

# WILBRAHAM SENIOR NEWS

45B Post Office Park • Wilbraham, MA 01095

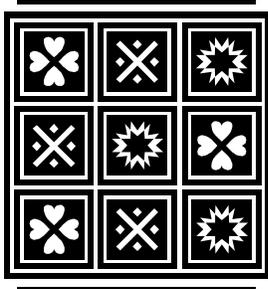
Phone (413) 596-8379 • Fax (413) 596-8546

Volume 18, 10

OCTOBER 2012

## QUILT SHOW

Friday, September 12th  
9-2 in large activity room



Beautiful quilts from our  
Thursday Quilting Club  
will be on display.  
Refreshments will be served.

## MEDICARE OPEN ENROLLMENT

Medicare annual open enrollment begins Oct. 15 with new benefit choices taking effect Jan. 1, 2013. In just a few weeks, millions of people will receive notice that Medicare's annual open enrollment period is approaching. That means it's time to review their current coverage and decide if they would benefit from switching plans for 2013. During the Medicare annual enrollment period, Oct. 15 to Dec. 7, all Medicare beneficiaries may change their Medicare coverage for the coming year. This includes anyone using traditional Medicare, Medicare Advantage and prescription drug coverage.

To help you make informed choices, we will have a few different insurance providers make presentations at the Senior Center. Health New England will be here on Thursday, October 25 from 9–12 noon and Fallon Health will be here on Friday, October 26 at 10 am.

Our SHINE (Serving Health Insurance Needs of Elders) representative will be here on October 19 & 26 for appointments. He will help you decide what is the right plan for your specific needs. Don't wait until the last minute, please call for an appointment now if you have any questions.

## Changes in the Senior Van Schedule

After many years of volunteering to drive our Senior Van on Wednesdays, John Grover is hanging up his keys. We cannot thank John enough for all the time he has given. We are very lucky to have another John—John Cochran—who has volunteered to drive to the grocery stores. In order to continue to offer this wonderful service, we need to change the grocery trips to Mondays and Thursdays. Gil Turcotte will continue to drive the mall and shopping trips, but the day has changed to Wednesdays. The Senior Van schedule is listed on the back page of this newsletter. Sorry for any inconvenience this may cause. Please call the Senior Center office at 596-8379 to make reservations for any of the Senior Center van trips.



SENIOR CENTER WILL BE  
CLOSED

FRIDAY, OCTOBER 5TH

(staff is attending annual  
Council on Aging Conference)

AND

MONDAY OCTOBER 8TH

Columbus Day

## Osteoarthritis and Rheumatoid Arthritis Speaker

Thomas Bianco MSPT, a graduate of Springfield College, has a private practice office at the Scantic Valley YMCA. On **October 15th at 10 am**, he will be presenting a class on arthritis comparing osteoarthritis to rheumatoid arthritis. The class will include a power point presentation, exercise handouts, discussion of treatment options including a variety of therapies, pain management strategies and information about the different disease processes for these two conditions. Please call 596-8379 to register for this class.

## News From the Public Health Nurse

Hours: Tuesday and Wednesday 9-2 pm, Blood Pressure Clinics every Tuesday from 11:00 -12:00am., Glucose Screenings are by appointment. Health news, alerts, healthy recipes and adult Immunization guidelines are posted in the senior centers walk through room - located across from the nurse's office. Call 1-413-596-8546 with any additional health questions or drop by the nurse's office.

Sharps containers continue to be available FREE of charge at the Senior Center every Tuesday and Wednesday- no appointment is needed! Please do not dispose of sharps in the trash. For more information on the disposal of sharps, please visit or call the Public Health Nurses office. Food recalls. Check out the link below to keep up to date on food and drug recalls. <http://www.fda.gov/Safety/Recalls>. For up to date information on Mosquito born disease – West Nile Virus, please visit [www.mass.gov/dph/wnv](http://www.mass.gov/dph/wnv) or call 1-617-983-6800 toll free 888-6582856

## FLU SHOTS

We are expecting an arrival of flu vaccine from the state during the month of October. Although we will only be able to offer a limited number of shots this year, we are pre registering Wilbraham residents, age 60 and over. Please call the Senior Center office at 596-8379 if you would like your name added to the list for the flu shot. Once we have the vaccine, we will schedule a clinic and call those who registered with a date and time. A \$3 donation is requested.



