

Hatfield Council on Aging

APRIL AND MAY 2024 NEWSLETTER

COUNCIL ON AGING STAFF

Geralyn Rodgers- Director
coadirector@townofhatfield.org

Amanda Zygmont-Assistant Director
azygmont@townofhatfield.org

Laura Hummel-Program Coordinator
programcoordinator@townofhatfield.org

Glenn Zygmont-Van Driver
Eugene Smith-Van Driver
Christopher Smith-Van Driver

59 Main Street, Hatfield, MA 01038
(413)247-9003
www.townofhatfield.org
Facebook.com/Hatfield Council on Aging

COUNCIL ON AGING BOARD

Shawn Robinson-Chairperson
Amanda Zygmont-Vice Chairperson
Marian Abrams-Secretary
Ellen Abbott
Pearl Judd

MISSION STATEMENT

Our goal is to provide the best quality of services necessary to meet the needs of the growing population of residents in our community, to the best of our ability, to maintain older adults independently living at home by providing a healthy and safe environment to enhance their quality of living.



Through The Decades: True to the title, this very musical-ly diverse show highlights each decade with songs of different genres, as well as artists everyone knows and loves. It's a musical tribute that begins in the 20's and takes you to the 70's. ***BUCKLE UP FOLKS, FOR YOU'RE IN FOR A RIDE THROUGH THE DECADES!!!!***

MONDAY, MAY 6TH

Lunch from 11:30am-12:30pm & Music 1:00-2:00pm

Lunch will be provided by Hamel's Catering:

Yankee Pot Roast, Garlic Mashed Potatoes, Honey Glazed Carrots, Corn Bread, Lemon Mousse & Strawberry Shortcake Cupcakes, & Coffee.

(Reg. Price \$20.95)

YOUR COST-\$10.00. The Friends of the Hatfield Council on Aging will be sponsoring the balance of the meal!

Hatfield Senior Center
59 Main Street
Hatfield, MA

DEADLINE TO SIGN-UP IS APRIL 29TH !!

Call the COA Office at 247-9003

HOME HEALTH CARE
COMMONWEALTH
REGISTRY OF NURSES
Rn's, Lpn's, Cna's/Chha's
 Celebrating 34 Years. 1989-2023
 Home Care. Makes Life Easier.
up to 24 hours care
7 days a week tailored to your needs
Call 413-527-2527
 WWW.CRNHOMECARE.COM

Richards
 FUEL & HEATING INC.
As an oil customer, enjoy:

- 24 hour emergency service
- Optional automatic delivery
- New system installation
- In house service technicians

413-527-0194 • RichardsFuel.com

Drozdal Funeral Home
 Serving families with compassion and care...

Lindsay A. Drozdal
 Owner/Director
 Female Owned and Operated

120 Damon Rd
 Northampton, MA 01060
 413-584-5306

DrozdalFuneralHome.com

Scott Monuments
 Quality Monuments at
 Guaranteed Lowest Prices

245 Russell Street, Hadley
 413-537-0197
 scottmonuments@gmail.com
 www.scottmonuments.com

KW PIONEER VALLEY
 KELLERWILLIAMS REALTY

Rhonda Cohen
 REALTOR®
 212-300-4696
 rhondacohen@kw.com
 rhondacohenrealtor.com
 LIC# 9570404

Free Home Appraisal • Free Market Reports

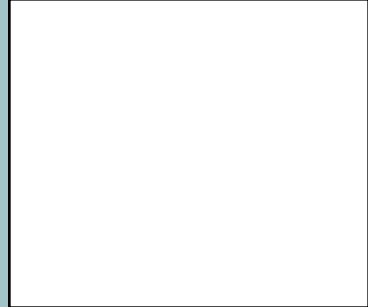
ADT-Monitored Home Security

Get 24-Hour Protection
 From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide

ADT Authorized Provider | SafeStreets

833-287-3502



CHRISTOPHER HEIGHTS™ of Northampton
 AN ASSISTED LIVING COMMUNITY

Our mission is to help residents maintain their independence by providing quality supportive services in a dignified living environment.

To tour our Northampton community, please contact **Lori Maldonado** at 413-341-8930.
 www.christopherheights.com/locations/northampton

50 Village Hill Road
 Northampton, MA 01060
 Tel: 413-341-8932

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO

lpicommunities.com/adcreator

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging, ad-supported print and digital newsletters to reach your community.

Visit lpicommunities.com

OUR COMMUNITY NEWSLETTER
 OCTOBER EDITION

Scan to contact us!

FREE AD DESIGN
 with purchase of this space

CALL 800-477-4574

SUPPORT OUR ADVERTISERS!

SENIOR CENTER



AUDIOLOGY CLINIC Cassandra Falvey, Au.D.



Stop by and see Cassandra for her quarterly visit. She will be here to check your ears using the video otoscope. If you need your hearing aids checked and cleaned, she will be providing this service too!

When: Wednesday, April 3rd
Time: 10:30am-11:30am
Location: Senior Center

Call the COA Office at 247-9003 to sign-up for program by April 2nd!



