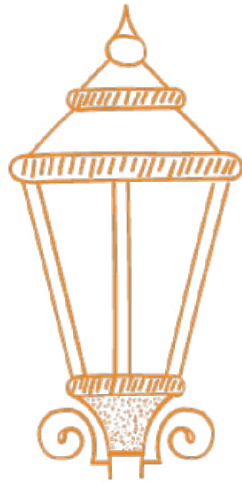


SENIOR SCENE



Agawam Council on Aging

Discover Your Center ~ Relight Your Purpose

APRIL 2022



WORD SEARCH

BLOSSOM
BUDS
CROCUS
DAFFODIL
FLOWER
GARDEN
GREEN



GROW
LILACS
MELTING
PUDDLE
RAIN
RAINBOW
ROBIN
SEASON



SEEDS
SHOWERS
SUN
SUNSHINE
UMBRELLA
WARM
WEATHER



WHAT'S INSIDE

- Outreach News.....2
- Events.....3
- Legislative Update.....4
- Film Fridays.....5
- Menu.....6
- Schedule of Events.....7
- Programs.....8
- Seminars Offered.....9
- Special Entertainment.....10



954 Main Street
Agawam, MA 01001



413-821-0604



Fax: 413-789-4092



Monday-Friday
8:00 am-5:00 pm



Facebook:
[@AgawamSeniors](#)
Website:
www.agawam.ma.us

EVENT HIGHLIGHT

Check Page 4 Update from Senator Velis

On Page 5 please look for our movies that will be on Friday.

Page 10 A Night Out with Whiskey Traveler

Lewis & Arnold

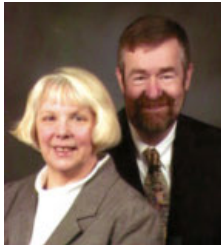
Experience...Results
(413) 789-7588 • (413) 244-6295
 garyarnold7589@aol.com
 LICENSED IN MA & CT



Each Office is Independently Owned and Operated

Your Home Town Husband and Wife Team

Serving Your Real Estate Needs for Over 35 Years
 Thank You For Your Trust - Linda Lewis & Gary Arnold



Linda Lewis Gary Arnold
 Associate Partners

AGAWAM Funeral Home

Agawam's first funeral home est. 1955
 Family owned and operated by **Mason J. Soja, Director and President**

- Dignified professional service in a homelike atmosphere
- Our team is dedicated to excellence in honoring life
- To better serve our families we have expanded and renovated

SERVING AGAWAM & NEIGHBORING COMMUNITIES FOR 60 YEARS
 184 Main Street, Agawam, MA 01001 • (413) 786-9483



Our Family
 Serving Your Family

Ellen O'Brien
 Francis X. O'Brien
 Directors

732-2278

1043 Westfield Street
 W. Springfield, MA

**GROW YOUR BUSINESS
 BY PLACING AN AD HERE!**

CONTACT US!

Contact Susanne Carpenter
 to place an ad today!
 scarpenter@4LPi.com or
 (800) 477-4574 x6348



Curran Jones FUNERAL HOMES

Joseph Curran
 Vincent Govoni
 Martin O'Brien
 745 Cooper Street • Agawam
 413-781-7766
 CURRANJONES.COM



**Your choice
 for skilled nursing
 and post acute rehabilitation.**



A Member of Berkshire Healthcare
 Meadows Crossing
 305A Maple Street • East Longmeadow, MA 01028
 413-525-6361 • www.eastlongmeadownursing.org

We're Perfecting the Art of Superior Care.

The bank of hometown values.

Supporting the communities we serve since 1869



bankesb.com | 855.527.4111

The bank of you.

WE'RE HIRING

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.

- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community
- Paid Training
- Some Travel



Contact us at: careers@4lpi.com | www.4lpi.com/careers



Integrity Medicare Advisors
 Medicare Made Easy

**MEDICARE
 MADE EASY!**

Keith M. Aubin, President | 978-479-2351
 429 MAIN STREET, FITCHBURG, MA 01420
 KEITH@INTEGRITY-MEDICARE.COM

*So Much More
 Than Just a
 Medicare Plan*

- ✓ MEDICARE AND MASSHEALTH ADVOCACY
- ✓ EXPERTISE IN IDENTIFYING EXTRA HELP PROGRAM FOR SENIORS
- ✓ COMPLETE & THOROUGH ANALYSIS OF MEDICARE PLANS ZERO COST

COLONIAL FORASTIERE FUNERAL & CREMATION



Guidance and support when you need them most
(413) 786-2600 | www.forastiere.com

985 Main Street, Agawam, MA 01001

Member of Forastiere Family Funeral Service, Inc. 45 Locust Street, Springfield, MA 01108 (413) 733-5311

NEWS FROM OUTREACH

BROWN BAG

Our April Brown Bag Program pick up will be April 21 between 1 and 3 in the afternoon. This is where you can receive FREE groceries! We are never sure what we have for pick up until the day of delivery. Recently we have been fortunate enough to have canned proteins, vegetables, fruit, pasta or rice, dairy and meat and assorted breads. During this time of high grocery prices, Brown Bag can be a welcome addition to your grocery budget. If you or someone you know could benefit from this program, please call Lori at 726-2846 to see if you qualify.

ESSENTIAL QUESTIONS FOR ELDERS AND THEIR CHILDREN

Are you and your children prepared to handle difficult decisions in case of a physical or mental incapacitation? You never know when something might happen. The following list of questions can help you and your family if the need arises.

Do you have a durable Power of Attorney if you are unable to speak for yourself?

Do you have a Living Will also know as an advance health directive which indicates your wishes for end of life care?

DO YOU HAVE LONG TERM CARE INSURANCE OR ANOTHER PLAN INCASE LONG TERM CARE IS NEEDED?

Have you made sure your documents are current? It is wise to revisit your estate planning and care planning each year.

Are your necessary documents easily accessible in case of an emergency? Make sure you family knows where they are and how to get them.

If you can no longer take care of yourself, have you considered where you would prefer to live? Start the conversation about long term care before the need arises.

Do you visit your doctors regularly and do you understand the need for all the medications you have been prescribed? This helps you and your family gauge whether you can manage your meds independently or might need help.

“It wasn’t raining when Noah built the ark.” - Howard Huff

FUEL ASSISTANCE

There is still time to apply for Fuel Assistance! Fuel Assistance season ends April 30, 2022. If you would like to find out if you qualify, call Lori at 726-2846.

HERE ARE SOME SPRING-CLEANING TIPS I’VE LEARNED OVER THE YEARS:

Start with a plan. Consider: will this be a one-day project or will it last a week, or even a month? Can I do this myself, do I need to enlist family and friends. Try these easy things first you can do by yourself:

Clean out the medicine cabinet. Get out that magnifying glass and check out those expiration dates. If a date is in the rear-view mirror—or you if you’ve been hanging on to some that you thought you might need again in the future but haven’t—it’s time to get rid of them. (Be sure

to dispose of them properly.) If not, just throw them out. Old makeup and lotions?

Clean out the pantry. If you have a pantry where you can only see what is on the front shelf, be prepared for what is hidden behind! Clean out the refrigerator. You know the baking soda you put in your fridge to freshen up and remove odors five years ago? It is no longer effective—trust me, I know from experience! You will feel so much better looking at clean shelves that you can start to fill up all over again, I promise.

SENATOR VELIS OFFICE HOUR

April 4, 2022 10:30am

Senator Velis will be offering monthly office hours here at the Agawam Senior Center. Senator Velis will be available the first Monday of every month from 10:30-11:30, he will be located in the Dining Room of the Senior Center. Monday, March 7.

ANTHONY RUSSO OFFICE HOUR

Saturday, April 16 at 10:00AM

Join Council member Russo for discussion in the conference room of the Agawam Senior Center if you have questions for him.

