
WILBRAHAM SENIOR NEWS

45B Post Office Park • Wilbraham, MA 01095

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

Volume 18, 12

DECEMBER 2012



HOLIDAY PARTY



Mark December 19th on your calendar for the Senior Center Holiday Party.

The festivities will begin at 11:45 with a delicious dinner served, featuring pot roast, mashed potatoes, acorn squash, soup, rolls and cheesecake. During the meal, members from the Minnechaug Band will entertain us with a selection of seasonal music, under the direction of Margaret Reidy. A beautiful gift basket, provided by Doctors Express, will be raffled off. Space is limited so please stop by the Senior Center today to sign up. Cost for dinner is \$1.75 and must be paid at time of registration.



Last year, the Minnechaug Band presented an incredible performance by very talented musicians. This is a party you don't want to miss. Bring your friends and neighbors and enjoy a wonderful afternoon at the Senior Center!!



HOT TOPICS

Looking for someone to discuss current events with? Join us on the first Friday of the month for **HOT TOPICS**. Bring an article from a newspaper or magazine covering any topic you would like to discuss—except for politics. Global warming, sports, the latest natural disaster, or the latest fashion trend. The possibilities are endless and the conversation is sure to be enlightening. The Senior Center will provide the coffee and baked good, you provide the lively discussion! **DATE: Friday, December 7th. TIME: 8:30-10:30 am.** For more information, call Mary Ellen at 596-8379.



**SENIOR CENTER
WILL CLOSE
at 11:30 am on
Monday, Dec. 24th
and reopen at 8 am on
Wednesday, Dec. 26th.**



Free Introduction to Usui Shiki Ryoho Reiki

You are invited to learn about and experience Reiki, a healing system practiced by millions worldwide. Everyone can enjoy this beautiful, gentle healing art using Reiki energy by either receiving a treatment, or learning to how to do it. This is a natural healing method that assists with physical, mental, emotional and spiritual balance. It reduces or eliminates pain, and helps your body deal with or eliminate a myriad of diseases. Practicing Reiki on yourself and others daily can have a transformational effect on your life. Reiki Master Fran Freeman, will be at the Senior Center on Monday, December 17th at 10 am. Fran has been practicing Reiki for 30 years, and is connected to international community of Reiki Masters. Call 596-8379 to register.



Introducing HOME MPG

An initiative with the Mass Save Home Energy Services program for the Springfield area focused on building an understanding of home energy performances similar to the miles per gallon for cars and making it easier for you to improve your home. Join Josh Florence on Friday, **December 14th at 10 am** when he explains how the program works. Components of the Home MPP initiative: Thermal Image, Energy Performance Scores, Online tools and feedback on contractors. Please call 596-8379 to register for this money saving program!

Fuel Assistance

This year's eligibility guideline for Valley Opportunity Council (Fuel Assistance) for **one person is \$31,271, for two people \$40,893.00.** If you fall into the guideline category please call me for more information. For current VOC clients it is time to recertify for benefits. Any questions or to schedule an appointment please call Barbara at 596-8379. Don't be left out in the cold, see if you qualify.

MASS EDP PROGRAM

the State 911 Department will be at the Senior Center on **December 10 at 10 am** to speak on the Mass Equipment Distribution program. This program provides adaptive telephone equipment to people who have difficulty using the telephone due to issues such as hearing or vision loss. The requirements for eligibility are:

Mass resident, permanent disability and have a residential phone. A representative from Mass EDP will have samples of the equipment available and will be on hand to answer any questions. Please call 596-8379 to register.



HEALTH & FITNESS PROGRAMS

HEALTH PROGRAMS

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

Foot Care Nurses will be at the Center in **December 13** and are available for home visits. Cost is \$28. Appt. needed.

Foot Doctor Cindy Galavotti, will be here on **December 5,** cost is \$35. Call 596-8379 for an appointment.