REFLECTIONS ON LIFE JOURNEYS: Writing for Your Life BY MARTHA JOHNSON

Join author and poet Martha Johnson as she invites you to reflect on

your life's journey, the ups, the downs, and the celebrations, through the written word. Martha was diagnosed with an illness of no known cause and no known cure. Her response surprised her, and resulted in the automatic outpouring of 180 published poems and 40 pieces of art!!! Come hear some of her inspired poetry and join in on the conversation. Perhaps write and reflect on your own life experiences during this class.

When: Thursday, April 11th
Time: 1:00pm-2:30pm
Location: Senior Center

Call the COA Office at 247-9003 to sign-up by April 9th!

NEED TECHNOLOGY HELP!!



We have some volunteers who will be here on **Friday, April 12th and Friday, April 26th from 2:00pm to 3:30pm.** The volunteers will be able to answer your questions and help you to navigate your iPhone, Android, iPad, Tablet, or laptop. **Bring in your own device and set up a 30 minute appointment** to see one of the volunteers. **Call the COA Office at 247-9003 for an appointment.**



POETRY READING WITH HOWIE FAERSTEIN

Howie Faerstein is the author of two chapbooks: *Play a Song on the Drums*, he said and *Out of Order (Main Street Rag)* and two full-length collections: *Dreaming of the Rain in Brooklyn* and *Googootz and Other Poems*, both published by Press 53. His poetry and reviews can be found in *Great River Review*, *Nimrod*, *CutThroat*, *Off the Coast*, *Rattle*, *Upstreet*, *Nine Mile* and on-line in *Verse Daily*, *Nixes Mate*, *Gris-Gris*, *Peacock Journal*, and *Connotation* and numerous other publications. **A five-time Pushcart Prize nominee**, he volunteers as a mentor at the Center for New Americans, is co-poetry editor of *CutThroat*, *A Journal of the Arts*, and lives in Florence, MA.

When: Thursday, April 18th
Time: 1:00pm-2:00pm
Where: Senior Center

Call the COA Office at 247-9003 to sign-up by April 16th!



DANCE WITH JOY & SORROW WITH MADELYN FARR

A circle of nourishing movement for older adults.

In this introductory workshop, we will gather together to experience the power of music - joyful and bittersweet - to touch our hearts and awaken a depth of expressive and meditative movement that is profoundly moving. There will be opportunities to move interactively in a supportive space as hearts connect, dancing unfolds and bonding among participants grows. All are welcome, no matter your level of experience or mobility. Bring comfortable clothing, movement-friendly shoes or barefoot - and come prepared to be inspired and uplifted!

When: Friday, April 19th
Time: 1:00pm-2:30pm
Location: Senior Center

Call the COA Office 247-9003 to sign-up by April 17th!

The COA newsletter is funded in part by a grant from the Executive Office of Elder Affairs

WILDLIFE OF HATFIELD WITH HOLLAND HOAGLAND

Photography: *Wildlife of Hatfield* By Holland Hoagland, photographer, wildlife artist Website: holhoaglandart.com My photographic presentation will show some of the wonderful diversity of local wildlife. We are fortunate that so many diverse species continue to make their homes in our unique area of western Massachusetts.



When: Monday, April 22nd
Time: 1:00pm-2:00pm

Location: Senior Center
Call the COA Office 247-9003 to sign-up by April 20th!

TINNITUS WITH DR. NIEMI



Come learn about hearing loss and tinnitus with audiologist, Anna Niemi Au.D., from Florence Hearing Health Care. Dr. Niemi will be discussing types of hearing loss, what scientists believe causes tinnitus and those who attend will have an opportunity to ask questions.

When: Thursday, April 25th
Time: 1:00pm-2:30pm
Location: Senior Center

Call the COA Office 247-9003 to sign-up by April 23rd!

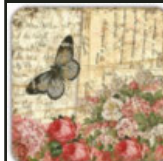


WATERCOLORS WITH MARION-BIRDS

Come join the watercolor class and learn how to paint animals. Marion will supply pictures you can look at and choose one to paint. All materials are supplied and beginners are always welcome.

When: Friday, April 26th
Time: 1:00pm-2:30pm
Location: Senior Center

Call the COA Office at 247-9003 to sign-up by April 24th!



VINTAGE COASTERS With Geri

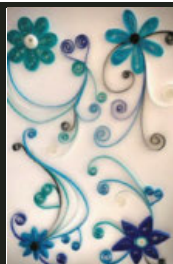
Join Geri in making some vintage coasters. Let's have some fun as we learn together! All materials are supplied.

Cost for the class is \$8.00. Limited to 8 people.

When: Monday, April 29th
Time: 1:00pm-2:30pm
Location: Senior Center

Call the COA Office at 247-9003 to sign-up by April 19th!

SENIOR CENTER EVENTS



QUILLING WITH PATTI

Quilling is an art form that involves the use of strips of paper that are rolled, shaped, and glued together to create decorative designs.

You will learn the basics of Quilling with Patti Leary.

