

WILBRAHAM SENIOR NEWS

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

Volume 22, 9

September 2016

Lunch and Learn—Loomis

Join us for Lunch! Craig Johnsen, Ed & Vivian Gladden Jones, assisted living director from Loomis Lakeside will talk about Senior Living and the concept of a continuing care community – otherwise known as a CCRC. Loomis Lakeside at Reeds Landing is situated on the East Campus of Springfield College and was founded through a collaboration with Bay State Health Systems and Springfield College over 20 years ago, it is a non-profit. Sign-up at Front Desk 596-8379, space is limited. Free lunch provided. Date is Tuesday, September 27 at 12 noon.



NEW GENTLE HIKING

If you want to get back into hiking, dust off the boots and join us for short easy hikes. All hikes will be in the area. First hike will be at **Fountain Park** on **Wednesday, September 7th at 11:30.** Meet at Fountain Parks Tinkham Road parking lot. Call Mary Ellen to register at 596-8379.



"MORNING CONVERSATIONS" AND BREAKFAST

Our new Tuesday morning Breakfast Group is growing! Join us as offer 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.



WELCOME BACK!!

It was a very busy summer at the Senior Center—but fall sees the return of programs and participants who took the summer off. Welcome back to Jewelry Class, Tap & Jazz Class, Domino players & Bridge players. What did you miss while you were gone? We are now offering Breakfast every Tuesday, new gentle hiking programs, a brown bag program and much more!! Join us for someone new or someone old!!

DIZZINESS? TROUBLE WITH BALANCE?



Join Caitlin Eckhoff, MS, PT from Attin Therapy & Fitness for a talk on **Fall Prevention and Balance on Monday, September 19th at 10am.** Over 69 million people have experienced vestibular dysfunction (vertigo, dizziness and imbalance) at some point in their lives. A majority of adults living with vestibular disorders often go undiagnosed and untreated, resulting in a diminished quality of life and inability to perform activities of daily living. The main symptoms frequently lead to physical, emotional and cognitive consequences. 50% of patients suffering from vestibular dysfunction find themselves battling with some form of psychological illness, like depression or extreme anxiety, causing a diminished quality of life and increased difficulty performing activities of daily living. Frequently other symptoms progress and develop, affecting the patient's cognitive abilities: diminishing memory, word-recall, concentration, reading skills and mental stamina. Sign up at Front Desk—596-8379.

HEALTH & FITNESS PROGRAMS

HEALTH PROGRAMS

Foot Care Nurses, **September 8th**, Cost is \$29.

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

Baystate Hearing Aids, **September 14th**, 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 9:30** 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**.

Tap Dancing on **Thursdays at 9:30am**. \$2.00
Jazz Dance on **Thursdays at 10am**. \$2.00

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

Zumba Gold, **Wednesdays at 11 am & Fridays at 10:45 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.

SPA PROGRAMS

Sole Foot Reflexology—Dawn Dietrich, certified foot reflexologist, will be at the Senior Center on **Sept. 2nd, 9th and 16th**, 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 **September 1st**. 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.

FROM THE DIRECTOR'S DESK

Usually the Senior Center slows down during the summer months, but not this year. We were as busy as ever! We saw many new members stopping in and signing up for programs and activities. One question almost everyone asks is "when are we getting a new center?". The Feasibility Committee is working diligently on finding the right spot. Unfortunately, the property on Main Street that the Friends had offered to purchase was deemed unsuitable for us to build on, so our search continues. Good news, the Friends got their deposit of \$5,000 refunded. In the meantime, we juggle our schedule to try and provide as much as possible in the small space we have. Thank you for your patience and your continued support of the Senior Center.

Paula

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.



Apple Picking

Friday, September 30th. Van leaves Senior Center at 12:30 returns at 3:30. Apple picking at Johnny Appleseed's Farm in CT. Bring money for Apples and Ice Cream. Sturdy shoes please. Sign up at Front Desk by calling 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.

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, **Sept. 22nd from 9-10 am.**

FUEL ASSISTANCE

Just a reminder for current Fuel Assistance clients—you should be receiving renewal applications this month. Once all information is gathered to re apply for 2016-17 season, please call Barbara at 596-8379 for an appointment.

New applicants will be accepted starting November 1st. To see if you qualify, contact Barbara.

SEPTEMBER EVENTS

SHINE Representative will be at Center on **September 16**, 9am . Call for appointment.

QUILTING CLUB, Thursdays, **September 8 & 22** at 1:00 pm.

BOOK CLUB "The Circle" by David Eggers **September 15** at 2:00 pm.

