

WILBRAHAM SENIOR NEWS

45B Post Office Park • Wilbraham, MA 01095

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

Volume 22, 6

June 2016



Come Celebrate Hawaiian Day!

Want a fun way to kick off the summer? On Tuesday, June 21 at noon, the Wilbraham Senior Center will host a Hawaiian Day!! Wear your favorite Hawaiian shirt or hula skirt.

Be creative and have some fun! Enjoy a delicious Hawaiian lunch (provided by Greater Springfield Senior Services, Inc.) complete with leis and a special dessert! MENU: Hawaiian chicken, coconut rice, ginger carrots, Hawaiian rolls, individual pineapple upside down cake with whipped topping! Sign up at front desk by Friday, June 3, with \$2 payment. Bring your friends and neighbors, the more the merrier! Raffle prizes provided by GSSSI and Brookdale in East Longmeadow.

NEW BREAKFAST MEAL PROGRAM

Breakfast has long been considered the most important meal of the day, and recent research has reaffirmed its nutritional benefits. The Senior Center is proud to be offering a hot breakfast every Tuesday at 8:30, starting June 7. The menu will consist of one of these items each Tuesday: Cheese Omelet, French Toast, Oatmeal, Egg Cheese & Bacon Sandwich or 2 Egg Patties. Each of these meals will be served with orange, milk and coffee all for a donation of \$2. Reservations for the Tuesday breakfast must be made by 10 a.m. the Friday prior by calling 596-8379. While breakfast is just one component of an overall healthy eating pattern, the positive associations found with general health and well-being in adults, indicates a need to elevate the importance of breakfast in our daily routines. Starting the morning off right not only ensures you avoid that midday slump, it also invigorates your body, giving you the energy and the nutrition you need to power through your day.



BREATHE Guided Meditation Workshop

We live in a very stressful environment, and we are forced to multitask on a continual basis. This climate leads to a decrease in physical, emotional, and mental health. This workshop will teach participants how to carve simple moments out of their very busy schedules that will give the quality downtime needed to recoup and regenerate in a healthy way. **PRESENTER:** Mary-Anne DiBlasio, HHP Community Relations Director, JGS Lifecare/Ruth's House Assisted Living. Please join us on Monday, June 13th at 10AM. Sign up at the front desk (596-8379). This presentation is proudly brought to you by JGS Lifecare.

Let's talk about driving

While seniors may want to hang onto their independence, they, their family and caregivers also may have concerns about the senior driving: driving at night, impact of reduced driving, the importance of talking. Home Instead Senior Care will be presenting a workshop, "Let's talk about Driving" for families to: Identify the potential signs that your loved one might be an unsafe driver on the road. Understand some common conditions of aging symptoms that can impact driving. Gather some tips on how to help reduce the potential for isolation and depression after your loved one stops driving. Please join us to start the conversation June 22, 2016 @ 6:00pm at the Wilbraham Senior Center. A light dinner will be served. Please RSVP by June 20th.



HEALTH & FITNESS PROGRAMS

HEALTH PROGRAMS

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

Foot Doctor Cindy Galavotti, **June 2nd**, and cost is \$35. Call 596-8379 for an appointment. Also available for home visits.

Baystate Hearing Aids, **June 8th**, 10 to 12 noon, for free hearing aid cleanings & hearing screenings. Free in-home service also available. Call to sign up. 596-8379

FITNESS PROGRAMS

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

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**. FREE!

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

Gentle Exercise, **Tuesdays, 9 am**. FREE

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 **June 3rd, 10th, 17th** 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 **June 3rd**. Very relaxing!!



Call 596-8379 for appointments!

USUI REIKI

The 2nd Monday of each month from 12:30 pm-3:00 pm, Michelle (Croze) Caron, RMT, CYT, alternative healing expert and owner of Harmony Way, will be offering this traditional Japanese form of holistic healing that addresses the physical, mental, emotional, and spiritual levels, bringing relaxation, a sense of balance and peace, and gentle healing and pain relief for clients. Sign up for a 15 minute sessions/\$10 or half-hour sessions/\$20. Appointments can be made by contacting Michelle at [\(413\) 636-2475](tel:4136362475) or email: harmonywayhealing@gmail.com.



Westchester Broadway Dinner Theater
Thursday, July 28th

Million Dollar Quartet

Package includes bus, full course luncheon at the Theater, Matinee performance of "Million Dollar Quartet". Cost is \$99 and is due in full at time of registration. Sign Up begins Tuesday June 21st at 8am. Bus departs at 8am from Senior Center and returns at 7:30pm. Make checks payable to "Revolving Account".