By manipulating shapes with paper, you can design flowers, animals, and anything your imagination can dream of. Everyone will be given their own kit to work with. **NO EXPERIENCE NECESSARY!**

COST for the class is \$8.00.

When: Thursday, May 9th

Time: 1:00pm-2:30pm

Location: Senior Center

Call the COA Office 247-9003 to sign-up by May 1st!

MEMORIES OF MOUNTAIN PARK WITH JAY DUCHARME

Jay Ducharme worked at Mountain Park for over a decade, and has spent much of his life preserving and sharing the history of the park. In this presentation, you will discover the origins of the park, what led to its golden era and what led to its closure. The rarely seen images and videos have been gathered from the collections of the Holyoke Public Library, Wistariahurst Museum, local newspapers, and park visitors.



Date : Friday, May 10th

Time: 1:00pm-2:00pm

Location: Senior Center
59 Main Street

Call the COA Office at 247-9003 to sign-up by May 8th!



NEED TECHNOLOGY HELP!!

We have some volunteers who will be here on **Friday, May 10th and Friday May 24th from 2:00pm to 3:30pm.** The volunteers will be able to answer your questions and help you to navigate your iPhone, Android, iPad, Tablet, or laptop. **Bring in your own device and setup a 30 minute appointment** to see one of the volunteers. **Call the COA Office at 247-9003 for an appointment by May 3rd.**



THE SENIOR CENTER WILL BE CLOSED MONDAY, MAY 27TH

WANT TO WRITE A POEM? WITH PAULA SAYWORD



What is a poem? It's work that expresses ideas or feelings that can stir a reader's imagination or emotion. A poem can be a prayer, a song, anything you want it to be. We all have something to say, an emotion to share, a moment to recall and put down on paper. If you want to try your hand at writing a poem or if you already write and want support or discussion, let's meet together. This will be a safe, supportive space for all abilities. Please bring a poem to share, either something you have written or a poem you love. **Limit of 8 people.**

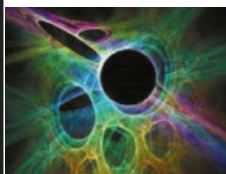
When: Thursday, May 16th

Time: 1:00pm-2:30pm

Where: Senior Center
59 Main Street

Call the COA Office at 247-9003 to sign-up by May 14th!

DIMENSIONS IN THE UNIVERSE With Gary Felder



One of the most obvious and indisputable observations we can make about the world around us is that space has three dimensions. In this talk I will describe what it would mean for there to be extra dimensions that we can't see, suggest some ways to picture what they would be like, and describe how we might be able to detect them.

When: Friday, May 17th

Time: 1:00pm-2:00pm

Location: Senior Center

Call the COA Office 247-9003 to sign-up by May 15th!

WATERCOLORS WITH MARION FLOWERS



Come join the watercolor class and learn how to paint animals. Marion will supply pictures you can look at and choose one to paint. All materials are supplied and beginners are always welcome.

When: Thursday, May 23rd

Time: 1:00pm-2:30pm

Location: Senior Center

Call the COA Office at 247-9003 to sign-up by May 21st!

LUNCH WITH GERI AT OLIVE GARDEN



Gerri will use the COA Van to pick up eight people to have a leisurely early dinner and conversation!

Lunch cost is on your own. The van can only accommodate eight people. If anyone else would like to come, you will need to use your own transportation. Join us for conversations and laughs while enjoying the food!

When: Friday, May 24th

Time: 11:00am-2:00pm

Location: 919 Riverdale Rd. W. Springfield
Call the COA Office 247-9003 to sign-up by May 17th!

AFTERNOON TEA PARTY at the SENIOR CENTER



Come celebrate with us in the classiest way possible!

There will be a variety of teas, delicate finger sandwiches and sweet treats. Come dressed in your Sunday best and a pretty hat (which is optional) and have a spot of tea!

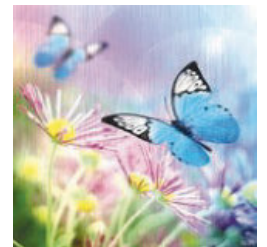
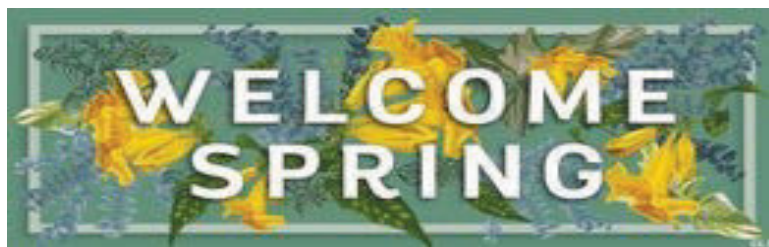
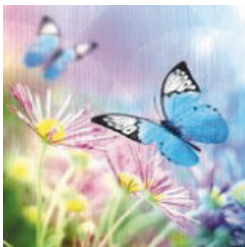
Date: Thursday, May 30th,

