

Hadley Senior Community Center Newsletter

November/December 2016
Sponsored by the Friends of Hadley COA

Holidays are around the corner. We have much to be thankful for, being one-step away from building a new Center. On behalf of the COA Board, Senior Center Building Committee, Friends, and all the seniors that vocalized their vision, I wish to extend a heartfelt thank you to those who came out in the ill-timed snow during the October 27 Special Town Meeting. The last step is a ballot vote which we anticipate to be held in January. All borrowing articles must get at least 51% of the ballots to authorize borrowing. The date of the ballot vote will be decided at the Nov. 9th Select Board meeting, and will be posted on the Town website afterwards. www.hadleyma.org.

Transportation to vote: The COA will arrange for either the senior van, or a carpool, for seniors that no longer drive to exercise their right to vote for the Nov. 8th elections, and the January ballot vote. To be put on the list, please call 586-4023.

Medicare Open Enrollment ends Dec. 7, 2016

There are many changes in plans, costs and coverages for 2017. Please do not disregard the mail you received from Medicare outlining these changes. You should have received a large envelope with the 'Medicare & You' inside, as well as another book from your plan that will compare the changes from 2016 to what will go into effect Jan. 1, 2017. There is at least one HNE plan that is going away entirely, so you must pick a new one or they will assign one to you. If you have questions or want assistance reviewing your plan, deciding if it still works, or need to pick a new one, call **now** for a SHINE appointment. 586-4023.

Active Aging in the Valley 2016

When: November, 20, 2016, 11:30 am – 5:30 pm,

Where: Campus Center at UMass Amherst

How much: Free admission to the public with free parking in the garage.

Sponsored by the Daily Hampshire Gazette and the Dept. of Kinesiology at UMass.

Join us again this year for Active Aging in Valley. We have a great lineup of talks, workshops and panel discussion. Students from the UMass Department of Kinesiology will be offering free health screenings again this year. And we will have lots of exhibits to visit.

Dave Madsen, News Anchor for Western Mass News will introduce our event this year. The opening Keynote Talk is "Exercise as Medicine: Cardio-Metabolic Health in Older Adults" by Stuart Chipkin, MD, an endocrinologist with the Valley Medical Group. The closing Keynote talk is "The Power of Sleep for Healthy Aging" by Rebecca Spencer, PhD, Associate Professor of Psychological and Brain Sciences at UMass Amherst .

Workshops include:


- "Fitness on a Fixed Income," Judi LaBranche, Lecturer, UMass Department of Kinesiology
- "Resistance, Balance & Back Care," Tom St. Laurent, Lecturer, UMass Department of Kinesiology
- "To Jumpstart Your Health Routine, Be Mindful, The Science & Practice of Mindfulness," Shalini Bahl, Downtown Mindfulness
- "Supporting Pelvic Health as We Age," Carolyn Bentley, DPT, M.Ed, Cooley

And much more.

Wellness Offerings Hadley Senior Community Center

Mercy Life and the PACE Program: A new concept in helping seniors to age in their own home, while still getting All-inclusive medical oversight, therapy, meals, transportation and care. This program provides community-based care and services to people who otherwise need nursing home level of care, while you continue to live in the community. Come listen to the facts: **Tuesday Nov. 15th at 12:30pm.**

Stroke Prevention and Education: the Center for Extended Care will be here to do an educational presentation on Stroke Prevention, Signs, Symptoms, and care. Know the signs, save a life! Tues. Nov. 22 at 10:30 following Healthy Bones & Balance.



**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

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. Nov. 15.** 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.

Foot Care Clinics: Offered by Diane Roeder, RN
Cost: \$30 for clinic visit or \$50 for a home visit. Next clinic dates are **Tues. Nov. 15, Dec. 20, January 17.** Call 586-4023 to schedule an appointment.

