

Hadley Senior Community Center Newsletter

July/August 2014



Above photo: June 20th **Safe Shredding for Seniors** and the community at the Hadley Senior Community Center, hosted by Hadley Police, TRIAD, Valley Green Shredding, and the COA. Above: Acting Chief Damion Shanley, Officer and TRIAD member David Isakson, and Officer Mark Shlosser. Not pictured: Officer Mitch Kuc. They supplied and grilled hotdogs and hamburgers, while also helping to unload cars for folks bringing documents that were shredded on-site. Many thanks to the above community partners for their help in helping to curb identity theft, Hadley's Finest, indeed!



Above: June 10, Rita Bishko attending her last COA meeting, was honored for her 18 years of service on the Council on Aging board. She received a plaque as a symbol of our appreciation that states:

In Recognition of her Eighteen Years of Service on the Hadley Council on Aging Advisory Board, and her long-standing dedication to ensure every Hadley Senior has access to necessary resources, programs, and activities which promote healthy aging in our community.

Rita also volunteers for our Brown Bag Program and her Church. When you see her, thank her for her many years of giving. Congratulations Rita!

Hadley Hikers for Meals Team sets the benchmark at the First Annual Meals on Wheels Walk-a-Thon!

Hadley Senior Community Center's team had a great showing at this worthy event bringing awareness to the Meals on Wheels program administered by Highland Valley Elder Services. The Hadley Hikers for Meals received recognition for the biggest team, greatest dollar amount raised by a team, and team-member Richard Trueswell, for largest donations for an individual. As a thank you, the Nursing and Intake Department at HVES gave us a beautiful Japanese Maple tree, which you see below, that has been planted in the front of the Center. "The tree is given to your Council on Aging on behalf of these departments in recognition of your much appreciated fund raising effort."



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

News & Announcements

Summer

The temperature is rising. People are in their gardens or taking trips. Here in the Center, we go back to our summer schedule to beat the summer heat. Osteo, Tai Chi practice and yoga all begin at 9:15am. With the exception of our Day and Overnight Trips, we have a more relaxed schedule, until we gear up again in the autumn. You can relax in the education room with a cup of coffee and the daily paper, borrow a book or check your email there. We also have the Recreation Room downstairs next to the gym equipment that has been spruced up and is open to play billiards, darts or ping pong. Feel free to come in and use the gym equipment. You'll find the 'open gym hours' in the calendars. Relax, because come September we'll be filling your schedules with returning and new things to do.

Coming this Fall

Intermediate Spanish

Balance Class/Falls Prevention 6 week series

Acting/Improv/Theatre series

Spaghetti Dinner sponsored by the Fire Dept.

Light Dancercise Tai Chi Bailing Li

Basics of Investing Drawing Group

Bridge? Call to let me know you're interested

Chronic Disease Self Management Series

Meal Site Volunteers Needed

We need 1 or 2 volunteers to manage the Wednesday Congregate Meals here at the Hadley Senior Community Center. It is helpful if you are occasionally available to cover for another volunteer that needs their regularly scheduled day off as well. Hours are 11am-1pm approximately, depending on each person. As a regular volunteer you would be eligible to sign up as a RSVP volunteer, which offers insurance for your ride to and from your volunteer site. After 35 hours, you are invited to the annual RSVP volunteer event/dinner, usually held at the Log Cabin in Holyoke.

Duties: Wash tables and work spaces before lunch. Make Coffee, Take food temperatures and write it on log. Apportion out servings, based on daily sign ups Put dishes through dishwasher and put them away. Wash tables; Let us know when we run low on supplies
Please talk with Suzanne if you are interested.

New Hours for Shopping

Please note: to give you more time to shop we are starting a ½ hour earlier for Thursday morning shopping trips. Pick up time will now be 9:30 instead of 10am. The Hadley Senior Van is available to bring seniors shopping locally on Thursday mornings from **9:30am** to noon. Primary stops are at Golden Court and Windfield Estates. \$4 round trip fare, free for HVES clients or ADA rider companions. Please call 586-4023 by Tuesday to schedule.

Thank you!

To the following people for their contributions, either through donations, volunteerism, or in-kind gifts to the Hadley Senior Community Center: Katherine Reichert, Leo Carney, Diane and Jane Nevinsmith in memory of Josephine Ducharme, and Ruth Cooke. Special appreciation goes to the fantastic new team of newsletter volunteers that are breaking records for folding and prepping for bulk mailing!