Legislative Official Information**Senator John Velis**

52 Court Street, Westfield
413-572-3920

Representative Nicholas Boldyga

District Office Information
413-569-3137 ext 103

Agawam Town Hall

413-786-0400

ACC PRESENTS: JOSE GONZALEZ AND CRIOLLO CLASICO TRIO

April 1, 2022 at 7pm

The Agawam Cultural Council's popular Applause Series continues on Friday, April 1, 2022 when one of the most distinguished and versatile music ensembles from Puerto Rico, Jose Gonzalez and Criollo Clasico Trio, takes the stage at the Agawam Senior Center at 7:00 PM for a performance of Latin, Jazz, Spanish, Brazilian, Smooth Jazz, World, Classical, Pop, and Caribbean music. The building will open to the public at 6:15 PM.

This Applause Series performance will also be live streamed on Agawam, Southwick, and Westfield Channel 15. Viewers outside of those towns can enjoy the broadcast in high-def from a browser window by clicking the "Watch" button on www.agawamedia.tv, the "Watch Channel 15" button on www.southwickma.org/channel-15-public-access or "Click Here for Live Stream" on www.cityofwestfield.org/511/Community-Access-TV.

FRIENDS MONTHLY MEETING

The FRIENDS Group has made the decision to take the month of March off for their meetings. The next FRIENDS meeting will be Wednesday, April 6 at 9:30am. Donations: Marion Gilbert, Jackie Morgan

GOLDEN AGE CLUB MEETING

Chapter 1

Golden Agers Club Chapter One is inviting visitors to come April 13, 2022 at 1:30pm or April 27, 2022 at 1:30pm to one of our meetings. We enjoy conversation, coffee and a treat.

Chapter One has been meeting twice a month since July and we look forward to seeing our members. If there is inclement weather or schools are closed, Chapter One will not meet. Member's Dues are \$6.00 that is due in January and meeting fee is \$1.50. We look forward to meeting new people.

Golden Agers Chapter 2

April 20th: We will meet at the Senior Center at 1:00 P.M. We will play bingo today. Do you feel lucky?

Two flowers signify the month of April: the daisy and

the sweet pea. The daisy symbolizes innocence, loyal love, and purity. The sweet pea signifies blissful pleasure, and are used to say goodbye.

ALZHEIMER'S CAREGIVER SUPPORT GROUP

April 13, 2022 in East Longmeadow

Pleasant View Senior Center (East Longmeadow) will be holding a new monthly support group for people caring for a loved one living with Alzheimer's disease or a related dementia. The group will meet monthly on the 2nd Wednesday of the month. This group will be facilitated by Carol Sachs PhD and Lissa Fontaine RN. Carol and Lissa have professional and personal experience caring for people with dementia.

They also bring a wealth of experience in support group facilitation and have both completed the Alzheimer's Association training program for support group facilitators. For more information please call 525-5436. **Pre-registration is necessary.**

CHANNEL 12 PROGRAMING

Daily

Monday -Friday 11:00 AM Exercise with Dr. Gorman

Tuesday - 10:00 AM Exercise with Jules

Wednesday- 10:00 AM Exercise with Jules

Thursday - 10:00 AM Exercise with Jules

Friday - 10:00 AM Exercise with Jules

Programs on channel 12 are available for viewing on demand visit: <https://agawamvod.cablecast.tv>

Scroll to bottom click on "Senior Living" chan. 12

The Agawam Library now has Hotspots to borrow!

A Hotspot allows you to have Wifi so your device can connect to the internet wherever you are.

Any Mass. resident, 17 yrs or older, with a library card in good standing may borrow a Hotspot.

Hotspots go out for 2 weeks with 1 renewal.

Pick up and return your Hotspot to the Information Desk at the Agawam Library.

Only one hotspot is allowed per household.

Each hotspot will support up to 10 computers or tablets.

Hotspots may be put on hold through the C/W Mars catalog. Call the Agawam library at 413-789-1550 ext 8858 for more information.