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 \$6 per class payable to the instructor.
- 3pm **Fun and Fit** with Sidra Ellison: Aerobic and small weights work-out. \$3 per class- pay one month in advance.
- **Tai Chi** with Bailing Li: Mondays at 1:30, \$4 per class- payable one month in advance. (No longer a grant-funded class, open to those 55+ if there's room)

Tuesdays/Thursdays: Healthy Bones and Balance with Betty Faulkner: 9:30am
(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

Fridays:

- **Yoga/Pilates Mat work** with Sidra Ellison: Friday's 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.

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



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**

(413) 586-5120

OFFICE
Monday - Friday 10 - 8
Saturday 10 - 4
or by appointment

GATE
24 hr. access

SECURE: Electronic gate access, illuminated, daily lock checks, fenced, video surveillance

STUFF-IT

STORAGE

222 RUSSELL STREET
(Route 9) Hadley, MA 01035

AARP has an immediate need for Tax-Aid Volunteers. For details and to volunteer go to www.aarp.org/taxaide or call Lary Grossman, District Coordinator at 413-2479443

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Dates to Remember

- Nov 4- First Friday, John Scibak
- Nov. 8- COA Board meeting
- Nov. 11- Center Closed; Veteran's Day**
- Nov. 14- Trivia Night at Mi Tierra
- Nov. 15-Mercy Life presents: PACE Program
- Nov. 15-Foot Clinic, Hearing Aid Cleaning
- Nov. 17- Brown Bag Pickup by 2pm
- Nov. 18-November Birthday Celebration
- Nov. 19- Hadley Mothers Club Holiday Fair
- Nov. 22-Stroke Education, 10:30am
- Nov. 23-The Center Closes after lunch and will reopen on Monday November 28th.**



- Dec. 2- Deck The Halls, followed by First Friday
- Dec. 2- Rep. Scibak Office Hours 11:30am
- Dec. 7-Windfield #30 Outreach with Chiefs Mason and Spanknebel, 10am
- Dec. 13- COA Board meeting 10:30
- Dec. 15- Holiday Spaghetti Dinner 6pm
- Dec. 15 - Brown Bag Pickup by 2pm
- Dec. 20- Foot Clinic
- Dec. 26-**Center is Closed**
- Dec. 30- December Birthday Celebration 11:30am



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



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FUEL ASSISTANCE ACCEPTED

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.



The Handy Man Hank Co.
Hank Barstow
Owner
136 Middle St
Hadley MA 01035
Phone: (413)-584-5346
HandyManHank136@aol.com
MA HIC# 119936
MA CSL# 086648

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.

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**

State Rep. John Scibak Office Hours: Fridays November 4, and December 2 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

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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
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



Taking new or gently used donations for SPRING POCKETBOOK/SCARF SALE COMING April 29, 2017

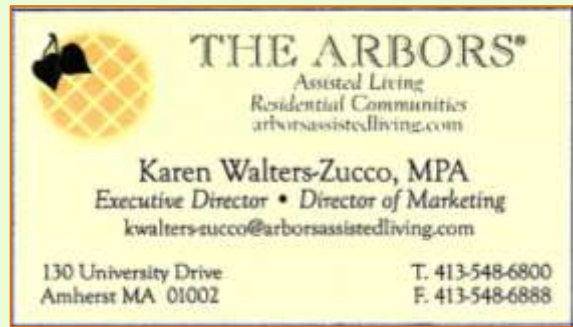
The Lady Bugs Women's club of Hadley is seeking donations of new or gently used pocketbooks, scarfs and wallets for which the proceeds will benefit various programs offered at the Senior Center. The spring sale will be held on April 29, 2017 (Saturday) 10 a.m. to 4 p.m. at the Hadley Senior Community Center, 46 Middle Street, Hadley, MA. Donations can be brought to the Senior Center office M-F 10-4p. Most everyone has purses, scarfs and wallets they know they will never use which if donated and re-sold will benefits others. Club members will be asking for purse/scarf/wallet donations and IRS deduction forms will be available upon request.

