

Hadley Senior Community Center Newsletter

September/October 2016

Sponsored by the Friends of Hadley COA

September is here. The summer without rain, and according to NASA, the hottest year on record. It was a summer of mandatory water bans and some loss of crops. Thankfully, there were still tomatoes and corn -the tastes of summer.

At the Senior Community Center we had to cut back on programming because of the heat. Without air-conditioning throughout the building, it was nearly unbearable. We also had some plumbing go, and leak down into the first floor through the ceiling. And of course, we were at the corner of the Route 9/47 construction axis. To say it has been a challenge is an understatement.

However, we are coming back with lots of fun events, fresh exercise sessions, and also following up on the May Town Meeting vote to have an Owner's Project Manager to look at working on a Senior Center building.

To hear more about that you can come to the **Community Potluck here on Thurs. October 13 at 5:30pm**, and all the warrant articles for the Oct. 27th Special Town Meeting will be discussed at a Town forum scheduled for Thurs. Oct. 20 at Hopkins.

The **Rite Aid Flu Clinic** will be here Wed. Oct. 19 from 9-11am. (See more in 'Health & Wellness' section)

This issue is also full of new ways to keep you and your loved ones healthy. Check out the **new pilot fitness program** in coordination with American International College's kinesiology department, the **4-Part Alzheimer's Series here in October**, Parkinson's Disease Support Group schedule, and other Caregiver's Support groups being offered in our area. **A reminder: Medicare Open Enrollment is October 15 through December 7th**. Need help reviewing your plan and finding what other options are out there? Call us to schedule a SHINE appointment with our counselor, Jayne Sullivan. 586-4023.

Polka Festival –Sept. 11, 1-5pm-free
Hadley Senior Community Center

46 Middle St.

Featuring

The Eddie Forman Orchestra 2-4pm

1:30 Hadley Fire Chief Mike Spanknebel 911
Commemoration

1-5pm

Play Corn hole, seated beach volleyball, and face-painting, popcorn, get in on the raffle **Smiarowski's Farm Stand** will be here featuring mums, golumbki, and fresh produce, Along with **Johnny Mitch's French fries and fried dough**. Bring a lawn chair and your dancin' shoes!

In the case of rain, the concert will be held at Hopkins Academy Cafetorium



9-11-16 American Legion Chicken-To-Go tickets available at our Center until Sept. 7th. Noon & 4pm pickup-\$10. Pick it up there and eat it here!

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

Special Wellness Offerings here at the Hadley Senior Community Center

October Flu Clinic: Wed. October 19, 9-11am
Walk-in. Please bring insurance cards. Sponsored by Rite Aid and CareOne.

NEW*AIC Fitness Foundations: For individuals who are just starting their fitness journey to those who want to simply brush up on their form. 2 trainers will be working One-on-one with 6-8 participants here at the Center. This 8 week session will begin on Sept. 26. Interested people should contact the office for the Information and Assessment Meeting to be scheduled 2 weeks prior to start! 586-4023

Alzheimer's Association 4 part series:
Alzheimer's Association: 800-272-3900

Tuesdays in October starting Oct. 4th at 2pm

1. Tues. Oct. 4, 2pm: The Basics: Memory Loss, Dementia, and Alzheimer's Disease: What you need to know.

For Caregivers:

2. Effective Communication Strategies: This workshop explores communication changes due to dementia and the skills needed to successfully connect and communicate throughout the disease process.
3. Understanding and Responding to Dementia Related Behavior
4. Living with Alzheimer's for Caregivers- Middle Stage: Learn about mid-stage dementia and the strategies to provide safe, effective and sensitive care.

Attend all, one, or a few workshops. Please call us at 586-4023 to register in advance so we have enough materials.

Special Offer for Care-takers: We know how much time and energy goes into caring for a loved one. Often, caring for oneself comes later, and sometimes never-leading to burnout! In support of self-care, Valerie Hood, LMT, will be donating her time to give one or two fully-clothed massages in a more private setting here at the Center following the Oct. 18 and 25th workshops. Please call us by October 11th to reserve this time for yourself to 'fill the well'. 586-4023.



FIVE COLLEGE REALTORS
190 UNIVERSITY DR. AMHERST MA 01002
JACQUELINE ZUZGO
REALTOR® ABR. CRS. GRI. SRES. EPRO
JACQUELINE@JACQUELINEZUZGO.COM
CELL 413 221 1841
OFFICE 413 549 5555
FAX 413 549 5559
WWW.JACQUELINEZUZGO.COM
Sewing the Pioneer Valley

The bank of hometown values.

