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# WILBRAHAM SENIOR NEWS

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45B Post Office Park • Wilbraham, MA 01095

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

Volume 22, 3

March 2016



## St. Patty's Day Luncheon



Join us on Tuesday, March 15th at noon for Corned Beef, Cabbage, Carrots and Potatoes. Chet Kurr "Class Act" will be our entertainment. An "Irish Gift Basket" donated by Wilbraham Funeral Home will be raffled. A special dessert will be provided by "Ruth's House Assisted Living". Lunch donation of \$2.00 will be collected at time of registration. Sign up Front Desk.

## OH MY ACHING BACK

On **Monday March 28th, at 10:00am** Physical Therapist Caitlin Eckhoff, with Attain Therapy + Fitness in Wilbraham, will be presenting a talk focused on low back pain. This lecture will review basic anatomy of the lower back, common low back injuries, and will concentrate on prevention of back pain including proper postural, body mechanics and lifting education. After the talk, Caitlin will be available for a brief question and answer session. Please contact the senior center with any questions. Sign up at front desk, 596-8379.



## ART SONG

A new 6 week program is being presented on Fridays from 1pm-2:30pm. In this class, you will create original acrylic or watercolor paintings. Working from either a photograph or their choice or still life arrangement, you will begin with a pencil sketch, learn how to measure, judge contrast of light and dark value, understand drawing forms, and learn to mix colors using either acrylic or watercolor medium. You will create a unique artwork of your own! Cost is \$100. Checks payable to Amy Porchelli and due at time of pre-registration. Supply list is available at front desk. Starts March 4th at 1pm.



## Staging Your Home For Sale

Join us on Monday, March 21 at 10am. For this great presentation. If you are planning to put your house on the market, you must prepare your home for a successful sale. Tips for styling and upgrading your home will give you a leg-up on the competition. Maria Calderon, a realtor with Century 21 will show you the tricks of the trade. Sign up at front desk or by calling 596-8379.

## Mark Whitney "The Car Guy"

Mark's Auto tips and advice returns on March 14th at 10am. Mark is currently working with 30 centers and hundreds of seniors in the Pioneer Valley providing his expert help. If you're looking to sell your car or wanting to buy one Mark is the one to help you with a plan and advice. Maintenance questions? Ask Mark the expert. Call 596-8379 to register.

# HEALTH & FITNESS PROGRAMS

## HEALTH PROGRAMS

Foot Care Nurses, **March 10**, Cost is \$29.

Foot Doctor Cindy Galavotti, **March 3**, and cost is \$35. Call 596-8379 for an appointment. Also available for home visits.



Baystate Hearing Aids, **March 9**, 10 a.m to 12 noon, for free hearing aid cleanings & hearing screenings. Free in-home service also available. Call to sign up. 596-8379

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

## FITNESS PROGRAMS

**YOGA**—every Wednesday at 12:15 and Fridays at 11:40 taught by Michelle Croze, owner of Harmony Way. Fun class format is for everyone. \$5

**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 1:30 pm.** Beginner Line Dance class on **Fridays at 1:30 pm.**

Tai Chi, **Wednesdays** at 9 am. FREE!

Zumba Gold—**Wednesdays at 11 am & Fridays at 10:30 am.** \$5.

Chair Exercise, **Tues. & Thurs. at 10 am.**

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

Gentle Exercise, **Wednesdays, 10:15 am.**

## SPA PROGRAMS

**Sole Food Reflexology**—Dawn Dietrich, certified foot reflexologist, will be at the Senior Center on **March 4, 11, & 18** for appointments. Cost is \$10.

## 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 **March 4th**. Very relaxing!!



**Reiki** - Reiki is an ancient Japanese form of homeopathic healing that helps with general aches and pains, arthritis, relaxation, and sleep. The Wilbraham 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.

**Call 596-8379 for appointments!**

## Glass Fusing Class



Monday March 7th at 10am. Sign up at front desk. Create a beautiful fused glass nightlight with Sherry Coulis. You will design a nightlight using several different glass embellishments including mosaic, frit, stringer, dots and noodles. Sample photos available at the center. \$25 includes all glass, firings and fixtures.

