

WILBRAHAM SENIOR NEWS

45B Post Office Park • Wilbraham, MA 01095
Phone (413) 596-8379 • Fax (413) 596-8546

Volume 22, 7

August 2016



ANNUAL ROTARY SENIOR PICNIC



Once again, the Wilbraham Hampden Rotary Club is holding its annual Senior Picnic! Open to all Wilbraham and Hampden Seniors, the club provides a free chicken bbq lunch, cooked on the grill at the Spec Pond Pavilion. Entertainment will be provided and there are always wonderful raffle prizes awarded. The festivities begin at 12 noon and we ask that you do not arrive any earlier than 11:30. If you would like to attend, please call the Senior Center at 596-8379 to register. If you need transportation, we will be providing van rides. A big thanks goes out to all the Rotary Club members who donate their time working on the picnic. Don't forget to thank them when you see them!! Date: Wednesday, August 24.



Hot Dog Lunch and Red Sox

Join us for lunch and enjoy watching a Red Sox Game on the big screen tv on Monday, August 15 at noon. Hot Dogs, Beans, Cole slaw, all for \$2.00. Bring your friends and enjoy a game. Sign up at front desk by August 5th. GO SOX!

BREAKFAST MEAL PROGRAM "MORNING CONVERSATIONS"

The Senior Center is proud to be offering a hot breakfast every Tuesday at 8:30. 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.



Senior Wellness Fair Sponsored by State Representative Angelo Puppulo & Walgreens

Join us on Thursday, **August 25 from 10 am to 2 pm** when State Representative Angelo Puppulo and Walgreens presents a Senior Fair with over 25 vendors! You will be provided with resources and information on senior services, car fit, health & wellness, housing options, legal and financial advice all under one roof. Some of the participants include: Attorney General's Office, PVTA, Greater Springfield Senior Services, SHINE Program, Wilbraham Veterans Services, Scantic Valley YMCA, Mercy Lifeline, Wilbraham Public Library and many more. Representatives from Walgreens will be offering flu shots and blood pressure readings. The Wilbraham Public Health Nurse will be providing free sun damage screenings. Life Care will be hosting "carfit". Housing options include: Providence Place, Reeds Landing, Ruth's House, Orchard Valley, Glenmeadow, and Bluebird Estates. Wellness providers include: Attain Physical Therapy, Dawn Dietrich Reflexology, and Michelle Croze Carons Harmony Way. Please stop by the Senior Center on the 25th!

HEALTH & FITNESS PROGRAMS

HEALTH PROGRAMS

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

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

Baystate Hearing Aids, **August 10th**, 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 11:45** 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, **Wednesdays, 10:15** .FREE

Blood Pressure Screening, **Tuesdays 11-12**

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 **Aug 5th, 12th and 19th**, 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 **August 5th**. Very relaxing!!
Call 596-8379 for appointments!

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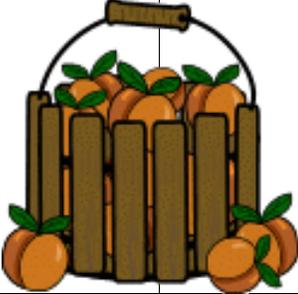
The 2nd Monday of each month from 12:30 pm-3:00 pm, Michelle (Croze) Caron, RMT, CYT, alternative healing expert and owner of Harmony Way, will be offering this traditional Japanese form of holistic healing that addresses the physical, mental, emotional, and spiritual levels, bringing relaxation, a sense 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.

Should I Stay or Should I Go?

For older Americans who have watched their retirement savings shrink over the past few years, downsizing seems like a no-brainer. Wouldn't moving to a smaller home mean lower mortgage payments and living costs? Well, maybe -- but experts agree that a number of factors, not all of them financial, make each case unique. During this presentation we will discuss the factors that one should consider when looking to downsize. We will discuss the costs of selling and moving, Alternative Strategies, Medical and financial considerations and who to speak with to get help with this major decision. Please join us for an unbiased and open discussion about a decision that most will have to face during their lifetime. Monday, **August 15th 10AM**. Sign up at Front Desk 596-8379. Presenter – Tony Lopes – Branch Manager - Reverse Mortgage Funding.



