

# WILBRAHAM SENIOR NEWS

45B Post Office Park • Wilbraham, MA 01095

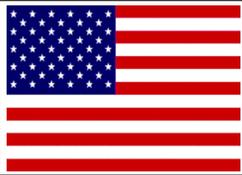
Phone (413) 596-8379 • Fax (413) 596-8546

Volume 21, 4

APRIL 2015

## SPRING LUNCHEON & ENTERTAINMENT

Celebrate spring with a delicious hot meal followed by entertainment on **Tuesday, April 28**. The meal will be roast turkey with gravy, cranberry sauce, mashed potatoes, green beans and orange cake. The meal will be served at 11:45 am. Immediately following the meal, we will celebrate the diverse heritage of the New England Region by presenting a performance by storyteller Davis Bates. Entitled Celebrating New England: Songs and Stories for Everyone, the program will involve the audience in a variety of cultural traditions. It will include farming stories and songs from the past and present, sea songs & chanteys, Native American stories, ghost stories and family tales. There will also be plenty of sing-alongs, and even a short lesson in how to play the spoons. This performance is funded by a grant from the Wilbraham Cultural Council, a local agency supported by the Massachusetts Cultural Council. Be sure not to miss this wonderful of program traditional interactive entertainment. To sign up, stop in the front office with payment for lunch, \$2.



## SENIOR CENTER CLOSED MONDAY, APRIL 20, PATRIOT'S DAY

### VAN TOUR AND LUNCH

Join us on a visit to Providence Place in Holyoke for a tour and lunch on Friday April 10th. The van will leave the senior center at 10:15 am. Seats are limited. Sign up at front desk, 596-8379.



### Prescription Advantage Presentation

Each year thousands of seniors in Massachusetts reach the gap in their Medicare prescription drug coverage (Part D) that is often called the "donut hole." This year, when Medicare beneficiaries (who do not get Extra Help) reach the donut hole, their Part D plan will pay 55% of covered brand name drugs and 35% of covered generic drugs. Although 55% coverage of a brand name drug might sound great, it's really not that great if you take a brand name drug that costs \$300. You will still have to pay \$135!! This is where Prescription Advantage can help. Kathy Devine from the Executive Office of Elder Affairs will be at the Wilbraham Senior Center, **Monday, April 27th @ 10:00** to explain how Prescription Advantage can help to fill the hole in your Medicare prescription drug coverage. You won't want to miss this important presentation. Call 596-8379 to register.

### COFFEE WITH A COP

Mark your calendars for **Wednesday, April 8 from 1-2 pm** for Coffee with a Cop, a new program bringing a Wilbraham police officer to the Senior Center for conversation and refreshments. This is a great opportunity to get to know your local officers and ask questions about what's happening in town. Stop by on the 8th!!



# HEALTH & FITNESS PROGRAMS

## HEALTH PROGRAMS

Free Blood Pressure Readings, **Tuesdays, 11- 12 noon.** Blood pressure is the force of blood against your artery walls as it circulates through your body. Blood pressure normally rises and falls throughout the day, but it can cause problems if it stays "high" for a long time. High blood pressure is sometimes called the "silent killer" because it usually has no warning signs or symptoms. Many people do not know that they have high blood pressure. It greatly increases the risk for heart disease and stroke, the first and third leading causes of death in the United States. Have your blood pressure checked regularly and know your numbers. Attend the Wilbraham Senior Center Blood Pressure Free Clinic. Tuesdays from 11-12 noon with Public Health Nurse - Lee Giglietti BS, RN, BSN. Lee is also available on Tuesdays and Wednesdays for consultations, call for hours.



Foot Care Nurses, **April 9**, Cost is \$29.

Foot Doctor Cindy Galavotti, **April 1** and cost is \$35. Call 596-8379 for an appointment. Also available for home visits.

Baystate Hearing Aids, **April 8**, 10 a.m to 12 noon, for free hearing aid cleanings & hearing screenings. Free in-home service also available. Call to sign up.

SHARPS containers are available FREE at center, with list of where they can be returned when full.

## FITNESS PROGRAMS

Line Dancing on **Wednesdays at 1:40 p.m.** Beginner Line Dance class on **Fridays at 1:40 p.m.**

Tai Chi, **Wednesdays** at 9 a.m. FREE!

Zumba Gold—**Wednesdays at 2pm & Fridays at 10:30 am**, \$5.