## BINGO is Back!!!!

Join us every Monday for lunch and bingo. Lunch starts at 11:45am with Bingo to follow until 2:30 pm. Delicious lunch for only \$2 donation. Bingo will be 25 cents a game and fabulous prizes can be won. Call 596-8379 a week before to reserve lunch.



**Keystone Woods Tour and Lunch**

Join Mary Ellen for a tour of independent living at Keystone Woods, March 11th. Van will leave at 11am. Sign up at Front Desk for this free trip.



**AARP TAX ASSISTANCE**

Volunteers from AARP will be assisting seniors, age 60 and over, with their tax returns. AARP can not complete tax returns if you have a large number of stock transactions, business income, incoming requiring Schedule C, home sales, purchase of hybrid car or other complex tax returns. Call 596-8379 for appt. You will need to bring:

- Social Security Card, photo ID
- 2014 return and all related materials
- All earning (W2S)
- Interest earnings (1099INT)
- Pensions & Annuities (1099-R)
- Dividend/Mutual Fund Statements (1099DIV)
- 2105 Social Security form (SSA-1099)
- Gambling/lottery winnings (W26)

- Complete information on stocks sold
- Health Insurance Verification
- Real Estate Tax paid documentation
- Rent paid documentation
- Sewer and Water paid amounts
- Fuel Assistance, amounts received
- Food Stamps, amount received

**MARCH EVENTS**

**SHINE** Representative will be here on **March 11**. Call for appointment.

**QUILTING CLUB**, March 10 & 24 at 1:00 pm.

**BOOK CLUB** March 17 at 1:30 pm. "Identical" by Scott Trurow

**ATTORNEY DOUGLAS PETERSON**, FREE 20 minute consultations on **March 16**. Call for appointment at 596-8379.

**JEWELRY WORKSHOP** with Sandy Merrill, **March 16**, 10 am., cost is \$3/class.

**MEN'S BREAKFAST** in Ludlow on **Friday, March 25, at 8:30 am**. Please call to register—596-8379.

**AFTERNOONS:** *BINGO* Mondays, 12:30 pm., *BRIDGE* Fridays, 1 pm. *KNITTING ETC.* Tuesdays, 1:00 pm. *RUG MAKING*, Mondays at 1:00 pm.

**OUTRAGEOUS ADVENTURES** on Friday, **March 18** at 9am. Call Mary Ellen for information.



**FUEL ASSISTANCE**

Applications for Fuel Assistance through the state are available through Barbara Harrington. The maximum gross income levels are: 1 person \$33,126, 2 people \$43,319. It is very important that you bring all necessary paperwork with you to your appointment with Barbara. Applications can not be sent without all paperwork: proof of income; social security, pension, unemployment; 2015 heating, electric and phone bills; if renting—landlord name, address, phone number. If working—4 consecutive pay stubs. If you think you might qualify, please call Barbara at 596-8379. She will set up an appointment to complete the application.



***WEATHER RELATED CLOSINGS***

If weather prevents the Senior Center from opening, we will post the information on the Town of Wilbraham website, ABC40, FOX6, and 22News. We do not follow the local school closings, but the meal site does! **PLEASE**, call before coming in if you think we might be closed! And if you are planning on attending a program, please make sure you have signed up. We will try to contact you if instructor/speaker is cancelling.

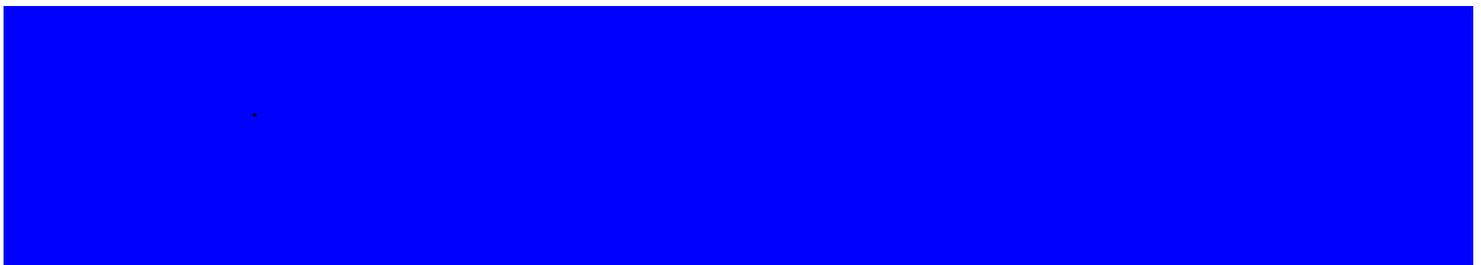
**SNAP PROGRAM (Food Stamps)**

Looking for help with your grocery bill. Let the SNAP Outreach Team from the Springfield Dept. of Elder Affairs show you how easy it is to qualify. You can own a house, have a bank saving account, social security, a private pension, and still qualify for SNAP benefits.