ATTORNEY DOUGLAS PETERSON, FREE 20 minute consultations on **September 14**. Call for appointment at 596-8379.

JEWELRY WORKSHOP with Sandy Merrill, **Wednesday, September 21** at 10 am.

MEN'S BREAKFAST Ludlow, **Friday, September 30th** 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; **DOMINOES** Thursdays at 11:30am; **BRIDGE** Fridays at 1pm.

OUTRAGEOUS ADVENTURES on Friday, **September 23** at 9 am. Call Mary Ellen for information.



September 2016

Mon	Tue	Wed	Thu	Fri
			1 9 –Dr. Galavotti 10-Chair Exercise 10:40-Aerobics Big Y	2 9 -Reflexology 9– Massage 9:30 –Yoga 10:45 –Zumba Gold 1:30-Line Dance
5 CLOSED 	6 8:30 Breakfast 10–Chair Exercise 10:40 Aerobics 11-Blood Pressure 1-Knitting Etc. <i>Oatmeal & Muffin Around Town</i>	7 9 Tai-Chi 10:15-Gentle Exercise 11-Zumba Gold 11:30-Gentle Hike 12:15-Yoga 1:30-Line Dance Walmart	8 8-Foot Care Nurse 10-Chair Exercise 11:30-Dominoes 1– Quilting	9 9-Reflexology 9:30-Yoga 10:45-Zumba Gold 1-Bridge 1:30-Line Dance
12 10-PACE Fallon Health 11:45-Lunch/Bingo 12:30-Reiki 1-Rug Making <i>Hot Dog, Beans, Slaw Stop & Shop</i>	13 8:30 Breakfast 10-Chair Exercise 11-Blood Pressure 1-Knitting Etc. 1-Red Hat 2 Grilled Egg Patties Around Town	14 9-Tai Chi 10-Bay State Hearing 11-Zumba Gold 12:15-Yoga 1-Atty. Peterson 1:30-Line Dance Randalls Farm	15 10-Chair Exercise 11:30-Dominoes 2– Book Club	16 9 SHINE 9-Reflexology 9:30-Yoga 10:45-Zumba Gold 1-Bridge 1-Brown Bag Program 1:30 Line Dance
19 10-Fall Prevention & Balance Program 10-Fallon Health 11:45-Lunch/Bingo 1-Rug Making <i>Chicken Casserole Big Y</i>	20 8:30 Breakfast 10–Chair Exercise 10:40 Aerobics 11-Blood Pressure 1-Knitting Etc <i>Egg & Cheese Wrap Around Town</i>	21 NYC TRIP 9-Tai Chi 10-Jewelry 11-Zumba Gold 12:15-Yoga 1:30-Line Dance Walmart	22 9– Library Drop in 9:30-Tap 10-Jazz 10-Chair Exercise 10:40 –Aerobics 11:30 Dominoes 1-Quilting Stop & Shop	23 9-Outrageous Adventures 9:30-Yoga 10:45-Zumba Gold 1-Bridge 1:30-Line Dance
26 11:45-Lunch/Bingo 1-Rug Making <i>Pollock fish sticks Stop & Shop</i>	27 8:30 Breakfast 10–Chair Exercise 10:40-Aerobics 11-Blood Pressure 12-Lunch&Learn 1-Knitting Etc. 1-Friends mtg. <i>Oatmeal & Fruit Bar Around Town</i>	28 9-Tai Chi 10:15 Gentle Exercise 11-Zumba Gold 12:15-Yoga 1:30-Line Dance Holyoke Mall	29 9:30-Tap 10-Jazz 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes Big Y	30 8:30 Men’s Breakfast Ludlow 9:30– Yoga 10:45-Zumba Gold 12:30-Apple picking 1-Bridge 1:30—Line Dancing

Come to the Villa Rose Restaurant

1428 Center Street in Ludlow

On Thursday, September 22, 2016

Support The Friends of Wilbraham Seniors Building Fund
at one of their Famous Dine Outs

NO COUPON IS NECESSARY

The Villa Rose will generously donate 20%
of all receipts all day to the
Wilbraham Senior Center Building Fund



Call for reservations for parties of 4 or more

413-547-6667

Open 12:00 to 8:30

Come for Lunch or Dinner

THERE WILL A RAFFLE AND LOTS OF FUN

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

Friends Donations

Anon
 Baker, Clarice
 Beaudoin, Shirley
 Booth, Mary
 Bourcier, Donald/Barbara
 Brescia, Deborah
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Building Fund Donations

Caron, Barbara
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 Howard, Salley
 Iellamo, Dorothy
 Life Care Center
 Line Dancing

Senior Center

Donations

Sheehan, Flo
 Bergeron, Kelly
 Garvey, Bill

Special Thanks:

For Garden produce
 Gary Babineau
 Stasia/Ted Stusick

FROM THE FRIENDS OF WILBRAHAM SENIORS

Annual Postage Drive Begins Again

Last years postage drive went very well. As you may know bulk postage went up last year. Our monthly cost is now \$300. We are asking for your help by sending us \$5, \$10, \$20 or more. Whatever your pocketbook can spare. Make your checks out to Friends of Wilbraham Seniors. Mail it to: PO 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.