Tap Dance with Mary Ann, **Thursdays at 9:30 a.m.**

Chair Exercise, **Tues.& Thurs. at 10 a.m.**

Mary Ellen's Adult Exercise Class, **Tuesdays & Thursdays at 10:40 a.m. FREE!!!!**

Gentle Exercise, **Wednesdays., 10:15 a.m.**

**Senior Center Fitness Equipment— recumbent bike and treadmill.** A Dr's. note and training by Mary Ellen is required prior to first use. See Mary Ellen if you have any questions.

## SPA PROGRAMS

**Sole Food Reflexology**—Dawn Dietrich, certified foot reflexologist, will be at the Senior Center on **April 3 & 17** for appointments. Cost is \$10.

**MANICURES AT THE CENTER**—Manicures by Cathy Rasid, licensed manicurist. Basic Manicure \$10, includes nail shaping, filing, soaking, cuticle and skin conditioning with clear polish. Nail Polish Application \$10, includes nail shaping, filing and Vinyl-Lux Premium Polish. Complete Manicure \$18, includes all above. Call Cathy at 413-335-7422 for an appointment. **April 7 & 21.**

**CHAIR MASSAGE AT SENIOR CENTER**—Chair massages, provided by Ann Ambrose, owner of the Massage Center of Wilbraham, will be offered on the 1st Friday of each month. There is no disrobing involved. Cost is \$10 for 10 minute massage. Call 596-8379 to register for **April 3.** Very relaxing!!

**Call 596-8379 for apptointments**



Mercy Companions, a part of the Sisters of Providence/Mercy continuing care network will be speaking on **April 13, at 10:00 am.** Their qualified companions can help with personal care needs, light housekeeping, medication reminders, laundry service, meal preparation and transportation. Join us for coffee and donuts. Call to sign up at 596-8379.

## COMMUNITY GARDEN PLOTS AVAILABLE

The Community Gardens on Monson Road has a great variety of gardening options that range from peaceful indoor greenhouse, to raised planting boxes that can be worked from a chair, to the a full size garden plot that comes already plowed. The new greenhouse will be opened soon and is being equipped with work surfaces that can be reach while standing (much easier on the knees!) or from a seated position. The concrete floor makes maneuvering with a walker, cane or wheel chair easy and safe. Even the outdoor raised planting boxes are on a paved surface big enough to park next to.

The old excuses are falling by the wayside and the taste of those produce you grew yourself or fragrance of your own cut flowers are still within an easy reach. Contact Melissa Graves at 596-2800, Ext. 119 to find out what is available at the Wilbraham Community Gardens. Garden sign up day will be at the end of April followed by Plow Day, May 2<sup>nd</sup> when the gardens will be plowed by horses of the Eastern Draft Horse Association.



### Glass fusing nightlight class Monday April 6th at 10am.

In this class each student will create their own glass nightlight. Sherry will supply the glass bases and many forms of decorative glass embellishments and help you design and create your own nightlight. The options are unlimited. create a geometric design or a scene of water or flowers. Fun project for beginners ! Glass classes are gaining popularity! Bring a friend. Class fee is \$25 and includes all supplies and firings and nightlight fixture. Stop by the front desk to register.



### Bus Trip to New York City, May 6th Cost is \$35 Sign up starts March 31st at 8am See Mary Ellen for more information.



Upcoming trips:

**Tuesday, July 21st**—Gloucester Luncheon Cruise aboard the Beauport Princess. Elegant Luncheon Buffet and free time in Rockport.

**Wednesday, September 16th**—New York City

**Tuesday, October 6th**—Oktoberfest at Platzl Brauhaus.

## APRIL EVENTS

**SHINE** Representative will be here on April 10. Call for appointment.

**BOOK CLUB** will meet Thursday **April 16, 1:30**, Book is "Call the Midwife" by Jennifer Worth.

**QUILTING CLUB**, April 9 & 23 at 1:00 p.m.

**ATTORNEY DOUGLAS PETERSON**, FREE 20 minute consultations on **April 8**. Call for appt. 596-8379.

**JEWELRY WORKSHOP** with Sandy Merrill, will be held on **April 15** at 10 a.m. \$3/class.

**MEN'S BREAKFAST** in Wilbraham on **Friday, April 24 at 8:30 a.m.** Please call to register—596-8379.

**AFTERNOONS: PITCH** Mondays, 12:30 p.m., **DOMINOES** Thursdays, 11:30 a.m., **BRIDGE** Fridays, 1 p.m. **KNITTING ETC.** Tuesdays, 1:00 p.m. **RUG MAKING**, Mondays at 1:00 p.m.