If you or someone you know (aged 60 or older) living in Hampden County could benefit from SNAP, please contact Laura Hurley, SNAP Outreach Worker at (413) 923-4043 or westernmasnap@gmail.com.

# MARCH 2016

Mon	Tue	Wed	Thu	Fri
	<b>1</b> 9-Healthy Eating 10-Chair Exercise 10:40 Aerobics 11-Blood Pressure 1- Knitting Etc.  <i>Around Town</i>	<b>2</b> 9-Tai Chi 10-Reiki 10:15-Gentle Exercise 11-Zumba Gold 12:15-Yoga 1:30-Line Dance  <i>Eastfield Mall</i>	<b>3</b> 9-Podiatrist 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 10:40-Aerobics 11-Dominoes  <i>Big Y</i>	<b>4</b> 9-Reflexology 9-Massage Therapy 10:30 Zumba Gold 11:45-Yoga 1-Bridge 1- Art Song 1:30-Line Dance
<b>7</b> 8:30 AARP Taxes 10- Glass Fusing 11:45-Lunch/Bingo 1-Rug Making <i>Turkey, stuffing, squash</i> <i>Big Y</i>	<b>8</b> 9-Healthy Eating 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc.  <i>Around Town</i>	<b>9</b> 9-Tai Chi 9-BaystateHearing 10:15-Gentle Exercise 11-Zumba Gold 12:15-Yoga 1:30-Line Dance  <i>Walmart</i>	<b>10</b> 8-Foot Care Nurse 9:30-Tap Dance 10-Jazz Class 10 HNE 10-Chair Exercise 10:40-Aerobics 11-Dominoes 1-Quilting Club <i>Stop&amp; Shop</i>	<b>11</b> 9- SHINE 9-Reflexology 10:30-Zumba Gold 11-Keystone Woods 11:45-Yoga 1-Art Song 1-Bridge 1:30-Line Dance
<b>14</b> 8:30 AARP Taxes 10-Car Guy 11:45Lunch/Bingo 1-Rug Making <i>Pork Pattie, mashed potato</i> <i>Stop&amp; Shop</i>	<b>15 St. Patty's Lunch</b> 9-Healthy Eating 10-Chair Exercise 11-Blood Pressure 12-Lunch 1-Knitting Etc.  <i>Around Town</i>	<b>16</b> 9-Tai Chi 10-Jewelry 10:15-Gentle Exercise 11-Zumba Gold 12:15-Yoga 1-Attny Peterson 1:30-Line Dance  <i>Holyoke Mall</i>	<b>17</b> 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 10:40-Aerobics 11-Dominoes 1:30 Book Club <i>Big Y</i>	<b>18</b> 9-Outrageous Adv. 9-Reflexology 10:30-Zumba Gold 11:45-Yoga 1- Art Song 1-Bridge 1:30 Line Dance
<b>21:30 AARP Taxes</b> 10-Fallon Health 10- Staging your house for sale 11:45 Lunch Bingo 1-Rug <i>Baked Chicken</i> <i>Big Y</i>	<b>22</b> 9-Healthy Eating 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc.  <i>Around Town</i>	<b>23</b> 9-Tai Chi 10:15-Gentle Exercise 11-Zumba Gold 12:15-Yoga 1:30-Line Dance  <i>Walmart</i>	<b>24</b> 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 10:40-Aerobics 11-Dominoes 1-Quilting <i>Stop&amp; Shop</i>	<b>25</b> 8:30-Men's Breakfast Ludlow 10:30-Zumba Gold 11:45-Yoga 1-Bridge 1:30-Line Dance
<b>28</b> 8:30 AARP Taxes 10-Oh my aching 11:45-Lunch/Bingo 1-Rug Making <i>Chicken Meatballs, Rotini,Salad</i> <i>Stop&amp; Shop</i>	<b>29</b> 9-Healthy Eating 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc.  <i>Around Town</i>	<b>30</b> 9-Tai Chi 10:15-Gentle Exercise 11-Zumba Gold 12:15-Yoga 1:30-Line Dance  <i>Eastfield</i>	<b>31</b> 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 10:40-Aerobics 11-Dominoes  <i>Big Y</i>	