Time: 2:00pm-3:30pm

Call the COA Office at 247-9003 to sign-up by May 15th!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:00-3:00 SHINE 9:30-10:30 HB&B 11:30-12:30 Lunch 12:30-3:30 Pitch	2 Brown Bag (1-4:00pm) 10:00-11:00 Reiki 10:00-12:00 Mahjong 11:30-12:30 Lunch 1:00-2:00 Chair Yoga 2:00-3:00 Reiki	3 9:30-10:30 HB&B 10:30-11:30 Audiology Clinic 11:30-12:30 Lunch 1:00-2:30 Bingo	4 8:45-9:45 Tai Chi 11:30-12:30 Lunch 12:30-3:30 Cribbage 12:30-4:00 Hadley Mall	5 9:30-10:30 HB&B 11:30-12:30 Lunch
8 9:30-10:30 HB&B 11:30-12:30 Lunch 12:30-3:30 Pitch	9 10:00-12:00 Mahjong 11:30-12:30 Lunch 1:00-2:00 Chair Yoga	10 9:30-10:30 HB&B 11:30-12:30 Lunch 1:00-2:30 Bingo	11 8:45-9:45 Tai Chi 9:00-3:00 Foot Clinic 11:30-12:30 Lunch 12:30-3:30 Cribbage 1:00-2:30 Reflections with Martha-Writing for your Life	12 9:30-10:30 HB&B 11:30-1:30 Lunch & Learn 2:00-3:30 Need Technology Help!
15 	16 10:00-11:00 Reiki 10:00-12:00 Mahjong 11:30-12:30 Lunch 1:00-2:00 Chair Yoga 2:00-3:00 Reiki	17 9:30-10:30 HB&B 11:30-12:30 Lunch 1:00-2:30 Bingo	18 8:45-9:45 Tai Chi 11:30-12:30 Lunch 12:30-3:30 Cribbage 1:00-2:00 Poetry Reading with Howie Faerstein 12:30-4:00 Holyoke Mall	19 9:30-10:30 HB&B 11:30-12:30 Lunch 1:00-2:30 Dancing with Joy & Sorrow
22 9:30-10:30 HB&B 11:30-12:30 Lunch 12:30-3:30 Pitch 1:00-2:00 Wildlife of Hatfield: Holland Hoagland	23 10:00-11:00 Reiki 10:00-12:00 Mahjong 11:30-12:30 Lunch 1:00-2:00 Chair Yoga 2:00-3:00 Reiki	24 9:30-10:30 HB&B 11:30-12:30 Lunch 1:00-2:30 Bingo	25 8:45-9:45 Tai Chi 11:30-12:30 Lunch 12:30-3:30 Cribbage 1:00- 2:30 Tinnitus with Dr. Niemi, Florence Audiology	26 9:30-10:30 HB&B 11:30-12:30 Lunch 1:00-2:30 Watercolors with Marion: Birds 2:00-3:30 Need Technology Help!
29 9:30-10:30 HB&B 11:30-12:30 Lunch 12:30-3:30 Pitch 1:00-2:30 Crafts with Geri	30 10:00-11:00 Reiki 10:00-12:00 Mahjong 11:30-12:30 Lunch 1:00-2:00 Chair Yoga 2:00-3:00 Reiki			APRIL 2024




The Hatfield Council on Aging counts on YOUR support to continue our programming for local seniors.

I would like to donate to the Hatfield Council on Aging. My donation \$_____ is attached. (Please write your check out to the Hatfield Council on Aging with "Senior Center programs support" on the memo line.)

