

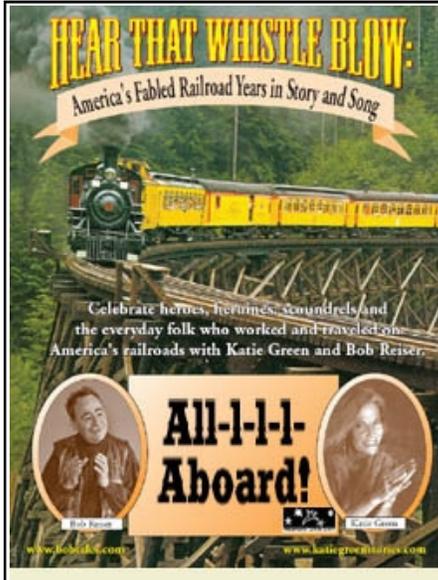
WILBRAHAM SENIOR NEWS

45B Post Office Park • Wilbraham, MA 01095

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

Volume 19, 4

APRIL 2013



Come for lunch on Tuesday, April 9 and stay for the entertainment. Storytellers Katie Green and Bob Reiser will present “Hear that Whistle Blow: America’s Fabled Railroad Years in Story and Song”. The program celebrates heroes, heroines, scoundrels and everyday folk who worked and traveled on America’s railroads. Travel back in time and ride the rails! This program is funded by a grant from the Wilbraham Cultural Council.

Harry Setian will be preparing a wonderful turkey meal, with potatoes, vegetables and dessert. Lunch will be served at 11:45. Cost for lunch is \$4 and reservations and payment must be made by April 2 in the Senior Center front office. Space—as always—is limited, so please sign up today!

HOW TO STAY INDEPENDENT, HEALTHY & PHYSICALLY AND MENTALLY FIT

Keystone Woods will be at the Senior Center of **April 22 at 10 am** to present this complimentary educational seminar. Important topics covered include the various elements that lead to longevity, the latest scientific and medical advances, steps you can take to stay in control of your life, lifestyle changes to avoid the risk of Alzheimer’s disease, and much more. Please call 596-8379 to register for this very interesting speaker.

FUNERAL PRE PLANNING

Ellen O'Brien of Wilbraham Funeral Home will be conducting a free presentation on **Monday, April 29 at 10 am**. Her topics will include the benefits of preplanning your funeral, veteran’s and social security benefits. A questions and answer session will follow. Light refreshments will be served. To register, please call 596-8379. This program was rescheduled from February.

**SENIOR
CENTER
CLOSED
MONDAY,
APRIL 15
PATRIOT’S
DAY**



NUTRITION PROGRAM AT BIG Y

This month’s program “Salt Smarts” will be held on **Monday, April 8th at 10 a.m.** This program takes place at the Big Y in Wilbraham, meeting in the café. Please call 596-8379 to register, as space is limited.

SENIOR MEDICARE PATROL

Do you know that healthcare errors, fraud and abuse cost billions of dollars annually? Do you know that approximately 100,000 lives are lost each year due to healthcare errors? Learn the best practices of how to **PROTECT, DETECT & REPORT** healthcare errors, fraud and abuse. There will be a presentation and interactive dialogue on **Monday, April 8 at 10 am**. Call 596-8379 to register for this presentation.



Chair Massage Therapy Benefits

On the first Friday of each month, we offer a 10 minute chair massage for a bargain price of \$10. Ann Ambrose, licensed massage therapist and owner of The Massage Clinic of Wilbraham, works wonders on tired, achy muscles. Most of us perform certain tasks over and over throughout the course of the day. Heavy lifting is an obvious physical stressor but even simple repetitive motions can cause many problems. Why have a chair massage at the Senior Center? It is convenient. It involves no tables or disrobing, your seated massage takes place directly through your clothing. You will feel invigorated as it loosens your muscles and stimulates your blood circulation. Call for appointment with Ann on Friday, **April 5**. 596-8379



News from the Public Health Nurse

Lyme disease continues to be a concern. As in previous years, Wilb. is reporting multiple cases of tick born disease. Health care professionals strongly encourage use of preventive measures for people and their pets when outdoors. Lyme disease is the most commonly reported tick-borne disease in MA. So, what can you do? Prevention begins with you! Visit The Wilbraham Health Information Center located in the walk through room of the Senior Center. For additional information on tick-borne illness surveillance and prevention, visit www.mass.gov/dph/tick or call the DPH Hotline at (617) 983-6800.

