

WILBRAHAM SENIOR NEWS

45B Post Office Park • Wilbraham, MA 01095

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

Volume 21, 6

JUNE 2015

FATHER'S DAY CELEBRATION

Celebrate being a father, grandfather, uncle, or honor your father at a luncheon on Tuesday, June 9 at 11:45 am. A delicious hot meal of pot roast with mushroom gravy, mashed potatoes, peas and pearl onions, dinner roll and carrot cake will be served, all for \$2 donation. Following the meal, entertainment will be provided by Ritchie Mitnik and Peter Anone. Register today for a fun afternoon! Stop by the front desk today.



FARMERS MARKET COUPONS REGISTRATION

We take names for Farmer's Market Coupons from June 1 to June 30. All qualified seniors names will be placed in a lottery and drawn once coupons have arrived.

To qualify, you must be 60 or older, have a household income not more than 185% of poverty level, proof of enrollment in fuel assistance/food stamps or live in subsidized elderly housing. Each year we have more requests for coupons than we receive. At the states suggestion, we will hold a lottery to make it as fair as possible.



Creating A Financial Legacy For Your Children & Grandchildren

This workshop will include creating a legacy and provide an introduction to understanding what bonds are, what benefits they can offer and what risks to consider. Learn the difference between Municipal Tax Free Bonds, Government Treasury Bonds and Corporate Investment Grade bonds vs. High Yield bonds. Christopher A. Casale has 32 years experience in the Banking and Financial Services Industry, in East Longmeadow. Join us for interesting discussion & refreshments! **Monday June 15th at 10am.**

Taking Control of Your Future: A Legal Checkup

Join us on **Monday, June 22 at 10 a.m.** for a presentation by Attorney Dave Carlson. Topics include: How to protect home and assets, power of attorney, healthcare proxies, and reverse mortgages. This program is presented with generous assistance and cooperation of the MA Bar Association. Dave Carlson lives in Wilbraham and his office is East Longmeadow. Limited seating, call 596-8379.

KNITTED BEADED ORNAMENTS CLASS

We will be holding a special class to create Knitted Beaded Ornaments. The 3 week class will begin on **Tuesday, June 9th at 1pm.** The cost for entire class is \$2.00 and you will need to purchase supplies on your own. Participants must have knitting experience which includes KNIT, PURL and YARNOVER. Sign up at front desk and pick up supply list. Samples are hanging in reception area windows. Stop by and see what you could create!



HEALTH & FITNESS PROGRAMS

HEALTH PROGRAMS

Free Blood Pressure Readings, **Tuesdays, 11- 12 noon.**



Foot Care Nurses, **June 11**, Cost is \$29.

Foot Doctor Cindy Galavotti, **June 4** and cost is \$35. Call 596-8379 for an appointment. Also available for home visits.

Baystate Hearing Aids, **June 10**, 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

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.

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 11 am & Fridays at 10:30 am**, \$5.

Tap Dance with Mary Ann, **Thursdays at 9:30 a.m. Last class in June 4, resumes the 3rd week in September.**

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.**

SPA PROGRAMS

Sole Foot Reflexology—Dawn Dietrich, certified foot reflexologist, will be at the Senior Center on **June 5, 12, 19** 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. **June 2, 16, 30.**



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 **June 5.** Very relaxing!!

Walking programs are back!

Dust off your walking shoes and join us for slow walks on Mondays at noon. We will start off slow. Come give it a try. Quick 5 mile walks at Ludlow Reservoir will be on Fridays at 9am. We will build back to the 5 miles. Please call front desk to let us know you will be joining us.

Call 596-8379 for appointments!

Reiki Now Offered

Reiki is an ancient Japanese form of homeopathic healing that helps with general aches and pains, arthritis, relaxation, and sleep. The Senior Center welcomes Carleen Eve Fischer Hoffman, Reiki Master Practitioner. Carleen will be offering Reiki once a month, on the first Wednesday. Please call her directly at 525-7345 for an appointment. \$10 for 15-20 minute session. Appointments starting on June 3rd from 10 am-12:30pm.

A NOTE FROM THE DIRECTOR

Who goes to the Senior Center? Last year, 1,233 seniors attended an activity or program at the Senior Center. In addition, 404 seniors received services through our Social Services office. 2,355 rides were provided to Wilbraham Seniors with no form of transportation. But I still hear “no one goes there”, from people who themselves have never been to the Senior Center.