Name: _____

Address: _____

Thank You for Your Support. It is greatly appreciated!!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAY 2024		1 9:30-10:30 HB&B 11:30-12:30 Lunch 1:00-2:30 Bingo	2 11:30-12:30 Lunch 12:30-3:30 Cribbage 12:30-4:00 Hadley Mall	3 9:30-10:30 HB&B 11:30-12:30 Lunch
6 10:00 SHINE 9:30-10:30 HB&B 11:30-2:00 Lunch & Jimmy Mazz Music 12:30-3:30 Pitch	7 Brown Bag (1-4:00pm) 10:00-11:00 Reiki 10:00-12:00 Mahjong 11:30-12:30 Lunch 1:00-2:00 Chair Yoga 2:00-3:00 Reiki	8 9:30-10:30 HB&B 11:30-12:30 Lunch 1:00-2:30 Bingo	9 9:00-3:00 Foot Clinic 11:30-12:30 Lunch 12:30-3:30 Cribbage 1:00-2:30pm Quilling w/ Patti	10 9:30-10:30 HB&B 11:30-12:30 Lunch 1:00-2:00pm Memories of Mountain Park 2:00-3:30 Need Technology Help!
13 9:30-10:30 HB&B 11:30-12:30 Lunch 12:30-3:30 Pitch	14 10:00-11:00 Reiki 10:00-12:00 Mahjong 11:30-12:30 Lunch 1:00-2:00 Chair Yoga 2:00-3:00 Reiki	15 9:30-10:30 HB&B 11:30-12:30 Lunch 1:00-2:30 Bingo	16 11:30-12:30 Lunch 12:30-3:30 Cribbage 1:00-2:30 "Want to Write a Poem" 12:30-4:00 Holyoke Mall	17 9:30-10:30 HB&B 11:30-12:30 Lunch 1:00-2:00 Gary Felder- "Dimensions in the Universe"
20 9:30-10:30 HB&B 11:30-12:30 Lunch 12:30-3:30 Pitch	21 10:00-12:00 Mahjong 11:30-12:30 Lunch 1:00-2:00 Chair Yoga	22 9:30-10:30 HB&B 11:30-12:30 Lunch 1:00-2:30 Bingo	23 8:45-9:45 Tai Chi 11:30-12:30 Lunch 12:30-3:30 Cribbage 1:00-2:30 Watercolors with Marion: Flowers	24 9:30-10:30 HB&B 11:30-12:30 Lunch 11:00-2:00 Lunch with Geri at the Olive Garden 2:00-3:30 Need Technology Help!
27 	28 10:00-11:00 Reiki 10:00-12:00 Mahjong 11:30-12:30 Lunch 1:00-2:00 Chair Yoga 2:00-3:00 Reiki	29 9:30-10:30 HB&B 11:30-12:30 Lunch 1:00-2:30 Bingo	30 11:30-12:30 Lunch 12:30-3:30 Cribbage 2:00-3:30 Tea Party 12:30-4:00 Hadley Mall	31 9:30-10:30 HB&B 11:30-12:30 Lunch

Making Hatfield an Age & Dementia Friendly Community!



An initiative of the Massachusetts Councils on Aging

What is an age-friendly community?

Age-friendly communities strive to become a more supportive and inclusive community for all with a focus on improving the physical and social environment in support of older adults and people living with dementia. These initiatives seek to offer older adults a wider range of choices that make it possible for them to "age in community," including enhanced access to options in housing, transportation, and social engagement.

What is a dementia-friendly community?

Dementia-friendly communities address the needs specific to their residents, advocating for dementia awareness and providing services, programs, and public spaces that support people with dementia and their care partners.

We are looking for a few people who are interested in serving on an Action Team to develop an Action Plan based on this chapter, and adding steps that the Town of Hatfield can take to become Dementia Friendly as well as Age Friendly.

An Action Plan has been made based on the priorities that the group supports. Some actions may require additional funding, and some may require no funding – all ideas will be considered! The Action Team can decide how frequently you would like to meet once the Comprehensive Plan is adopted by the Town of Hatfield. Your primary role will be to shepherd projects forward and keep up to date with recommendations that will be implemented by other town committees or municipal departments.

We need more people to be a part of this Action Team! **We hope that you will consider being on the Age & Dementia Friendly Hatfield Action Team and come to a meeting at the Senior Center on April 24th & May 29th at 1:30 pm. You can contact us prior to the meeting if interested at 247-9003.**



THANK YOU for your generosity

We would like to say thank you very much to the following people for their donations!

- Jane & Mike Cahill
- Jeanette Lizcek
- Edwin & Susan McGlew (In memory of Grace Karpinski)
- Susan Yurik & Joe Kaslauskas (In memory of Pauline Osley)
- Pauline Osley
- Jon Anderson
- Anne Casillo (In memory of Pauline Osley)
- Cathleen Casillo (In memory of Pauline Osley)
- Susan Hurley
- Jean Boutin
- Anne Cernak (In memory of Pauline Osley)
- Dottie & Chet Kascinski (In memory of Grace Karpinski)
- Marcia & Eugene Sheehan
- Elinor Bell
- Linda Vinelli (In memory of Steve Vinelli)
- Dave Paye



FOOT CLINIC WITH DEBRA DEANE

The Foot Clinic is held every month. Here are the following dates:

Thursday, April 11th, and Thursday, May 9th from 9:00am-3:00pm. **Cost will be \$40.00.** The Foot Clinic will be held in the Retreat Room at the Senior Center. **Call the COA Office to sign-up for an appointment at 247-9003. For a Home Visit call Deb Deane at 413-667-5363. Cost for home visit is \$70.00.**

CHAIR YOGA With Amy Greeman



Chair Yoga is an excellent way to improve mobility, increase lung capacity, build muscle strength, & work on balance. Join for weekly sessions to work on all of these skills as well as enjoy a welcoming community & have some FUN! Amy will lead students through a thoughtful & energetic practice using both seated & standing poses incorporating a chair. Each class will build on the basic yoga flow of Sun Salutes, Hip Openers, Forward Folds, & Twists, with a unique spin using a seat. Amy is a 200-Hour Certified Yoga Teacher specializing in Vinyasa/Flow practice & a 100-Hour Certified Mindful Yoga Therapy Instructor. She has been teaching yoga since 2015.

Tuesday's from: 1:00pm-2:00pm
Cost for class is \$5.00.