UPDATE FROM SENATOR VELIS

Hello Agawam!!

I hope you are doing well and gearing up for a great spring and summer, I can practically smell the backyard cookouts and bonfires already. It is so great to see many of our meetings and gatherings returned to an in-person format. Whether it is holding office hours at the Agawam Senior Center, jogging in Robinson State Park, or grabbing a pastry at Giovanni's, I love seeing and meeting with my constituents around Agawam.

The first quarter of 2022 has been extremely productive, both from a legislative and personal perspective. In January, my wife Emily and I welcomed our son Carson to the world. We sincerely appreciate the love and support that so many folks from Agawam and our entire district have shown us. Although we are still adapting to the new sleep schedule, I wake up every morning with a sense of vigor and ready to zealously advocate for the people that I represent.

Exciting news for the Senior Center! This month I was thrilled to join Mayor Sapelli to present \$75,000 in earmark funding to the Agawam Senior Center to purchase a new van. It is my hope that the van will help senior residents get to medical appointments, community events, and much more. I am so very proud to have been able to go to Boston and pound the table on behalf of our seniors, and I look forward to seeing the new van on the roads soon.

In other legislative news, my office is working diligently to get reforms for the governance structure at the Holyoke Soldiers' Home across the finish line. As the Chair of the Joint Committee of Veterans and Federal Affairs, and a Veteran myself, I am committed to ensuring that our Soldiers' Homes have a clear chain of command and oversight system in place. It is so important that we continue to support our Veterans and that includes providing state-of-the-art medical care to residents at our Soldiers' Homes.

My office is always available to help or assist in any way that we can. You can reach me at 413-572-3920 or at john.velis@masenate.gov. I can be also found online at senatorjohnvelis.com, where you can sign up for my newsletter.

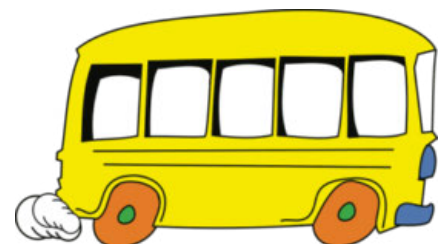
Sincerely,

John Velis

State Senator, 2nd Hampden and Hampshire District



Mayor Sapelli and Director Michael Squindo accept a \$75,000 check from Senator Velis for a New Van for our Transportation Team. We are excited for the new addition to the fleet.



5 | FILM FRIDAYS

Join us each Friday at the Senior Center in the Veteran's Hall for a movie. Movies will begin at 1:00pm. Feel free to bring a snack or beverage with you. Below is a list of movies being offered and a brief description.

Friday, April 1 - [Under the Tuscan Sun](#)

After divorcing her cheating husband, Frances Mayes tries to overcome her depression and writer's block by taking a vacation to Tuscany. Charmed by the location, she impulsively decides to buy a villa there. Rated PG 13 1 Hour and 53 Minutes

Friday, April 7 - [The Money Pit](#)

An up-and-coming entertainment lawyer and his yuppie girlfriend set out to renovate their dream house, only to be plagued by her ex-husband, an unscrupulous construction firm and the house's crumbling structure. Rated PG 1 Hour and 31 Minutes

Friday, April 15 - [Easter Parade](#) 1hour and 43 Minutes

Judy Garland and Fred Astaire sing and trip the light fantastic to 17 Irving Berlin tunes in this romantic classic. The simple plot concerns a hooper (Astaire) who teams with an inexperienced chorus girl (Garland) in order to show up his former dance partner, Nadine (Ann Miller). Berlin's tunes, which include "We're a Couple of Swells" and "Happy

Easter," sparkle in Astaire and Garland's able hands (and feet). Peter Lawford co-stars.