In a recent conversation, a gentleman said he had asked residents of a Wilbraham elderly housing complex if they attended the Senior Center and they replied they did not. While this may be true, these are the same residents that use our Senior Van on a weekly basis to do their grocery shopping and whom are provided medical appointment transportation through our Volunteer Drivers. These are the seniors that we assist with Farmer’s Market Coupons, help fill out food stamp applications and deliver hot meals to on the weekends. These same residents benefit from the bi-monthly visits from our Public Health Nurse for blood pressure clinics in the community rooms of their facilities. Yes, many may not attend programming at the Senior Center building, but they are still benefiting from our services.

Another comment I have heard is “why do we need a Senior Center when we have other facilities in town – such as the YMCA or the Country Club to meet the social needs of our seniors”. Wilbraham is very lucky to have the Y and other businesses that offer options for physical and social activity, but they are not focused on seniors needs nor do they have the knowledge or capabilities to provide the social services offered at the Senior Center. The town is privileged to have an experienced staff that works diligently to provide residents with information and guidance as they age in place, along with educational, nutritional, medical and recreational programming.

In a recent article in the local daily paper, there was an error reported in the average number of individuals who attend the Senior Center on a daily basis. The attendance is affected by many different variables, including weather, holidays, and our programming. Some days, we have 200 seniors walk through our doors for events. The average daily attendance is 80, but this does not include the number of seniors we service through informational phone calls and home visits, rides provided or home delivered meals served.

Keeping accurate statistics can be a challenge, but we have a wonderful data collection system that helps us do that. With all the information we have available, I encourage anyone with a question about what we do or how we function to visit the center. My goal is to educate Wilbraham residents about the Senior Center. So the next time you hear someone talking about attendance, services or funding, ask them how often they attend our center and invite them to stop in and see what all the fuss is about!

Paula

JUNE EVENTS

SHINE Representative will be here in June. Call for appointment.

BOOK CLUB will meet Thursday **June 18, 1:30**, Book is "The Luminaries" by Eleanor Cotton.

QUILTING CLUB, **June 11 & 25** at 1:00 p.m.

ATTORNEY DOUGLAS PETERSON, FREE 20 minute consultations on **June 10**. Call for appt. 596-8379.

JEWELRY WORKSHOP with Sandy Merrill, will be held on **June 17** at 10 a.m. \$3/class.

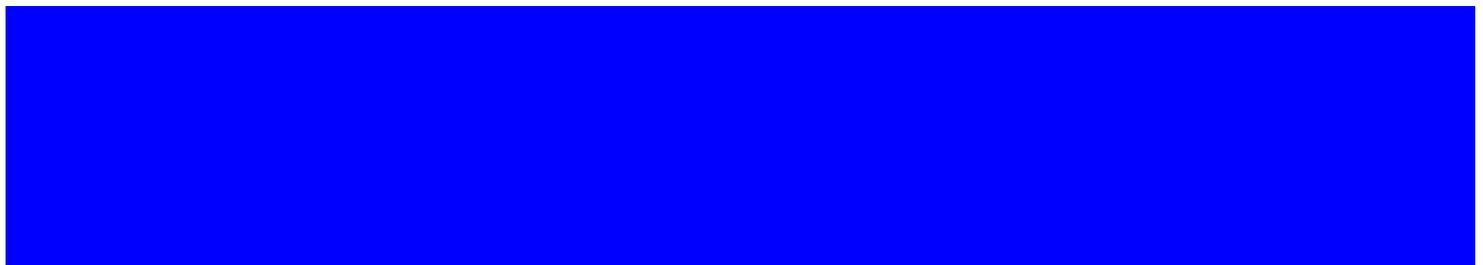
MEN'S BREAKFAST in Wilbraham on **Friday, June 26 at 8:30 a.m.** Please call to register—596-8379.

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 June 8 at 1 pm.