WEEKLY ACTIVITIES

- Monday-Pitch Group** 12:30-3:30pm.
- Tuesday-Mahjong** 10:00-12:00pm.
- Wednesday-Bingo** 1:00-2:30pm.
- Thursday-Cribbage** 12:30-3:30pm.

TAI CHI With Bob Linder



Tai Chi is a practice that promotes health, stress reduction, and overall well-being and involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing.

Thursday's from: 8:45am-9:45am
Cost for class is \$5.00.
Call the COA Office at 247-9003 to sign-up.

HEALTHY BONES & BALANCE Instructors: Dodie Gaudet and Becky Laurin

Healthy Bones & Balance classes are held every **Monday, Wednesday, and Friday** at the Senior Center 9:30-10:30am



HATFIELD BOOK CLUB



Started in 1904, the Hatfield Book Club's objective is community service, intellectual culture, and the social enjoyment of its' members. **We meet the 3rd Tuesday of the month at 6:30pm at the Senior Center. Our next scheduled meetings are April 16th & May 15th.** We're a nice group of women who enjoy working together to help our community. We share favorite books & enjoy speakers ranging from local authors, crafters to chefs. **Join us & make some new friends!**

CHAIR REIKI

Instructor: Laura Hummel, RN, CDP



Reiki is an energy healing technique that promotes relaxation, reduces stress and anxiety through gentle touch. Reiki practitioners use their hands to deliver energy to your body, improving the flow and balance of your energy to support healing.

Appointments will be held every Tuesday morning from 10:00am-11:00am and Tuesday afternoon from 2:00pm-3:00pm. Appointments are in 15 minute intervals. Call the COA Office at 247-9003 to sign-up.

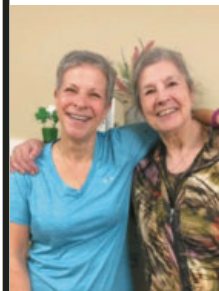
S.H.I.N.E PROGRAM

SHINE (Serving the Health Insurance Needs of Everyone) Program provides free health insurance information and counseling to all Massachusetts residents with Medicare and their caregivers. People who have Medicare or who are about to become eligible for Medicare can meet with a counselor to learn about benefits and options available.

Kathy Scott, our SHINE Counselor, is available for appointments on the first Monday of every month from:

10:00am-3:00pm at the Senior Center.
Call the COA Office to sign-up for an appointment at 247-9003.

Healthy Bones & Balance Spotlight



CONGRATULATIONS!! Healthy Bones & Balance Instructors Dodie Gaudet and Becky Laurin were featured in this month's RSVP of the Pioneer Valley Newsletter!!

Dodie Gaudet (pictured on the right in the photo) has been teaching Healthy Bones & Balance classes since January of 2012. Becky Laurin (on the left) was recently certified and began teaching in January 2024.

The RSVP Healthy Bones & Balance Program (HBB) is designed to increase participant's strength, mobility, flexibility, and balance. Weekly classes are led by trained RSVP volunteers at more than two dozen convenient locations throughout the Pioneer Valley. HBB classes are a free, fun, way to exercise and socialize.

Classes are held Mondays, Wednesdays, and Fridays from 9:30-10:30am.



RESOURCES

MEDICAL EQUIPMENT

The Council on Aging has various medical equipment available to loan out to Hatfield residents age 60 and over. We have walkers, canes, commodes, and bathtub seats. Call the COA Office at 413-247-9003 for more information.

MEDICATION DROP BOX

You can dispose of all expired and unused prescriptions and non-prescription medications at the: **Hatfield Police Department (Front Lobby 3 School Street)** The drop box is available during regular business hours.

VETERANS SERVICES

Hatfield's Veterans Agent-Position is currently vacant. Please contact Rebecca Twining at 413-587-1299. She is with the Northampton Veteran's Office.

HADLEY MALL/ATKINS TRIP

Trips are **Thursdays, April 4th, and May 2nd and May 30th at 12:30pm.**

INGLESIDE MALL SHOPPING

Trips are **Thursdays, April 18th and May 16th at 12:30pm.**



COMMUNITY LUNCH

Sponsored by Highland Valley Elder Services

COME EAT A MEAL AND SOCIALIZE WITH YOUR FRIENDS in a neighborhood setting. Meals are served at the

Senior Center at 11:30AM Monday thru Friday. **For lunch reservations, call the COA Office 48 hours in advance at 413-247-9003.** We welcome those who are 60 years and over. A donation of \$3.00 per meal is suggested. **The monthly menu is posted on our website.**

VAN TRANSPORTATION

Van transportation is available to Hatfield residents age 60 or over. If you are without a vehicle, unable to drive due to chronic illness, or vehicle is disabled, you are eligible to use the COA van. Transportation for residents needing rides to medical appointments (within a 30 mile radius) or other misc. appointments is available **Monday-Friday, from 7:00AM-5:00PM.** All appointments should be made in advance as soon as possible. **ALL WHEELCHAIR clients MUST have someone assist them to and from their appointment.**



BROWN BAG PROGRAM

Sponsored by the Western Mass. Food Bank, this bag of various grocery items is available for people over the age of 55 who meet certain income guidelines. **If you qualify for SSI, Medicaid, Fuel Assistance, Veteran's Aid or have a documented disability for which you receive SSDI, you probably qualify to receive Brown Bag. Pick up is at the Senior Center**

downstairs at the Town Hall. Applications are available at the COA Office or Food Bank direct. **Scheduled dates for distribution are Tuesday, April 2nd and Tuesday, May 7th. Pickup time is 1:00pm-4:00pm. Home deliveries are available through the COA office to anyone who is unable to pick up their bag.** Call the COA office in advance if you cannot pick up your bag or it will be returned to the Food Bank.