Friday, April 22 - [Jungle Cruise](#)

Dr. Lily Houghton travels from London to the Amazon jungle and enlists wisecracking skipper Frank Wolff's questionable services to guide her downriver on La Quila, his ramshackle-but-charming boat. Lily is determined to uncover an ancient tree with unparalleled healing abilities, possessing the power to change the future of medicine. On this epic quest together, the unlikely duo encounters innumerable dangers and supernatural forces, all lurking in the deceptive beauty of the lush rainforest. The secrets of the lost tree unfold, the stakes reach even higher for Lily and Frank and their fate and mankind's hangs in the balance. Rated PG 13 2 Hours

Friday, April 29 - [Respect](#) Rated PG 13 2 Hours and 25 Minutes

Follow the rise of Aretha Franklin's career from a young child singing in her father's church's choir to her international superstardom in the remarkable true story of the journey to find her voice and become the Queen of Soul.

All information provided is from Netflix.



Aria Retirement.

All Inclusive Independent
Retirement Living Made Simple

50 Cardinal Dr., Agawam, MA

413-786-9688

quailrunestates.com

**Call for a Tour and a
Complimentary Meal Today!**



Having Trouble with your
OLD EARS? TRY...

New Ears
AFFORDABLE HEARING CARE

SERVING THE AGAWAM SENIORS WITH FREE HEARING CLINICS SINCE 2000

STARKEY Hearing Aids \$795 and up • Call 413-519-3367 for a FREE Test

6 | APRIL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Grab-N-Go pick 11-11:45 Congregate Dining at Noon Suggested Donation \$2/meal \$10 a week * = High Sodium</p>	<p>Meals on Wheels Suggested Donation \$2/meal \$10 a week or \$40 a month Our nutrition program is partially funded by a Grant from EOEa and the Federal Administration of Community Living</p>			<p>1 Macaroni & Cheese Stewed Tomatoes Corn Bread Pears</p>
<p>4 Shepards Pie Caesar Salad Fresh Apple</p>	<p>5 Chicken Chow Mein over Rice Crunchy Noodles, Fruit Juice Pudding</p>	<p>6 Pork Chop with Onion Gravy Carrots, Mashed Potatoes Applesauce Mixed Fruit</p>	<p>7 Pasta with Homemade Meat Sauce Broccoli Baked Good</p>	<p>8 Baked Fish Tomato Rice, Peas Pineapple</p>
<p>11 Chicken & Dumplings Garden Salad Orange</p>	<p>12 Kielbasa * Braised Cabbage Pierogi Baked Good</p>	<p>13 Roast Turkey, Gravy California Blend Vegetables Stuffing, Cranberry Sauce Applesauce with Cinnamon</p>	<p>14 American Chop Suey Spring Salad Pudding</p>	<p>15 Minestrone Soup Egg Salad Sandwich Lettuce & Tomato Fruit Cocktail</p>
<p>18 Senior Center Closed Patriots Day Observed</p>	<p>19 Spaghetti & Meatballs Homemade Tomato Sauce Mixed Vegetables, Fresh Fruit</p>	<p>20 Roasted Chicken Rice & Beans, Braised Cabbage Baked Good</p>	<p>21 Meatloaf, Gravy Mashed Potatoes, Green Beans Jello</p>	<p>22 Tuna Casserole Tomato Salad Pudding</p>
<p>25 French Meat Pie Mashed Potatoes, Peas Fresh Pear</p>	<p>26 Asian Salad Topped w/ Chicken Mixed Greens, Tomatoes, Olives Mandarin Oranges, Pudding</p>	<p>27 Cheeseburger Tater Tots, Coleslaw Diced Peaches</p>	<p>28 Chicken Cacciatore Peppers & Onions, Pasta with Sauce, Cucumber Salad Baked Good</p>	<p>29 Turkey Vegetable Soup Fish Sandwich Lettuce & Tomato Mixed Fruit</p>

SPRING INTO BETTER HEARING!
Don't miss out on the sounds of spring!
Schedule a hearing consultation today!