# HEALTH & FITNESS PROGRAMS

### FITNESS PROGRAMS

Line Dancing on **Wednesdays at 1:40 p.m.** with Kathy Hunter, \$2 a class. Beginner Line Dance class on **Fridays, 1:40 p.m.**

Zumba Gold on **Wednesday and Friday at 2:30 p.m.** \$5 per class.

Tap Dance with Mary Ann, will resume on Sept. 20th at 9:30 a.m.

Tai Chi, Wednesdays at 9 a.m. FREE!

Belly Dancing with Janet every Wednesday at 11 a.m.

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

Chair Exercise, **Tues.& Thurs. at 10 a.m.**

Arthritis Exercise with Mary Ellen, **Wed. at 10:15 a.m.**

Ludlow Reservoir Walks, 5 brisk miles, **Fri., 9 a.m.**

Gentle Walking - **Mondays from 12-12:45.**

Outrageous Adventures– **October 12.** See Mary Ellen

Schmidt for more information.

Senior Center Fitness Equipment— recumbent bike, treadmill, and stationary upright bike. A Dr's. note is required prior to first use. See Mary Ellen if you have any questions.

### HEALTH PROGRAMS

Blood Pressure Readings, **Tues., 11:15 - 12 noon.**

Foot Care Nurses will be at the Center in **October** and are available for home visits. Cost is \$28. Appt. needed.

Foot Doctor Cindy Galavotti, will be here on **October 10**, cost is \$35. Call 596-8379 for an appointment.

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

**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 **October 12.** Very relaxing!!



## VETERANS OFFICE NEWS

**Information regarding Veterans discount** — The Veterans Office has spoken to the managers at Home Depot in Wilbraham which resulted in an agreement that a DD 214 Discharge document will be adequate for Veterans to obtain a 10% discount on purchases. For your convenience Staples will take your DD 214 and minimize for a small fee.

**October Speaker-** A member from the Army's Medical Helicopter Unit from Barnes will make a presentation regarding their missions and program.

**Veteran's Day-** We are starting to get organized for our annual Veteran's Day Celebration. If you know of any recently returned veteran who would like to place the wreath at the ceremony please contact Barbara at 596 8379.

### OVERLOOK HOME CARE

On Monday, **October 22 and 10 am**, Overlook Home Care will be at the Center to speak on what services they offer. They believe that patients are happier and heal faster in the familiar surroundings of home. Their traditional homecare supportive services are available 24 hours a day / 7 days a week to maintain independence at home. Medicare/Medicaid certified, not-for-profit, division of the Masonic Health System of Massachusetts. If you would like to learn more, please plan on attending on the 22nd. Sign up by calling 596-8379.

### DIABETES INFORMATION SESSION

Learn how to manage your diabetes with a presentation sponsored by the Scantic Valley YMCA. Dr. Michael Maserati will discuss the following: risks factors for type II diabetes, complications caused by poorly managed diabetes, and how diabetes is treated pharmacologically and non-pharmacologically. The presentation will take place in the Senior Center large activity room on November 8th at 5:30 pm.

## OCTOBER EVENTS

**ATTORNEY DOUGLAS PETERSON** will be at the Center for FREE 20 minute consultations on **October 17th**. Call for appt. 596-8379.



**JEWELRY WORKSHOP** with Sandy Merrill will be held on **October 17th** at 10 a.m. Cost is \$3 per class, plus additional fee for supplies. Fix broken jewelry or create new pieces.

