



45B Post Office Park □ Wilbraham, MA 01095

Volume 22, 11

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

November 2016

## Thanksgiving Lunch



Celebrate Thanksgiving with a special luncheon at the Senior Center on Tuesday, November 8th. Sign-up at Front Desk with \$2 payment by November 4th. The menu will be: roast turkey stuffing, mashed potatoes, butternut squash, dinner roll and apple pie. Bring your friends!!!



## Thank You Veteran's!

You are invited to lunch on Monday, November 7th in honor of your service to our country. Menu: Hot Dogs, Beans, Cole Slaw. Please call Front Desk by Thursday, November 3rd to reserve your seat. 596-8379.

**Preparing your mind and body for the holidays through hypnosis** by Basil Roman of Align Hypnosis, Palmer, MA. **Monday, November 14th 10am** at the Wilbraham Senior Center. He will share some very valuable tips to help you enjoy the holidays while feeling more in control. There will be time for questions and answers about how hypnosis works and can help so many quality of life issues towards the end of his presentation. Call the front desk 596-8379 to reserve your seat today.

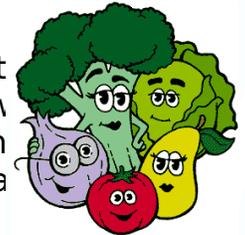


## "MORNING CONVERSATIONS" AND BREAKFAST

Join us for 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 juice, milk, and coffee all for a donation.  Reservations for the Tuesday breakfast must be made by 10 a.m. the Friday prior by calling 596-8379.

## Healthy Eating and Cooking for the Holidays

Mark your calendar for **Monday, November 21 at 10AM** for a talk with the Nutrition Team and Learn about ideas for healthy holiday meals. They will discuss healthy recipe substitutions, smart grocery shopping on a budget, reducing sugar and saturated fats for health and diabetes. If you would like to hear more, please sign up at Front Desk, 596-8379.



**Worried about memory loss?** Do you or a loved one have any concerns about memory or cognition like forgetfulness, trouble concentrating, difficulty recalling names in conversation, or getting lost when walking or driving? In honor of National Alzheimer's Awareness Month, Orchard Valley of Wilbraham, an assisted living and memory care community on Boston Road, will be offering complimentary memory screenings at Wilbraham Senior Center on Wednesday **November 9th from 10am – 12pm**. Representatives from Orchard Valley of Wilbraham will be conducting free memory screenings consisting of a private face-to-face series of questions and tasks to test memory. Orchard Valley's representatives will review the confidential results with you and the results will be given to you to bring to a healthcare professional for follow-up and/or inclusion in medical files. Please call **596-0006** or email [eleon@benchmarkquality.com](mailto:eleon@benchmarkquality.com) to reserve your free memory screening.

# SOCIAL SERVICES—Barbara Harrington

## 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 at 596-8379.



## OWN BAG PROGRAM

Iders program provides a free bag of groceries to eligible seniors once a local senior centers and community ons. 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, November 18th. If not picked up by requested time, bag will be donated to other residents.~~

**FUEL ASSISTANCE**  
Valley Opportunity Council (fuel assistance VOC) has informed the Senior Center that they are going through changes this 2016-2017 heating season. **Gas and Electric** customers will not receive their recertification applications until December. VOC is already behind with applicant paper work and are asking for your **patience**. Please keep paying your fuel bills, VOC will process them as quickly as they can. If you have any questions, contact Barbara 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

## Does this iPhone or Tablet work???



Center will be offering "How to use your iPhone and tablet" instructed by Barbara Harrington. Date and time is still being determined. If you have any questions please call Barbara at 596-8379.

## NOVEMBER EVENTS

**SHINE** Representative will be at Center on **November 4, 18, 25** starting at 9 am. Call for appointment.

**QUILTING CLUB**, Thursdays, **November 10** at 1:00 pm. **NEW MEMBERS WELCOME**

**BOOK CLUB "The Nazi Officer's Wife"** by Edith Hahn Beer, **November 17** at 2:00 pm.

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

**JEWELRY WORKSHOP** with Sandy Merrill, **Wednesday, November 16** at 10 am.

**MEN'S BREAKFAST** in Ludlow, **Friday, November 18** 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; **MAHJONG** Fridays at 12:30, **BRIDGE** Fridays at 1pm.

