

Hadley Senior Community Center Newsletter

June/July/August 2016

Sponsored by the EOE and Friends of Hadley COA

Your contemporaries at the Senior Community Center have been working on many projects over the last few months. So many individuals have stepped up to the plate to work on new initiatives to benefit your health, well-being and social calendars. Here are just a few;

The Health and Fitness Committee members: Lynne Edwards, Brenda Novak, Val Miller, Beverly Rhodes, Gene Palmer and Mary Lou Meddaugh have formed a partnership with the AIC physical therapy department to outfit our fitness room, and design a fitness program and protocols for us as their Senior Capstone Project. We have met twice already with faculty and interns and hope to introduce the program in the autumn.

The Senior Center Building Committee has been diligently gathering information leading up to the Annual Town Meeting, waited for the passing of the article for the Town to hire an Owner's Project Manager, as the first step towards putting a new Senior Center Building vision out to the Town. Jane Nevinsmith, Marguerite Wilson, Doug Rae, Ed Golding, David Storey, Dan Regish and Karen Walters-Zucco are working hard to represent your expressed desire of what a new senior 'home away from home' could look like in your community. Reach out to them for updates or to give feedback.

The Council on Aging Board welcomed new member Rosalie Weinberg in May. Other COA Board members include Glenn Clark, Elizabeth Faulkner, Elsie Andrews, David Storey, Marguerite Wilson, and Marjorie Townsend. The Board is closely monitoring opportunities to meet the growing needs of the Hadley senior population, nearly 1800, at this writing, and growing. FACT: Right now, there are more people in Hadley over the age of 60, than there are under the age of 20.

Hadley Senior Community Center

46 Middle St. Hadley, MA 01035

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

Hours: Mon. through Fri. 9am – 4pm

Meals on Wheels: 584-6784

Highland Valley Elder Services: 586-2000

The Friends of Hadley Council on Aging board also welcomes Marlene Merzbach as a new member helping to increase resources to the COA in support of Hadley seniors!

Regular, Volunteer Office Staff Needed:

If you have 4 hours, one day a week, computer and people skills, and would like to become an honorary member of the staff, we would love to hear from you. We need consistent, friendly people to help in the office. Please see Suzanne if interested.

Thank you to the following for their time, talents and support: Amelia Matuszko, Chester Abel, Lillian Wood, PACC, Jane Porter, Jean Esther, Mary Aubrey, the Community Service volunteers from Wesley United Methodist Church and UMass students.

SHREDDING DAY

Friday June 10, 10am-1pm

Hadley Senior Community Center



Protect Your Identity: Get Rid of Old Documents

Sponsored by Valley Green Shredding, Hadley Police Assoc., Hadley Fireman's Assoc., Sheriff's Dept., Hadley COA, TRIAD/SALT, and the Northwestern District Attorney's Office (Read more inside for what documents to shred /when)

Free Hamburgers and Hotdogs Hot off the grill while you wait!

Shredding:

What to keep/what to shred, and when

“If your list of spring cleaning chores includes finally doing something about those boxes of old receipts, credit card statements and tax records, keep in mind that clearing out the clutter isn’t the only incentive – or concern – when getting rid of old paperwork. Those financial forms could become a potential gold mine for identity thieves.

As for what to shred, you should destroy unneeded items that bear account numbers, birth dates, Social Security numbers, passwords, PINs, signatures, full names, addresses, phone numbers or e-mail addresses.

So what should you keep and for how long? For most people, these guidelines will suffice.

Pay and shred immediately:

- * Phone bills
- * Utility bills
- * Credit card statements (unless you need them for taxes or as proof of purchase)

Keep for one year:

- * Bank statements
- * Pay stubs
- * Medical records (but longer if there’s a question over reimbursement or insurance)

Keep for about six years:

- * Tax records, including copies of returns and supporting documents
- * Documents relating to the purchase or sale of a home, or payment for home improvements

Keep longer:

- * Insurance records should be kept as long as the policy is in effect, plus five more years.
- * Hold on to IRA contribution documents until you withdraw the money, but shred quarterly statements.
- * Warranty documents should be retained as long as the warranty is in effect.”