JUNE 2015

Mon	Tue	Wed	Thu	Fri
1 12:30-Pitch 1-Rug Making <i>Kielbasa/Boiled Potatoes, Cabbage</i> Stop & Shop	2 10-Chair Exercise 10-Manicures 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. Around Town	3 9-Tai Chi 10-Reiki 10:15-Gentle Exercise 11-Zumba Gold 1:40-Line Dance Mountain Farms Mall	4 9:30-Tap Dance 9:30-Podiatrist 10-Jazz 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes Big Y	5 10-Reflexology 10-Massage Therapy 10:30-Zumba Gold 1-Bridge 1:40-Line Dance
8 10-Fallon Health 12-Rep. Lessers Aide 12:30-Pitch 1-Rug Making 1-Friends Meeting <i>Broccoli Soup/Egg Salad Sandwich</i> Big Y	9 Fathers day lunch 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. 1-Glass Ornament Class 1-Red Hat Meeting Around Town	10 9-Tai Chi 10-Baystate Hearing 10:15-Gentle Exercise 11-Zumba Gold 1-Attorney Peterson 1:40-Line Dance Wal-mart	11 8-Foot Care Nurse 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Stop & Shop	12 9-Outrageous Adventure 10-Reflexology 10:30-Zumba Gold 1-Bridge 1:40-Line Dance
15 10-Tax Free Invest. 12:30-Pitch 1-Rug Making <i>BBQ Pork Patties</i> Stop & Shop	16 10-Chair Exercise 10-Manicures 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. 1-Glass Ornament Class Around Town	17 9-Tai Chi 10-Jewelry Class 10:15-Gentle Exercise 11-Zumba Gold 1:40-Line Dance Holyoke Mall	18 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1:30-Book Club Big Y	19 10-Red Hat Trip 10-Reflexology 10:30-Zumba Gold 1-Bridge 1:40-Line Dance
22 10-Legal check up 12:30-Pitch 1-Rug Making <i>Sweet Italian Sausage Onions, peppers, ziti</i> Big Y	23 10-Chair Exercise 10-Manicures 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. 1-Glass Ornament Class Around Town	24 9-Tai Chi 10:15-Gentle Exercise 11-Zumba Gold 1:40-Line Dance Wal-Mart	25 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Club Stop & Shop	26 8:30-Men's Breakfast (Wilbraham) 10:30-Zumba Gold 1-Bridge 1:40-Line Dance
29 12:30-Pitch 1-Rug Making <i>Beef Stroganoff/ Mashed Potatoes</i> Stop & Shop	30 10-Chair Exercise 10-Manicures 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. Around Town	Happy Fathers Day 		



State Senator Eric Lesser Office Hours

Monday, June 8th at Noon

Mary Lee Walsh, State Senator Eric Lesser's district director, will be conducting office hours and is eager to hear from Wilbraham residents. Ms. Walsh will be at the Senior Center the 1st Monday of every month.



GLOUCESTER TRIP

Gloucester Luncheon Cruise Aboard the Beauport Princess on Tuesday, July 21, 2015. Bus departs from Senior Center at 8:15am and returns at 7:30pm. Scenic 2 1/2 Gloucester Cruise, Elegant Buffet Luncheon, musical entertainment, free time in Rockport,.



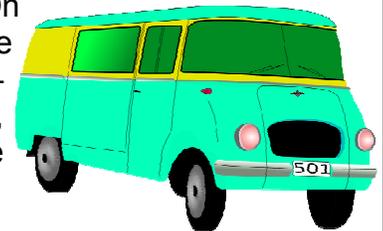
Cost is \$83 per person. Checks payable to: COA Revolving Account. Registration with check starts at 8AM Tuesday June 9th.

COMMUNITY GARDEN PLOTS AVAILABLE

Well, it is now June. It is a month that brings another important word to our lips: "Summer." Too hot for you, too humid? There are advantages to these conditions. Check out what is now flourishing at the Wilbraham Community Gardens. Traditional garden plots, raised planting boxes, or the new greenhouse are at their prime. Or if you just want to cool off don't overlook Spec Pond Beach. Actually, it is much easier to overlook the beach thanks to the Commission on Disability's installation of beach access mats. These sturdy mats allow walkers, canes, and even wheelchairs a clean and safe access to the beach area and even a shady corner too. Great for watching the grand-kids!

VAN TRIP TO MOUNTAIN FARMS MALL IN HADLEY

Last month we added a new destination to our monthly shopping trips. On Wednesday, June 3, the Senior Center van will be making a trip to the Mountain Farms Mall. Stores include: Barnes & Noble, Bed Bath & Beyond, Eastern Mountain Sports, Whole Foods Market, Michaels Crafts, Marshalls and Wal-Mart. Call 596-8379 today to reserve a seat on the van. \$2/round trip.



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

FRIENDS

Anon
Beaudoin, Shirley
Blouin, Andrea
Buckley, Edna
Chmura, Elizabeth
Crogan, Yvette
Cuklanz, Harlan/Joyce
Flynn, Sharon
Giammarino, Rose
Iellamo, Dorothy

Merwin, Helen
Parfumi, Alice
Powis, Margaret
Shea, Betty
Skiba, Delphine
Walbridge, David
BUILDING FUND
Buckley, Edna
Giammarino, Rose
Levesque, Barbara
Paulin, Adele

Phipps, Kathy
Singiser, John/Margaret
Talbot, Martha
Gaudreau Group
Wilbraham Womens Club
WSC Line Dancers
WSC Pitch Club
SENIOR CENTER ACCOUNT
Metzler, Matt/JoAnne

Try your luck



CASINO BUS TRIP

June 16, 2015

TIME: Be at Wilbraham Senior Center at 8:00 am. Please park in the back row. The bus leaves promptly at 8:30AM and returns at approximately 5:30 PM