EARMASTERS®
Affordable Quality Digital Hearing Aids

ARC^{AI}
(413) 789-HEAR (4327)
MyEarMasters.com

©2022 Starkey Laboratories, Inc. All Rights Reserved. 2/22 640659255
Arc is a Trademark of Starkey Laboratories, Inc.



DAILY EVENTS

Monday
 09:00 AM Yoga (\$6)
 10:45 AM Line Dance (\$3)
 01:00 PM BINGO

Tuesday
 08:30 AM Weight Training
 09:00 AM Knitting Group
 09:30AM Tai Chi (\$5)
 12:00 PM Ladies' Billiards
 1:00 PM Senior Boot Camp (\$1)
 1:30 PM Creative Writing group

Wednesday
 09:00 AM Yoga (\$6)
 10:45 AM Healthy Bones
 01:00 PM Bridge
 01:30 PM Golden Agers

Thursday

08:30 AM Weight Training
 09:00 AM Quilting Club
 11:30 PM Drop In Cornhole
 12:30 PM Bridge
 01:00 PM Mexican Train Game
 01:00 PM Senior Boot Camp (\$1)
Friday
 09:00 AM Yoga (\$1)
 01:00 PM Film Fridays
 Mah Jongg
 Canasta
 Cribbage
 Card games

Please contact Kristina to register for programs

SPECIAL EVENTS

Friday, April 1
 07:00PM ACC Concert

Monday, April 4
 Four Week Healthy Eating Seminar Begins
 10:30AM Senator Velis Office Hours

Wednesday, April 6
 9:30AM FRIENDS Meeting
 2:00PM Monthly Dance with Richie Mitnick

Monday, April 11
 10:00AM Craft with Sunshine Village
 01:00PM Medicare 101 Seminar with Bill from Fallon

Tuesday, April 12
 10:00AM Computer and Tech Support Group

Wednesday, April 13
 1:30 PM Golden Agers Meeting

Monday, April 18
 Senior Center Closed

Wednesday, April 20
 01:0PM Golden Agers Chapter 2 Meets

Thursday, April 21
 10:30AM Fall Prevention Seminar

Monday, April 25
 10:00AM Craft with Sunshine Village

Tuesday, April 26
 10:00AM Computer and Tech Support Group

Wednesday, April 27
 01:30PM Golden Agers Chapter 1 Meets

Thursday, April 28
 Foot Care by Appointment

SPACES STILL AVAILABLE!!**WEEKLY SEMINAR—HEALTHY EATING****Monday, April 4 - May 2, 2022 10AM**

Ascentria Care Alliance's SNAP-Ed Program is offering a four-week nutrition education series with Agawam Senior Center. The series is designed for able-bodied, independent, older adults. They promote specific eating and physical activity behaviors shown to improve health and well-being. The sessions are designed to:

Encourage older adults to learn new skills

Provide leaders with facilitated discussions and activities that promote enjoyable, social, and interactive learning. Call Kristina at 726-2836 to register, space is limited.

“HOW ARE WE JOURNEYING TOGETHER?”

Join us for an opportunity of encounter and reflection, along with neighbors and local residents, giving voice to the question, “How are we journeying together?”

Pope Francis has invited the whole world to participate in a global Synod, which means, “Together on the way.”

What would you tell Pope Francis?

What would you tell Bishop Byrne?

Open to all/ Drop in's welcome. Refreshments provided. Join us the following Tuesday of April. April 5, 19, and 26 at 1:30pm in the Dining Room of the Agawam Senior Center. Registration is encouraged. Call Kristina at 726-2836.

TURN YOUR CLUTTER INTO CASH**Tuesday, April 12 at 1 PM**

Attend this 1 hour workshop on Tuesday, April 12th @ 1pm at the Agawam Senior Center, 954 Main Street.

- best ways to eliminate clutter.
- how to use Facebook to sell your items.
- get rid of unused items using a "curb alert".
- got collectables you want to sell?
- understanding estate sales.

- the best places to donate your goods.