Supporting the communities we serve since 1869.

Member FDIC
Member OF
Equal Housing Lender

bank **ESB**

bankesb.com | 855.527.4111 The bank of you.

esselon
Coffee Roasting Company, Inc.

Jennifer Hudon
director of catering / manager

99 Russell Street + Hadley, MA 01035
☎ 413 585 1515 ☎ 978 766 6019 ✉ jennifer@esselon.com

esselon.com

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

Surner Heating Co. Ideal Movers
Florence Bank Karl's Site Work
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.

Exercise Classes are open to those 55+ (please note: exercise classes are no longer grant funded, so they are now open to those 55 plus)

Mondays:

- **Dancercise** with Lynne Nicole Smith: Mondays at 10:30am starting Sept. 12. \$6 per class payable to the instructor. **Fun and Fit** with Sidra Ellison: Aerobic and small weights work-out. Mondays at 3pm, Starts Sept. 26, \$3 per class- pay one month in advance.
- **Tai Chi Basics**- 4 week refresher with Linda Pirog Mazeski, Monday Sept. 12,th through Oct. 3, from 1-1:30pm- free
- **Tai Chi** with Bailing Li: Mondays at 1:30, Starts September 12, \$4 per class- payable one month in advance. (No longer a grant-funded class, but open to those 55+ if there's room)

Tuesdays/Thursdays: Healthy Bones and Balance with Betty Faulkner: 9:15 for September, 9:30 starting in October, free (please call 586-4023 to see if class has reached capacity)

Wednesdays:

- **Yoga, Stretch, Flex, breathe** with Ed Golding: 9:15am, free
- **Healthy Bones and Balance** with Elaine and Georgia: Wednesdays at 2pm (note time change from Aug.) free.

Fridays:

- **Yoga/Pilates Mat work** with Sidra Ellison: Starts Friday September 23, at 10:30am. \$3 per class, payable one month in advance.

Exercise Equipment Room: for those 55+. Signed consent must be on file, orientation is mandatory. Recumbent bike, Nu-Step, and treadmills available.

More Community Support Options:

Parkinson's Disease Support Group:

Formerly held at Thayercare, moving to the Elementary School Cafeteria, co-sponsored by the Hadley COA, held the 1st Saturday -10am to noon. Questions: Contact Ruthie at ruthie.pdsg@gmail.com or call 584-2192 and leave a message.

Powerful Tools for Caregivers: An educational series designed to provide you with the tools you need to take care of yourself. Tuesdays from 10-2, Sept. 13 through Oct. 18. Amherst Senior Center, Class size is limited and registration is required. Contact Helen MacMellon, LCSW at 259-3062. Sponsored by HVES.

Support Group for Caregivers with Dementia:

Emotional support, resource info, and loaning library. Sept. 15 and 29th from 1:30-3pm. Contact Helen MacMellon at 259-3062 or email her at macmellonh@amherst.gov

Reidy Home Medical Alert presentation: Friday Sept. 16 at 11:45pm. How do they work? How much does a personal alarm cost each month? Are there installation charges? Is it right for me?

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 **Tues. Sept. 20**. 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. *Currently in need of a few newer, clean wheelchairs*

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 **Tues. Sept. 20, Oct. 18**. Call 586-4023 to schedule an appointment.

Helpful Resources

One-on-one Computer Tutorials: Steve Eagle is a 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



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

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.

Fuel Assistance: Those recertifying should have received their paperwork in the mail. Those that are applying for the first time may do so after October 1. You must do your first intake in person. We can do that with you at the Senior Community Center. Please call 586-4023 after 9/7 to schedule an appointment with Elsie Waskiewicz. 2016 Income eligible guidelines are (1 person) \$33,126, (2 people) \$43,319.



Transportation

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.

The Tuesday Rides to medical appointments has been discontinued due to low usage. Use the PVRTA van service in its place. See below

PVRTA

Offers para-transit van service to elderly and disabled residents. To schedule a trip within 7 days, call toll-free **1-866-277-7741**. PVRTA van tickets are available for purchase at the Council office. A book of (20) \$2.50 one-way van tickets cost \$47.50



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**

State Rep. John Scibak Office Hours: Fridays September 9, and October 7th at 11:30am. He may also be reached at 413-539-6566 or at John.Scibak@mahouse.gov

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
Community Outreach Coordinator: Elsie Waskiewicz
Van Drivers: Jane Nevinsmith, John Waskiewicz,
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.