Windfield Senior Estates now has openings for 1 bedroom apartments. Small, medium and large sizes available. For more information call Debbie Broga at 413-256-0016

Community Health Nurse:

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 Aug. 19. Call 586-4023 for an appointment.

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

Helpful Consumer Information & Resources



Veteran's Benefits: Tom 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 Windfield Senior Estates and Golden Court is held one Tuesday per month with occasional guest speakers arranged and hosted by Outreach Coordinator Elsie Waskiewicz.

July 22 10am: Windfield Senior Estates, #32, 1pm: Golden Court

August 19 10am: Windfield Senior Estates, #30, 1pm: Golden Court

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

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-2pm. 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 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

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)

Trip Calendar July & August 2014

Day Trip Calendar

To sign up for Day Trips call 586-4023

Tues. July 1

Day Trip to Norwich VT. Lunch at the Norwich Inn, and shop at Dan and Whit's General Store. Possible stops at King Arthur and/or Simon Pierce, Glass Factory. \$20 transportation, plus cost of lunch and shopping. Depart at 8:30am

Tues. July 8

Lunch Trip to The Peoples Pint in Greenfield, MA. \$8 transportation plus cost of lunch. Depart at 11am

Tues. July 15

Peabody Essex Museum, Salem to view the "Turner and the Sea" Exhibition. Lunch in Salem. Trans. \$25, museum admission with guided tour \$18, plus cost of lunch. Depart at 7:45 am

Sun. July 20

"Fiddler on the Roof" at Shea Theatre, \$10 trans. and \$10 for show. Depart at 12:45

Wed. July 30

Showtime at the Log Cabin: Riverboat Ramblers (Hot Dixieland and comedy) and Lobsterfest! \$60 inclusive. Depart at 11am

Mon. Aug. 4

Olive Garden lunch trip. \$8 trans., plus lunch. Depart 11am

Wed. Aug. 13

Day trip to Ventford Hall, Lenox, MA: an imposing Jacobean Revival style Mansion and home to museum of the Gilded Age. Tour the exhibit of the "Les Petites Dames De Mode" a historical chronicle of women's fashions from 1855-1914. 2pm House tour and Tea \$20, transportation \$20 and cost of lunch at noon at the Red Lion Inn, Stockbridge. Sign ups required by July 14.

Mon. Aug. 18 Lunch trip to The Farm Table restaurant and visit to Kringle Candle, Bernardston. Trans. \$8, plus lunch and shopping. Depart 10:45am

Tues. Aug. 26 Quadrangle Museums, Springfield: American Artists in the 21st Century featuring Norman Rockwell, Georgia O'Keefe and the Steampunk Large Scale Exhibit. \$8 transp, \$10 admission, plus lunch in the café. Depart t 9:30am

Trips via Travel Hosts

To schedule call Jane Nevinsmith at 413-586-3772

Wed. Aug 27

Saratoga Race Course, NY, Admission and reserved Grandstand seating: Lunch & Dinner on your own \$62. Full- call to add to wait list

Thurs. Oct. 9 Westchester Dinner Theatre, Elmsford NY, presents Rogers & Hammerstein's **South Pacific**. Elegant theatre featuring fine dining and full scale musical production. Depart 7:35am; return approx. 7:15pm. \$99 per person- Full, call to add to wait list

July 28 – August 1, 2014 Niagara Falls, Canada & Lockport NY featuring Lockport Canal Cruise. 5 days/4 nights. 4 breakfasts, dinners, Dinner Show, All day Niagara Tour, Royal botanical Gardens, Tour of FX Chocolates, Casino. \$819 per person (double occupancy)

October 20-23, 2014 Hudson Valley & Finger Lakes, NY. Includes lodging, breakfasts, dinners, Lunch at the Rhinecliff Hotel, tour of FDR Home and museum, Corning Museum of Glass, Sonnenberg Gardens and Mansion, Three Brothers Winery, Finger Lakes Casino, Willard Memorial chapel. \$569 per person (double occupancy)

December 3 – 5, 2014 Christmas in Bethlehem, Pa. Includes lodging, breakfasts, dinners: Tony Orlando's Great American Christmas Concert, A visit to the Moravian Museum, Bethlehem by Night Tour, Moravian Church Christmas Putz, Allentown Farmers Market and the Christkindlemarkt. \$409 per person (double occupancy)

