

# WILBRAHAM SENIOR NEWS

45B Post Office Park • Wilbraham, MA 01095

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

Volume 21, 7

JULY 2015

## SUMMER CELEBRATION

Cool off at the air conditioned Senior Center and join us for a summer lunch on Tuesday, July 14. Hot dogs, baked beans and cole slaw are on the menu, all for \$4. A special summer dessert from Bluebird Estates will be served. Musical entertainment will be provided by "Music by Jack." Stop by the front desk today to sign up, pay and get your ticket. Fun starts at 11:45 a.m.



## 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.

## I WISH I HAD ASKED...

What are the stories that make you who you are? What are your favorite memories of growing up, family, career, community, and passions? What are you most proud of? These are just a few of the questions I Wish I Had Asked volunteers ask when recording stories. I Wish I Had Asked is an Amherst-based non-profit program committed to preserving the stories of seniors and people who are touched by critical illness. Through group workshops and individual recording sessions, I Wish I Had Asked helps people preserve and share their stories with their families and friends. IWIHA has recorded the stories of over 60 individuals and led story groups at senior centers and cancer support organizations. Each person we record receives a CD of their recordings to be able to preserve and share their unique history. Join Ralph Lowen on **Monday, July 13th at 10AM** for this very interesting talk. 596-8379 to register.

## Reiki

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 on July 1 from 10 am-12:30pm.

## State Senator Eric Lesser Office Hours

Mary Lee Walsh, State Senator Eric Lesser's district director, will be conducting office hours on Monday, July 13 at noon and is eager to hear from Wilbraham residents. Stop by and meet her!!



# HEALTH & FITNESS PROGRAMS

## HEALTH PROGRAMS

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



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

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

Baystate Hearing Aids, **July 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

**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.

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 **July 2 & 10** 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. **July 14 & 28.**



**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 **July 10.** Very relaxing!!

**Call 596-8379 for appointments!**

## JULY EVENTS

**SHINE** Representative will be here in July. Call for appointment.

**BOOK CLUB** will meet Thursday **July 16, 1:30**, Book is "Pavilion of Women" by Pearl Buck.

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

**ATTORNEY DOUGLAS PETERSON**, FREE 20 minute consultations on **July 15**. Call for appt. 596-8379.

**JEWELRY WORKSHOP** with Sandy Merrill, will return in September.

**MEN'S BREAKFAST** in Ludlow on **Friday, July 31 at 8:30 a.m.** Please call to register—596-8379.

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

## A NOTE FROM THE DIRECTOR

“The smallest slice of the pie” is how one selectmen described the Wilbraham Senior Center’s municipal funding. The Council on Aging/Senior Center annual operating budget approved at town meeting is \$143,000. With less than 1% of the municipal budget going towards elder and social services, alternative funding sources are constantly being sought to provide adequate services to our residents.

Each year, the Senior Center submits an application for a Formula Grant through the state. Data is gathered from our MySenior Center program and used to show all the activity and elders served on an annual basis. In fiscal year 2015, we received \$29,056, which was used to pay for the partial salaries of 2 of the 3 full time employees, the Activities/Volunteer Coordinator and the Social Services Coordinator/Veteran’s Administrative Assistant. It also covers the entire salary of the part time van driver/handyman.

An application for a Federal Title III grant in the amount of \$4,000 was submitted to Greater Springfield Senior Services, Inc. This grant was also used to partially pay the salary of our Social Services Coordinator.

When the Senior Center van started to show its age, researched started on how to replace it. The Friends of Wilbraham Seniors raised the funds 13 years ago to purchase the van, and used the fares to maintain it. With their efforts now focused on fund raising for a new Senior Center, a grant application was filed with Pioneer Valley Transit Authority and the Massachusetts Department of Transportation. In May, it was announced that the Wilbraham Senior Center will be receiving a brand new van by June of 2016, a savings to the town of \$60,000!