SENIOR TAX WORK-OFF

The **Senior Tax Work-Off Abatement** law allows a city or town to establish a program giving property owners 60 or older the opportunity to volunteer services to the city or town in exchange for a reduction in property tax of up to \$1,000.

The Following Conditions Apply to ALL Applicants:

- You **Must** be 60 years of age or older as of July 1 of the current year.
- You **Must** be a Hatfield homeowner (or current spouse of the homeowner).
- No current town employees are eligible.

For more information please contact **Jen in the Assessors office 247-0322.**



"A day without laughter is a day wasted"

Chicken Marsala



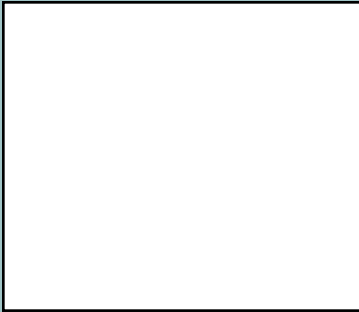
Ingredients:

- 1/2 c. all-purpose flour
- 8 chicken cutlets or 4 chicken breasts, sliced in half (about 1.5 lbs)
- Kosher salt and freshly ground black pepper
- 2 tbsp. canola oil
- 2 tbsp. unsalted butter
- 1 (8-ounce) package sliced mushrooms
- 1/3 c. chopped onion (about 1/2 small onion)
- 2 cloves garlic, chopped
- 1/2 c. dry Marsala wine
- 3/4 c. chicken stock
- 1/2 c. heavy cream
- 1 tsp. fresh thyme, plus more for garnish

Step 1: Place flour in a shallow bowl. Use a meat tenderizer or the bottom of a sturdy cup to pound chicken to about 1/4 inch thick. Season with salt and pepper. Dredge chicken in flour, turning to coat all sides. Heat oil in a medium skillet over medium-high heat. Cook chicken in batches, turning once, until golden brown, 3 to 4 minutes. Transfer to a plate and tent to keep warm. Reserve skillet.

Step 2: Pour off oil from skillet. Melt butter in skillet over medium heat. Add mushroom and onions. Season with salt and pepper. Cook, stirring occasionally, until tender, 5 to 7 minutes. Add garlic and cook, stirring, until fragrant, 2 to 3 minutes. Add wine, stock, cream, and thyme. Simmer, stirring occasionally, until thickened, 14 to 16 minutes. Season with salt and pepper. Return chicken to pan and toss to coat. Serve immediately garnished with thyme

SUPPORT OUR
ADVERTISERS!



LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME
Ileana Vasquez

ivasquez@lpicommunities.com
(800) 888-4574 x3105

WE'RE HIRING!

AD SALES EXECUTIVES



BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.



- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community

Contact us at
careers@4lpi.com or
www.4lpi.com/careers

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM

Highland Valley Elder Services 586-2000
Meals on Wheels 584-6784
 Central Hampshire Veterans Services 587-1299
 Hampshire Elder Law Program (H.E.L.P.) 586-8729
 (civil legal services at no cost to income eligible seniors)
 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
 Mass Medline 1-866-633-1617
Elder Abuse Hotline 1-800-922-2275
Hatfield Fire Department 247-9008
Hatfield Police Department 247-0323
 Hatfield Housing Authority 247-9202
 Alzheimer's Association 24/7 Helpline 1-800-272-3900
 American Diabetes Association 1-800-342-2283
 American Heart Association 1-800-242-8721
 Behavioral Health Help Line 1-833-773-2445
 SAGE-National LGBTQ+ Elder Hotline 1-877-360-5428
State Senator Joanne Comerford may be reached by mail:
 State House, 24 Beacon Street, Boston MA 02133;
 By phone (617)722-1532 or email:
 jo.comerford@masenate.gov District Office (413)367-4656

State Representative Lindsay Sabadosa may be reached at
 District Office 76 Gothic St, Northampton, MA 01060 (413)270-
 1166 or State Office (617)722-2304 or
 email: Lindsay.Sabadosa@mahouse.gov



The Northwestern District Attorney's Office is committed to preventing crime and reducing victimization. We work collaboratively with communities to prevent and address the challenges of substance abuse, child abuse, domestic violence, consumer scams, elder exploitation and other serious matters impacting the safety and quality of life in our 47 Northwestern communities. We work closely with community coalitions, youth-serving agencies, law enforcement agencies and public and private schools to promote prevention initiatives and offer educational programs and events that foster resilient and vibrant, thriving communities.