Baystate Hearing Aids, **December 12,** 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 **December 7.** Very relaxing!!

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 at 2:30 p.m. and Fridays at**

10:30 a.m. \$5 per class.

Tap Dance with Mary Ann, Thurs. at 9:30 a.m. , \$2

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., 10:15 a.m.**

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

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

Outrageous Adventures— **Dec. 14.** 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.

Call 596-8379 for appointments for health programs.



VETERANS OFFICE NEWS

The December Forum will feature James Woolsey, Superintendent of the Springfield Armory. Join us on December 21st at 9 am. Coffee and pastries will be served and all are welcome to attend.

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.

Real Estate Tax Exemptions

Now is the time to apply for the Real Estate Exemption through the town's assessors office. There are two difference exemptions and there are difference qualifications for each.

Exemption amount \$175 CLAUSE - 17D (based on assets only) Age Requirements: 70 years or older as of July 1 of the tax year.

Clause 17D-The value of your domicile is not included in your net assets but the value of your automobile (as determined by the Registry of Motor Vehicles) is included in your net assets.

Exemption amount - \$750 CLAUSE - 41C (based on income & assets) Age Requirements: 65 years or older or (b) joint owner with a spouse 65 years or older as of July 1 of the tax year.

For income eligibility and help filling an application, please contact the Assessors office at 596-2800, ext. 122 or 123.

News From the Public Health Nurse

Hours: Tue-Wed 9-2 pm, Blood Pressure Clinics are held weekly on Tuesday from 11 to 12pm. Glucose screenings are by appointment. Blood pressure check ups, med reviews and health service information is available without an appointment. Health news, alerts, healthy recipes and current adult Immunization guidelines are posted and updated weekly in the senior center walk through room - located across from the nurse's office. Sharps containers are FREE of charge! All sharps must be disposed of in these free containers. You may also pick up a "File of Life" – this simple document provides essential medical information to emergency services personnel and is easily taken with you in any emergency. Call 596-8546 with any additional health concerns or drop by the nurse's office. Happy Holiday Season!



DECEMBER EVENTS

BOOK CLUB will meet on Thursday, December 20th at 12:30 at Crazy Jakes, Boston Road.

ATTORNEY DOUGLAS PETERSON will be at the Center for FREE 20 minute consultations on **December 12**. Call for appt. 596-8379.

JEWELRY WORKSHOP with Sandy Merrill will be held on **December 19** 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, December 28 at 8:30 a.m.** Please call to register—596-8379.

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

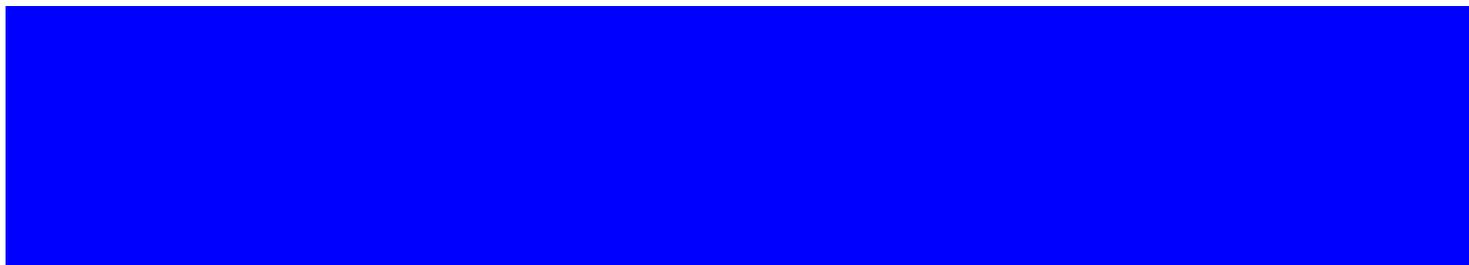
AFTERNOONS AT THE CENTER: *PITCH* Mondays, 12:30 p.m., *CRIBBAGE* Wednesdays, 12:30 p.m., *DOMINOES* Thursdays, 11:30 a.m., *BRIDGE* Fridays, 1 p.m. *KNITTING ETC.* Tuesdays, 1:00 p.m. *RUG MAKING*, Mondays at 1:00 p.m.