TRIAD/SALT Meetings held 2nd Thur. at 9:30. No summer
meetings.

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 John.Scibak@mahouse.gov

COMMUNITY CORNER

Community Potluck at the Center with Friends!

Join us Thursday October 13 from 5:30-7pm to talk with neighbors, hear about where the planning for the new building is at, ask questions, and share a meal! Bring a dish to share. Contact Marlene Merzbach with any questions. **549-2097**

CareOne at Northampton hosts A Senior Celebration! Thurs. Sept. 15, noon-2pm. FREE Lunch, A-Ray Of Elvis performance, Raffles, fun 548 Elm St. Northampton. RSVP to Deb Dawson at 586-3150x1308

SPRING POCKETBOOK/SCARF SALE COMING

The Lady Bugs Women's Group of Hadley is planning a spring fundraiser for the Friends of Hadley COA. If you have purses or scarves you would like to donate, you can drop them off at the Senior Community Center office M-F 10-3.

Free Video Magnifier

Stand-alone black & white, adjustable magnifier can enlarge much greater than just large print. 12.5" screen and moveable tray to hold newspaper, magazine or books. For further details call Ginger D. at 584-6063.

"I Wish I Had Asked: Our Stories, Our History"
Saturday, October 29 -12:30 – 2 pm
Hadley Goodwin Memorial Library, 50 Middle St.
Ralph Lowen, of Amherst, has been recording family stories for the past 5 years, creating Cds that you can keep and leave for posterity. He will offer suggestions for how to organize family stories, what other folks have done to preserve memories and what services he offers. His work has been detailed in local newspaper articles and in Psychology Today.

SALES • SERVICE • INSTALLATION
RESIDENTIAL • COMMERCIAL
DOORS & OPENERS
Devine Overhead Doors
Gerry Devine
www.DevineOverheadDoors.com
Hampshire: 586-3161 • Franklin: 773-9497

Household Hazardous Waste Collection

Sunday Sept. 25, 9am-noon. Amherst Transfer Station. 740 Belchertown Rd. (Route 9)

You MUST PREREGISTER BY 9/14

For additional info call **413-259-3049** or visit www.amherstma.gov/recycling



THE ARBORS®
Assisted Living
Residential Communities
arborsassistedliving.com

Karen Walters-Zucco, MPA
Executive Director • Director of Marketing
kwalters-zucco@arborsassistedliving.com

130 University Drive
Amherst MA 01002

T. 413-548-6800
F. 413-548-6888

Outreach Office Hours at Windfield Senior Estates are as follows:

Nov. 9, #32, Feb. 15, 2017 #30
May 17, 2017 #3 August 16, 2017 #30

In All Things, Be Grateful.....

Thank you to: Richard Fydenkevez and Leslie Elliott for their years of serving on the Team of those serving Hadley Seniors. Our incredible volunteers. To those that gave donations: Stanley Fil, Dorothy Kneeland. **We are humbled and proud to have received the following donations** in memory of Raymond Bender: Mary Ann and Thomas Ryan, Elizabeth and Patrick March, and David Martin. In awe and appreciation to the family of Irene Bemben and the donations made to the Hadley COA in her memory: Karl and Anne Konieczny, Kiera's Oil, Thomas Fil, Richard and Myrna Cook, Richard and Jean Yarrows, Sally Niedbala, Helen Baj, Darlene and Gregory Omasta, Joan Carney, William Dion, Mildred Reid, Leonard Shuzdak, Jr. John and Elaine Kokoski, The Morrison Family, Rich and Peg Russell, Linda Gwozdz, Millie Szymkkowicz, Judith Wrona, Jennie Rup, John and Anne Hanieski, Nancy Russell, Joy Brennan, Diane Baj, JosephineKostek. Diane and Donald Sutherland, Marilyn Iwanicki, Marianne Wanzyk, Teamsters members at New Penn, Joan and Charles Kermensky, George and Sheryl Moriarty.

Trip Calendar

Day Trips

French King Bowling Center, Wed Sept. 21. Cost includes bowling, shoes, pizza and soda lunch and good company. \$30. Leave 11 AM

Big E: Friday Sept. 23, \$8 transportation, departs at 9am- 3pm. Buy your admission ticket there.

