

# COACH MESSENGER

APRIL 2019

CHESTER COUNCIL ON AGING  
15 MIDDLEFIELD RD., CHESTER, MA 0101

413 354-7735

PEGGY GRAVELINE, DIRECTOR

## SAVE THE DATE

**Dining Center (Mondays 4/1, 4/8, 4/22, 4/29; Tuesday 4/16; Friday 4/19)**

**Knitting on Mondays from 1:00 – 3:00 pm**

**Mahjong Tuesdays – 1:30 – 3:30 pm**

**Thursday Matinee Movies – Movie begins @ 1:00 p.m. (doors open at 12:15 for hot dog lunch & refreshments) – 4/4, 4/11, 4/18, 4/25**

**Foot Clinic – Tuesday 4/23 & Wednesday 4/24 (by appointment only)**

**Brown Bag Pick-Up – 3<sup>rd</sup> Friday of the Month (April 19th) – 11:15 am followed by Dining Center)**

**Huntington Lions Club Annual Senior Appreciation Luncheon at the VFW in Russell from 11:30 am – 1:30 pm (call 354-7735 to RSVP or sign up the next time you are at the COA – deadline 4/20)**

## APRIL IS NATIONAL SOCIAL SECURITY MONTH

April, we celebrate National Social Security Month, and highlight our agency's mission and purpose. We're with you throughout life's journey — from birth, to marriage, and into retirement — and we're always searching for ways to give you easy and secure access to everything we offer.

We are constantly expanding our online services to give you freedom and control in how you wish to conduct business with us. Our online services help you plan for the future and keep you in control of your benefits. You can go online to:

Find out if you qualify for benefits;

Use our benefit planners to help you better understand your Social Security protection;

Estimate your future retirement benefits to help you plan for your financial future;

Retire online, or apply for Medicare quickly and easily; and

Open your personal my Social Security Your personal account is the most powerful tool to help you stay in control of your Social Security record. If you don't receive benefits yet, you can:

Get your Social Security Statement to review your earnings, make sure they're recorded correctly;

Get a benefit verification letter to prove you don't receive Social Security benefits or that you applied but haven't received an answer yet;

Request a replacement Social Security card if you meet certain requirements; and

Check the status of your application or appeal a decision.

If you receive benefits, you can:

Change your address and phone number;

Get a benefit verification letter to prove you receive Social Security benefits, Supplemental Security Income (SSI), or Medicare;

Start deposits or change your direct deposit information at any time;

Get a replacement Medicare card; and

Get a replacement Benefit Statement (SSA-1099 or SSA-1042S) for tax purposes.

Do you own a business? You can also use our Business Services Online suite to report employee wages and verify names and Social Security numbers for W-2s.

Join us and celebrate National Social Security Month by seeing everything you can do online!

## WHAT'S COOKING AT THE DINING CENTER

Monthly menus are available at the COA the last week of the month for the next month. Reservations or Cancellations must be made 48 hrs. in advance. Indicate which entrée you want. There is a sign-up sheet at the COA or you may call 354-7735 to make your reservation and/or request a ride to the meal. Meals are served at 12 noon. Beverages are available. Meals are free. Anonymous donations are accepted if it is within one's means to help defray the cost of this program.

### Monday, April 1\*

Chicken Salad OR Orange Glazed Chicken, Steamed Spinach, Steamed Brown Rice, Wheat Bread and Sundried Boxed Raisins.

### Monday, April 8\*

Seafood Salad OR Savory Meatball Stroganoff, Boiled Noodles, Steamed Peas, Muffin and Sliced Peaches for Dessert.

### Monday, April 15\* – PATRIOTS DAY – NO MEAL.

### Tuesday, April 16\*

Sloppy Joe OR Shepards Pie, Steamed Corn, Whipped Potatoes, Wheat Bread, and Diced Peaches for Dessert.

### Friday, April 19\*

Sloppy Joe OR Baked Haddock w/Crumb Topping & Tatar Sauce, Brussels Sprouts, Rice Pilaf, Wheat Bread, and Fresh Fruit.

### Monday, April 22\*

Vegetable Quiche OR Egg Omelet w/Cheese, Oven Browned Potatoes, Steamed Spinach, Pumpernickle Bread, and Fruit Crunch Bar.

### Monday, April 29\*

Hani & Cheese Grinder OR Reduced Sodium Hot Dog, Oven Baked Beans, Hot Dog Bun, Italian Blend Veg. and Fruited Jello w/Whipped Topping for Dessert.

## THURSDAY MATINEE MOVIE SCHEDULE

Movies begin at 1PM in the Senior Room. Please use the side entrance to the town hall as the front entrance is locked. This program is free, and free refreshments are available beginning at 12:15 PM.