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



# HEALTH & FITNESS PROGRAMS

## HEALTH PROGRAMS

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

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

Baystate Hearing Aids, **November 9th**, 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 Food Reflexology**—Dawn Dietrich, certified foot reflexologist, will be at the Senior Center on **Nov. 4th, 18th** for appointments. Cost is \$10.

 **HIKING CENTER**—Chair massages, provided by Ann Ambrose, owner of Center of Wilbraham, will be offered on the 1st Friday of each month. There is no charge to get back into hiking, dust off the boots and join us for short easy hikes. All are very relaxing!! **Peaked Mt. lower part in Hampden** on **Wednesday, November 23rd at 11:30**. Call Mary Ellen to register and for driving directions 596-8379.

## USUI REIKI

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



# November 2016

Mon

Tue

Wed

Thu

Fri

1

8:30 -Breakfast

10–Chair Exercise

10:40 Aerobics

11-Blood Pressure

1-Knitting Etc.

*Egg, Cheese on Toast*

*Around Town*

2



9-Tai Chi

10:15-Gentle Exercise

11-Zumba Gold

12:15-Yoga

1:30-Line Dance

*Walmart*

3

9- D



9:30 –Tap

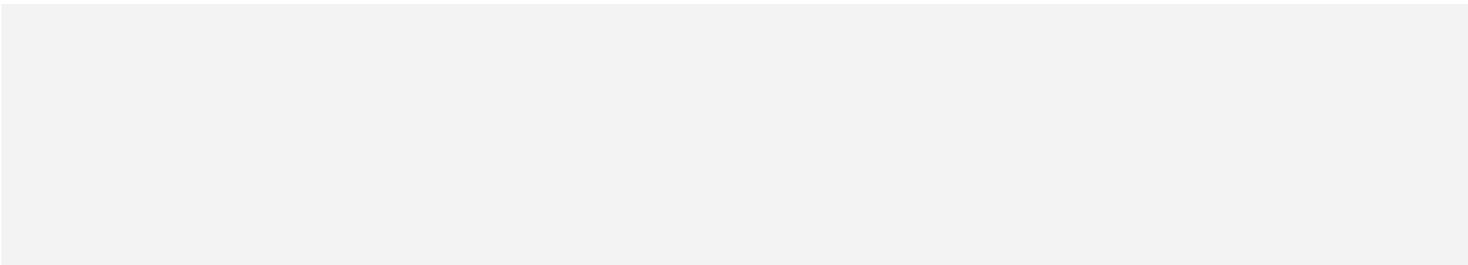
10-Jazz

10-Chair Exercise

10:40-Aerobics

11:30 Dominoes

*Stop & Shop*



PRESENTS 7th ANNUAL

# HOLIDAY BAZAAR

NOVEMBER 19, SATURDAY from 9am till 3pm

AT THE GARDENS OF WILBRAHAM

2301 BOSTON ROAD

Pictures with Santa from 10am till 1pm

Face Painting for the Kiddies

20+ Crafters

Stay for Lunch



ball Grinders, Chips, Soda &



to the Friends of Wilbraham School  
Over 70 Raffle items.

10 tickets for \$5

25 tickets for \$10

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

**Friends Donations**

Allen, Gordon  
Alvarez, Gioconda  
Bandarra, Norma  
Caron, Barbara  
Cross, Edith  
Czupryna, Mary  
Driscoll, Julie  
Gallerani, Maria  
Gauthier, Shirley  
Goodman, Janet  
Gore, Dottie  
Grivelli, E.A.  
Ham, Helen  
Jones, Jeff  
Krol, Ed/Jean  
Kwapisinski, Maria

Lefebvre, Monique/Louise  
Nowakowski, Helen  
Post, Jenine

Powis, Margaret  
Rister, Wilham  
Setian, Harry/Liz  
Simonowicz, Helen  
Spirito, Joanne  
Toothill, Lorraine  
Villamaino, Matthew