Lunch at The View, Worthington Country club – Tues, Oct 25. \$10. Lunch cost on your own. Leave 11 AM

Essex Steam Train and River boat fall foliage trip: Monday, Oct 17, Bring your own sandwiches, (cooler provided) beverages available on the train. Depart 9:45 cost \$48, includes first class club car seats.

Lunch at Salmon Run Restaurant followed by shopping at the Lee outlets. Fri. Sept. 16. Depart at 11am. \$10 transportation

Saturday Night Fever, Thurs, Nov 3 at Westchester Broadway Theatre, lunch included \$119. Call Jane 586-3772

NYC trip to see the Rockettes with a little free time in the city afterwards. Sun, Nov 20, Food on your own. \$145. Call Jane: 586-3772

Overnight Motor Coach Tours

Nova Scotia and Bay of Fundy; Oct. 2nd - 9th (8-days/7-nights), \$1,469 pp/dbl; It's not too late to sign up for the Nova Scotia /Bay of Fundy trip. 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**

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



Traveling and Need Pet Care?

Who better than a local, retired teacher who is ready to give comfort and quality time to your pet. Will walk, feed, play and comfort your animals-in your home or mine.

For prices or more information call 584-8970.



Friends of Hadley COA

Annual Members Meeting: Sept. 14 at 3pm.

Review of the year and future plans will be discussed. Election of Board members, light refreshments. Door prize for our next event: Wine Tasting & Tunes. (If you've already purchased your tickets, you can get a refund or bring friends!)

FIRST FRIDAY WITH FRIENDS:



Resumes on October 7, 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.

Wine Tasting and Tunes: Thurs. Sept. 22, 6-8pm, tickets \$15 in advance, \$20 at door. Great Raffle, free ticket with each admission. Sponsored by 4 Season Liquors and the Center for Extended Care at Amherst.

First Annual Test Your Trivia Talent: Mon. Nov. 14 at Mia Tierra. 6:30-8:30pm, hosted by Trivia Master, Joe Sullivan. Team maximum of 5, \$5 each. Cash prizes for top 3 teams. All food and drink profits will be donated to the Friends, so even if you don't play trivia, go enjoy a delicious Mexican dinner & margarita at Mi Tierra!



FOUR Seasons
WINE • LIQUOR • CIGARS

333 Russell St. (Rt.9) Hadley, MA 01035
(413)584-8174
www.fourseasonswine.com info@fourseasonswine.com



**Center for Extended Care
at Amherst**

- High Staff/Resident Ratio
- U.S. News & World Report list of "Best Nursing Homes"
- Family Owned & Operated

For a tour: Contact us at 150 University Drive Amherst, MA
(413) 256-8185 or CECAA.com

Dates to Remember

Sept. 5- Closed for Labor Day
Sept. 8- 9:30am TRIAD/SALT meeting
Sept. 9- Rep. Scibak
Sept. 11- POLKA Festival with EFO
Sept. 13-10:30am COA board meeting
Sept. 14-Annual Friends of Hadley COA meeting
Sept. 15- Brown Bag Pickup by 2pm
Sept. 16-11:45 Home Medical Alert presentation
Sept. 20-Foot Clinic, Hearing Aid Cleaning
Sept. 22-Wine Tasting & Tunes
Sept. 23-Trip to Big E
Sept. 30- Birthday Celebration

~~~~~

Oct. 4-Alzheimers series starts  
Oct. 7- Rep. Scibak Office Hours 11:30am  
First Friday with Friends Coffee, 2-3pm  
Oct. 10-Closed for Columbus Day  
Oct. 11- Alzheimer's series, week 2  
Oct. 13- Community Potluck Here at 5:30  
Oct. 18- Foot Clinic  
2p Alzheimer's series, wk 3, + massage.  
Oct. 19- Flu Clinic 9-11am  
Oct. 20- Brown Bag Pickup by 2pm  
Town Forum at Hopkins 7p  
Oct. 25-Alzheimer's series, wk 3, + massage  
Oct. 27- Special Town Meeting, 7p, Hopkins  
Oct. 28- Birthday Celebration 11:30am

~~~~~



Polka Festival: Sunday Sept. 11, 1-5pm, 9/11 Commemoration at 1:30pm by Chief Spanknebel, 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
A 'Friends' fundraiser.**