

# WILBRAHAM SENIOR NEWS

45B Post Office Park • Wilbraham, MA 01095

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

Volume 19, 8

AUGUST 2013

## ICE CREAM SOCIAL

What's better than ice cream on a hot summer day? A hot dog lunch with entertainment!! Join us on **Wednesday, August 21 at 12 noon** for an old fashioned ice cream social. We will be serving a hot dog meal with beans and cole slaw, followed by entertainment provided by Richard & Jack. And to top off the day, Visiting Angels HomeCare will be serving us delicious ice cream sundaes. The cost of the hot dog meal will be \$1.75 and payment is due at time of registration. Space will be limited to 100, so please stop by the Senior Center to register. The Center is fully air conditioned—come stay cool and enjoy the sounds of summer Open to all Seniors.



In 2008, Richard and Jack began playing as a two piece entertaining "other seniors" such as themselves, at various venues in the area. Their music ranges from the 30's to the 70's and their repertoire includes music for everybody's taste.



### DOWNSIZING YOUR HOME

Are you thinking of downsizing in the future? Join John Downey from Re/Max Prestige on **August 12<sup>th</sup> at 10 am** for some tips on: Organizing, Decluttering, Different Senior Communities and General real estate outlook in our area. Please call **596-8379** to sign up for this program.



### NEW YORK CITY BUS TRIP

September 18th

Sign ups start on August 6th

Cost is \$30, make checks payable to Senior Center Revolving Acct. See Mary Ellen for more info.

### 250TH ANNIVERSARY TOWN PICNIC

On Sunday, August 18 from 1-5 pm, there will be a town picnic at Spec Pond presented by the 250th Anniversary Committee. The Wilbraham Hampden Rotary Club has been asked to cook the food for 1,500 residents, due to their experience with the annual Senior Picnic. Because of their commitment to this picnic, there will be no Senior Picnic this year. But the Rotary club has generously purchased 250 wristbands for Wilbraham Seniors so they may attend the 250th Anniversary Picnic at no cost. **You must be a Wilbraham resident and have a wristband to attend the picnic.** Starting **Monday, August 5**, you may pick up your **FREE** wristband at the Senior Center office on a first come first serve basis. Additional wristbands will be sold at Town Hall. (\$3 for adults, \$1 for children) Thank you to the Wilbraham Hampden Rotary Club for once again supporting our Seniors!

### Providence Place Chapel Tour

There is a hidden treasure right in our backyard at Providence Place in Holyoke, an independent retirement living facility. On the 2nd story of the building, you will be overwhelmed by what you see through the chapel doors. We have arranged for a private tour and luncheon, including transportation on the Senior Van. Please mark your calendars for Friday, **August 2**. Space is limited to the first 12 Seniors, so please call today to register at **596-8379**. Don't miss this opportunity to tour a beautiful building, rich with history.



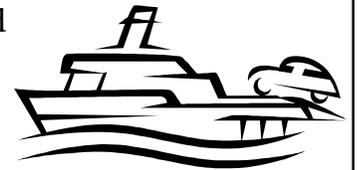
**DID YOU KNOW THE SENIOR CENTER...?**

- Sells town garbage bags
- Sells PVRTA bus tickets at a discounted price
- Has a medical equipment loaning closet
- Offers free sharps containers for used medical syringes
- Houses the towns Veterans Agent
- Accepts retired USA flags
- Welcomes those from other communities to attend activities
- Serves lunch for \$1.75 on Mondays
- Front receptionist desk is staffed by volunteers
- Offers Knox Boxes to Seniors living alone
- Is too small

Call **596-8379** for more information on any of these services or activities.

**BOSTON HARBOR CRUISE**

Odyssey Luncheon Cruise on Boston Harbor on Tuesday, August 13th. The trip will leave the senior center at 9:15AM and return around 6:30PM. Cost is \$77.00 and includes : Bus, scenic 2 1/2 hour Boston Harbor Cruise aboard the beautiful Odyssey, elegant served lunch, musical entertainment and free time at Quincy Market. Lunch choices are: Tuscan Chicken, Asian Grilled Salmon, Beef Short Ribs, Seafood Ravioli, Mediterranean Vegetable Purse. Please choose one at time of registration. \$2.00 bus driver tip will be collected the day of the trip.



**HEALTH & FITNESS PROGRAMS**

**HEALTH PROGRAMS**

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

Foot Care Nurses will be at the Center on **August 8** and are available for home visits. Cost is \$29. Appt. needed

Foot Doctor Cindy Galavotti will be here on **August 14**, cost is \$35. Call 596-8379 for an appointment. Also available for home visits.

Baystate Hearing Aids, **August 14**, 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 **August 2**. 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 at 1:40 p.m.**

Zumba Gold on **Fridays at 10:30 a.m.** and Wednesday at **2:00 pm.** \$5 per class.

Tap Dance with Mary Ann, will be on hiatus for the summer, returning in September.

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— **August 9.** See Mary Ellen for more information.

**NEW Senior Center Fitness Equipment**— **recumbent bike and treadmill.** A Dr’s. note and training by Mary Ellen 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



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.