**MEN'S BREAKFAST** This month's meal will be served in Wilbraham on **Friday, October 26th at 8:30 a.m.** Please call to register—596-8379.

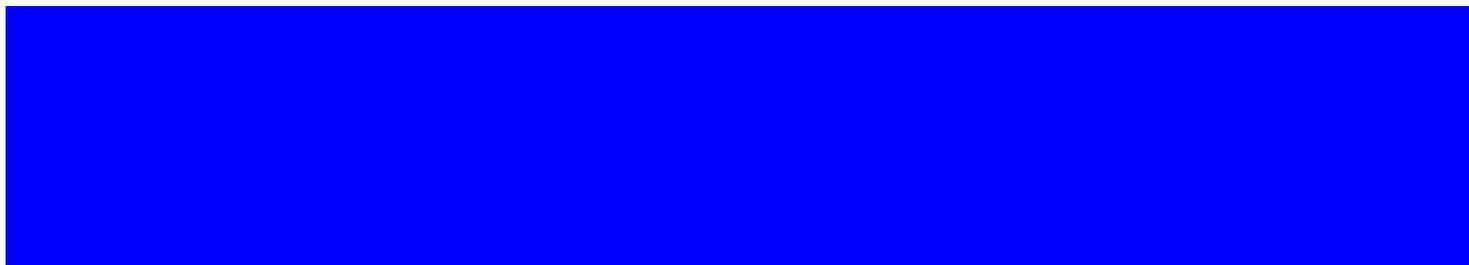
**QUILTING CLUB**— Meets the 2nd & 4th Thursday, 1:00 p.m.

**AFTERNOONS AT THE CENTER:** *PITCH* Mondays, 12:30 p.m., *CRIBBAGE* Wednesdays, 12:30 p.m., *DOMINOES* Thursdays, 11:30 a.m., *BRIDGE* Fridays, 1 p.m. *KNITTING ETC.* Tuesdays, 1:00 p.m. *RUG MAKING*, Mondays at 1:00 p.m.

**SHINE REP**—Gerry Carney will be available in October to help with insurance questions. Call 596-8379 for an appointment.