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



DECEMBER 2012

Mon	Tue	Wed	Thu	Fri
3 12-Gentle Walking 12:30-Pitch 1-Rug Making 1-Friends Meeting <i>Hot dog, baked beans</i> <i>Cole slaw</i> Big Y	4 10-Chair Exercise 10:45-Aerobics 11-Blood Pressure Readings 1-Knitting Etc. <i>Meatloaf/gravy</i> Around Town	5 9-Tai Chi 9- Foot Doctor 10:15-Arthritis Class 11-Belly Dance 1:40-Line Dance 2:30-Zumba Gold Holyoke Mall	6 9:30-Tap Dance 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes Stop & Shop	7 8:30-Hot Topics 9-Chair Massage 9-SHINE Rep. 10-Fallon Health 10:30-Zumba Gold 1-Bridge 1:40-Line Dance
10 10-Mass EDP program 12-Gentle Walking 12:30-Pitch 1-Rug Making <i>Parmesan Chicken/</i> <i>gravy & sweet potato</i> Stop & Shop	11 10-Chair Exercise 10:45-Aerobics 11-Sen.Candaras' Aide 11-Blood Pressure Readings 1-Knitting Etc. 1:30-Red Hat Mtg. <i>American Chop Suey</i> Around Town	12 9-Tai Chi 10-Baystate Hearing 10:15-Arthritis Class 11-Belly Dance 1-Attorney Peterson 1:40-Line Dance 2:30-Zumba Gold Wal Mart	13 8-Foot Care Nurses 9:30-Tap Dance 10-Chair Exercise 11:30-Dominoes 1-Quilting Group Big Y	14 9-Outrageous Adventure 10-Home Energy 10:30-Zumba Gold 1-Bridge 1:40-Line Dance
17 10-Reiki Demo 12-Gentle Walking 12:30-Pitch 1-Rug Making <i>Swedish meatballs</i> <i>Buttered noodles</i> Big Y	18 10-Chair Exercise 11-Blood Pressure Readings 1-Knitting Etc. 1:30-Red Hat Meeting <i>Pork Patty/Potatoes</i> Around Town	19 9-Tai Chi 10-Jewelry Workshop 11-Belly Dance 11:45- HOLIDAY PARTY 1:40-Line Dance 2:30-Zumba Gold Eastfield Mall	20 9:30-Tap Dance 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 12:30-Book Club at Krazy Jakes Stop & Shop	21 9-Veteran's Forum 10:30-Zumba Gold 1-Bridge 1:40-Line Dance
24 CENTER CLOSSES AT 11:30 	25 CENTER CLOSED MERRY CHRISTMAS	26 9-Tai Chi 10:15-Arthritis Class 11-Belly Dance 1:40-Line Dance 2:30-Zumba Gold WalMart	27 9:30-Tap Dance 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Club Big Y	28 8:30-Men's Breakfast Club (Wilbraham) 9-Walking 10:30-Zumba Gold 1-Bridge 1:40-Line Dance
31 12-Gentle Walking 12:30-Pitch 1-Rug Making <i>Chicken a la king</i> <i>Mashed potatoes</i> Stop & Shop	1 CENTER CLOSED HAPPY NEW YEAR 			





Group "A" Drawing

1. Foresome Golf Outing, Cedar Ridge, Somers, CT, With Cart
2. Foresome Golf Outing, Country Club of Wilbraham, With Cart
3. Foresome Golf Outing, Cedar Ridge, Somers, CT, With Cart
4. Foresome Golf Outing, Country Club of Wilbraham, With Cart
5. Extreme Sport IV Golf Club Bag by Nike