**FRIENDS OF WILBRAHAM SENIORS MEETING** Monthly meeting April 15 at 1 pm.

# APRIL 2015

Mon	Tue	Wed	Thu	Fri
		<b>1</b> 9-Tai Chi 9-Podiatrist 10:15-Gentle Exercise 1:40-Line Dance 2-Zumba Gold  <i>Wal-mart</i>	<b>2</b> 9:30-Tap Dance 10-Jazz 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes  <i>Stop &amp; Shop</i>	<b>3</b> 9:30-Massage Therapy 10-Reflexology 10:30-Zumba Gold 1-Bridge 1:40-Line Dance
<b>6</b> 9-AARP Tax Aides 10-Glass Fusing 12:30-Pitch 1-Rug Making <i>Baked Chicken a la orange</i> <i>Stop &amp; Shop</i>	<b>7</b> 10-Chair Exercise 10-Manicures 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc.  <i>Around Town</i>	<b>8</b> 9-Tai Chi 10-Baystate Hearing 10:15-Gentle Exercise 1-Coffee with Cops 1-Attorney Peterson 1:40-Line Dance 2-Zumba Gold <i>Eastfield Mall</i>	<b>9</b> 8-Foot Care Nurse 9:30-Tap Dance 10-Jazz 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Club <i>Big Y</i>	<b>10</b> 9—SHINE 10:15-Providence Place van trip 10:30-Zumba Gold 12-Health New England 1-Bridge 1:40-Line Dance
<b>13</b> 10-Mercy Companions 10-Fallon Health 12:30-Pitch 1-Rug Making  <i>Hot Dog/Baked beans</i> <i>Big Y</i>	<b>14</b> 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. 1-Red Hat Meeting  <i>Around Town</i>	<b>15</b> 9-Tai Chi 10-Jewelry Class 10:15-Gentle Exercise 1-Friends Meeting 1:40-Line Dance 2-Zumba Gold <i>Wal-mart</i>	<b>16</b> 9:30-Tap Dance 10-Jazz 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1:30—Book Club <i>Stop &amp; Shop</i>	<b>17</b> 9-Outrageous Adventure 10-Reflexology 10:30-Zumba Gold 1-Bridge 1:40-Line Dance
<b>20</b> CLOSED PATRIOTS DAY  	<b>21</b> 10-Chair Exercise 10-Manicures 11-Blood Pressure 1-Knitting Etc.  <i>Around Town</i>	<b>22</b> 9-Tai Chi 1:40-Line Dance 2-Zumba Gold  <i>Holyoke Mall</i>	<b>23</b> <i>Fashion Show</i> 9:30-Tap Dance 10-Jazz 10-Chair Exercise 11:30-Dominoes 1-Quilting Club <i>Big Y</i>	<b>24</b> 8:30-Men's Breakfast (Wilbraham) 10:30-Zumba Gold 1-Bridge 1:40-Line Dance
<b>27</b> 10-Prescription Advantage Program 12:30-Pitch 1-Rug Making  <i>Cheese Omelet</i> <i>Big Y</i>	<b>28</b> <i>SPRING LUNCH</i> 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 11:45—Spring Lunch 1-Knitting Etc. 1-Friends Meeting <i>Around Town</i>	<b>29</b> 9-Tai Chi 10:15-Gentle Exercise 1:40-Line Dance 2-Zumba Gold  <i>Wal-mart</i>	<b>30</b> 9:30-Tap Dance 10-Jazz 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes  <i>Stop &amp; Shop</i>	





The Rotary Club of Wilbraham-Hampden Presents  
**Wine & Beer Tasting Night**  
**Friday April 17, 2015 @7:00 pm**

**Ludlow Country Club, 1 Tony Lema Drive, Ludlow**

Selection of Fine Wines & variety of Beers presented by Wilbraham Wine & Spirits  
Silent Auction & 50/50 Raffle—Tickets: \$30 per person

Hot hors d'oeuvres will be served

Tickets available in Senior Center office  
or by calling 413-530-5996/413-221-9122

Proceeds benefit Wilbraham & Hampden

Community service projects including  
the annual Senior Picnic at Spec Pond!



