

Hadley Senior Community Center Newsletter

June/July 2015

Finally! The growing season is upon us. The thought of three feet of snow is behind us- for now. The fields have been planted and we wait for rain. We feast on asparagus and wait for corn and tomatoes. Ah, summer! I thought you'd never arrive. Folks are getting out in the yard, having barbeques, and traveling once again. Check out our new trips we've scheduled if you haven't already built some leisure activities into the summer months.

Summer months at the Center tend to focus more on leisure activities like trips and special events, such as trips to the Clark Art Institute to see Van Gogh and Whistler exhibits, a Schooner Sail out of Gloucester, picnic at Gillette Castle, and the Harriet Beecher Stowe and Mark Twain houses in CT, and an overnight trip to the Water/Fire Festival in RI, just to name a few. We will be having another Shredding Event on June 19, (details on page 3) and our annual Volunteer Appreciation Luncheon, by invitation. There will be no COA board or TRIAD meetings in July and August. All our regular, volunteer led exercise programs shift to a 9:15am start to beat the summer heat and let you get back to your gardening. Rest assured, while you're enjoying these months we will still be hard at work scheduling a full listing of autumn offerings such as a series on how taking care of yourself, and the medical model have changed over the last fifty years, a series on diabetes, the annual Polka Concert with The Eddie Forman Orchestra scheduled for August 22, a Fall Friend's Event, and more.

If there is something you want to see offered here, remember to let me know!

Electric Rates Revisited: You may remember my rant in the last newsletter about the rising electric rates, recalculation fees, and the whole energy deregulation mess. Well, I'm happy to report that things are changing! After public outrage, some expressed at an open forum here on April 10th, many consumers writing to the DPU, and the help of Representative John Scibak, Senators Humason and Downing, and the responsive Senate President Stan Rosenberg, the DPU has rescinded its recalculation fee and current legislation is pending to have those that were charged a fee, to be refunded. Under pressure, Eversource announced they are scheduled to cut rates by 31%. Senator Rosenberg stated he is working with the governor to solve the recurring spike in rates through implementing policy and negotiations.

I'm personally very happy to know that consumers still possess the ability to peacefully enact change and that we are fortunate to have the above mentioned politicians who will rise to the challenge and speak up on the people's behalf.

~Suzanne Travisano

Thank you for your thoughtfulness...

To the following for their contributions, either through donations, volunteerism, or in-kind gifts to the Hadley Senior Community Center: Merrill Tomaskowicz, Sharon Howard, our amazing Friends Board, John Waskiewicz, and to Gladys Nicholson for sprucing up the Senior Van!

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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Business Sponsors

Be sure to support these local businesses and thank them!



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OFFICE
Monday - Friday 10 - 6
Saturday 10 - 4
or by appointment

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Health and Wellness

New!!!

FREE Cleaning of Hearing Aids with Deborah Reed of Ascent Audiology on the 3rd Tues. of each month from 10-11am here at the Senior Community Center- Walk-in.

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, every other month. Cost: \$30 for clinic visit or \$50 for a home visit. Next clinic date is Tuesday June 16. Call 586-4023 for an appointment.

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

Exercise

Tai Chi practice group led by Linda Pirog Mazeski. Mon. at 9:15 starting in July.

Osteoarthritis exercise on Tues and Thurs will start at 9:15am

Yoga, Stretch, Flex and Breathe: Wed. 9:15am

FREE SHREDDING FOR SENIORS

HADLEY SENIOR COMMUNITY CENTER

FRIDAY JUNE 19TH 10am-1pm

**Sponsored by: Valley Green Shredding
Hadley Police Dept., TRIAD,
and the Hadley COA**

**BRING YOUR DOCUMENTS
AND YOUR APPETITE!**

**Free hamburgers and
hotdogs- hot off the grill
while you wait!**



Protect your identity: Get rid of old documents!

A note from the Friends group

The Friends of the Hadley Council on Aging had their first fund raiser in May and made \$725. Thanks to Big Y, River Valley Market and Stop and Shop for donations of refreshments for the event.

Support of the Friends directly benefits the Hadley Council on Aging. Because the Friends has a charitable designation, all gifts to the group are tax deductible. Recently, we have been receiving contributions in memory of Hadley seniors who have passed. Membership money also goes directly to the COA, in whatever amount you are comfortable giving. The membership is for 12 months, starting whenever you join.

Our list of business members is in the COA newsletter. When you shop at any of these members establishments, please tell them you saw their name as supporters.

If you have an account at the Florence Savings Bank, please vote for the Friends of the Hadley Council Aging in their Customer's Choice Community Grants. Each account has one vote, and we would appreciate yours. Thank you.

Our annual meeting will be the 4th Wednesday in September, this year the 23 at 2PM. Please mark your calendar and plan to attend.

Hobbies and Leisure Information

Need help setting up a computer? Janice Jorgensen is a new 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

Computer classes: Jane Nevinsmith will once again offer a morning, 4 week computer class this summer. Please call 586-4023 to sign up.