PANAMA CANAL CRUISE *March 30, 2015*, 15 nights. Depart from Fort Lauderdale, FL, stopping at Cartagena, Columbia: Colon, Panama Canal (Cruising Canal); Costa Rica, Puerto Quetzal, Guatemala, Puerta Vallarta, Mexico, Cabo San Lucas, Mexico; and ending at San Diego CA. \$2714 includes airfare to Fort Lauderdale and back home from San Diego! **Sign up soon – almost sold out**

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

PRESORTED
STANDARD
US POSTAGE PAID
AMHERST MA
PERMIT NO 495

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: Kathy Fiske, Beth Ginsburg
Community Outreach Coordinator: Elsie Waskiewicz
Clerical Assistant: Leslie Elliott
Newsletter Assistants: Kathy Fiske,
Van Drivers: Jane Nevinsmith, Dick Fydenkevez, John
Waskiewicz, 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 Marjorie Pratt

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.

July 2014 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Trip to see 'Fiddle on the Roof' Sun. 7/20- See trip listings</p>	<p>1 <i>Day Trip to lunch at Norwich VT Inn, Dan & Whit's Vermont General Store, King Arthur, and Simon Pearce glassblower factory store</i></p>	<p>2 9:15 Yoga Stretching 10-noon Veteran's Office Hours 11:45 Congregate Meal 12:30 Mahjongg 12:30-4pm Open gym</p>	<p>3 9:15 Osteo 9:30-12 shopping van 10:45 Knitting Group 11:45 Lunch 12:30 Mexican Train 12:30-4pm Open gym or Billiards</p>	<p>4 4th of July!! Independence Day  Senior Community Center is Closed.</p>
<p>7 9:15 Tai chi practice 11:45 Lunch 12:30 Mahjongg 12:30-4 Open gym or Billiards</p>	<p>8 9:15 Osteo Exercise 11:45 Lunch 12:30-4pm Open gym or Billiards <i>Lunch Trip to The Peoples Pint</i></p>	<p>9 9:15 Yoga Stretching 10-noon Veteran's Office Hours 11:45 Congregate Meal 12:30 Mahjongg 12:30-4pm Open gym</p>	<p>10 9:15 Osteo 9:30-12 shopping van 11:45 knitting 11:45 Lunch 12:30 Mexican Train 12:30 Open gym or billiards</p>	<p>11 11:45 Congregate Meal 9-4 Open gym 12:30-4 Canasta</p>
<p>14 9:15 Tai chi practice 11:45 Lunch 12:30 Mahjongg 12:30-4 Open gym or Billiards </p>	<p>15 S.H.I.N.E. appointments today 9:15 Osteo Exercise 11:45 Lunch 12:30-4pm Open gym or Billiards <i>Trip to Peabody Essex Museum</i></p>	<p>16 9:15 Yoga Stretching 10-noon Veteran's Office Hours 11:45 Lunch 12:30 Mahjongg 12:30-4pm Open gym or Billiards</p>	<p>17 Brown Bag Day Pick up is 10:15- noon unless other plans are made with us in advance. 9:15 Osteo 9:30-12 shopping van 10:45 Knitting 11:45 Lunch 12:30 Mexican Train 12:30-4pm Open gym</p>	<p>18 11:45 Congregate Meal 9-4pm Open gym or Billiards 12:30-4 Canasta</p>
<p>21 9:15 Tai chi practice 11:45 Lunch 12:30 Mahjongg 12:30-4 Open gym or Billiards</p>	<p>22 9:15 Osteo Exercise 11:45 Lunch 12:30-4pm Open gym or Billiards Monthly Outreach Office Hours 10am Windfield #32 1pm Golden Court</p>	<p>23 9:15 Yoga Stretching 10-noon Veteran's Office Hours 11:45 Congregate Meal 12:30 Mahjongg 12:30-4pm Open gym.</p>	<p>24 9:15 Osteo 9:30-12 shopping van 10:45 Knitting 11:45 Lunch 12:30 Mexican Train 12:30-4pm Open gym or Billiards</p>	<p>25 11:30 Lunch and July Birthday Celebration! 9-4 Open gym or Billiards 12:30-4 Canasta </p>
<p>28 9:15 Tai chi practice 11:45 Lunch 12:30 Mahjongg 12:30-4 Open gym or Billiards</p>	<p>29 9:15 Osteo Exercise 11:45 Lunch 12:30-4pm Open gym or Billiards</p>	<p>30 9:15 Yoga Stretching 10-noon Veteran's Office Hours 11:45 Lunch 12:30 Mahjongg 12:30-4pm Open gym. <i>Showtime at the Log Cabin: The Riverboat Ramblers and Lobsterfest. \$60</i></p>	<p>31 9:15 Osteo 9:30-12 shopping van 10:45 Knitting 11:45 Lunch 12:30 Mexican Train 12:30-4pm Open gym or Billiards</p>	