Group "B" Drawing

1. Veritas Restaurant of Sturbridge gift certificate \$75.00 from Kurt & Kelly Soukup
2. Panasonic Blu-Ray DVD player from Kathy Phipps & Adele Paulin
3. Oil Painting 29" X 26" from Anna Jasmin
4. Hand Made Rose Bud Throw Pillow from Del Gravel
5. Porcelain covered Dutch Oven from Maryann O'Shea
6. Boxed set of Scented Yankee Candles from Robin Rutherford
7. Victorian Style Mirror from Anonymous
8. Porcelaine Doll from Pat Tessier
9. Wine Rack with 3 bottles of wine from Mark & Jane Soukup
10. Hand Painted Cheese Tray with \$25.00 BigY gift certificate
11. Vera Bradley Bag from Wilbraham Funeral home
12. Lazy Susan of Hawaiian Wood with Puka Shell Lining from Deb Gormley

SPECIAL DRAWING

Philips 32 inch Flat Screen Television donated by
Byron-Keenan Funeral Home & Cremation Tribute Center



Please see drawing rules and details on the reverse of this page.

RED HAT YAYA SISTERHOOD OF WILBRAHAM

The holiday season is in full swing, hope everyone had a great Thanksgiving. Our November event antiquing and lunch has come and gone and it was fun. Dec. 10 is our Red Hat Christmas party at Dana's. YOU will have a choice of either chicken franchise or baked haddock. Please enter your choice on your check. Price includes entrée, dessert, and coffee or tea, tax & tip for \$16.00. Cash bar available. Also don't forget the Yankee swap - a wrapped gift of \$10 value. Reservations must be made by Nov. 30. Chairlady for this event is Kathy Phipps (596-99380). This is a self drive event.

Jan 17 is our fabulous PJ party. Come dressed in your favorite or craziest PJ. A prize will be awarded for the best outfit. There will be a free lunch. For reservations call chairlady Deb Gormley (547-6583). Let's Do Lunch Feb. 12 Tuesday, 12:30 at Krazy Jakes, Boston Rd. Order off the menu with separate checks. Notice the change of date as the original day is Ash Wed. This is a self drive event. Co-chairladies for this event are Ginni McComb (525-2916) and Ginnine Johnson (525-4969). I have heard it will be a fun theme. Reservation deadline is Jan. 31, 2013.

I know March and spring seem far away but it will be here before we know it. March 15th trip to "Vintage Radio and Communications" followed by lunch at Zocco's in Winsor Ct. We will order off the menu with separate checks. Elaine Lavoie is the chairlady for this event 596-6001. Let me know if you are creative/crafty. We have the senior center van for the parade in June 2013 looking for some help decorating. Please take a moment to help if you can all those who lost so much from Hurricane Sandy.

Happy Holidays, Kathy Phipps, your Queen Mum

community calendar

Volunteer Needed -The Town of Wilbraham is seeking members to serve on the Wilbraham Cultural Council. This committee reviews applications for grants that will help fund arts and cultural activities in the town. For more information, contact the Town Office Building at 240 Springfield Street.

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

Alzheimer's Support Group Does someone close to you have dementia or Alzheimer's disease? Are you taking care of someone with memory loss? A support group for caregivers meets in the Brooks Room of the Wilbraham Public Library from 2-3 p.m. on the last Tuesday of each month. There is no cost.

Atheneum Society of Wilbraham invites you to its Old Meeting House Museum "Christmas Magic" Open House on December 2, at 450 Main Street, on Sunday. In addition to displays by local groups, ice carving will take place on the lawn. Admission is free and open to the public.

