** where people like you and me are learning and laughing together. Don't knock it until you try it. We have a good time. And don't tell me you're not old enough to come to the Senior Center- If they let me in here, they'll let anyone in!
~Suzanne Travisano

Come learn more about the "Benefits of Socialization" from Rockridge, here at the Senior Center on Tuesday February 23rd at 12:30pm.

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

Highlights



Kathy Smiarowski from UMass Agriculture leading our Holiday Centerpiece Making Workshop on Thurs. Dec. 17, 2015

These are just a few of the many events and programs that we enjoyed during November and December!



Self defense class members class picture with Lt. Susan Corey. What a fantastic class this was!



Holiday Party this year was held at the Hadley Farms Meeting House and was partially sponsored by the Firemen's and Policemen's Associations to keep things affordable. (Thank you!) Pictured here Lynne and Dave Adams with "Ray of Elvis" our entertainment during the event.



Sergeant Kuc and his family at the Holiday Party- All smiles!!

COMMUNITY CORNER

Friends of Hadley COA turns “1”

This group of hardworking, creative and fun individuals have worked hard this past year to raise over \$12,000 to support the work of the Council on Aging and educate the community at-large. Thus far they have paid for the Tuesday van service for seniors to get to medical appointments, come to the Senior Community Center, pick up prescriptions, and get to the bank. In addition to the Tuesday Van service, in 2016 they are sponsoring the printing cost of the newsletter at Paradise Copies- another previous sponsor of the Friends. Thank you Friends and sponsors!

With all the phone scams out there asking for money, authorities recommend making donations to local organizations that you benefit from directly. The Friends have included an envelope in this mailing for you to join them in supporting the COA/Senior Center in offering local programs and services directly benefitting older adults in Hadley. To find out how you can get involved or for more information Contact Jane Nevinsmith, Chair, at 586-3772. *We thank you in advance!*



FREE TO A GOOD HOME,

X-Large 1080dpi TV Owner received a flat screen TV for X-mas present, and is willing to give away his 10 yr. old, Zenith to someone that can use it. This is at least 50”, similar to the one we have upstairs in the education room. Call our office to see if it is still available. 586-4023

Nellie Griffin is a delightful and lovely 98 year old resident of Hadley who has lived an exciting life. A few weeks ago, I had the pleasure of meeting and talking with her at her home. Nellie is the **new recipient of Hadley’s Boston Post Gold Cane** given to the ‘most senior’ member of our Town. We actually had a few residents close in age, but Nellie won by a few months. In fact, her father was also an ‘almost’ a recipient years ago, but also missed by a few months. Apparently, longevity runs in her family. Nellie’s sister in Amherst recently passed away at the age of 100! Nellie told me of leaving the area at the age of 18 to head off to Washington to become an Executive Secretary after winning a typing contest and having her scores secretly sent by her typing teacher. She told me of walking to work and passing by FDR, listening to presentations by Eleanor Roosevelt, and other brushes with Washington notables. She speaks with fondness and pride looking back at her accomplishments and the places she has been. Sharp as ever, Nellie comments about her rural view and the slower, but peaceful daily routines she now enjoys back home here in Hadley. Congratulations to our new Boston Post Gold Cane recipient, Nellie Griffin.

I’ve been granted permission to call again on Nellie, and for me, those are the best days at work!
~Suzanne Travisano

CAN YOU LEND A HAND? We desperately need some new volunteers to deliver Meals on Wheels to Hadley Seniors and to work at the Center as a Congregate Meal Volunteer. Please call Suzanne 586-4023

Trip Calendar

Feb/March 2016 Trips fill quickly. Payment is due when making your reservation.

Day Trips

Fri Feb 5th: Quilt Museum, Lowell *Quilts of Japan, The 12th Quilt Nihon* Depart 8 AM, \$40 transportation and admission, lunch on your own at Greek Restaurant

Wed, Feb 10: Kohl's – West Springfield (Senior 10% discount day) with lunch at Nippon Grill and Seafood Buffet (all you can eat) \$20. Includes lunch. Leave at 11 (lunch first)

Wed, February 17: tour of Beneski Museum of Natural History Amherst College, lunch on your own at Judie's \$5.00 leave 10:45

Mon, February 22: Lunch only: Tavern on the Hill, On top of Mt Tom. \$7 transportation, lunch cost on your own. Depart 11:15.

Wed, March 2: Lunch only: Fish Tails, Hatfield \$5 transportation, plus lunch cost. Depart at 11:30

Fri, March 11: Boston Symphony Orchestra, all Beethoven Concert. Ticket, pre-concert lecture and large motor coach transportation: \$99. Lunch on your own. Departs from our Center at 8:30.

Monday, March 14: Taste of Spring: Smith College Bulb show, Lunch on your own at Sylvester's. \$5 Transportation, leave at 10:30

Monday, March 21: Taza chocolate Factory tour – Somerville, Ma \$50 transportation and admission, leave 9AM, lunch on your own

Wednesday, March 30: Lunch only: The Marina, Brattleboro \$10, + lunch. Depart 11:15

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

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. Limited to 20 seats – reservations first come basis. Call Jane 586-3772

Overnight Motor Coach Tours

Gladys Nicholson, 413-658-7773

Wildwood, NJ. June 6th -10th (5-days/4-nights) \$479 pp/dbl. Includes: ATLANTIC CITY (with casino bonus), historic Smithville, Thomas Edison Nat'l Historical Park and laboratory, trolley tour of Cape May, Dolphin Watch sightseeing cruise, shopping, and the Wildwood Boardwalk. 3 dinners; 4 breakfasts.

Nova Scotia and Bay of Fundy. Oct. 2nd - 9th (8-days/7-nights), \$1,469 pp/dbl. 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, Fairview Lawn Cemetery), Hopewell Rocks, Campobello, CASINO Nova Scotia. 7 breakfasts; 7 dinners.

Christmas in NYC. Dec. 7th – 9th (3-days, 2-nights) \$499 pp/dbl. Includes: Rockettes/Radio City Music Hall Christmas Spectacular, 5th Ave shopping, tour of lower Manhattan, Ground Zero, Chinatown, Little Italy, and Times Square. 2 breakfasts; 2 dinners.

International Trips

Jane Nevinsmith 586-3772

FRENCH RIVERBOAT CRUISE May 8 – 18, 2016, Airfare, 2 nights Mont St Michel and 7 nights on a Paris and Normandy River Cruise: from \$5799 pp/double. Includes guided tours of Mont St Michele, Paris, Giverny, Vernon, Rouen, Normandy Beaches, and Conflans. Call Jane N. 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.