Hadley Mother's Club 7th Annual Holiday Fair

November 19, 9am-3pm at Hopkins Academy
All types of crafters and vendors. Silent Auction.
Breakfast and lunch available.
Local Entertainment, **Santa arrives at 1:30pm.**
For more information: Hadleymothersclub.org

Hopkins Academy Holiday Concert

Wednesday December 21 at 7pm
Free and open to the public.



Outreach Office Hours at Windfield Senior Estates are as follows: Dec. 7, Building #30 Police and Fire Chief's Mason and Spanknebel will be guest presenters. 10am.



In All Things, Be Grateful.....

For volunteering at the Polka Festival and for donations to the COA - Thank you: Diann Tolpa, Lynne and Jack Edwards, Brenda Novak, Betty Faulkner, Smiarowski's Farm Stand, Cathy Zatyarka, Marie Appleby, Millie Szymkowicz, Carol Rundberg, Helen Besko, Miguel Segarra-Vergaz, Christina Knightly and Lisa Sanderson in memory of Irene Bemben, and Joan Kermensky and Charles Hulse, in memory of Irene Bemben.

Be sure to support local businesses and individuals featured in the newsletter & 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

Events and Social Gatherings

First Annual Trivia Night!



If you find your picture in the ad on the next page, and you eat dinner at *Mi Tierra* restaurant on November 14, there will be a **drawing to refund your dinner purchase**. All you have to do is take your check to the *Friends* table and write your name, phone number and the amount of the check on a piece of paper. One name will be drawn and the price of one person's dinner will be refunded.

Sponsors for this event are: MiTierra, The Arbors, Sunraise Printing, Devine Overhead Doors and Bresnahan Insurance.



Deck The Halls!

Our Annual day to decorate the Center, put up the Christmas Village, have treats and catch up before the busy pace of the Holidays. Fri. Dec. 2th following lunch. Stay and visit at First Friday (below)



FIRST FRIDAY WITH FRIENDS:

Nov. 4 and Dec. 2, from 2 – 3pm, come down to the Center and have coffee, cookies & conversation. Bring a friend. It's free!

Holiday Spaghetti Dinner Sponsored by The Hadley Fireman's Association with Guest Chef Chief Spanknebel and Co.

**Thursday December 15th
Senior Community Center
6pm-7:30 (Doors will open at 5:30pm)**



Please call to sign up no later than Mon. Dec. 12th by calling 586-4023. The dinner is free and donations towards the Hadley Fireman's Association are voluntary.

Trip Calendar

Day Trips

Only 4 tickets left!

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

Westchester Broadway Theatre: March 23 to see Mama Mia. Luncheon and matinee, \$119. Call Jane Nevinsmith 586-3772

Mississippi River Cruise

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, entertainment, dancing, and lectures, port and gov. fees. From \$3099 per person. **Contact: Gladys, 658-7773 to ask about cabin availability.**





*Mi Tierra restaurant is holding a fundraiser to support
The Friends of The Hadley Council on Aging.
100% of the food profits will be donated to this organization
bringing excellent programming to seniors in Hadley.
There will also be a trivia event from 6:30-8:30, hosted by
Trivia Master Joe Sullivan. Come out and join the fun!*

Monday November 14th
DINNER from 5-9 pm
TRIVIA from 6:30-8:30pm

The Primary purpose of the Friends of the Hadley Council on Aging, a non-profit 509(c)(3) organization, is to enhance financial and operational support for programs for the Hadley Council on Aging. This support may include, but is not limited to, memberships, fund-raising events, sponsorship, grant applications, and individual corporate donations to the Council. This support is dedicated to assisting the Council, provide activities, programs and services to improve the emotional and physical well-being of Hadley seniors. A secondary purpose is to increase the awareness of Hadley residents, especially its seniors, to the existence of the Council and its offerings by providing community publicity.




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