Hampshire County Office
One Gleason Plaza
Northampton, MA 01060
Phone: 413-586-9225
Fax: 413-584-3635

Reflective House Numbering



If you or someone you know is in need of a reflective house number sign, please contact Fire Chief Robert Flaherty at 413-247-9008. The fire department's mission is for all town residences to have a

house number that is reflective and visible from the street to aid in finding your house in case of emergency.

This program is open to all town residents. The new signs can be mounted on a preexisting mailbox, post or the Fire Department will supply a metal post if necessary.

This project is funded through the Senior SAFE grant program sponsored by the Department of Fire Services. **Again if interested please contact Chief Flaherty at 413-247-9008.**

SAFE ENTRY PROGRAM

Safe Entry is a program in which seniors have a lock box installed that holds their house key in case of emergency. The program is offered through collaboration between the Hatfield Police & Fire Departments along with the Hatfield Council on Aging, Northwest District Attorney David E. Sullivan's Office and the Hampshire County Sheriff's Department Triad Program.



A lock box will be installed on the exterior of the home at or near a primary entrance. The location & combination will be on file with the Mass. State Police 911 Dispatch Center. When an emergency call comes to the Dispatch Center the dispatcher will inform the responding Police, Fire, & EMS agencies of the lock box location & combination which will allow quicker entry to offer assistance if nobody within the home can unlock the door or let them in.

TO RECEIVE A LOCK BOX, PLEASE CONTACT THE HATFIELD POLICE AT 247-0323 OR THE HATFIELD FIRE DEPARTMENT AT 247-9008.

FRIENDS OF HATFIELD COUNCIL ON AGING



What the Friends of the Hatfield Council on Aging are all about!

The Hatfield Council on Aging (COA) is a town department tasked with providing activities and programs to help the over 60 population of Hatfield; however, their funding is limited by the town budget. **The purpose of the FRIENDS of the Hatfield Council on Aging is to fundraise to provide additional funding so that the Hatfield COA can do more for the older adults in the community.**

The difference between The Friends of Hatfield Council on Aging and the Hatfield Council on Aging Is:

1. Hatfield COA/Senior Center: **A resident automatically becomes a member when they turn 60 years old. There is no cost to join!**
2. Friends of Hatfield Council on Aging: **is separate from the Senior Center. They are a non-profit group which does fundraising to provide additional funding to offset the Town Budget the Senior Center receives. One is asked to become a member and pay an Annual Membership fee.**

We serve as a source of volunteers to support the efforts of the Hatfield COA and actively assist in making the community aware of the good work of the Hatfield COA. Over the past year the Friends of Hatfield COA has raised money through membership drives, business sponsorships, donations, raffles and an evening of wine, raffles and companionship at Hatfield's own Black Birch Winery.

Make A Difference



Join us as the Chairperson for the Friends of the Hatfield Council on Aging!

This is a unique volunteer leadership opportunity for an individual interested in making a difference in the lives of seniors in our community.

The Friends of Hatfield COA is a dedicated group of volunteers of all ages, working together to support our local Senior Center through various fundraising activities and events.

As Chairperson, you will lead monthly meetings, drive initiatives, and collaborate with community members to support programs that enrich the lives of our seniors. This role requires a commitment of approximately 4-6 hours per month.

Step up and make a lasting impact in Hatfield, by ensuring our elders have the joyful, comfortable life they deserve! Your leadership and vision will help shape a vibrant community for our seniors. Join us in this rewarding journey!

If interested in this volunteer position, please reach out to our email: friendsofhatfield@gmail.com or drop off a letter of interest to us at the Senior Center.

Become a Board Member of the Friends of the Hatfield COA!

Join the **Friends of the Hatfield Council on Aging** and make a real difference in our community! **We're seeking volunteers to serve as Board members of our Friend's group**, helping to support and grow our local Senior Center. As a part of a team, you'll have opportunities to engage in various fundraising activities, from the annual wine tasting event to creative new initiatives. Our Friends group is a collective of townspeople committed to enhancing the day-to-day lives of our seniors. As a Board member, you'll attend monthly meetings, brainstorm with fellow members, and actively participate in two special events each year. This role is an opportunity to lend your skills, learn new ones, and be part of a caring community. Whether you're young or young at heart, we value the fresh perspectives and experience you bring. Your commitment of just 2-4 hours a month can lead to lasting positive impacts on the lives of Hatfield's seniors. Join us today!

Contact: friendsofhatfield@gmail.com for more information or drop us a note at the Senior Center!!

LOTTERY RAFFLE!!!

\$100.00 worth of Lottery tickets

1 Ticket \$5.00ea
Or
5 Tickets for \$20.00



Tickets will be sold from

March 25th-June 3rd

Drawing will be on June 3rd during the Friends Meeting at 4:00pm!

Hatfield Council on Aging
59 Main Street
Hatfield, MA 01038



**SUPPORT THE
ADVERTISERS**
that Support our
Community!