**FROM THE FRIENDS OF WILBRAHAM SENIORS**

**Public Invited to Friends of Wilbraham Seniors Meeting !**

**Thursday, November 17 at 2:00  
Wilbraham Senior Center**

**\*\*\*\*\*Refreshments will be served.\*\*\*\*\***

**Please come and hear what we do and the ways we benefit our communities citizens with our efforts. Also come to let us know your ideas on how we can further aid the Seniors of our wonderful town. We really look forward to meeting with you & hearing your thoughts and ideas**

Bourcier, Donald/Barbara  
LeFebvre, Louise  
Ludwig, Frank  
Post, Jenine  
Shea, Elizabeth

**Thank you for your contributions to the Senior News Postage account.  
Keep it coming, please.**

**Did you know that we send the Senior News to over 2,000 households every month? Bulk postage went up last year! Our monthly cost is now \$285. We are asking again for your continuing 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: 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.**

**COMING FUNDRAISING EVENTS**

**Senior Center  
November 19- Holiday Bazaar**

Babineau, Gary  
Cennano, Dorothy  
Tollin, Alan  
Country Bank

# RED HAT YA YA SISTERHOOD OF WILBRAHAM

This is my first news letter as your new Queen Mum so please be kind. As Kathy stated in the last news letter, on October 7 the Red Hatters was a trip to Kringle Candle with lunch at The Farm Table. I think it was a good time to start Holiday shopping. November 8 is the Mad Hatter Tea Party to be held at The Gardens of Wilbraham . The start time is set for 12 noon Tea, Tea sandwiches and Cookies will be served. Please be sure to bring your own tea cup. If you have a friend who might be interested in joining, please be sure to bring along. Tessier is the chair for this event (596-9522) please let her know you will be coming. The event is to start at 12 noon and we will have a raffle also. December 9 is the Christmas Party at the Ludlow Country Club. Kathy Phipps is the chair for this event. Please sign up early. Information is in the handbook. We had so much fun collecting baby items for Bethlehem House that we will do it again. This is a self drive event. Board meetings are on the second Tuesday of the month at 1 pm in the Sr. Center and anyone is welcome to drop in and share their ideas. Your new Queen Mum, Ginnie McCombe

## 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 Nov. 4, 18, 25, and Dec. 2. Call 596-8379 for appointment.

## VETERANS OFFICE NEWS!

Under Chapter 115 of Massachusetts Laws, the state provides a financial & medical assistance program for veterans and their dependents. All eligible 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



## Community Calendar

(hours: Monday, Thursday & Friday)

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.