## A NOTE FROM THE DIRECTOR

I would like to give an update on the progress of the Senior Center Feasibility Committee. The group has met several times and with the architect, toured properties that might be suitable for a Senior Center. The original goal was to have a decision by May and make a presentation at the Annual Town Meeting, along with the Police Feasibility Committee. There are still many options and at this time, we are not ready to proceed with any proposal. We understand we have one chance at receiving approval from the towns people and we do not want to rush into anything or compete with other projects. We continue to work at finding the right solution for the Seniors and all the taxpayers of Wilbraham. I have been diligently working on this for the past 5 years and will continue to work hard until a suitable senior center becomes a reality.

On May 11 at the Town Meeting at Minnechaug, the Police Feasibility Committee will be making their presentation for a new station. If you have not been in the present police station on Main Street, open houses will be held on April 11, and May 2 from 10-2pm. I encourage you to tour their station. On April 8, police officers will be at the Senior Center for a meet and greet and will have renderings of the proposed new facility. This is a great opportunity to find out what a new station would look like and why they need it.

I support a new Police Station in Wilbraham and ask that you do also. This is a much needed project and once completed, we will be asking for the entire towns support of a new Senior Center.

Paula

Article submitted by the "Friends" President Bob Page

## *Things Just Got A Little More Complicated*

The Senior Center Feasibility Study Committee was making good progress on site selection. They were ready to decide between a privately owned 7 acre parcel on Main Street across from the old Rice Fruit Farm and the athletic field on Main street in front of the Mile Tree School. Then a welcome surprise happened. Jules Gaudreau, a Director of the Wilbraham Nature & Cultural Club, at a social event met with our Feasibility Committee Chairman Dennis Lopata, and told him that the Trustees of Fountain Park would very much like to provide the land necessary to build our sorely needed larger New Senior Center. After conferring with the Committee Jules was invited to address the Feasibility Committee with his thoughts and proposed steps.

Jules met with the Committee and made a very strong presentation supporting a suitable building site on Fountain Park. The Feasibility Committee discussed it at length and concluded that there were many positive aspects to the idea. John Catlin, the consulting architect for the project was contacted. A date of March 26th was set for a walking of the property site. This issue of the Senior News goes to the printers prior to the March 26th site viewing. Please look for news of this Fountain Park property visit in The Times, The Reminder, The Springfield Republican and the next issue of the Senior News to keep abreast of developments.

# ***Hat's off to Spring***

***Fifth Annual***

## ***Luncheon & Fashion Show***

***Fashions by***

### ***"Little Black Dress"***

***of Enfield, Connecticut***

***Thursday,***  
***April 23, 2015***

***11:30 Social Hour***  
***Raffle Tickets & Wine***  
***Available for Purchase***

***12:30 Luncheon Served***

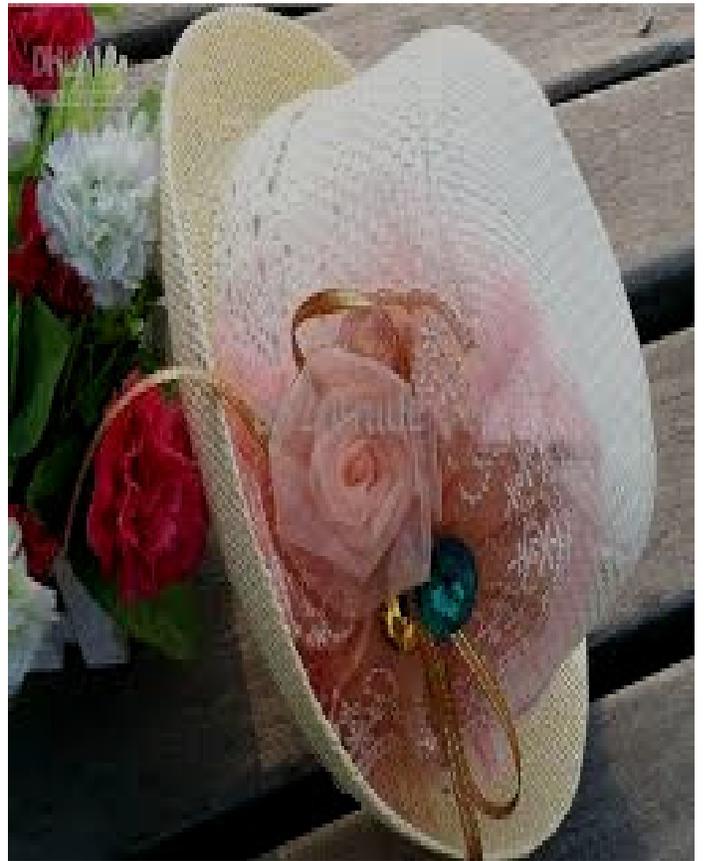
***\$27 per person benefiting***  
***The Friends of Wilbraham***  
***Seniors, a non-profit corp.***