Blood pressure screenings are held every Tuesday at the Senior Center from 11am until 12 pm. Blood Glucose monitoring is offered the First Tuesday of every month and as needed or by appointment. Glucose Equipment Checks and education are also offered. *Sharps containers are still available FREE of charge at the Senior Center. If you have a health related concerns please feel free to call 413-596-8379 or stop by The Public Health office on Tuesdays or Wednesdays.

BOOK CLUB—If you enjoy reading and discussing books, the Senior Center Book Club is looking for you. They read a variety of interesting books and meet on the third Thursday of the month from 2:30 – 3:30. For more info, call Mary Ellen at 596-8379.

HEALTH & FITNESS PROGRAMS

HEALTH PROGRAMS

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

Foot Care Nurses will be at the Center on **April 11** and are available for home visits. Cost is \$28. Appt. needed.

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

Baystate Hearing Aids, **April 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 **April 5**. 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 **Fridays at 10:30 a.m.** \$5 per class.

ZUMBA WITH NEW INSTRUCTOR—Wed., 2:30!

Tap Dance with Mary Ann, Thurs. at 9:30 a.m. , \$2 followed by a Jazz Class at 10, \$2/class.

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— **April 5**, See Mary Ellen 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

Wilbraham Veteran's Office Field Trips: Springfield Armory, April 19th, Departure from Wilbraham Senior Center at 9:30, Tour of Armory, Lunch at Jake's provided by Wilbraham Veterans Office.

Westover Air Force Base, May 10, Departure from Wilbraham Senior Center. "Windshield Tour" Air Force Bus at Westover will take guests to various locations with a tour guide. Lunch provided by Wilbraham Veterans Office. Please call the Wilbraham Senior center to reserve a seat. Seating is limited 596 8379

Under Chapter 115 of Mass. General Laws, the state provides a uniform 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 contact Richard Prochnow, Call 596-8379, and ask for Veteran's Agent.

Upcoming Events

Low Back Pain
Treatment & Prevention—May 6th

Trip to NYC - May 8th \$30

Veteran's Westover Trip-May 10th

Getting the Most of your Medications
May 13th

Mother's Day

Luncheon and
Entertainment with
Ritchie Mitnik
May 13th



Little known facts about the Wilbraham Senior Center...

- We have a loaning closet with medical equipment for Wilbraham residents to borrow on a short term basis
- We sell trash bags for the dump
- We sell PVTA bus tickets at a discount price
- SHAPRS containers (used for discarding medical needles) are available for FREE at the Center
- We accept retired American flags for the boy scouts to burn
- Every Wednesday, we have "about to expire" baked goods from a local grocery store for a donation of \$1
- We have a treadmill and two exercise bikes for use, free of charge (doctors note needed prior to first use)
- There are two public use computers with attached printer

APRIL EVENTS

BOOK CLUB will meet on Thursday, **April 18** at 2:00 pm.

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

JEWELRY WORKSHOP with Sandy Merrill will be held on **April 17** 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, April 26 at 8:30 a.m.** Please call to register—596-8379.