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

**Friends Donations**

Allard, Diana  
 Ham, Helen  
 Bearse, Margaret  
 Anon  
 Babineau, Gary/Pauline  
 Belcastro, Sandra  
 Baker, Clarice  
 Bryant, John/Mary  
 Caron, Barbara  
 Czupryna, Mary  
 D'Amato, Pearl  
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**Building Fund Donations**

Babineau, Gary/Pauline  
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 Sergienko, Joseph  
 Zawacki, Calolyn  
 WSC. Kathy Hunter Line Dancers  
 Anon (honor Mary Ellen Schmidt)  
 Carlson, David (mem William N Wallace)

**Senior Center Donations**

Garvey, Bill  
 Iellamo, Dorothy  
 Magee Sue/Al  
 Megas, Eugenia  
 O'Sullivan, Cindy  
 Wilbraham Jr. Women's Club



**Trip to NY City \$36 on your own Wednesday, May 4th  
 Registration begins March 29th at 8AM.**

**Urgent need for volunteer medical drivers.**

**If you are able to volunteer to drive our non-driving seniors to medical appts., please contact Mary Ellen 596-8379.**



**FROM THE FRIENDS OF WILBRAHAM SENIORS  
 Thanks For Your Generous Help**

A big thank-you goes out to all you wonderful people who are helping us to cover our postage expenses for the mailing of the monthly Senior News We can still use your continuing support. It's important that you know that we currently mail the Senior News to approximately 2,200 households in Wilbraham 12 months a year Our monthly postage costs are currently \$330. We would appreciate it if you would help us out again with \$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. Remember that seniors represent over 39% of the adult population in our little town, and that Boomers are another 18% of the adult population. It's plain to see that our seniors are aging in place and we are retiring in place.

**Thank you for your continued support  
 Future Schedule of Friends of Wilbraham Senior Events**

March 15, 2016  
 March 22, 2016  
 April 28, 2016  
 June 21, 2016,  
 May 2016 Huge Tag Sale

Krazy Jakes Restaurant  
 A Casino Bus trip to Mohegan Sun  
 Fashion Show Extravaganza  
 A Casino Bus trip to Mohegan Sun

# **“Celebrate Spring”**

*Sixth Annual*

**Luncheon & Fashion Show**

*Featuring*

**Country Casual**

*of Somers Connecticut*

*Gifts & Accessories from So Cool, of Ludlow  
Vera Bradley from Scented Garden of Wilbraham*

**Thursday,  
April 28, 2016**

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

*12:30 Luncheon Served*

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

*Ludlow Country Club  
1 Tony Lema Drive, Ludlow*

*Reserved seating only  
Reserved tables of 8 or 10 are available*

*Make your reservations by calling Kathy Phipps at 596-9938.  
Or call and leave your name and phone number and Kathy  
will be contacting you regarding your ticketing arrangements*



# RED HAT YAYA SISTERHOOD OF WILBRAHAM

Winter has finally joined us. It is the snow friend we could do without. After much deliberation, we finally figured out some thing to do for March. The March event will be at The Gardens of Wilbraham on March 10 at 12 noon. One of our members had suggested a jewelry swap. So if you want to swap bring a piece or two and you may select something. I also have found many old pictures of pass years and will put them up as a slide show. We are going to do some wearable art. T-shirts have been purchased and a retired art teacher is going to help us put something on them to turn them into night-shirts. We will do pizza and desserts. If any questions, call Kathy Phipps (596-9938) and if you are not signed up and tell me what size t-shirt you would like. We are asking for \$5 to help cover some of the expenses. April 28<sup>th</sup> is the Friends of Wilbraham Fashion Show Extravaganza at the Ludlow Country Club the Fashions are Country Casual of Somers Ct. Evelyn will be taking care of tickets and table set up for us. May we are going to Willington Pizza then to Cassidy Hill Winery. Deb Gormley (547-6583) and Cindy Ellis (860-9428013) are chairladies. June we are going to Tower Hill in Boylston and lunch. Watch for further information about these events. Let's make 2016 a great year. Please don't forget I am looking for someone to fill the shoes of queen of Vice. Please consider being an officer and help plan these great events.