PARKINSON'S DISEASE SUPPORT GROUP—The next meeting of the Springfield area Parkinson's Support Group will be Monday, Dec 3. This group welcomes those diagnosed with the disease, those interested in learning more about it and the caregivers and friends assisting those coping with the disease. We meet at the Jewish Community Center at 1160 Dickinson Street, Springfield at 4 p.m. No registration is required for the support group meeting. If you have questions, call Joyce Dupont at 413-323-4274 (JdupontB@aol.com) or Bobbie Levin at 413-536-1895. Our guest speakers at the Dec. meeting will be Michael Nozzolillo of Metronics and Dr. Ron Alterman, internationally known for his expertise on deep brain stimulation and newly appointed Chief of Neurosurgery at Beth Israel Deaconess Hospital in Boston.

DONATIONS

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

Bugbee, Eugene	Metzler, Matthew	Rodrigues, Cindy /Harry
Haggerty, Walter	Morris, Evelyn	Singiser, Peggy/Jerry
Howard, Claire	O'Neil, Sheila	

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

Armidan, Gina	Garvey, Wm	Page, Bob
Beaudoin, Shirley	Goodrich, Harry/Agnes	Sears, Bernard/Marion
Bennett, Alice	Leger, Evelyn	Solaroli, Allan/Natalie
Blomberg, Joan	MaGill, Marge	Spencer, Henry/Judith
Follansbee, Ernest	Moreno, Gilbert/Linda	Toothill, Lorriane
Garrow, Gerri	Orquiola, Meme	Trombly, Kent/Joan

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

Crawford, Ed/Louise	Moreno, Gilbert/Linda	Trombly Assoc
Bandarra, Norma	Swallow, Virginia	WSC Line Dancing
Garceau, Tony	Wostena, E.M.	WSC Pitch Club
MaGill, Marge	Gaudreau Group	Shaban, D in memory of
Manning, DMD, David/Gail	Nowak Funeral & Cremation	Marie Sheline
Mills Mary	Renaissance Advisory Services	

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.

BLACKBOARD CONNECT

The Town of Wilbraham announced the launch of a new mass notification platform to quickly and efficiently deliver information related to emergency preparedness and to enhance communications with residents. Blackboard Connect™ enables Town officials to stay connected to residents and provide them with instructions in the event of urgent situations and other updates such as road closures and missing persons. Voice messages will be delivered to home and mobile phones, businesses, and local law enforcement agencies; Blackboard Connect also sends email and text messages (SMS), and can post on Facebook, RSS feeds and Twitter channels. Alerts can also be sent to TTY/TDD devices for people who are hearing impaired.

Town officials have the ability to target each message to customized groups so residents receive the information that is most relevant to them. When residents update their notification preferences via the Town's website, www.wilbraham-ma.gov, and by clicking on the link that says "SIGN UP NOW – SERVICES BY BLACKBOARD CONNECT," they can manage their preferences by indicating their preferred mode of contact, language and message topics. If you do not have an email address, please call the Senior Center and we will manually register you. If you would like to register for Blackboard Connect and need assistance, please call Paula, Barbara or Mary Ellen at 596-8379. We are here to help!

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

WEEKLY VOLUNTEERS**Office:** Ann Beardsley,

Evelyn Morris, Adell Teschendorf,

Kathy Phipps, Ginnie Rickert,

Jackie Daniels

Van: Gilles Turcotte,

John Cochran & Gary Babineau

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 11:45 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

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

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

SENIOR CENTER VAN TRIPS**MONDAY TRIPS:****Dec. 3rd—Big Y****Dec. 10th—Stop & Shop****Dec. 17th—Big Y****Dec. 24th —no trip****Dec. 31st—Stop & Shop****WEDNESDAY TRIPS****Dec. 5th—Holyoke Mall****Dec. 12th—WalMart****Dec. 19th—Eastfield Mall****Dec. 26th—WalMart****THURSDAYS TRIPS****Dec. 6th—Stop & Shop****Dec. 13th—Big Y****Dec. 20th—Stop & Shop****Dec. 27th —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! .