August 2016

Mon	Tue	Wed	Thu	Fri
1 11:45-Lunch/Bingo 1-Rug Making <i>Baked Chicken</i> Stop & Shop	2 8:30 Breakfast 10-Chair Exercise 11-Blood Pressure 1-Knitting Etc. <i>Egg, bacon cheese on Toast</i> Around Town	3 9 Tai-Chi 10:15-Gentle Exercise 11-Zumba Gold 12:15-Yoga 1:30-Line Dance Holyoke Mall	4 9 -Dr. Galavotti 10-Chair Exercise 10:40-Aerobics Big Y	5 9 -Reflexology 9- Massage 10:30 -Zumba Gold 11:45 -Yoga 1-Brown Bag program 1:30-Line Dance
8 10 -CAR GUY 11:45-Lunch/Bingo 12:30-Reiki 1-Rug Making 1-Friends Mtg. <i>Beef Stew</i> Big Y	9 8:30 Breakfast 10-Chair Exercise 10:40 Aerobics 11-Blood Pressure 1-Knitting Etc. 1-Red Hat Mtg. <i>Oatmeal, muffin</i> Around Town	10 9 Tai-Chi 10 Bay State Hearing 10:15-Gentle Exercise 11-Zumba Gold 12:15-Yoga 1:30-Line Dance Walmart	11 8-Foot Care Nurse 10-Chair Exercise 10:40-Aerobics 1- Quilting Stop & Shop	12 9-Outrageous Adventure 9-Reflexology 10:30 Zumba Gold 11:45-Yoga 1:30-Line Dance
15 10-Fallon Health 10-Should I stay or should I go 11:45-Hot Dog Lunch & Baseball 1-Rug Making Stop & Shop	16 8:30 Breakfast 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. <i>2 eggs, muffin</i> Around Town	17 9-Tai Chi 10:15 Gentle Exercise 11-Zumba Gold 12:15-Yoga 1-Attny. Peterson 1:30-Line Dance Northampton	18 10-Chair Exercise 10:40-Aerobics 1- Book Club Big Y	19 9 SHINE 9-Reflexology 9-Veterans Bus Trip 10:30-Zumba Gold 11:45-Yoga 1:30 Line Dance
22 11:45-Lunch/Bingo 1-Rug Making <i>Shepard's Pie</i> Big Y	23 8:30 Breakfast 10-Chair Exercise 10:40 Aerobics 11-Blood Pressure 12-Nick Cocchi Pizza 1-Knitting Etc 1-Friends Board Mtg. <i>French Toast</i> Around Town	24 ROTARY PICNIC 9-Tai Chi 10:15 Gentle Exercise 11-Zumba Gold 12:15-Yoga 1:30-Line Dance NO VAN	25 SENIOR FAIR 9-Library Drop In 10-Chair Exercise 1-Quilting Stop & Shop	26 8:30 Men's Breakfast Wilbraham 10:30-Zumba Gold 11:45-Yoga 1:30-Line Dance
29 11:45-Lunch/Bingo 1-Rug Making <i>Pasta, sausage/peppers/onions</i> Stop & Shop	30 8:30 Breakfast 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. <i>Skillet Frittata</i> Around Town	31 9-Tai Chi 10:15 Gentle Exercise 11-Zumba Gold 12:15-Yoga 1:30-Line Dance Holyoke Mall		

NYC CITY TRIP

Wednesday, September 21st. Cost is \$36. Bus leaves Senior Center at 6:30 am and returns at 9:30pm. Registration with payment. Make check payable to Revolving Account.



Car Guy Returns!

Guaranteed results. Who's the pro? Car tips and support. His continued efforts are saving our seniors hundreds even thousands of dollars. Marks proven techniques and support brings his workshop back to the Wilbraham Senior Center on August 8th at 10am. Please share this event with your friends and families as it's guaranteed to be very helpful and will save you money and stress.

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.

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.

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, **Aug. 25th from 9-10 am.**

FREE PIZZA LUNCH

Nick Cocchi, candidate for Sheriff will be sponsoring a Free Pizza Lunch on Tuesday, August 23 at noon. Come and meet the candidate, chat and ask questions. Sign up at front desk by August 17.



AUGUST EVENTS

SHINE Representative will be at Center on **August 19** 9am . Call for appointment.

QUILTING CLUB, **August 11 & 25** at 1:00 pm.

BOOK CLUB "Ethan Frome" by Edith Wharton, **August 18** 1:30 pm.