### April 11 - Tully

Tully tells the story of Mario (Charlize Theron), a mother of three who is gifted a night nanny by her brother. Hesitant to extravagance at first, she forms a unique bond with the thoughtful, unpredictable, young nanny. 2018 – R – 1 hr. 35 min.

### April 18 – Finding Your Feet

When 'Lady' Sandra Abbott discovers that her husband of 40 years is having an affair with her best friend, she seeks refuge in London with her estranged, older sister, Bif. The two could not be more different. Sandra is a fish out of water next to her outspoken, serial dating, free spirited sibling. But different is just what Sandra needs at the moment, as she reluctantly lets Bif drag her to a community dance class where she starts finding her feet. 2018 – PG 13 – 1hr. 51 min.

### April 25 – Book Club

Friends and members of the 60-plus set, Diane, Jane, Sharon, and Carol have seen it all when it comes to relationships. But after reading "Fifty Shades of Grey," they're inspired to make bold choices in the romance department, with hilarious results. (Diane Keaton, Jane Fonda, Candice Bergen, & Mary Steenburgen) 2018 – PG 13 – 1 hr. 44 min.

### May 2 – What They Had

When her mother wanders into a snowstorm on Christmas Eve, Bridget responds to her brother's call for help by returning to her hometown, where the siblings face the unenviable task of persuading their dad to put Mom in a care home. (Hilary Swank, Michael Shannon, Robert Forster, Blythe Danner) 2018 – R – 1 hr. 41 min.

**SHINE Counseling** – Contact Sue Kucharshi at the Senior Outreach Center (SHCOAC) 3 Maple Street, Chester, MA – (413) 354-6540 to schedule an appointment. See what other senior benefits you may also be eligible for.