# OCTOBER 2012

Mon	Tue	Wed	Thu	Fri
<p><b>1</b> 12-Gentle Walking 12:30-Pitch 1-Rug Making 1-Friends Meeting</p> <p><i>Macaroni &amp; Cheese Wal Mart</i></p>	<p><b>2 MOHEGAN SUN</b> 10- Chair Exercise 11:15-Blood Pressure Readings 1-Knitting Etc.</p> <p><i>Meatloaf/gravy Around Town</i></p>	<p><b>3</b> 9-Tai Chi 11-Belly Dance 1:40-Line Dance 2:30-Zumba Gold</p> <p><i>Big Y</i></p>	<p><b>4</b> 10-Chair Exercise 11:30-Dominoes</p> <p><i>Stop &amp; Shop</i></p>	<p><b>5</b> <b>CENTER CLOSED</b> (staff at conference)</p>
<p><b>8</b> <b>COLUMBUS DAY</b> <b>CENTER CLOSED</b></p> 	<p><b>9 OCTOBERFEST</b> 10- Chair Exercise 11:15-Blood Pressure Readings 1-Knitting Etc. 1:30-Red Hat Meeting</p> <p><i>Lasagna Around Town</i></p>	<p><b>10</b> 9-Tai Chi 9-Dr. Galavotti 10-Baystate Hearing 10:15-Arthritis Class 11-Belly Dance 1:40-Line Dance 2:30-Zumba Gold</p> <p><i>Stop &amp; Shop</i></p>	<p><b>11</b> 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Group</p> <p><i>Big Y</i></p>	<p><b>12</b> 9-Chair Massage 9-Quilt Show 9-Outrageous Adventures 1-Bridge 1:40-Line Dance 2:30-Zumba Gold</p>
<p><b>15</b> 10-Arthritis Program 12-Gentle Walking 12:30-Pitch 1-Rug Making 1-Friends Meeting</p> <p><i>Brunswick Stew Holyoke Mall</i></p>	<p><b>16</b> 10:40-Aerobics 11-Sen.Candaras' Aide 11:15-Blood Pressure Readings 1-Knitting Etc.</p> <p><i>Salisbury Steak Around Town</i></p>	<p><b>17</b> 9-Tai Chi 10-Jewelry Workshop 11-Belly Dance 1-Attorney Peterson 1:40-Line Dance 2:30-Zumba Gold</p> <p><i>Big Y</i></p>	<p><b>18</b> 9:30-Tap Dance 10-Chair Exercise 12-Red Hat Program 10:40-Aerobics 11:30-Dominoes 2:30-Book Club</p> <p><i>Stop &amp; Shop</i></p>	<p><b>19</b> 9-SHINE Rep. 9-Veteran's Forum 1-Bridge 1:40-Line Dance 2:30-Zumba Gold</p>
<p><b>22</b> 10-Homecare Choice 12-Gentle Walking 12:30-Pitch 1-Rug Making</p> <p><i>Chicken Fillet Wal-Mart</i></p>	<p><b>23</b> 10- Chair Exercise 10:40-Aerobics 11:15-Blood Pressure Readings 1-Knitting Etc.</p> <p><i>Beef Burgandy Around Town</i></p>	<p><b>24</b> 9-Tai Chi 10:15-Arthritis Class 11-Belly Dance 1:40-Line Dance 2:30-Zumba Gold</p> <p><i>Stop &amp; Shop</i></p>	<p><b>25</b> 9-Health New England 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Group</p> <p><i>Big Y</i></p>	<p><b>26</b> 8:30-Mens Breakfast 9-Walking 9-SHINE 10-Fallon Health 1-Bridge 1:40-Line Dance 2:30-Zumba Gold</p>
<p><b>29</b> 12-Gentle Walking 12:30-Pitch 1-Rug Making</p> <p><i>Roast Pork/gravy Eastfield Mall</i></p>	<p><b>30</b> 10- Chair Exercise 10:40-Aerobics 11:15-Blood Pressure Readings 1-Knitting Etc.</p> <p><i>Beef Stew Around Town</i></p>	<p><b>31</b> 9-Tai Chi 10:15-Arthritis Class 11-Belly Dance 1:40-Line Dance 2:30-Zumba Gold</p> <p><i>Big Y</i></p>		



# Friends of Wilbraham Seniors-October 2012 Update

Well the Summer is over and the steady flow of your donations to the Building Fund appears to have also taken a vacation. It's time to re-energize your generosity and help us by sending in your new contributions for our new senior center building fund. There is a lot going on. Your additional gifts to the Building Fund will continue to be a positive reminder that our great little town likes this idea. Thank you again for your help.

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**BE SURE TO MARK YOUR CALENDER FOR THE NOVEMBER 17TH HOLIDAY BAZAAR AT 9 :00 AM AT THE GARDENS OF WILBRAHAM ON BOSTON ROAD**

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***We need your White Elephant Donations Now !!!***

This year the Fabulous Holiday Bazaar will have an added feature. A White Elephant Sale. We need and are seeking your new or lightly used items. If they are still in the original container so much the better. We will be receiving your items during the entire month of October. Be sure to check out your cellar and attic for those forgotten gems that will be a great benefit to the Senior Center Building Fund. No clothing or electronics please. Mark Soukup will be the go-to person you need to contact for further information and delivery or pickup at 596-6046.

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***The Friends of Wilbraham Seniors Special Winter Raffle***

*We will be having another high value item raffle covering December, January & February. The drawing will take place on March 1, 2013. The items we already have are really quite special. Additional information will appear in future issues of the Senior News and several color posters will be posted around town. .*

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**We are looking for more people to join The Friends of Wilbraham Seniors**

Come and join our merry band and help us by pitching in to aid our non-profit 501 (c) 3 organization. Stop by our Senior Center at Post Office Park and pick up a brochure on our organization. Give us a call and we'll be happy to talk with you about what we are up to. For more information please call Bob Page at 596-8719.