August 2014 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h2 style="margin: 0;">Thursday Morning Shopping</h2>  <p>The Hadley Senior Van is available to bring seniors shopping locally on Thursday mornings from 9:30am to noon. \$4 round trip fare, free for HVES clients or ADA rider companions. Please call 586-4023 by Tuesday to schedule.</p>			<p>Eddie Forman Orchestra and the Annual Polka Festival is scheduled for Saturday August 16, 4-6pm. (Rain Date Tues. Aug. 19, 6-8pm)</p>	<p>1</p> <p>11:45 Lunch with Rep. John Scibak-office hours 12:30- Canasta All day Open gym or Billiards</p>
<p>4</p> <p>9:15 Tai chi practice 11:45 Lunch 12:30 Mahjongg 12:30-4 Open gym or Billiards</p> <p>Lunch Trip to Olive Garden</p>	<p>5</p> <p>9:15 Osteo Exercise 11:45 Lunch 12:30-4 Open gym or Billiards</p>	<p>6</p> <p>9:15 Yoga Stretching 10-noon Veteran's Office Hours 11:45 Congregate Meal 12:30 Mahjongg 12:30-4pm Open gym</p>	<p>7</p> <p>9:15 Osteo 9:30-12 shopping van 10:45 Knitting 11:45 Lunch 12:30 Mexican Train 12:30-4 Open gym or Billiards</p>	<p>8</p> <p>11:45 Lunch All day Open gym or Billiards 12:30-Canasta</p>
<p>11</p> <p>9:15 Tai chi practice 11:45 Lunch 12:30 Mahjongg 12:30-4 Open gym or Billiards</p> 	<p>12</p> <p>9:15 Osteo Exercise 11:45 Lunch 12:30-4pm Open gym</p>	<p>13</p> <p>9:15 Yoga Stretching 10-noon Veteran's Office Hours 11:45 Lunch 12:30 Mahjongg 12:30-4 Open gym or Billiards Ventford Hall, Lenox</p>	<p>14</p> <p>9:15 Osteo Brown Bag Day 9:30-12 shopping van 10:45 Knitting 11:45 Lunch 12:30 Mexican Train 12:30-4pm Open gym</p>	<p>15</p> <p>11:45 Lunch 12:30 Canasta All day Open gym or Billiards</p>
<p>18</p> <p>9:15 Tai chi practice 11:45 Lunch 12:30 Mahjongg 12:30-4 Open gym or Billiards</p>  <p>Lunch Trip to Farm Table and Kringle Candle</p>	<p>19</p> <p>S.H.I.N.E. appointments today 9:15 Osteo Exercise 11:45 Lunch Foot Care Clinic-by appointment Monthly Outreach Office Hours 10am Windfield Estates #30 Golden Court: 1pm</p>	<p>20</p> <p>9:15 Yoga Stretching 10-noon Veteran's Office Hours 11:45 Lunch 12:30 Mahjongg 12:30-4pm Open gym</p>	<p>21</p> <p>9:15 Osteo 9:30-12 shopping van 10:45 Knitting 11:45 Lunch 12:30 Mexican Train 12:30-4 Open gym or Billiards</p>	<p>22</p> <p>11:45 Lunch All day Open gym 12:30-Canasta</p>
<p>25</p> <p>9:15 Tai chi practice 11:45 Lunch 12:30 Mahjongg 12:30-4 Open gym or Billiards</p>	<p>26</p> <p>9:15 Osteo Exercise 11:45 Lunch 12:30-4pm Open gym</p> <p>Trip to Quadrangle Museums</p>	<p>27</p> <p>9:15 Yoga Stretching 10-noon Veteran's Office Hours 11:45 Lunch 12:30 Mahjongg 12:30-4pm Open gym</p>	<p>28</p> <p>9:15 Osteo 9:30-12 shopping van 10:45 Knitting 11:45 Lunch 12:30 Mexican Train 12:30-4 Open gym or Billiards</p>	<p>29</p> <p>11:30 Lunch Followed by August Birthday Celebration! All day Open gym 12:30-Canasta</p>

**Hadley Senior
Community Center
Annual Polka Festival
Featuring
Eddie Forman Orchestra
Saturday August 16, 4-6pm**

(Rain date: Wed. Aug.19, 6-8pm)