Throughout the year, the Senior Center staff is always looking for financial assistance. Barbara Harrington, Social Services Coordinator/Veterans Administrative Assistant, worked with employees of the local Home Depot to secure a grant to install a handicap ramp on the home of Wilbraham couple in their 90’s. All materials and labor were provided free of charge to this veteran and his wife.

A United Way of Pioneer Valley Basic Needs Grant was secured in the amount of \$5,000 to assist Wilbraham Seniors with fuel assistance. Mary Ellen Schmidt, Activities/Volunteer Coordinator, applied for and received a one time Title III Grant from Greater Springfield Senior Services in the amount of \$1,662 to purchase new fitness equipment for our free weekly exercise classes. Lee Giglietti, Public Health Nurse, found a grant that would reimburse the town for training and conferences. These seminars are critically important for staying up to date with the latest Department of Health mandates.

Cash donations from individuals and local businesses to the Senior Center totaled over \$5,000 this fiscal year. Those donations are used to provide the “fun” things, such as entertainment for our monthly special luncheons. A very generous donation from Health New England was used to honor over 75 volunteers at the annual Volunteer Recognition Dinner, held in May. Those volunteers saved the town approximately \$65,000 in time donated.

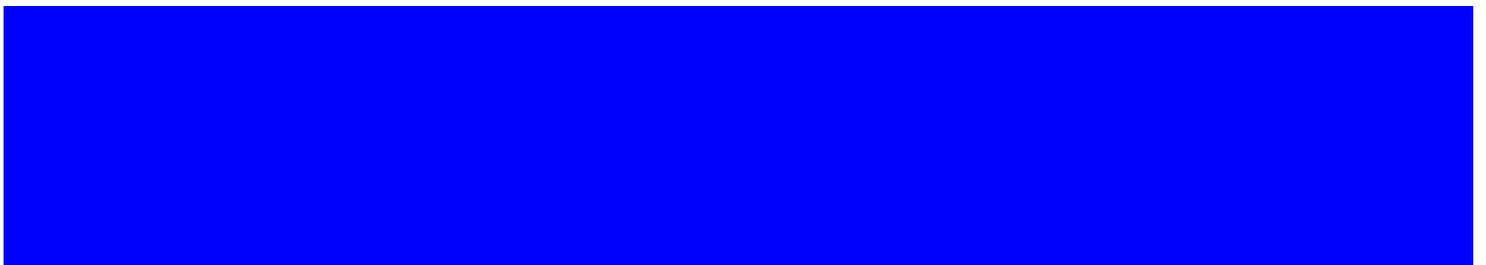
LifeCare Center of Wilbraham donates hot meals on the weekends for our homebound elders. Through a program at the Senior Center, volunteers pick up between 12 and 15 meals from LifeCare and deliver them to Wilbraham residents. A valuable service provided at no cost.

We will continue to look for grants and donations that will benefit those residents 60 and over. With all the talk lately about the cost of a new Senior Center building, this is a good time to remind residents that the Council on Aging/Senior Center currently operates on less than 1% your local tax dollars.