**Looking for all Quilters.** Join us Thursday, November 10th at 1pm at the Senior Center.

# LEE'S CORNER



Yes it's true. What can you do? Plan Ahead! Prepare for extremely cold weather every winter – it's always a possibility. Take in advance for greater winter time safety. Keep several days' supply of these items: Food that needs no cooking or bread, crackers, cereal, canned foods and dried fruits. Water stored in clean containers, or purchased bottled water (five gallons per person) in case water pipes freeze or rupture or there are power outages. Make sure to refill medications. If you plan on using a fireplace or wood stove for emergency heating, have your chimney or flue inspected every year. Install a smoke detector and a battery operated carbon monoxide detector near the area to be heated. Test them monthly, and replace batteries twice yearly. Keep extra batteries on hand. Use battery powered flashlights or lanterns. Winter is on the way! Yes it's true. What can you do? Plan Ahead! Prepare for extremely cold weather every winter – it's always a possibility. There are steps you can take in advance for greater winter time safety. Keep several days' supply of these items: Food that needs no cooking or refrigeration, such as bread, crackers, cereal, canned foods and dried fruits. Water stored in clean containers, or purchased bottled water (five gallons per person) in case water pipes freeze or rupture or there are power outages. Make sure to refill medications. If you plan on using a fireplace or wood stove for emergency heating, have your chimney or flue inspected every year. Install a smoke detector and a battery operated carbon monoxide detector near the area to be heated. Test them monthly, and replace batteries twice yearly. Keep extra batteries on hand. Use battery powered flashlights or lanterns rather than candles. Never use charcoal or gas grills indoors – the fumes are deadly. Never use an electric generator indoors, inside the garage, or near the air intake of your house. Do not store gasoline indoors where the fumes could ignite. Do Store a multipurpose, dry-chemical fire extinguisher in your home. If you have a space heater with a damaged electrical cord or it produces sparks, do not use it. Don't forget your car – have the radiator system serviced, or check the antifreeze level. Replace windshield – wiper fluid with a wintertime mix. Replace worn tires and check the air pressure in the tires. During the winter, keep the gas tank near full to help avoid ice in the tank and fuel lines. Think about a survival kit for your car: blankets, first aid kit, a can and waterproof matches (to melt snow for water), windshield scraper, booster cables, road maps, mobile phone, tool kit, paper towels, bag of sand or cat litter (traction), tow rope, collapsible shovel, container of water and high calorie canned or dried foods and a can opener, flashlight with extra batteries, canned air with sealant for emergency tire repair, brightly colored cloth. Keep emergency contact numbers on hand and keep an eye out for neighbors. For more detailed information on how you can prepare for extremes of winter stop by the Wilbraham Senior Center Nurses Office and ask for A Prevention Guide to Promote Your Personal Health and Safety – it's free. Public Health Nursing hours - Tuesday and Wednesday 9-2 pm, Free B/P clinics Tuesday from 11-12pm, Do you have a health related question? Please call Lee at 413-596-8379 rather than candles. Never use charcoal or gas grills indoors – the fumes are deadly. Never use an electric generator indoors, inside the garage, or near the air intake of your house. Do not store gasoline indoors where the fumes could ignite. Do Store a multipurpose, dry-chemical fire extinguisher in your home. If you have a space heater with a damaged electrical cord or it produces sparks, do not use it. Don't forget your car – have the radiator system serviced, or check the antifreeze level. Replace windshield – wiper fluid with a wintertime mix. Replace worn tires and check the air pressure in the tires. During the winter, keep the gas tank near full to help avoid ice in the tank and fuel lines. Think about a survival kit for your car: blankets, first aid kit, a can and waterproof matches (to melt snow for water), windshield scraper, booster cables, road maps, mobile phone, tool kit, paper towels, bag of sand or cat litter (traction), tow rope, collapsible shovel, container of water and high calorie canned or dried foods and a can opener, flashlight with extra batteries, canned air with sealant for emergency tire repair, brightly colored cloth. Keep emergency contact numbers on hand and keep an eye out for neighbors. For more detailed information on how you can prepare for extremes of winter stop by the Wilbraham Senior Center Nurses Office and ask for A Prevention Guide to Promote Your Personal Health and Safety – it's free. Nursing hours Tuesday and Wednesday 9-2 pm, Free B/P clinics Tuesday from 11-12pm, Do you have a health related question? Call Lee at 413- [596-8379](tel:413-596-8379).

## 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  
VETERANS AGENT:  
Laurie Kozak

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#### 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

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 781-2135 .  
\$2.00 donation requested.

FRIENDS OF WILBRAHAM SENIORS  
WILBRAHAM SENIOR CENTER  
45B POST OFFICE PARK  
WILBRAHAM, MA 01095-1179

RETURN SERVICE REQUESTED

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PERMIT NO. 2853

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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  
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](mailto:pdubord@wilbraham-ma.gov)

## SENIOR CENTER VAN TRIPS

### MONDAY TRIPS:

November 7-Stop & Shop  
November 14- Big Y  
**November 21- Stop & Shop**  
**November 28-Big Y**

### WEDNESDAY TRIPS

November 2—Wal-Mart  
November 9—Yankee Candle  
November 16—Wal-Mart  
**November 23—Holyoke Mall**  
**November 30-Walmart**

### THURSDAYS TRIPS

November 3—Stop & Shop  
November 10-Big Y  
November 17—Stop & Shop  
**November 24—CLOSED**

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.**