REGISTRATION: Walk-Ins are welcome - or reserve a seat by calling Kristina Lynch at the Senior Center at 413.726-2836 • or send her an email at KLynch@agawam.ma.us

Bring a Friend - It'll be Fun!

DECREASE YOUR RISK FOR FALLS**Workshop & Refreshments****Thursday, April 21 at 10:30 AM**

Join Nicole Matson from Home Helpers as she discusses ways to decrease your risk of falls at home. This short workshop is filled with tips on fall prevention, exercises to strengthen leg muscles & core along with refreshments. Please Pre-register for this seminar by calling Kristina at 413-726-2836.

CRAFTING EVENT WITH SUNSHINE VILLAGE**Monday, April 11 & Monday, April 25**

The Agawam Senior Center is excited to partner up once again with Sunshine Village for two crafting events at the Senior Center. April 11 we will be making Sun Catchers and on April 25 we will be making Terra Cotta Coasters. Call Kristina at

726-2836 to register.

Search Results For:
Suncatchers

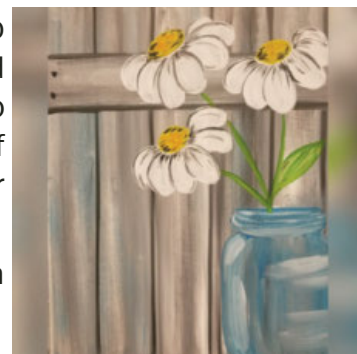
**PAINT AND SWEETS SOCIAL****Tuesday, May 17, 2022 at 1PM**

Come enjoy a nice afternoon of socializing, snacks and painting. You will be guided by an artist, step by step to your completed painting. You will go home with your work of art to show off to your family and friends!!

LOCATION: Agawam Senior Center Auditorium

TIME: 1:00pm

COST: \$25 cash paid to instructor day of class



CENTER STAFF

MICHAEL SQUINDO
Executive Director
413-726-2835
msquindo@agawam.ma.us

KRISTINA LYNCH
Assistant Director
413-726-2836
klynch@agawam.ma.us

LORI ARSENAULT
Outreach Coordinator
413-726-2846
larsenault@agawam.ma.us

LARRY GONYEA
Transportation Coordinator
413-726-2839
lgonyea@agawam.ma.us

MARIA MARTINS
Head Cook
413-726-2844
mmartins@agawam.ma.us

LYNN KACZMAN
Principle Clerk
413-821-0604
lkaczman@agawam.ma.us

Trish and Marcia
Greeter (M-F)
413-821-0604
seniorcenter@agawam.ma.us

SHINE Counselor
413-726-2838
SHINE@agawam.ma.us

Lunch Sign Up Available At
myactivecenter.com

The West Springfield & Agawam Councils on Aging encourage residents of all ages from area communities to attend sessions of their "101 Series". Each presentation will be held twice - once in Agawam and once in West Springfield - and individuals may attend either. Space is limited.

To register for a presentation at the Agawam Senior Center call Kristina at 726-2836.

MEDICAL REHABILITATION & PACE PROGRAM 101 PRESENTED BY MERCYLIFE

Monday, April 4 at 1:00pm at the Agawam Senior Center

A hospital stay is stressful enough! Then having to go through the discharge process and choose a rehab facility while trying to heal can be overwhelming. Learn how the process works, what to expect in a rehab facility and how to transition back to your home. You'll also hear information about the Program of All-inclusive Care for the Elderly (PACE) which is administered by insurance companies & Medicare to provide a wide range of services to eligible participants (there are income qualifications). The goal of PACE is to allow older adults to live safely in their homes instead of in nursing homes. Maybe you're not ready for PACE, but someone you know could benefit. April 25 at 6:00pm at the West Springfield Public Library

MEDICARE 101 PRESENTED BY FALLON HEALTH

April 11 at 1:00pm at the Agawam Senior Center

Signing up for Medicare is a rite of passage for everyone... but they don't make it easy! What are parts A, B, C & D all about? Learn the basics of Medicare, the differences between original Medicare, a Medicare Advantage and a Medicare Supplement. We'll also discuss important deadlines and you'll have a chance to ask questions. (Note: This is general information - not a sales pitch for Fallon) April 4 at 6:00pm at the West Springfield Public Library