VENDORS WANTED

For the Holiday Bazaar, November 19
 at the Gardens of Wilbraham, 2301 Boston Road

Sponsored by the Friends of Wilbraham Seniors

If you would like a table contact:

Ann Marie Gaudette: 599-49803

\$25.00 with your table

\$30.00 with table provided



UPCOMING FUNDRAISING EVENTS

September 22—Villa Rose Dine Out

October 19—Steaming Tender Dine Out

October 4—Mohegan Sun Bus Trip

November 19—Holiday Bazaar

RED HAT YA YA SISTERHOOD OF WILBRAHAM

Hello everyone. I misspoke in the August newsletter. I am doing the September newsletter as well. Ginni will be installed on the 18th of September then she will do them from then on. 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 Tessie, 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. The new handbooks will be available at the installation of officers and any time after that. We have board meetings, normally, the second Tuesday of each month. Everyone is welcome. Please come and take part in the planning and give us your suggestions. I am sure if Queen Mum Ginni is unable to do the newsletter anytime during her reign. I will be happy to do it.

As Always, Kathy Phipps, your Queen Mum

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 Oct. 14, 21, 28, Nov. 4, 18, 25, and Dec. 2. Call 596-8379 for appointment.

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. **New pickup date is Friday, September 16. If not picked up by requested time, bag will be donated to other residents.**



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.

Athenaeum Society On Sunday, Sept. 11 from 2:00-4:00, the Old Meeting House Museum will have "A Demonstration of Antique Farm and Household Equipment" from the collection of a local resident, Bill Steele. The event is free and open to the public.

The Wilbraham Women's Club is sponsoring its annual Fall Into Fun Card & Game Party, Thursday, September 29, at the St. Cecilia Parish Center. Check-in begins at 11:30 with lunch at noon. Come to play any game of your choice, enjoy a delicious lunch, and have fun with friends. The donation of \$7 is used for our scholarships and many other charitable endeavors of the club. There will also be a raffle for cash prizes. For reservations contact Sue Agnew, 596-9480.

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 (hours: Monday, Thursday & Friday)



NURSE'S CORNER—Sleeping and Aging

Older adults need about the same amount of sleep as all adults, 7 to 9 hours each night. There are many reasons why older people may not get enough sleep at night. Feeling sick or being in pain can make it hard to sleep. Being older doesn't mean you have to be tired all the time. You can do many things to help you get a good night's sleep. Here are some ideas: Follow a regular sleep schedule. Go to sleep and get up at the same time each day, even on weekends or when you are traveling. Avoid napping in the late afternoon or evening, if you can. Naps may keep you awake at night. Develop a bedtime routine. Take time to relax before bedtime each night. Some people read a book, listen to soothing music, or soak in a warm bath. Try not to watch television or use your computer, cell phone, or tablet in the bedroom. The light from these devices may make it difficult for you to fall asleep. Alarming or unsettling shows or movies, like horror movies, may also keep you awake. Keep your bedroom at a comfortable temperature, not too hot or too cold, and as quiet as possible. Use low lighting in the evenings and as you prepare for bed. Exercise at regular times each day but not within 3 hours of your bedtime. Avoid eating large meals close to bedtime—they can keep you awake. Stay away from caffeine late in the day. Alcohol won't help you sleep. Even small amounts make it harder to stay asleep. If you are experiencing trouble getting a good nights sleep or your sleep pattern changes - please talk with your doctor. Free Blood Pressure monitoring and screening every Tuesday from 11-12. Office Hours Tuesday and 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,

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
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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:****September 5—CLOSED****September 12—Stop & Shop****September 19—Big Y****September 26—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.****WEDNESDAY TRIPS****September 7—Wal-mart****September 14—Randall's****September 21—Wal-mart****September 28—Holyoke Mall****THURSDAYS TRIPS****September 1—Big Y****September 8—Stop & Shop****September 15—Big Y****September 22—Stop & Shop****September 29—Big Y**