ATTORNEY DOUGLAS PETERSON, FREE 20 minute consultations on **August 17**. Call for appointment at 596-8379.

JEWELRY WORKSHOP with Sandy Merrill, **Returns in Sept.**

MEN'S BREAKFAST Wilbraham, **Friday, August 26** at 8:30 am. Please call to register, 596-8379.

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

OUTRAGEOUS ADVENTURES on Friday, **August 12** at 9 am. Call Mary Ellen for information.



Survey Questionnaire

Sneak Preview

It's a pleasure to inform you that there have been over 200 responses to our
"New Senior Center Survey"

Here are a few preliminary results

- 76% favor a larger senior center
- 12% do not favor a larger senior center
- 12% either are undecided or have no opinion
- 39% of the responders were 80+ or older
- 38% of the responders were 70-79 years old
- 23% of the responders were 60-69 years old

A few reasons from those in favor of a larger center

- Need more social activities: Meals, gatherings and functions
- More space to make center more inviting & less crowded
- More programs needed
- Expanded van service needed
- Use closed schools to save money
- Other towns have better facilities
- Need more exercise equipment
- Need more and better parking
- Seniors are deserving & entitled a larger facility

Survey cards are still coming in. We hope to have the complete results with analysis and thoughts prepared for the September Issue of the Senior News. We will strive is to make this report as comprehensive, informative and accurate as possible.

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

Friends Donations

Anon
Barrett, Dorothy
Connell, John
Gore, Dottie
Moore, Jeanne
Shaban, D
Talbot, Martha

Senior Center Donations

Lavoie, Elaine
Sagendorph, Joan

Starzewski, Helen
Walting, Ruth

Building Fund Donations

Bongiorni, Phil
Calabrese, Darlene
Caron, Barbara
Doyle, Tom/Mary
Forge, Ron
Garibian, Sark
Lefebvre, Monique
St. Cecilia's Catholic Women's Club
WSC, Kathy Hunter Line Dancing

HELP US CELEBRATE MARYELLEN'S BIG BIRTHDAY!

She officially becomes a "senior" and we need help celebrate her turning 60!

Join us for cake and ice cream *(no presents please!!)*
on Thursday, August 18 at 2 pm.

Give us a call at 596-8379 if you want to be part of her big day.




FROM THE FRIENDS OF WILBRAHAM SENIORS

Annual Postage Drive Begins Again

Last years postage drive went very well. The monthly cost to mail the Senior News is now \$300. We are asking for your help by sending us \$5, \$10, \$20 or more. Whatever you can spare. Make your checks out to "Friends of Wilbraham Seniors" and mail it to: P. O. Box 705, Wilbraham, MA 01095. If you prefer you can just drop it off to the receptionist at our Senior Center. We thank you so much for your help.

'FRIENDS' BUS TRIP

The Friends of Wilbraham Seniors are planning another bus trip to the Mac Hayden Theater in Chatham N.Y. on Sunday, August 21, to see SISTER ACT. We will have a buffet luncheon before the play. The price is \$86.00, all inclusive. The bus will leave the Senior Center, on Boston Rd., at 9:45 am and return around 7:00 pm. For more information or a reservation please call Elaine King at 596-9039.

UPCOMING FUNDRAISING EVENTS

August 9	Mohegan Sun	August 21	"Sister Act" Theater Trip
September 22	Villa Rose	October 4	Mohegan Sun
October 19	Steaming Tender	November 19	Holiday Bazaar

RED HAT YAYA SISTERHOOD OF WILBRAHAM

Hope everyone is enjoying their summer and staying cool. This will be my last official newsletter. Our new Queen Mum will be doing them starting in September. So September 18th we are doing Stage Loft Theater and lunch at Neighborhood Pizza and Pasta House. We will be doing the installation of officers during our lunch. Jane Soukup will be chair lady for this event to sign up call her at 596-6046. At the installation of officers we will be installing our new Queen Mum, Ginni McCombe, our new Vice Queen Pat Tessier, and our new secretary Kathy Sowa. I will become the advisor to the Queen Mum. October 7 we will go to Kringle Candle and lunch at The Farm Table. We will order from the menu with separate checks. The van will be available with at \$4. charge, and we will car pool as well. Watch newsletter for departure times. Nov. 8 we are going to do a Mad Hatter Tea Pat Tessier will chair this event watch for more information. December 8 is our Christmas Party at the Ludlow Country Club. I will be your chair person for this event 596-9938. There will be signup sheets available at all event for upcoming events. Watch for further date and event there are some good ones for the next year. Please if you haven't contacted Deb Gormley and paid your \$10. dues please do so. I would like to get handbooks done as soon as possible. We have board meetings the second Tuesday of each month. Everyone is welcome. Please come and take part in the planning and give us your suggestions. It has been a great four years being your Queen Mum I enjoy having you all as my Red Hat Sisters.