Knitting group will continue to meet in June on Thurs. mornings at 10:30.

Canasta: Fridays at 12:30pm

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
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
(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.

Fri. June 12- Day trip to visit to the Norman Rockwell Museum then lunch at the Red Lion Inn. Depart at 8:30am, Gallery talk at 11am (free with admission) \$30 for transportation and admission, lunch cost on your own.

Wed. June 17: Old Mill Restaurant, Westminster, MA Lunch Trip. (Again, due to overwhelming response). \$10 transportation, plus cost of lunch. Depart at 10:45.

Mon. June 22: Harriet Beecher Stowe, Mark Twain Center, Hartford CT. followed by lunch at Red Lobster. \$50 covers admission to both houses and transportation. Lunch cost on your own. Depart at 8:30am

Friday June 26: "Man of LaMancha" matinee at the Barrington Stage, Pittsfield. \$60 covers admission to the production and transportation. No meal included. Departs at 12:15.

Deadline for sign-ups is the first week in June!

Friday July 10: Clark Art Institute, Williamstown, MA. Double exhibit of Van Gogh (Van Gogh and Nature) and Whistler (Grey, Black and White), drawings and paintings (including Whistler's Mother). \$45 covers admission, hand held media guide and transportation. Lunch cost at the museum on your own.

Mon. July 13: Lunch trip to Dockside Restaurant. \$5 transportation, lunch cost your own. Departs at 11am.

Tues. July 21: Schooner Sail out of Gloucester and lunch at Lobsta Land. Sail along the coastline dotted with lighthouses, scenic beaches and castles. We will be having lunch first (lunch cost on your own) then the 2 hour Schooner Sail. \$60 for sail and transportation. Depart at 8am.

Wed. July 29: Lunch trip to Bernie's Dining Depot in Chicopee. \$7 transportation plus cost of lunch. Depart at 11am.

Mon. Aug. 3: Gillette Castle/State Park for a picnic. East Haddam Ct. We will take the Hadlyme Ferry across the Ct. River and tour the castle and grounds. **Pack your own picnic lunch to bring.** (We will have coolers on the van). \$40 admission/transportation.

June 2015 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 11:45 Lunch 1:30 Tai chi	2 9:15 Osteo Exercise 11:45 Lunch	3 9:15 Yoga Stretching 10-noon Veteran's Office Hours 11:45 Lunch Trip to Westchester Theatre to see West Side Story	4 9:15 Osteo Class 10:45 Knitting group 11:45 Lunch 12:30 Mexican Train 9:30 shopping van	5 11:45 Lunch 11:30-12:30 Rep. John Scibak office hours 12:30 Canasta
8 11:45 Lunch 1:30 Tai chi	9 9:15 Osteo Exercise 11:45 Lunch	10 9:15 Yoga Stretching 10-noon Veteran's Office Hours 11:45 Lunch	11 9:15 Osteo class 10:45 Knitting group 11:45 Lunch 12:30 Mexican Train 9:30-12 shopping van.	12 11:45 Lunch 12:30 Canasta Trip: to Norman Rockwell Museum then Lunch at Red Lion Inn
15 11:45 Lunch 1:30 Tai chi	16 9:15 Osteo Exercise 11:45 Lunch SHINE appointments Foot Clinic by appointment 10-11 Hearing Aid Cleaning	17 9:15 Yoga Stretching 10-noon Veteran's Office Hours 11:45 Lunch Lunch trip to Old Mill Restaurant	18 Brown Bag Day Pick up is between 10:15-noon 9:15 Osteo Class 9:30-12 shopping 10:45 Knitting group 11:45 Lunch 12:30 Mexican Train	19 11:45 Lunch 12:30 Canasta SHREDDING DAY 10-1
22 1:30 Tai chi (LAST session with Bai Ling Li until Sept.) Harriet Beecher Stowe and Mark Twain houses/lunch at Red Lobster	23 9:15 Osteo Exercise 11:45 Lunch 10am Outreach hours at Windfield #30	24 9:15 Yoga Stretching 10-noon Veteran's Office Hours 11:45 Lunch	25 9:15 Osteo Class 9:30-12 shopping van 11:45 Lunch 10:45 Knitting group 12:30 Mexican Train	26 11:45 Lunch followed by June Birthday Celebration 12:30 Canasta Trip: Man of LaMancha at Barrington Stage
29 11:45 Lunch	30 9:15 Osteo Exercise 11:45 Lunch	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		
				

MOTORCOACH TRIPS

Overnight Trips – call Gladys Nicholson 413-658-7773

AMISHLANDS, PA. Sept 28th – Oct 1st. \$499 per person double occupancy. Includes 3 nights lodging, 2 breakfasts, 3 dinners, 2 shows, guided tour of the Amish Countryside, Bird-in-Hand Farmer's Market, Hershey Chocolate tram tour, Amish Buggy ride and more.