Paula

# JULY 2015

Mon	Tue	Wed	Thu	Fri
		<b>1</b> 9-Tai Chi 9:30-Podiatrist 10-Reiki 11-Zumba Gold 1:40-Line Dance  <i>Eastfield Mall</i>	<b>2</b> 10—Reflexology 10-Chair Exercise  <i>Big Y</i>	<b>3</b> <b>CLOSED</b>  
		<b>6</b> 12:30-Pitch 1-Rug Making  <b>NO LUNCH</b> <i>Big Y</i>	<b>7</b> 10—Chair Exercise 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 11-Zumba Gold 1:40-Line Dance  <i>Wal-mart</i>
<b>13</b> 10-Recording Life History Program 12-Rep. Lessers Aide 12:30-Pitch 1-Rug Making 1-Friends Mtg. <i>Pier 17 Fish Stop &amp; Shop</i>	<b>14 SUMMER LUNCH</b> 10-Chair Exercise 10-Manicures 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc.  <i>Around Town</i>	<b>15</b> 9-Tai Chi 10:15-Gentle Exercise 11-Zumba Gold 1-Attonrey Peterson 1:40-Line Dance  <i>Holyoke Mall</i>	<b>16</b> 10-Chair Exercise 10:40-Aerobics 1:30-Book Club  <i>Big Y</i>	<b>17</b> 9-Outrageous Adventures 10:30-Zumba Gold 1-Bridge 1:40-Line Dance
<b>20</b> 10-Fallon Health 12:30-Pitch 1-Rug Making  <i>Cheese Omelet Big Y</i>	<b>21 GLOUCESTER TRIP</b> 10—Chair Exercise 11-Blood Pressure 1-Knitting Etc.  <i>Around Town</i>	<b>22</b> 9-Tai Chi 10:15-Gentle Exercise 11-Zumba Gold 1:40-Line Dance  <i>Wal-Mart</i>	<b>23</b> 10-Chair Exercise 10:40-Aerobics 1-Quilting Club  <i>Stop &amp; Shop</i>	<b>24</b> 10:30-Zumba Gold 1-Bridge 1:40-Line Dance
<b>27</b> 12:30-Pitch 1-Rug Making  <i>Cheese Ravioli/Tom. Sauce/Spinach Stop &amp; Shop</i>	<b>28</b> 10—Chair Exercise 10-Manicures 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc.  <i>Around Town</i>	<b>29</b> 9-Tai Chi 10:15-Gentle Exercise 11-Zumba Gold 1:40-Line Dance  <i>Mountain Farms Mall</i>	<b>30</b> 10-Chair Exercise 10:40-Aerobics  <i>Big Y</i>	<b>31</b> 8:30-Men’s Breakfast (Ludlow) 10:30-Zumba Gold 1-Bridge 1:40-Line Dance



# FRIENDS OF WILBRAHAM SENIORS



## The Musical Made Famous by Olivia Newton-John "XANADU"

When: September 20, 2015  
 Cost: \$85.00 per person includes bus, buffet lunch & show  
 Departure: 9:45 A.M. sharp from Wilbraham Senior Center to the Mac-Haydn Theater in Chatham NY.  
 Tickets: Call Elaine King at 596-3940 or Kathy Phipps at 596-9938

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### Our Postage Reserves Need Some Help Again !

We are appealing to your generosity once again for the postage account. We currently mail the Senior News to approximately 2,200 households in Wilbraham 12 months a year. Currently that is an expense of over \$325 each month. We would appreciate it if several you would help us out again with a donation of \$1, \$5, \$10, \$20 or more - what ever you can spare. We are very proud of the Senior News and the broad and interesting information that it brings to the senior community. It's an interesting fact that seniors represent over 34% of the adult population in our town, The Boomers are another 18% of the adult population. It's also a well known fact that seniors are aging in place. We are retiring in place. Please lend a hand and help us to build up our postage account. Thank you

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## Future Schedule of Friends of Wilbraham Senior Events

- August 4** (Tuesday) Mohegan Sun Casino Bus Trip-Bus, Dining & Gambling Chit
- August 19** (Wednesday) Fun Filled Day At The Rotary Picnic at Spec Pond
- September 17** (Thursday) Villa Rose Dine Out
- September 20** (Sunday) Stage show **"XANADU"** Chatham, NY Bus, Buffett, & Show
- October 6** (Tuesday) Mohegan Sun Casino Bus Trip-Bus, Dining & Gambling Chit
- October 22** (Thursday) Steaming Tender Dine Out
- November 21** (Saturday) Holiday Bazaar at the Gardens of Wilbraham