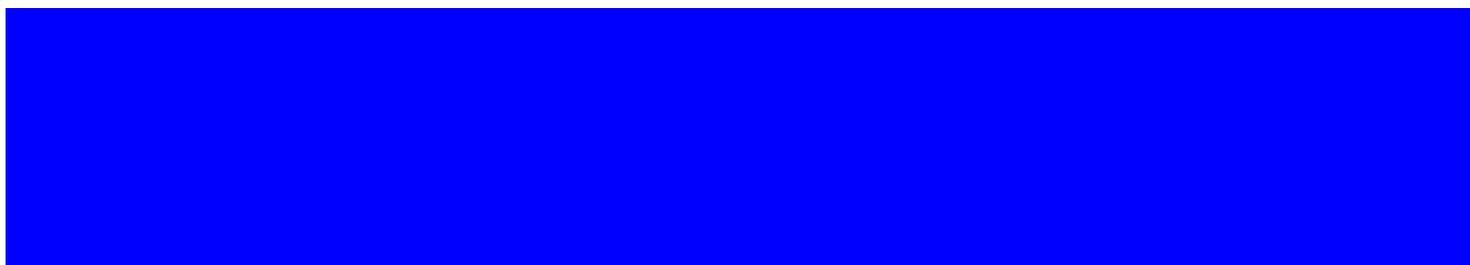
QUILTING CLUB— Meets the 2nd & 4th Thursday, 1:00 p.m.

AFTERNOONS: 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 April to help with insurance questions. 596-8379 for an appt.

APRIL 2013

Mon	Tue	Wed	Thu	Fri
<p>1 8:30-AARP Tax 12-Gentle Walking 12:30-Pitch 1-Rug Making</p> <p><i>Hot Dog, beans</i> Stop & Shop</p>	<p>2 10-Chair Exercise 10:45-Aerobics 11-Blood Pressure Readings 1-Knitting Etc. <i>Seafood Salad</i> Around Town</p>	<p>3 9-Tai Chi 10:15-Arthritis Class 11-Belly Dance 1:40-Line Dance 2:30-Zumba 4-COA Meeting Wal Mart</p>	<p>4 9:30-Tap Dance 10-Jazz Dance Class 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes Big Y</p>	<p>5 9-Chair Massage 9-Outrageous Adventures 10:30-Zumba Gold 1-Bridge 1:40-Line Dance</p>
<p>8 8:30-AARP Tax 10-Nutrition—Sodium 10-Medicare Patrol 12-Gentle Walking 12:30-Pitch 1-Rug Making <i>Sandy Country Pie</i> Big Y</p>	<p>9 10-Chair Exercise 10:45-Aerobics 11-Blood Prs Readings 11:45-Special Lunch 1-Knitting Etc. 1:30-Red Hat Mtg. Around Town</p>	<p>10 9-Tai Chi 9-Foot Doctor 10-Baystate Hearing 11-Belly Dance 1:40-Line Dance 2:30-Zumba Eastfield Mall</p>	<p>11 8-Foot Nurses 9:30-Tap Dance 10-Jazz Dance Class 10-Chair Exercise 11:30-Dominoes 1-Quilting Group Stop & Shop</p>	<p>12 10-Health Living Support Group 10:30-Zumba Gold 1-Bridge 1:40-Line Dance</p>
<p>15 CLOSED PATRIOTS DAY </p>	<p>16 10-Chair Exercise 11-Blood Pressure Readings 1-Knitting Etc. <i>American Chop Suey</i> Around Town</p>	<p>17 9-Tai Chi 10-Jewelry Workshop 10:15-Arthritis Class 11-Belly Dance 1-Attorney Peterson 2:30-Zumba Wal Mart</p>	<p>18 9:30-Tap Dance 10-Jazz Dance Class 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 2:30-Book Club Big Y</p>	<p>19 10-Veteran's Trip 10:30-Zumba Gold 1-Bridge</p>
<p>22 10-Keystone Fitness Presentation 12-Gentle Walking 12:30-Pitch 1-Rug Making <i>Tuna salad/soup</i> Big Y</p>	<p>23 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure Readings 1-Knitting Etc. <i>Italian beef stew</i> Around Town</p>	<p>24 9-Tai Chi 10-Fallon health 10:15-Arthritis Class 11-Belly Dance 1:40-Line Dance 2:30-Zumba Holyoke Mall</p>	<p>25 <i>Fashion Show</i> 9:30-Tap Dance 10-Jazz Dance Class 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Club Stop & Shop</p>	<p>26 8:30-Men's Breakfast Club 10:30-Zumba Gold 1-Bridge 1:40-Line Dance</p>
<p>29 10-Funeral planning 12-Gentle Walking 12:30-Pitch 1-Rug Making <i>Roast Pork/gravy</i> Stop & Shop</p>	<p>30 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure Readings 1-Knitting Etc. <i>Chicken chow mein</i> Around Town</p>			