**Working together we can make a difference**

**COME TO OUR 2ND HOLIDAY BAZAAR  
SATURDAY, NOV.17, 2012 9:00 a.m. to 3:00p.m.  
HOSTED BY GARDENS OF WILBRAHAM  
AT THE CLUB HOUSE  
2301 BOSTON RD.**

**SANTA WILL BE THERE FROM 11:00 a.m. to 1:00 p.m.  
FOR PICTURES WITH SANTA  
OVER 20 CRAFTERS OF HANDMADE ITEMS  
STAY FOR LUNCH  
SOUP, MEATBALL GRINDERS, CHIPS, SODA , AND  
COFFEE**

**ALL TO BENEFIT THE FRIENDS OF WILBRAHAM  
SENIORS BUILDING FUND  
MANY RAFFLE ITEMS  
MAKE SURE TO GET YOUR  
RAFFLE TICKETS**

**1 FOR \$2.00**

**10 FOR \$5.00**

**25 for \$10.00**

**FUN  
FUN  
FUN  
FUN  
FUN  
FUN**



**PRIZES  
PRIZES  
PRIZES  
PRIZES  
PRIZES  
PRIZES**

# RED HAT YAYA SISTERHOOD OF WILBRAHAM

Welcome to the new board of directors. We are very fortunate to welcome back many directors from last year. We are off to another wonderful year of fun and sisterhood.

Thursday, October 18 is a Potluck Lunch at the senior center starting at 12:30. Make your reservation and a dish to bring with Pauline Beem (331-3073). If you would like to donate an item to raffle call Nicole Lussier (599-0184) by Oct. 9<sup>th</sup>.

Friday Nov. 9<sup>th</sup>—antiquing and flea market in Palmer, followed by lunch at Steaming Tender Restaurant at 1:00. The van will be available. Meet at the senior center at 9:45. Call Liz Setian by Oct. 31st -596-3411 for reservations if you are doing lunch or antiquing or both. If you are doing just lunch it will be self drive.

Monday Dec. 10<sup>th</sup> - Red Hat Christmas luncheon at Dana's Grill. Social Hour 12:30 to 1:30. Bring a \$10 wrapped gift for a Yankee swap. Reserve by Nov. 30 by calling Kathy Phipps (596-9938). There will be more info in months to come regarding menu and price. This is a self drive event.

Thursday January 17<sup>th</sup>— Pajama Party will be held in the activity room at the Senior Center from 11:00 to 3:00. Come dressed in your craziest P.J., no hats required, we will be having a free lunch. Call Deb Gormley for reservation (547-6583). If you wish to donate for the raffle call Nicole Lussier (596-0184).

Don't forget Wilbraham's 250th celebration parade June 23, 2013.

Happy Fall, Kathy Phipps, Queen Mum



HAPPY  
HALLOWEEN

## community calendar

**Senator Gale Candaras' Aide** will be at the Senior Center on the 2nd Tuesday of each month.

**Atheneum Society of Wilbraham** announces an open house featuring "The Underground Railroad in Western Mass". The speaker will be historian Steven Strimer. Date: September 9th from 204, with talk at 2:30, at the Old Meeting House, 450 Main Street, Wilbraham.

**Parkinson's Disease Support Group** On the first Monday of each month, a support group for caregivers and those coping with the disease, will meet at the Jewish Community Center at 1160 Dickinson Street, Springfield at 4 p.m. No registration is required. Questions, call Joyce Dupont at 323-4274 or Bobbie Levin at 536-1895.

**Vision Task Force** needs your help in completing a survey on what our town should look like in the future. The Vision Task Force will be reporting the results of this community wide effort to the Selectmen. Surveys are available at the Senior Center or online at [www.imaginewilbraham.us](http://www.imaginewilbraham.us) Make your voice be heard.