As Always, Kathy Phipps Your Queen Mum

Brown Bag Food Sampling Friday

August 5, 2016 1:00 to 2:30pm

The Food Bank of Western Massachusetts offers free nutrition education programs to our member agencies. Sample new recipes and learn about: Delicious recipes to make with Brown Bag food items, Meal and snack ideas for improved health, Microwave cooking recipes and tips, How to cook healthy for one or two. Call the Barbara by Aug. 3rd to sign up.

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

MEDICARE OPEN ENROLLMENT

Time to review your health insurance needs and drug plans for 2017. Medicare Open Enrollment is from October 15th to December 7th. SHINE is a free health insurance counseling service that provides unbiased health information to Medicare beneficiaries. Our SHINE Counselor, Gerry Carney, has considerable amount of experience with Medicare, Supplemental Insurance, GIC, Mass Health, and state assistance plans. Please bring a list of your doctors, medications, Medicare card, and current health insurance and drug plan cards. Due to the high volume of clients, you will need to make an appointment. Open appointment dates are October 15, 22, 29, November 5, 12, 19, 26, and December 3. Call the Senior Center (596-8379) for appointment.

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.

Athnaeum Society Open House at the Old Meeting House Museum on Sunday, August 14, @ 2:15 a talk by Guy McLain, Director of the Museum of Springfield History on "Early Automobiles with local ties; Duryea, Knox, Rolls Royce". Examples will be on view loaned by a local collector. Free and open to the public.

VETERANS OFFICE NEWS



Veterans Bus Trip & Lunch Friday August 19, 9:00am—Join us on a trip to see “The Wall That Heals” – the traveling Vietnam Veterans Memorial and Museum. Hosted by the Town of West Springfield at the Eastern States Exposition. Admission is free, lunch afterwards at Memos in West Springfield. Everyone responsible for their own check. CASH ONLY. Please call the Senior Center for sign up as space is limited. 596-8379. 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



TEMPERATURES ARE CLIMBING - What can you do to stay cool? To protect your health when temperatures are extremely high you will need to increase your fluid intake, regardless of your activity level. Don't wait until you're thirsty to drink. Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask how much you should drink when the weather is hot. Don't drink liquids that contain caffeine, alcohol, or large amounts of sugar—these actually cause you to lose more body fluid. Also avoid "very" cold drinks, because they can cause stomach cramps. Avoid hot foods and heavy meals—they add heat to your body. Don't use the stove or oven to cook—it will make you and your house warmer. Wear loose, lightweight, light-colored clothing. If out an about consider shading heads and faces with light sun hats or an umbrella. Limit sun exposure during mid-day hours. Stay in air-conditioned buildings as much as possible. Locate an air-conditioned shelter in your area. Do not rely on a fan as your primary cooling device during an extreme heat event. Check on a friend or neighbor and have someone do the same for you. Take cool showers or baths to cool down. Check the local news for health and safety updates. Seek medical care immediately if you have, or someone you know has, symptoms of heat-related illness like muscle cramps, headaches, nausea or vomiting. NEVER leave, infants, children, or pets in a parked car. Remember to provide plenty of fresh water for your pets and leave the water in a shady area. Please call Public Nurse Lee 596-8379 with health related concerns, office hours Tuesday & Wednesday 9-2pm.

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:****August 1—Stop & Shop****August 8- Big Y****August 15 -Stop & Shop****August 22 —Big Y****August 29—Stop & Shop****WEDNESDAY TRIPS****August 3- Holyoke Mall****August 10 -Walmart****August 16- Northampton****August 24—NO VAN (PICNIC)****August 31—Holyoke Mall****THURSDAYS TRIPS****August 4- Big Y****August 11- Stop & Shop****August 18-Big Y****August 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 8 callers.

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

Call 596-8379 to sign up today.