PRICE: \$31.00 includes driver gratuity

UPON ARRIVAL: You will receive lunch voucher & gambling coupons

CALL: Ann Marie Gaudette at 599-4803

FIRST COME FIRST SERVED

Make checks payable to Friends of Wilbraham Seniors Building Fund
and mail to:

Ann Marie Gaudette
269 Stony Hill Road, G4-104
Wilbraham, MA 01095

RED HAT YA YA SISTERHOOD OF WILBRAHAM

Well the weather we have dreamed of is finally here. First of all our final event of the year is on June 19th at Brunelle's Marina. We will be going on the Lady Bea "hopefully" and lunch at the new Dockside restaurant. We will be leaving the senior center promptly at 10:15. Deadline for sign up is June 5th the price of the boat ride is \$14. all checks are to be made out to Red Hat Ya Ya Sisterhood of Wilbraham and sent to Chairlady Elaine Lavoie at 3113 Boston Rd Wilbraham 01095. Elaine's phone number is 596-6001, if you have any question. The van will be available at a \$4.charge and we will also be carpooling. We will order from the menu with separate checks. We are looking for some new events please call me at 596-9938 if you have any ideas. We have 70 members and would like to have some new ladies chair some of our events. Don't forget we are starting membership renewals now. Send your check to Deb Gormley at 105 Chapin Green Dr. Ludlow 01056. If you have a question her number is 547-6583. Of course if you have any questions or concerns call me at 596-9938.

Thank you for the past year,
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 Each month you will be one of the first to receive the newsletter and help us save money.



community calendar

Atheneum Society Open House at the Old Meeting House, 450 Main Street on June 14, 2-4 pm. "Downton Abbey Revisited". Enjoy fashions of the time and see examples from that era and earlier, that the museum has in it collection. Free and open to the public.

Library Home Delivery Service Can't come to the library? Then the library will come to you! The 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. Request books (regular, large print, audio), movies, music or magazines and a library staff member or volunteer driver will deliver them to you on a regular or short term basis. Please contact the library. (596-6141 ext.127) or email 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.

American Parkinson's Disease Association's sponsored support group of Springfield's next meeting will be Wednesday, June 3.10:00 am to 12 pm (NEW DAY/TIME), Jewish Community Center at 1160 Dickinson Street, Springfield. This support group welcomes those diagnosed with the disease, those interested in learning more about it and the caregivers and friends assisting those coping with the disease. The speaker is from the Pioneer Valley Planning Commission with information on the Home Modification program's assistance for people seeking safety building aids for their homes. No registration is required, questions, call Joyce Dupont at [413-323-4274](tel:413-323-4274) (JdupontB@aol.com). **Please note: We do not meet in July or August**

SURVIVING SUMMER FOR SENIORS

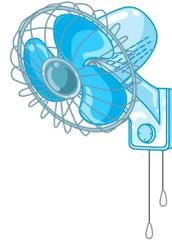
When it gets hot outside, everyone feels it, especially our seniors!! Older people are more vulnerable and at risk for heat related illnesses and problems. For those people 65 years and older, between 1999 and 2009, there were 7,233 heat-related deaths in the US. The Center for Disease Control and Prevention list the following causes for heat stress in the elderly:

- Elderly people are not able to adjust to sudden changes in temperature like they were when younger.
- Chronic medical conditions are much more exacerbated when trying to respond to heat.
- The medications elderly people are taking can hamper and impair the body's ability to regulate temperature.

Dehydration can cause dementia like symptoms and accelerate heat stroke. The CDC recommends drinking cool, nonalcoholic beverages. For those people who do not like drinking fluids, fruits like watermelon can provide a great source of hydration. Here are a few more tips from the CDC to prevent heat stress during hot weather, especially in high humidity:

- Take a cool shower or bath
- Spend time in air conditioning
- Wear lightweight clothing
- Avoid strenuous activity.

And as mentioned above, hydrate, hydrate and hydrate!!



VETERANS OFFICE NEWS



Under Chapter 115 of Mass. 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.

ADS

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

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**

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

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

SENIOR CENTER VAN TRIPS**MONDAY TRIPS:****June 1—Stop & Shop****June 8—Big Y****June 15—Stop & Shop****June 22—Big Y****June 29—Stop & Shop****WEDNESDAY TRIPS****June 3—Mnt. Farms Mall****June 10—Wal-Mart****June 17—Holyoke Mall****June 24—Wal-Mart****THURSDAYS TRIPS****June 4—Big Y****June 11—Stop & Shop****June 18—Big Y****Jun 25—Stop & Shop**

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!