# DONATIONS

**Thanks to all who have donated to the Wilbraham Senior Center Revolving account:**

Palmer, Robert	Shaw, Francis
LeBlond, Richard	Wilbraham Art League

**Thanks to those who have donated to the Friends of Wilbraham Seniors:**

Cyr, Alice	Levesque, Barbara	Urlage, Jerry
Ersing, Eva	Post, Jenine	Whitehill, Roger/Gail
Gibb, David	Rickert, Barry	
Kaczinski, Ed/Helene	Stroshine, Ruth	
Kukulka, Stan/dottie	Turcotte, Gilles/Anne	

**Thanks to those who have donated to the "Building Fund":**

Cyr, Alice	YaYa Sistethood
Fraser, William/Janet	Zumba Gold Fri, Laura Geryk
Rickert, Barry	Zumba Gold Wed, Laura Geryk
Riker, Rodney/Ann	In Memory of Bea Perotta
Tollin, Alan	:Friends from Marco Island, FL
Trombley, Ray/Helene	:Oldenburg, Paul Valley Real Estate
Zhao, Daqian	:Valley Real Estate
Wilb Senior Center Pitch Club	

Donations for the Friends of Wilbraham Seniors should be mailed to PO Box 705, Wilbraham, MA 01095. Donations to the Revolving Account can be made at the Senior Center office or by mail at 45B Post Office Park, Wilbraham, MA 01095.

## WHOSE THAT BABY CONTEST

Have you seen the baby pictures on the glass wall in the lobby of the Senior Center? The 21 pictures (staff, volunteers, town residents) are people who are familiar to Senior Center participants. As a fundraiser, the Friends are selling ballots.

The ballots are \$2.00 each. Just match the numbers with the letters. The person with the most correct answers will win half the money we collect for the ballots. If a tie, a winner will be drawn at random. Stop by today and join in the fun!



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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

**VETERAN'S AGENT:**

Richard Prochnow

**PUBLIC HEALTH NURSE:**

Lee Giglietti, BS, RN, BSN

**MEAL SITE DIRECTOR:**

Ruth Bretta

**SENIOR AIDE:**

Jim Hiersche

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

Evelyn Morris, Adell Teschendorf,

Kathy Phipps, Ginnie Rickert,

Jackie Daniels

**Van:** Gilles Turcotte, John Grover

John Cochran

**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

Meals served Mon and Tues. at 1145 a.m. in the lunch room. Reservations must be made the day before by 10:00 a.m. Call 781-2135 and ask for Jean or Nancy. \$1.75 donation requested.

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

Nonprofit Organization  
U.S. Postage Paid  
Wilbraham, MA 01095  
PERMIT NO. 53

**RETURN SERVICE REQUESTED**

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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/Pages/index](http://www.wilbraham-ma.gov/Pages/index)

**COUNCIL ON AGING MEMBERS:****Chairperson:** Trant Campbell**Vice Chair:** Robert Page**Secretary:** Ellen O'Brien**Members:** Theresa Munn, Mark Soukup,  
Gilles Turcotte, Marie Valentine, 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 10th of each month 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:****Oct. 1st—Big Y****Oct. 8th—CLOSED****Oct. 15th—Big Y****Oct. 22nd—Stop & Shop****Oct. 29th—Big Y****WEDNESDAY TRIPS****Oct. 3rd—WalMart****Oct. 10th—Holyoke Mall****Oct. 17th—WalMart****Oct. 24th—Eastfield Mall****Oct. 31st—WalMart****THURSDAYS TRIPS****Oct. 4th—Stop & Shop****Oct. 11th—Big Y****Oct. 18th—Stop & Shop****Oct. 25th—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. **CORRECT CHANGE IS VERY HELPFUL PLEASE. Call 596-8379 to sign up today.** Around Town Trips on Tuesdays—call to reserve a seat! .