Stay warm and safe, 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.



### TELEPHONE WELLNESS CHECKS

The Senior Center is starting a program through our Social Service Department - "Telephone Wellness Checks". The phone wellness check program will contact Wilbraham seniors who are homebound by calling them two days a week to help to reassure their well being and give them a feeling of security. If you are homebound, or know of someone who would benefit from this program, please contact Barbara Harrington at 596-8379.

### Electric Discount from National Grid

If you are a residential customer and meet the requirements listed below then you may be eligible for a discount on your monthly electric bill. This will save you money and will not affect the service you currently receive. To apply, please contact Barbara Harrington. She will help you complete the application. Eligibility Criteria: Your electric bill is in your name; you are currently qualified to receive fuel assistance benefits or are participating in one of the following programs: EAEDC, Food Stamps, WIC, Head Start, Mass Health, National School Lunch Program, Public Housing, School Breakfast Program, Supplemental Security Program, TAFDC, Veterans Programs - 115 benefits, DIC surviving parent, WIC.

### community calendar

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, March 2, 2016 at 10:00 am to 11:30 am. 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. This month the speaker will be Charles Dillahunt, Marketing director for Louis & Clark Medical Supplies who will bring some information and items which may benefit mobility in our daily lives. We meet at the Jewish Community Center at 1160 Dickinson Street, Springfield, MA and as usual: No registration is required for the support group meeting. If you have questions, call Joyce Dupont at [413-323-4274](tel:413-323-4274) ([JdupontB@aol.com](mailto:JdupontB@aol.com)). More Parkinson's information and events can be obtained on the APDAMA.org website. If inclement weather, we will cancel the meeting.



## 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 call **596-8379**.

### Nurses Corner

Free walk-in blood pressure screenings, Tuesdays 11-12pm. Call Lee Giglietti RN @ 596-8379 with health related concerns, Tuesdays & Wednesdays 9-2pm



### March Is Colorectal Cancer Awareness Month.

Colorectal cancer is cancer that occurs in the colon or rectum. It is the second leading cancer killer in the United States, but it doesn't have to be. If everyone aged 50 years or older had regular screening tests, at least 60% of deaths from this cancer could be avoided. Symptoms may include: blood in or on your stool (bowel movement). Stomach pain, aches, or cramps that don't go away. Losing weight and you don't know why. Precancerous polyps and early-stage colorectal cancer don't always cause symptoms, especially at first. This means that someone could have polyps or colorectal cancer and not know it. Symptoms may include: blood in or on your stool (bowel movement). Stomach pain, aches, or cramps that don't go away. Losing weight and you don't know why. If you have any of these symptoms, talk to your doctor. If you're 50 or older, talk with your doctor about getting screened. For more information, visit [www.cdc.gov/screenforlife](http://www.cdc.gov/screenforlife) or call 1-800-CDC-INFO(1-800-232-4636). or TTY, call 1-888-232-6348.

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

**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**

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

Evelyn Morris, Adell Teschendorf,

Jackie Daniels, Dorothy Soja

Dee Mitchell, Jacquie Peck

**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)

**COUNCIL ON AGING MEMBERS:****Chairperson:** Trant Campbell**Vice Chair:** Robert Page**Secretary:** Ellen O'Brien**Members:** Theresa Munn, Gilles Turcotte,  
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 and 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:****March 7—Big Y****March 14—Stop & Shop****March 21—Big Y****March 28—Stop & Shop****WEDNESDAY TRIPS****March 2 -Eastfield Mall****March 9-Wal Mart****March 16-Holyoke Mall****March 23-Walmart****March 30-Eastfield****THURSDAYS TRIPS****March 3-Big Y****March 10-Stop & Shop****March 17-Big Y****March 24-Stop&Shop****March 31-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.**