IS YOUR CAR TALKING TO YOU?

Mark Whitney is returning to the Senior Center on Monday, June 27th at 10am. He will be discussing what to lookout for on your car. Is it worth spending money on it or cut your loses and move on? Are there sounds and smells that are not normal? Sign up at Front Desk 596-8379.

Summit Eldercare PACE Monday, June 6th 10am

The Program of All-Inclusive Care for the Elderly (PACE) model is centered on the belief that it is better for the well-being of seniors with chronic care needs and their families to be served in the community whenever possible.” Summit Eldercare PACE provides the convenience of both medical care and insurance coverage under one plan. SE PACE offers, primary medical care, social supports, prescriptions, transportation, home care and much more, all in one location. Sign up at Front Desk 596-8379.

Farmer’s Market Coupons

Hopefully, we will receive coupons again this year. To qualify you must be a low income senior (live in subsidized housing, receive fuel assistance or food stamps, etc.). If you have questions, please call Barbara at 596-8379. To have your name added to the lottery for coupons, please call the at 596-8379. The coupons are limited and not everyone who qualifies will receive coupons.

Healthy Aging Lunch

Join Dr. Bazin for presentation and free lunch on Tuesday, **June 28th at noon**. Learn how to avoid Alzheimer’s and neurologic disorders, how diet is related to accelerated aging, the dangers of the Standard American Diet, hormonally based eating and more. Sign up at Front Desk 596- 8379.

Taking Control of Your Future: A Legal Checkup

Attorney David G. Carlson will be the presenter on Monday, **June 20th at 10AM**. Space is limited to first 20 who sign up. Call Senior Center to register. 596-8379. Presented by the Mass Bar Association.

EMAIL

NEWSLETTER SUBSCRIBERS:

Please stop in the Senior Center to pick up a “Friends of Wilbraham Seniors” survey.

Library Drop-in Sessions at Senior Center



Learn more about using our FREE e-books, e-audiobooks, e-magazines on your tablet, mobile phone or laptop. Bring your device for help in getting started. Ask about library services including: placing holds; renewing books online; reserving museum passes; notifications of new books, movies, programs using our databases to find health, financial, travel, consumer and other information. Join us on Thursday, **June 23 from 9-10 am**.

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 Barbara Harrington at 596-8379.

JUNE EVENTS

SHINE Representative will be at Center on **June 17**. Call for appointment.

QUILTING CLUB, June 9 & 23 at 1:00 pm.

BOOK CLUB “Wolf Hall” by Hilary Mantel, **June 16** at 1:30 pm.

ATTORNEY DOUGLAS PETERSON, FREE 20 minute consultations on **June 15**. Call for appointment at 596-8379.

JEWELRY WORKSHOP with Sandy Merrill, **June 15**, 10 am., cost is \$3/class.

MEN’S BREAKFAST Wilbraham, **Friday, June 24** at 8:30 am. **Omelet Station presented by Brookdale East Longmeadow**. Please call to register, 596-8379.

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

OUTRAGEOUS ADVENTURES on Friday, **June 10** at 9 am. Call Mary Ellen for information.