**Highland Valley Elder Services Community Dining Menu - April 2019**  
 The suggested donation is \$3.00 per meal. Thank you for investing in this resource!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 <b>CHOICE: Chicken Salad</b>                      Orange Glazed Savory Chicken (446)                      Steamed Spinach (120)                      Steamed Brown Rice (23)                      Wheat Bread (140)                      Sundried Boxed Raisins (4)</p> <p>Cal: 599 Sod: 861 Carb: 94</p>	<p>2 <b>CHOICE: Chicken Salad</b>                      Pulled Pork Sandwich (300)                      Creamy Coleslaw (56)                      Steamed Corn (0)                      Hamburger Bun (230)                      #Apple Crisp (3)</p> <p>Cal: 638 Sod: 1011 Carb: 84</p>	<p>3 <b>CHOICE: Chicken Salad</b>                      Chef Salad (436)                      Pasta Salad (125)                      Whole Wheat Pita (72)                      Mixed Fruit (10)</p> <p>Cal: 593 Sod: 796 Carb: 74</p>	<p>4 <b>CHOICE: Chicken Salad</b>                      Potlock Loaf w/ Crumb Topping (97)                      Au Gratin Potatoes (172)                      Steamed Green Beans (4)                      Wheat Bread (160)                      #Lemon Pudding w/ Whipped Topping (16)                      Tartar Sauce (123)</p> <p>Cal: 684 Sod: 822 Carb: 82</p>	<p>5 <b>CHOICE: Chicken Salad</b>                      Oven Baked Lasagna (463)                      Steamed Broccoli (11)                      Wheat Dinner Roll (160)                      #Birthday Cake (350)</p> <p>Cal: 734 Sod: 1110 Carb: 99</p>
<p>8 <b>CHOICE: Seafood Salad</b>                      Savory Meatball Stroganoff (599)                      Boiled Noodles (13)                      Steamed Peas (124)                      Wheat Bread (140)                      Sliced Peaches (5)</p> <p>Cal: 641 Sod: 996 Carb: 87</p>	<p>9 <b>CHOICE: Seafood Salad</b>                      Potato Potlock Fillet (300)                      Butternut Squash Soup (105)                      Spanish Rice (232)                      Wheat Bread (160)                      Chilled Pineapple Chunks (10)</p> <p>Cal: 808 Sod: 931 Carb: 105</p>	<p>10 <b>CHOICE: Seafood Salad</b>                      Yankee Pot Roast (42)                      Whipped Potatoes (276)                      California Blend (24)                      Cranberry Orange Snack n Loaf (120)                      #Butterscotch Pudding w/ Whipped Topping (212)</p> <p>Cal: 625 Sod: 819 Carb: 83</p>	<p>11 <b>CHOICE: Seafood Salad</b>                      Homestyle Chicken w/ Gravy (340)                      Glazed Carrots (77)                      Oven Brown Potatoes (36)                      Oatmeal Bread (142)                      Strawberry Cup (5)</p> <p>Cal: 660 Sod: 775 Carb: 98</p>	<p>12 <b>CHOICE: Seafood Salad</b>                      Creamy Mac &amp; Cheese (331)                      Beet Salad (27)                      Orange Juice (0)                      Homemade Cornbread (202)                      #Warm Fruit Compote (5)</p> <p>Cal: 821 Sod: 769 Carb: 114</p>
<p>15 <b>PATRIOTS DAY - NO MEALS</b></p> 	<p>16 <b>CHOICE: Stopy Joe</b>                      Shepherd's Pie (85)                      Steamed Corn (1)                      Whipped Potatoes (276)                      Wheat Bread (140)                      Diced Peaches (5)</p> <p>Cal: 595 Sod: 632 Carb: 78</p>	<p>17 <b>CHOICE: Stopy Joe</b>                      Sweet &amp; Sour Pork (165)                      Brown Rice Pilaf (3)                      Steamed Green Beans (2)                      Blueberry Snack n Loaf (160)                      Chilled Pineapple Chunks (10)</p> <p>Cal: 756 Sod: 487 Carb: 104</p>	<p>18 <b>CHOICE: Stopy Joe</b>                      Roast Turkey (384)                      Butternut Squash (6)                      Homemade Stuffing (294)                      Dinner Roll (160)                      Cranberry Sauce (3)                      Mandarin Oranges (17)</p> <p>Cal: 651 Sod: 1015 Carb: 99</p>	<p>19 <b>CHOICE: Stopy Joe</b>                      Baked Headon w/ Crumb Topping (200)                      Brussels Sprouts (6)                      Rice Pilaf (13)                      Wheat Bread (140)                      Fresh Fruit (1)                      Tartar Sauce (123)</p> <p>Cal: 660 Sod: 709 Carb: 85</p>
<p>22 <b>CHOICE: Vegetable Quiche</b>                      Egg Omelet w/ Cheese (210)                      Oven Brown Potatoes (36)                      Steamed Spinach (120)                      Pumpkin Seed Bread (135)                      #Fruit Crunch Bar (90)</p> <p>Cal: 751 Sod: 706 Carb: 96</p>	<p>23 <b>CHOICE: Vegetable Quiche</b>                      Chicken Teriyaki Strips (517)                      Lo Mein Noodles (26)                      Steamed Peas (124)                      Wheat Dinner Roll (160)                      Mandarin Oranges (17)</p> <p>Cal: 661 Sod: 971 Carb: 104</p>	<p>24 <b>CHOICE: Vegetable Quiche</b>                      Baked Stuffed Shell w/ Meat Sauce (463)                      Tossed Salad (10)                      French Bread (256)                      #Warm Spiced Pears (7)</p> <p>Cal: 825 Sod: 884 Carb: 93</p>	<p>25 <b>CHOICE: Vegetable Quiche</b>                      Roast Pork (68)                      California Blend (24)                      Whipped Potatoes (276)                      Cherry Snack n Loaf (240)                      Chilled applesauce (15)</p> <p>Cal: 677 Sod: 756 Carb: 91</p>	<p>26 <b>CHOICE: Vegetable Quiche</b>                      Breaded Alaskan Potlock (180)                      Creamy Tomato Soup (375)                      Steamed Broccoli (11)                      Wheat Bread (140)                      #Chocolate Pudding w/ Whipped Topping (170)</p> <p>Cal: 621 Sod: 1011 Carb: 85</p>
<p>29 <b>CHOICE: Ham &amp; Cheese Grinder</b>                      Reduced Sodium Hot Dog** (590)                      Oven Baked Beans (140)                      Hot Dog Bun (210)                      Italian Blend (52)                      #Fruited Jet-O w/ Whipped Topping (40)</p> <p>Cal: 699 Sod: 1157 Carb: 81</p>	<p>30 <b>CHOICE: Ham &amp; Cheese Grinder</b>                      Meatloaf (179)                      Whipped Potatoes (276)                      Steamed Corn (0)                      Wheat Bread (140)                      Fresh Fruit (1)</p> <p>Cal: 689 Sod: 721 Carb: 99</p>	<p><b>Key for Symbols:</b>                      Cal: Calories                      Carb: Carbohydrates (gm)                      Sodium (mg)                      # Diabetic Substitute                      **Higher Sodium Item (&gt;500mg)                      ☺ Local Produce</p>		 <p>Highland Valley ELDER SERVICES</p>

Funding sources include The City of Northampton Community Development Block Grant and the City of Westfield Community Development Block Grant.  
 Meals based on No Added Salt Diet (3-4gm sodium) for healthy older adults. Sodium content is listed next to each item in ( ), all meals include milk w/ 125 mg sodium.  
 If you have a special concern regarding the menu, contact the Nutritionist at 413-588-5752 for guidance on managing your intake to meet your dietary requirements.