HEMOCARE 101 PRESENTED BY HOMEWATCH CAREGIVERS

April 25 at 1:00pm at the Agawam Senior Center

We all want to manage and maintain our personal independence for as long as possible. In this presentation you will learn how to age at home, how to pay for it and what to look for when choosing the right solutions for your needs. April 26 at 6:00pm at the West Springfield Public Library

ASSISTED LIVING 101 PRESENTED BY ARMBROOK VILLAGE

Monday, May 2, at 1:00pm at the Agawam Senior Center

Making a move to Assisted Living is a big decision and there is a lot you should know before you decide to go! Learn what services assisted living offers, what amenities are available, how much it costs, how to defray the cost and more

We're Right Around the Corner



Life Laboratories

Agawam Patient Service Center
200 Silver Street, Suite 216
MercyCares.com/laboratory
No appointments needed
for bloodwork.

STAND OUT

with a PREMIUM DIGITAL AD
on PARISHESONLINE.COM



CONTACT US AT 800-477-4574

FREE AD DESIGN

WITH PURCHASE OF THIS SPACE



CALL 800.477.4574



Where Quality Meets Compassion



- Housekeeping
- Meal Preparation
- Companionship • Errands
- Personal Care
- Respite • RN Evaluations
- Blood Pressure Checks

413-363-2575

SilverLiningsHomeCare.com

ARE YOU REACHING
THE MEMBERS IN
YOUR COMMUNITY?

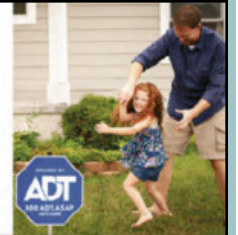


TO ADVERTISE HERE CALL 800.477.4574
or visit www.lpicommunities.com/advertising

**ADT-Monitored
Home Security**

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized
Provider

SafeStreets

1-855-225-4251

Can't Come Downtown?

I make house calls in Western Mass.

WILLS • PROBATE • SOCIAL SECURITY DISABILITY
FAMILY LAW • MEDIATION • ESTATE PLANS



Attorney Marie T. Jablonski
413.205.2912

PO Box 80482 | Springfield, MA 01138

marietjab@yahoo.com • attyjablonski.com

Thrive
Locally

This Space
is Available

SUPPORT OUR ADVERTISERS!



A Night Out with Studio 954

Featuring:

Whiskey Traveler

Friday, April 8, 2022 6:30PM-8:00PM

Studio 954 will be hosting an evening out at the Agawam Senior Center. Studio 954 is a collaboration between the Agawam Media and the Agawam Council on Aging to bring entertaining programs and opportunities to you, these exciting events can also be delivered into your home through local cable channel 15.

Join us at the Agawam Senior Center, 954 Main Street on Friday, April 8 from 6:30-8:00PM. You can also watch along on your TV on Channel 15 if you have cable or stream online at www.agawamvod.cablecast.tv

Reservations to attend are strongly suggested as seating is limited. If you are not a member of the Senior Center you will be asked to register either at the time of registration or on the evening of the event.

Early access to the event will be at 5:45 for those who are pre registered. For those who do not register doors will open at 6:15pm.

Call 413-821-0604 or Kristina at 413-726-2836 to register for the show.



DONATE TO THE "FRIENDS OF AGAWAM SENIOR CENTER"

Your tax deductible gift/donation to the "Friends" will help to improve programs; and support the purchase of equipment and supplies for the Senior Center. Your support is appreciated!

Donation from: _____ Address: _____

(Circle one) Contribution in Memory / Honor of: _____

Send acknowledgement to: _____

Donation amount \$ _____

Please make your check payable to:

Friends of the Agawam Senior Center, 954 Main Street, Agawam, MA 01001-3128