Friends of Wilbraham Seniors April 2013 Update

We would like to take this time to thank this wonderful community for their continuing support and generous contributions to the Senior Center Building Fund. It seems clear that this is an idea whose time has clearly come. The **Council on Aging** is preparing to speak again with our Board of Selectmen about the next step. It's no secret that the US population is aging. But just consider this: **15%** of our state is age 60 and older. **25%** of Wilbraham is age 60 and older. **31%** of the *adult population* is 60 and older. When you factor in the baby boomers, in the coming decade nearly half of the adults in town will be 60 and older. Thanks again for all your help and support.

S O L I D O U T N O T I C E

3rd Annual Friends of Wilbraham Seniors Fashion Show.

Thursday, April 25, 2013.

The this year's theme is "It's All About Me"

**The next Mohegan Sun Casino Trip scheduled for
Tuesday, June 4, 2013**

**Be sure to mark your calendar and reserve your seat.
Call Jane Soukup at 596-6046**

We are continuing to ask for contributions of \$5.00 to defray postage costs for mailing the Senior News. Checks may be made payable to FWS or the Friends of Wilbraham Seniors. You can drop your donation off to the receptionist at the Senior Center or mail it to 45B Post Office Park. Thank you again for your already generous support.

There will be another Dining Out at Abruzzo's Restaurant on Tuesday, May 7, 2013. As you know all the dining out events are supported by the restaurants by donating 20% of the Food and Beverage bill to the Friends of Wilbraham Seniors Center Building Fund. It's great that they support our community. Let's show our support to them by dining out at their establishment.

It's All About Me Luncheon & Fashion Show

Fashions by

"It's All About Me"

Hampden, Massachusetts

Thursday, April 25, 2013

11:00 Social Hour, Refreshments & Wine Available for Purchase

12:00 Luncheon Starts

12:20 Entertainment

Benefiting the Women of Wilbraham Seniors Building Fund

St. Cecilia's Parish Center, 42 Main Street, Wilbraham

Seating only, Reserved tables of 8 or 9 are available

*Get your tickets at the Wilbraham Senior Center receptionist desk or
by calling 596-8379 and leaving your name, phone number and the
number of tickets requested and you will be contacted regarding ticketing
arrangements.*



RED HAT YA YA SISTERHOOD OF WILBRAHAM

Spring is here; our year is in full swing. I am sure the March event was great we all loved the museum and lunch is always good with my sisters.

Our next event is the Friends of Wilbraham Seniors Fashion Show and Luncheon. I have everyone's ticket. Don't forget the social hour starts at 11:00 and there are great raffles and wine also.

May is finally all set, sounds wonderful let's hope the weather cooperates. It is lunch and boat ride at Brunelle's Marina. We will meet at the senior center at 9:45, lunch will be at 11:00 followed by the boat ride. The van will be available and we will car pool if necessary. The fee for the van is \$4. The cruise is a 2 hour ride and is \$14. And we will order off the menu with separate checks. Deadline is April 25th. Call Maria Cacula at 413-250-1928 for reservations.