***St. Cecilia's Parish Center***  
***42 Main Street, Wilbraham***

***Reserved seating only***  
***Reserved tables of 8 or 9 are available***

***Reserve your tickets by calling Martha Talbot at 596-8676.***  
***Or call and leave your name and phone number and Martha***  
***will be contacting you regarding ticketing arrangements.***

***Be sure, if you have one, to wear your brightest and***  
***most beautiful Easter bonnet!***



# RED HAT YAYA SISTERHOOD OF WILBRAHAM

As I am writing this I hope we have had some sense of spring. April 23<sup>rd</sup> is the Friends Fashion Show; Evelyn Morris (596-9745) is handling the tickets. One of our Red Hat ladies has so graciously made all the hats we need for center pieces for the Fashion Show. Yours truly is the chair lady again for the Fashion Show and hope to see many red hats at the Hats off to Spring event. It starts at 11:30 and is at St. Cecilia's this year. Don't forget we need to wear our red hat attire. Deadline to sign up is April 13.

May 15<sup>th</sup> we are going to Montague Book Mill with lunch at the quaint restaurant called The Alvah Stone on the Saw Mill River. We will leave the senior center at 10 am. We will tour the bookstore followed by lunch order off the menu with separate checks. The van is available for this event for a \$4. charge. There will also be carpooling. Elaine King is the chair-lady for this event (596-3940). We will stop at Yankee Candle on the way home. The deadline to sign up is May 11.

June 19<sup>th</sup> we will do a River cruise at Brunell's Marina and lunch at the new Dockside restaurant. We will be leaving the senior center at 10:15. Elaine Lavoie (596-6001) is the chairlady for this event. There will be more information to follow. The van and carpooling will be available. The van charge is \$4. The deadline to sign up is June 5.

We are looking for suggestions for events for next year and ladies to chair them. Anyone interested in running for an office other than Queen Mum or Vice Queen, please let me know. Any questions please don't hesitate to call me (596-9938).

Stay Well and Warm,  
Kathy Phipps, your Queen Mum

## Help us save on postage—receive this newsletter by email!

If you would like to start receiving the monthly newsletter by email, please send a request with your **name and address** to: [pdubord@wilbraham-ma.gov](mailto:pdubord@wilbraham-ma.gov) Each month you will be one of the first to receive the newsletter and help us save money.



## community calendar

**Library Home Delivery Service** Can't come to the library? Then the library will come to you! The Wilbraham Public Library has free delivery service to homebound Wilbraham residents including the elderly, disabled, non-drivers, and those who are temporarily incapacitated by an illness or accident. You can request books (regular, large print, audio), movies, music or magazines. A library staff member or volunteer driver will deliver them to you on a regular or short term basis. If you or someone you know would benefit from this service, please contact the library. For more information or to sign up, contact Dot Moore, Outreach Librarian at the Wilbraham Public Library (596-6141 ext.127) or email [dmoore@wilbrahamlibrary.org](mailto:dmoore@wilbrahamlibrary.org).

For those who are taking care of someone with memory loss, a new caregivers support group is held at the Wilbraham Public Library in the Brooks Room at 7 p.m. It will meet on the first Wednesday of each month thereafter. The leader is MaryAnne Stout, a leader in the field of Alzheimers care.

Seniors play free pool EVERY DAY at Frankie B's Billiards & Sports Bar, located at 2957 Boston Rd in Wilbraham. Free play is Monday through Friday, 3 to 6 pm, and Saturdays and Sundays, 12 noon - 6pm. Questions? Call Frankie B's at 596-2423.



## VETERANS OFFICE NEWS

Under Chapter 115 of Massachusetts General Laws, the state provides a uniform program of financial & medical assistance for indigent veterans and their dependents. Qualifying veterans and their dependents receive necessary financial assistance for food, shelter, clothing, fuel, and medical care in accordance with a formula which takes into account the number of dependents and income from all sources. Eligible dependents of deceased veterans are provided with the same benefits as if the veteran were still living. To see if you qualify, please contact Richard Prochnow. Call **596-8379** and ask for Veteran's Agent.