June 2016

Mon	Tue	Wed	Thu	Fri
		1 9-Tai Chi 11-Zumba Gold 12:15-Yoga 1:30-Line Dance Walmart	2 9:30-Podiatrist 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 10:40-Aerobics 11-Dominoes Stop & Shop	3 9-Reflexology 9-Massage Therapy 10:30 Zumba Gold 11:45-Yoga 1-Brown Bag Program 1-Bridge 1:30-Line Dance
6 10-PACE Fallon Health 11:45- Lunch/Bingo 1-Rug Making <i>Baked Chicken</i> Stop & Shop	7 9-Gentle Exercise 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. 1-Red Hat Meeting <i>Egg Sandwich</i> Around Town	8 9-Tai Chi 9-Baystate Hearing 11-Zumba Gold 12:15-Yoga 1:30-Line Dance 4-COA Meeting Holyoke Mall	9 8- Foot Care Nurse 9:30-Tap Dance 10-Jazz 10-Chair Exercise 10:40-Aerobics 11-Dominoes 1-Quilting Big Y	10 9-Outrageous Adv. 9-Reflexology 10:30-Zumba Gold 11:45-Yoga 1-Bridge 1:30-Line Dance
13 10-"Meditation" 11:45- Lunch/Bingo 12:30 -Reiki 1-Rug Making 1-Friends Meeting <i>Mac & Cheese</i> BIG Y	14 9-Gentle Exercise 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. <i>Oatmeal, muffin</i> Around Town	15 9-Tai Chi 10 Jewelry 11-Zumba Gold 12:15-Yoga 1-Attorney Peterson 1:30-Line Dance Walmart	16 9:30-Tap Dance 10-Jazz 10-Chair Exercise 10:40-Aerobics 11-Dominoes 1-Book Club Stop & Shop	17 9 SHINE 9-Reflexology 10:30-Zumba Gold 11:45-Yoga 1-Bridge 1:30 Line Dance
20 10-"Legal Check up" 11:45-Lunch / Bingo 1-Rug Making <i>Meatloaf, mashed</i> <i>American Chop Suey</i> Stop & Shop	21 Hawaiian Lunch 9-Gentle Exercise 10-Chair Exercise 11-Blood Pressure 1-Knitting Etc 1-Friends Board Mtg. <i>2 eggs, muffin</i> Around Town	22 9-Tai Chi 11-Zumba Gold 12:15-Yoga 1:30-Line Dance 6-Lets Talk About Driving Eastfield Mall	23 9-Library Drop In 9:30-Tap 10-Jazz 10-Chair Exercise 10:40-Aerobics 11-Dominoes 1-Quilting Big Y	24 8:30 Men's Breakfast Wilbraham 10:30-Zumba Gold 11:45-Yoga 1-Bridge 1:30-Line Dance
27 10-Car Guy 11:45-Lunch / Bingo 1-Rug Making <i>Beef Burgundy</i> Big Y	28 9 -Gentle Exercise 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 12-Health Eating/lunch 1-Knitting Etc. <i>French Toast</i> Around Town	29 9-Tai Chi 11-Zumba Gold 12:15-Yoga 1:30-Line Dance Walmart	30 9:30-Tap Dance 10-Jazz 10:40-Aerobics 11-Dominoes Stop & Shop	



FROM THE FRIENDS OF WILBRAHAM SENIORS

Please fill out the Senior Center Survey. Help the Friends in our future planning and direction. We ask you promptly fill out the survey card that is enclosed with this issue of the Senior news. Today more than 37% of Wilbrahams adult population are seniors (age 60 and over) and it's projected that number will increase to 49% in the next 15 years. We are proud to tell you that we have currently raised over \$265,000 to help build a new senior center that will accommodate our ever-growing Senior population. We are 100% committed to raise more to benefit not only our Seniors, but the town of Wilbraham as well. To show our commitment to this important project, the Friends of Wilbraham Seniors have offered to purchase a 7 acre parcel of land will gift this land to the town! Your response is very important to us and is completely anonymous. Please affix a first class stamp to your completed survey card and drop it in the mail. Or if you wish you may drop it off at the Senior Center. Thanks so much for your help. Upcoming Fundraising Events:

June 9	Anchor House Dine Out	September 22	Villa Rose Dine Out
June 21	Mohegan Sun Bus Trip	October 4	Mohegan Sun
July 14	Life Care 25th Anniversary	October 19	Steaming Tender Dine Out
July 27	Neighborhood Pizza & Pasta House	November 19	Holiday Bazaar
August 9	Mohegan Sun		

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

Friends Donations

Acheson, Marilee
Anon
Buckley Edna
Cote, Carol
Delamarter, Christine
Ellis, Judith
Faudree, Lillian
Garde, Barbara
Kirchhof, John/Margerie
Magee, Alfred/Susan

Malysz, Rose
Manning, David DMD
Marra, Antoinette
Moriarty, Larry
Phillips, Cheryl
Post, Jenine
Provost, Cheryl
Spaulding, Pauline
Trombly, Kent/Joan
Wostena, Eileen

Building Fund Donations

Lefebvre, Monique
Magee, Alfred/Susan
Szabak, Walter/Helen
WSC, Kathy Hunter Line Dancing
Gossman, Ray/Rosemary
(Memory of Dennis Bak)
Gaudette, Charlie/Ann Marie
(Memory of Dennis Bak)

Senior Center Donations

Levesque, Barbara



Save the Date!

Wellness Fair—August 25th.

Sponsored by Angelo Puppolo and Walgreens

NEW BROWN BAG PROGRAM IN WILBRAHAM

Food for Elders program provides a free bag of healthy groceries to eligible seniors once a month at local senior centers and community organizations. The food items are specifically selected to meet seniors' special dietary requirements to help them stay healthy and active. The Brown Bag program is for people over the age of 55 who meet certain income guidelines. If you qualify for SSI, Medicaid, Fuel Assistance, Veteran's Aid or have a documented disability for which you receive SSDI, you probably qualify to receive Brown Bag monthly groceries. For more information and application contact Barbara Harrington at 596-8379.