—CLIP THIS SCHEDULE AND SAVE

# Try your luck



## **CASINO BUS TRIP**

**August 4, 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 YAYA SISTERHOOD OF WILBRAHAM

Summer is here and after the winter we had I hope we are enjoying it. The big item today is membership. As I said before we are starting membership in June this year. Chairs are Deb Gormley, Liz Setian, and Liz's committee will be making phone calls. If you don't have any changes please send Deb a check for \$10. 2015-2016 year— I hope the boat trip at Brunell's Marina was successful. Our membership and installation of officers meeting will be a play at Stage Loft followed by dinner at Neighbor Pizza and Pasta House. The date is August 23<sup>rd</sup>. Jane Soukup (596-6064) is the chairlady for this event. She will be doing phone calls. We will be car pooling only. The board is working very hard setting up the schedule of events for the coming year. The board of officers is in place they are; Queen Mum Kathy Phipps, Vice Queen Ginni McCombe, Secretary Martha Talbot, Treasurer Evelyn Morris, Membership Deb Gormley, Communication Liz Setian, Publicity Elaine Lavoie, Historian Maria Cacula, Sunshine Jane Soukup. There are some very interesting and fun things planned so far. And as always if you have any questions feel free to call me (596-9938). Hope to see everyone back next year. Stay cool and safe this summer.

Kathy Phipps, your Queen Mum

## Disability Indicator Form

The information provided on the Disability Indicator Form enables a special code to appear on the 911 dispatcher's screen which alerts the call taker that a person residing at that address may require special assistance during an emergency. It is a standardized form created to aid participation from all persons with disabilities. For detailed information and forms contact Barbara Harrington. *Always remember information on the disability indicator form is confidential*

## community calendar

Open House at the Old Meeting House Museum, 450 Main St., on **Sunday, July 12 from 1:00-4:00** will be an Ice Cream Social & Wilbraham Art League Exhibit. The event is 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](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.

Summer Days at the Beach—Somewhere in this newsletter there is a warning about too much sun and heat. But really, we all need a little sun to make our own Vitamin D and, after last winter, do you really want to complain about a day being too warm??? So here's what you do: you go to the beach and sit in the shade. It is much easier than you think. Spec Pond recreation beach has accessible parking, a paved walkway, and now a special mat that crosses the beach sand. The mat is much cooler than the sand and much more supportive to canes, walkers, or even wheelchairs. One mat gets you with easy sight of the whole beach (and the grandkids) and another takes a turn under the shade of a maple tree. The best of both worlds. Enjoy!

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

**Friends**

Anon  
Brown, Phyllis  
Calabrese, Darlene  
Delamarter, Christine  
Follansbee, Ernest  
Fusco, Shirley

Geoffino, Olga  
Kulig, Alice  
Marra, Antoinette  
Szaban, Walter/Helen

**Building Fund**

Kulig, Alice  
Shadbegian, Debra

Line Dancing  
Harrington, Barbara,  
memory of Chester & Elizabeth Kierkla

**Senior Center Acct.**

Fusco, Shirley  
The Woods of Wilbraham



**CLOSED FRIDAY  
JULY 3  
HAPPY  
INDEPENDENCE  
DAY**

**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.



**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 at 11:45 a.m. in the lunch room. Reservations must be made the Friday 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**

Nonprofit Organization  
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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

Jim Hendrickson

**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)

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**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: [pdbord@wilbraham-ma.gov](mailto:pdbord@wilbraham-ma.gov)

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**SENIOR CENTER VAN TRIPS****MONDAY TRIPS:****July 6—Big Y****July 13—Stop & Shop****July 20—Big Y****July 27—Stop & Shop****WEDNESDAY TRIPS****July 1—Eastfield Mall****July 8—Wal-Mart****July 15—Holyoke Mall****July 22—Wal-Mart****July 29—Mt Farm Mall****THURSDAYS TRIPS****July 2—Big Y****July 9—Stop & Shop****July 16—Big Y****July 23—Stop & Shop****July 30—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!