For the complete article see the URL below:

<https://blog.protectmyid.com/2011/02/09/spring-cleaning-guidance-for-what-to-shred-and-what-to-keep/>



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

Surner Heating Co. Ideal Movers

Megan’s Garden Florence Bank

Karl’s Site Work

U Mass Five College Credit Union

Cowls Building Supply

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 (Both Dancercise and Tai Chi will continue through June then break until September.)

Tuesday/Thursday: 9:15 Healthy Bones and Balance: with Betty Faulkner and friends.

Wed: 9:15 Yoga Stretch, Flex and Breath, with Ed Golding & friends. Free.
Healthy Bones & Balance with Georgia & Elaine, free will continue in June at 1:45-2:45pm. July and August will be at 10:45-11:45am. 3pm Fun & Fit, with Sidra through June 8, then break until Sept.

Friday: 10:30 Yoga/Pilates Mat-work with Sidra Ellison, \$3 per class through June 11, then break until September.

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 **June 21**. 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 dates are **June 21 and Aug. 16**. Call 586-4023 to schedule an appointment.

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.

Forks over Knives: Tues. June 7, 2pm

A Film about the role of nutrition in the prevention and management of chronic illnesses, obesity and heart disease as a way of life. Discussion to follow by Dr. Nora E Hanke, PC Presentation sponsored by the Friends of Hadley COA.



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Helpful Resources and New Services

NEW Benefits Application Assistance Service

Hadley is 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.

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



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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-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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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
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, David Storey, Elizabeth Faulkner,
Margie Townsend, Elsie Andrews, Marguerite Wilson,
Rosalie Weinberg

Board Meetings are 2nd Tuesday of month at 10:30am
(No meetings in July and August)

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 \$3. You must call 586-4023,
at least 2 days in advance, to sign up for meals.

Highland Valley Elder Services 586-2000

Central Hampshire Veterans Services 587-1299
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 summer
meetings.

COMMUNITY CORNER

The Friends of the Goodwin Library are sponsoring a garden tour on July 23 from 9-4 (rain or shine) The tour will include 8 gardens, a tour of a local modern dairy farm and a photography exhibit. Tickets are \$15 advance and \$20 the day of the tour. Children under 12 yrs. are free of charge. The tickets are available at the Library, Hadley Garden Center, North Hadley Sugar Shack, Barstow's Longview Farm and Andrew's Greenhouse in Amherst.

An Invitation

For a real treat and wonderful way to begin the summer season, stop by Room 112 at the Hadley Senior Community Center and enjoy the haiku poems written by the fourth graders of Hadley Elementary School. Your spirits will be lifted and you will feel a sense of pride in our Hadley youngsters. Happy reading!



Belated Birthday Greetings!

April had two extraordinary birthdays! Hadley's Gold Cane recipient **Nellie Griffin** turned 99! Elizabeth Faulkner, David Storey, both COA Board members, and Jean Yarrow visited Nellie with cake and well wishes. They met Nellie's sister and others there for her special day.

Helen Waskiewicz celebrated her 95th birthday with friends and family at a special party in her honor.

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Friends of Hadley COA

FIRST FRIDAY WITH FRIENDS:

June 3rd, July 1st, and August 5th from 2 – 3pm, come down to the Center and have coffee, cookies & conversation. Bring a friend. It's free and a chance to catch up with what's going on with each other and in town.

Chicken To Go: Sunday July 10th, pick up at COA 11:30-2, Tickets \$8 in advance.

Wine Tasting and Music: Thurs. Sept. 22, 6-8pm, tickets \$15 in advance, \$20 at door.

Trivia Night at Mia Tierra, Mon. Nov. 14 6:30-8:30pm. Get your group together-maximum group number of 5 people. A 'Friends' fundraiser.