WHITE MOUNTAINS & CHRISTMAS December 9 – 11, \$419 per person, double occupancy. Includes 2 nights' deluxe accommodations, 2 breakfasts, 1 lunch, 2 dinners in the hotel's 5 star restaurant, 3 different Christmas shows, Austrian Sleigh Ride, Visit to the Weather Discovery Center and more.

Day trips – call Jane Nevinsmith 586-3772

WEST SIDE STORY, Wednesday, June 3, Westchester Dinner Theatre*, \$119 per person, reservations on a first come, first serve basis. Broadway greats Leonard Bernstein and Stephen Sondheim combine efforts: "*Maria*", "*Tonight*", "*I Feel Pretty*" and "*America*" are some of the songs. Depart at 8am.

BACKWARDS IN HIGH HEELS, (The Ginger Rogers story) Wednesday, September 16, Westchester Dinner Theatre*, \$119 per person, reservations on a first come, first serve basis. Follow the story of a small town girl who dazzled the world with great songs and show-stopping dance numbers.

SHOWBOAT, Wednesday, November 11, Westchester Dinner Theatre, \$119 per person, reservations on a first come, first serve basis. Music by Jerome Kern and lyrics by Oscar Hammerstein, include "*Ole Man River*" and "*Make Believe*"

*Westchester Dinner Theatre, located in Elmsford, NY, is an elegant equity theatre and features a pre-show lunch and a full scale musical productions

Water/Fire Event: Providence RI. Go for an overnight Sat. Aug. 15 to see the beautiful Water/Fire installation light up over eighty braziers from Waterplace Park to Memorial Park/South Main St. Samples culinary fares, enjoy music and marvel at the water fires lit shortly after sunset. Stay downtown at the Renaissance Hotel. Food costs on your own. Ocean stop on the way home on Sunday. There is significant walking on this trip. \$150pp, depart Sat. at 1pm. All meal costs on your own.



FRENCH RIVERBOAT CRUISE

May 8 – 18, 2016, Airfare, 2 nights Mont St Michel and 7 nights on a Paris and Normandy River Cruise: prices from \$5799 pp/double. Includes guided tours of Mont St Michele, Paris, Giverny, Vernon, Rouen, Normandy Beaches, Conflans. Call Jane Nevinsmith for a flyer, or the Ship Shop to make a reservation. River boat only has 190 passengers, so space is limited. **Jane N. 586-3772**

July 2015 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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</p> 		<p>1 9:15 Yoga Stretching 10-noon Veteran's Office Hours 11:45 Lunch</p>	<p>2 9:15 Osteo Exercise 9:30-noon shopping van. 11:45 Lunch 12:30 Mexican Train</p>	<p>3 Senior Center is Closed in Observance of Independence Day</p>
<p>6 9:15 Tai chi practice 11:45 Lunch</p>	<p>7 9:15 Osteo Exercise 11:45 Lunch</p>	<p>8 9:15 Yoga Stretching 10-noon Veteran's Office Hours 11:45 Lunch</p>	<p>9 9:15 Osteo Exercise 9:30-noon shopping van. 11:45 Lunch 12:30 Mexican Train</p>	<p>10 11:45 Lunch 12:30- Canasta Trip to Clark Art Institute</p>
<p>13 9:15 Tai chi practice 11:45 Lunch Trip: Lunch at the Dockside Restaurant</p>	<p>14 9:15 Osteo Exercise 11:45 Lunch Trip: Gloucester Schooner Sail and lunch at Lobsta Land</p>	<p>15 9:15 Yoga Stretching 10-noon Veteran's Office Hours 11:45 Lunch</p>	<p>16 9:15 Osteo Exercise 9:30-noon shopping van. Brown Bag Day-pick from 10:15-noon 11:45 Lunch 12:30 Mexican Train</p>	<p>17 11:45 Lunch 12:30 Canasta</p> 
<p>20 9:15 Tai chi practice 11:45 Lunch</p>	<p>21 9:15 Osteo Exercise 11:45 Lunch 10-11 Hearing Aid Cleaning Trip: Gloucester Schooner Sail and lunch at Lobsta Land</p>	<p>22 9:15 Yoga Stretching 10-noon Veteran's Office Hours 11:45 Lunch</p>	<p>23 9:15 Osteo Exercise 9:30-noon shopping van. 11:45 Lunch 12:30 Mexican Train</p>	<p>24 11:45 Lunch 12:30 Canasta</p>
<p>27 9:15 Tai chi practice 11:45 Lunch</p>	<p>28 9:15 Osteo Exercise 11:45 Lunch Monthly Outreach Office Hours Windfield Estates #32, 10am. Golden Court 1pm</p>	<p>29 9:15 Yoga Stretching 10-noon Veteran's Office Hours 11:45 Lunch Lunch Trip: Bernie's Dining Depot, Chicopee</p>	<p>28 9:15 Osteo Exercise 9:30-noon shopping van. 11:45 Lunch 12:30 Mexican Train</p>	<p>29 11:45 Lunch Followed by July Birthday Celebration! 12:30 Canasta</p>