Mac Hayden Theater Trip
“SISTER ACT”

August 21, 2016

Buffet Luncheon, Play and Transportation, \$86.00

Bus Leaves Senior Center 9:45 am—Returns Around 7:00 pm

Call Elaine King at 596-3940

Limited seating, First come, First Served

The Anchor House Restaurant

June 9, 2016

2589 Boston Road, Wilbraham, MA

Hours: 11:30 am until 9:00 pm

Fine Dining

Bring the Family

**For
Parties of more
Than 4
Call 596-3055**

**Wonderful Menu
Selections**



COUPON

Please present this coupon to your server. The Anchor House Restaurant will donate 20% of your food & beverage bill to The Friends of Seniors Building Fund.

RED HAT YAYA SISTERHOOD OF WILBRAHAM

The weather is finally getting better. June 17th we are going to Tower Hill in Boylston and doing lunch at Steaming Tender. Elaine Lavoie (596-6001) is the chair lady for this event. We will order off the menu with separate checks. The van will be available and car pooling as well. There is a \$4. charge for the van and the first ones to pay will be on the van. We will be using the new van it is very nice but only hold 8 passengers. We will be leaving from the senior center, please arrive by 8:15 for a 8:30 departure. Deadline for reservations for this event is June 10th. Martha Talbot will be casting a vote for the slate of officers at the May event. Deb has requested anyone going away for the summer please send in dues before you leave. Send it to Deb Gormley 105 Chapin Green Drive Ludlow 01056. All other calls will be made in July. Please get your checks in so the handbook will be complete by August. There are some new interesting events planned for next year. This will be my last event as Queen Mum; Ginni McCombe will be your Queen Mum for the next two years. I have enjoyed being your Queen Mum very much. It is a time I will always remember. 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.



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. Call Frankie B's at 596-2423 for info.

On Sunday, June 12 starting at 2:15, the Old Meeting House Museum presents "Waltz Through Time". The Small Planet Dancers, a community-based performance dance troupe that focuses on historically-accurate cultural dance, will present a dance performance on the lawn. The event is free and open to the public at 450 Main Street.

Lee Giglietti will be speaking about Tick and Mosquito born illness and prevention on June 22 at 7pm at the Wilbraham Public Library. Lee is a Public Health Nurse and is eager to share information about what you can do to prevent Tick and Mosquito born illness



VETERANS OFFICE NEWS



Under Chapter 115 of Massachusetts General Laws, the state provides a 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 Veterans Agent Laurie Kozak at 596-8379.

NURSE'S CORNER

June is National Fitness Month!! Older adults can benefit from regular physical activity. Exercise can increase cardio respiratory endurance. Active older adults can benefit for muscle strengthening. Stronger muscles can help to reduce the risk of falling and improve the ability to perform the routine tasks of daily life. Being physically fit reduces the risk of dying from coronary heart disease, high blood pressure, cancer, diabetes, and can help reduce blood pressure in some people with hypertension. Exercise can help reduce anxiety and improve over all mood and feelings of well-being. By maintaining healthy bones, muscles, and joints you may ultimately decrease joint swelling and the pain associated with arthritis. Please talk with your physician about becoming more physical fit! Check out the many physical fitness programs and activities at the Senior Center today. Nurses corner...free walk in blood pressure screenings, Tuesdays 11-12pm. Call Lee Giglietti RN 596-8379 with health related concerns, Tuesday & Wednesday 9-2pm.



ADS

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

VETERANS AGENT:

Laurie Kozak

WEEKLY VOLUNTEERS**Office:** Ann Beardsley,

Evelyn Morris, Adell Teschendorf,

Jackie Daniels, Dorothy Soja

Dee Mitchell, Jacquie Peck,

Ginnie Rickert

Van: Peter Siuda, Gary Babineau

Jim Hendricksen

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

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

Lunch served Mon at 11:45 a.m. in the lunch room. Breakfast served Tue at 8:30 a.m. 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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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

Chuck Marsman

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

SENIOR CENTER VAN TRIPS**MONDAY TRIPS:****June 6- Stop & Shop****June 13- Big Y****June 20 -Stop & Shop****June 27—Big Y****WEDNESDAY TRIPS****June 1 - Walmart****June 8- Holyoke Mall****June 15 -Walmart****June 22 - Eastfield Mall****June 29—Walmart****THURSDAYS TRIPS****June 2 - Stop & Shop****June 9- Big Y****June 16- Stop & Shop****June 23- Big Y****June 30—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 8 callers.

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