June is the 250 Anniversary Parade in Wilbraham if you want to take part contact Elaine Lavoie at 596-6001. Our Ya YA Sisterhood is taking a big part in the parade. If you would like to help make decorations for the parade call Deb Gormley 547-6583. The parade is Sunday June 23rd. I am asking all sisters to please come all decked out in RED HAT, purple top and white pants or skirt.

As usual April is when we nominate our new officers. There are 6 offices open for nomination: secretary, treasurer, communication, publicity, and historian. If you are interested in running for any of these offices contact Queen Mum Kathy Phipps at 413-596-9938. If anyone has any good ideas for events for next year please call me at 596-9938. Enjoy the beginning of spring.

Kathy Phipps

community calendar

Senator Gale Candaras' Aide will be at the Senior Center on the 2nd Tuesday of each month at 11 am.

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 Library from 2-3 p.m. on the last Tuesday of each month. There is no cost.

American Parkinson's Disease Association's sponsored support group of Springfield's next meeting will be Monday, April 8, 2013. Please note this is a week later in the month than normal. This support 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. The meeting will present: A Representative from Stavros Center for Independent Living, Springfield Office. We meet at the **Jewish Community Center at 1160 Dickinson Street, Springfield, MA at 4 p.m.** and as usual: 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. More Parkinson's information and events can be obtained on the APDAMA.org website.

FLOWERS FOR A CURE

Each month, the window wall in our lobby is used to raise money for the building fund. In April, we are switching gears and helping to raise funds and awareness for Rett Syndrome, a debilitating neurological/movement disorder that primarily affects girls. A Wilbraham family with ties to the Veteran's Department, is personally affected by this and we would like to help them out. Stop by the Senior Center and purchase a paper flower for \$1. All funds will be forwarded to Garden of Hope, a campaign of [Girl Power 2 Cure, Inc.](#), a national nonprofit organization that raises funds for Rett Syndrome. Please stop by and help this garden grow!



DONATIONS

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

Crawford, Ed/Louise Jasmin, Lynn Sweeney, Barbara

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

Belsky, Alice	Follansbee, Ernest	Markett Jr, Walter	Tessier, Pat
Bennett, Alice	Fusco, Shirley	Meschke, Veronica	Tucker, Catherine
Bulat, Walter/Helen	Hunt, Audrey	Morneau, Lawrence/Joan	Wysock, Coral
Carosello, Faith	Karpowicz, John	Motyl, Frank & Patty	Zanetti, Henry
Carpenter, Shirley	Krol, Ed/Jean	Post, Jenine	
Cheney, Margaret	Kulig, Alice/Rita	Pychowicz, Katherine	
Crawford, Ed/Louise	Lambert, Olive	Pychowicz, Katherine (van)	
Davenport, William	Logan, John/Charlotte	Salemi, Ann	
Dyson, Bill	Lussier, Nicole	Setian, Harry/Liz	
Eady, Jerry/Josephine	Manzi, Wm/Margaret	Supernaw, Dolores	

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

Carpenter, Shirley	Iellamo, Dorothy	Schwendenmann, Dorothy	School District
Crawford, Ed/Louise	Lussier, Nicole	Hunt, Audrey, in memory of	Anonymous donation in
Garvey, William	Markett Jr, Walter	Ray Hunt	honor of Mary Ellen Schmidt
Hefling, Richard	Motyl, Frank/Patty	Hampden-Wilb Regional	

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.

ADS

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**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 KlostriMeeting: 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: pdbord@wilbraham-ma.gov

SENIOR CENTER VAN TRIPS**MONDAY TRIPS:****April 1—Stop & Shop****April 8—Big Y****April 15—CLOSED****April 22—Big Y****April 29—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 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! .

WEDNESDAY TRIPS**April 3—WalMart****April 10—Eastfield Mall****April 17—WalMart****April 24—Holyoke Mall****THURSDAYS TRIPS****April 4—Big Y****April 11—Stop & Shop****April 18—Big Y****April 25—Stop & Shop**