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Trip Calendar

June – July – August 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

Monday, June 20, - lunch: Taste of Lebanon, West Springfield, depart 10:45, \$7 transportation

Saturday, June 25, Silverthorne Theatre, to see 'The Miser' Moliere's French farce with a contemporary adaptation. Fast paced, physical humor. GCC: \$25.00; depart 1PM

Wednesday, July 13, Lunch at Theresa's Italian Restaurant, Ware: \$10, depart 11AM

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. Luncheon Theatre. Reservations first come basis. Call Jane 586-3772. *Waiting list only.*

Monday, July 25th, Schooner Sail, (big motor coach)8:30 AM depart. 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.

Friday, June 29th: lunch out then shopping at Athol Market Basket \$10.00, depart 11AM,

Wednesday, Aug 10th: Carousel Factory Museum, Bristol CT, \$30. Lunch on own at Parkside Café. 8:15 depart

Monday, Aug 15, Barton's Cove: Canoe or Kayak 2 hour rental: \$33.00 depart 9:45, bring your own picnic lunch.

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

Overnight Motor Coach Tours

Gladys Nicholson, 413-658-7773

Nova Scotia and Bay of Fundy; Deposit \$150 due by June 30th Oct. 2nd - 9th (8-days/7-nights), \$1,469 pp/dbl; **NOTE: You will need a passport to travel in Canada.** If you are a Triple AAA member, you can get passport photos free. It's not too late to sign up for the Nova Scotia /Bay of Fundy trip. Don't miss out! It's going to be a fabulous trip, fully escorted by the same guide who was with us for the trip in 2010. Highlights: Prince Edward Island, Digby Ferry to St. John, New Brunswick, Peggy's Cove, Halifax City Tour - including the Maritime Museum of the Atlantic, Public Gardens, Fairview Lawn Cemetery (burial place of the Titanic victims), Hopewell Rocks, Bay of Fundy, Campobello (FDR's summer home and retreat) St. John, New Brunswick, Evangeline Trail, 7 nights lodging, 7 breakfasts, 7 dinners (including a lobster dinner) Deluxe Motor Coach transportation, Taxes and meal gratuities included. **Contact Gladys Nicholson, 413-658-7773**

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**



Senior Financial Planning

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



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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

June 1- First Friday with Friends, coffee hour
June 7- Forks over Knives: Film on Nutrition
2pm, discussion by Dr. Nora E. Hanke
June 10 SHREDDING 10am-1pm, Rep. Scibak
June 14-COA board meeting, Applebee's 11:30
June 16-Brown Bag Pickup by 2pm
June 21-Foot Clinic, Hearing Aid Cleaning
June 22-NO TOWN NURSE THIS WEEK
June 24- June Birthday Celebration

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July 1- First Friday with Friends Coffee, 2-3pm  
July 4-CLOSED  
July 8- Rep. Scibak Office Hours 11:30am  
July 10- Chicken-To-Go Fundraiser  
July 21- Brown Bag Pickup by 2pm  
July 29- May Birthday Celebration 11:30am

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Aug. 5- First Fri. Coffee with Friends 2-3pm
Aug. 12- Rep. John Scibak Office Hours 11:30
Aug. 16- Foot Clinic, Hearing Aid cleaning
Aug. 18- Brown Bag Pickup by 2pm
Aug. 26- August Birthday Celebration



Look for News on these Up-Coming Events

**Polka Festival: Sunday Sept. 11, 1-5pm,
9/11 Commemoration at 1pm by Chief
Spanknabel, EFO 2-4pm, vendors, food, face-
painting and more.**

**Wine Tasting and Music: Thurs. Sept. 22,
6-8pm, tickets \$15 in advance, \$20 at door.**

**Trivia Night at Mia Tierra, Mon. Nov. 14
6:30-8:30pm. Get your group together-
maximum group number of 5 people.
A 'Friends' fundraiser.**