Thanks to those who have donated to the Friends of Wilbraham Seniors, Building Fund and Revolving Accounts:

### Friends

Ahern, Harold/Linda  
Anonymous  
Bears, Margaret  
Ersing, Eva  
Farrell, Lillian  
Liore, Angelina  
Fraser, William/Janet  
Geoffino, Olga  
Holmes, Vertis

Karpowicz, John  
Laberge, Charles/Babbette  
Mango, Thomas/Ann Maire  
McGranagahn, Patricia  
McLeish, Sandra  
Mompho, Virsna/Heannavy  
Sajad, Bronislaw  
Setian, Harry/Liz  
Sideleau, George/Marian  
Tompkins, Joan

### Building Fund

Anonymous  
Fraser, William/Janet  
Line Dancers  
Memory of Dorothy Sajdak  
**Revolving Account**  
Barrett, Dorohty  
Fraser, William/Janet  
Morris, Evelyn  
Memory of Dorothy Sajdak

ADS

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**DIRECTOR OF ELDER AFFAIRS:**

Paula Dubord

**ACTIVITIES/VOLUNTEER****COORDINATOR:**

Mary Ellen Schmidt

**SOCIAL SERVICES****COORDINATOR/VETERAN'S****ADMINISTRATIVE ASSISTANT:**

Barbara Harrington

**VETERAN'S AGENT:**

Richard Prochnow

**PUBLIC HEALTH NURSE:**

Lee Giglietti, BS, RN, BSN

**MEAL SITE DIRECTOR:**

Ruth Bretta

**SENIOR AIDE:**

Jim Hiersche

ANNUAL NEWSLETTER FEE OF \$5 payable to the "Friends of Wilbraham Seniors".  
Donations to the Friends of Wilbraham Seniors accepted at:

PO Box 705  
Wilbraham, MA 01095

Meals served Mon and Tues at 11:45 a.m. in the lunch room. Reservations must be made the day before by 10:00 a.m. Call 781-8800, ask for Jean in nutrition. \$2.00 donation requested.

**FRIENDS OF WILBRAHAM SENIORS  
WILBRAHAM SENIOR CENTER  
45B POST OFFICE PARK  
WILBRAHAM, MA 01095-1179**

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**RETURN SERVICE REQUESTED**

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**WEEKLY VOLUNTEERS****Office:** Ann Beardsley,

Evelyn Morris, Adell Teschendorf,

Jackie Daniels, Dorothy Soja

Ginnie Rickert

**Van:** Peter Siuda, Gary Babineau

**IF YOU WISH TO UNSUBSCRIBE  
FROM THIS NEWSLETTER  
PLEASE CALL THE SENIOR  
CENTER AT 596-8379**

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**SENIOR CENTER HOURS:****Monday-Friday, 8:00-4:00****PVTA Van Service**

available by calling 739-7436.

Newsletter available online at

[www.wilbraham-ma.gov](http://www.wilbraham-ma.gov)**COUNCIL ON AGING MEMBERS:****Chairperson:** Trant Campbell**Vice Chair:** Robert Page**Secretary:** Ellen O'Brien**Members:** Theresa Munn, Gilles Turcotte,  
Marie Valentine, Diane Weston, Father  
Panteleimon Klostri

Meeting: 1st Wednesday of each month at  
the Senior Center at 4:00 p.m.

The Wilbraham Senior News is mailed monthly by the Friends of Wilbraham Seniors, Inc., for the Council on Aging. Typed contributions accepted by the 8th of each month mailed to:

Wilbraham Senior Center

45B Post Office Park

Wilbraham, MA 01095

Phone (413)596-8379 Fax (413)596-8546

Email: [pdubord@wilbraham-ma.gov](mailto:pdubord@wilbraham-ma.gov)

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**SENIOR CENTER VAN TRIPS****MONDAY TRIPS:****April 6—Stop & Shop****April 13—Big Y****April 20—CLOSED****April 27—Big Y**

Pick ups begin at 9:00 a.m. All bus trips are \$2 round trip. Please call 596-8379 to sign up for any of these trips. Space is limited to the first 12 callers.

Around Town Trips on Tuesdays—call to reserve a seat!

**Call 596-8379 to sign up today.**

**WEDNESDAY TRIPS****April 1—Wal-Mart****April 8—Eastfield Mall****April 15—WalMart****April 22—Holyoke Mall****April 29—WalMart****THURSDAYS TRIPS****April 2—Stop & Shop****April 9—Big Y****April 16—Stop & Shop****April 23—Big Y****April 30—Stop & Shop**