### OPTIONS FOR DELIVERY OF NEWSLETTER

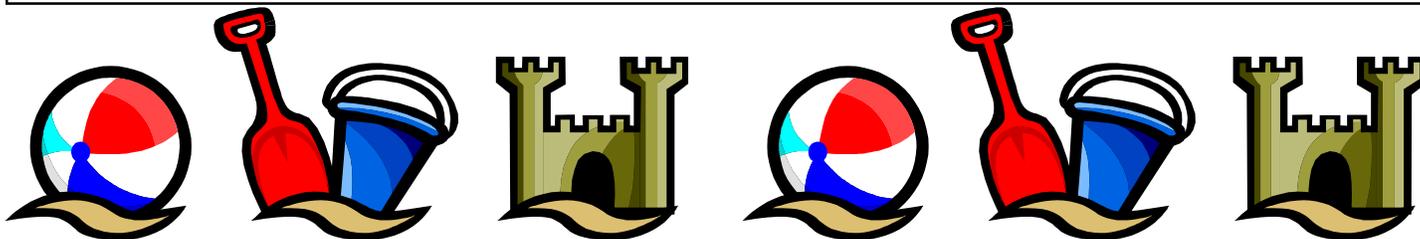
Do you have email? Would you like to receive this monthly newsletter by email instead of through the US Postal system? We have a great way to save money on postage and you can help. You can receive the newsletter by email each month by sending your email address to [pdubord@wilbraham-ma.gov](mailto:pdubord@wilbraham-ma.gov). Include your name, mailing address and email address. We will remove your name from our standard mailing list and add you to the email list. The newsletter is also available through the towns website at: [www.wilbraham-ma.gov](http://www.wilbraham-ma.gov). If you want to continue to receive the newsletter by regular mail, you do not need to do anything. Thanks for your help in reducing our postage bill.

### SOLE FOOD REFLEXOLOGY

Reflexology is a science which deals with the principle that there are flex areas in the feet and hand which correspond to all the glands, organs and parts of the body. Reflexology relieves your system of toxins caused by the environment and stressors of daily life. A reflexology treatment concentrates on the reflex points of the feet. Applying pressure to these points stimulates the circulatory system, which assists the body in detoxifying itself of impurities and restoring balance. Dawn Dietrich, certified foot reflexologist, will be at the Senior Center on **August 2 at 10 am** for appointments. Please call **596-8379** for your appointment!

### BIG Y SUPERMARKET TOUR

A tour of the supermarket with registered dietitian Allison Clark will be held on Monday, August 19<sup>th</sup> at 10am. This program takes place at the Wilbraham Big Y, meeting in the café. This tour is the first of a nutrition series that will begin with topics in September. Please call 596-8379 to register, as space is limited.



### AUGUST EVENTS

**BOOK CLUB** will meet on Thursday, **August 15th at Crazy Jakes at noon.**

**ATTORNEY DOUGLAS PETERSON**, FREE 20 minute consultations on **August 14.** Call for appt. 596-8379.

**JEWELRY WORKSHOP** with Sandy Merrill will be return in September. Watch for date.

**MEN'S BREAKFAST** in Wilbraham on **Friday, August 30 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 August to help with insurance questions. Call **596-8379** for an appt.

# AUGUST 2013

Mon	Tue	Wed	Thu	Fri
			<b>1</b> 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes  <b>Big Y</b>	2 9-Chair Massage 10-Reflexology 10:30-Zumba Gold 11-Providence Place Tour 11:30-Strength Class 1-Bridge 1:40-Line Dance
<b>5</b> 12-Gentle Walking 12:30-Pitch 1-Rug Making  <i>Chicken Salad</i> <i>Pasta Salad</i> <b>Big Y</b>	<b>6</b> 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure Readings 1-Knitting Etc. <i>American Chop Suey</i> <b>Around Town</b>	<b>7</b> 9-Tai Chi 10:15-Arthritis 11-Belly Dance 1:40-Line Dance 2-Zumba  <b>WalMart</b>	<b>8</b> 8-Foot Nurses 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Group  <b>Stop &amp; Shop</b>	<b>9</b> 9-Outrageous Adventures 10:30-Zumba Gold 11:30-Strength Class 1-Bridge 1:40-Line Dance
<b>12</b> 10-Downsize your House 12-Gentle Walking 12:30-Pitch 1-Rug Making 1-Friends Meeting <i>Macaroni &amp; Cheese</i> <b>Stop &amp; Shop</b>	<b>13 BOSTON HARBOR TOUR</b> 10-Chair Exercise 11-Blood Pressure Rdg 1-Knitting Etc. <i>Mealtoaf/mushroom gravy</i> <b>Around Town</b>	<b>14</b> 9-Tai Chi 10-Baystate Hearing 10-Podiatrist 10:15-Arthritis Class 11-Belly Dance 1-Attorney Peterson 2-Zumba <b>Holyoke Mall</b>	<b>15</b> 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 12-Book Club at Jakes  <b>Big Y</b>	<b>16</b> 10:30-Zumba Gold 11:30-Strength Class 1-Bridge 1:40-Line Dance
<b>19</b> 10-Big Y Tour 12-Gentle Walking 12:30-Pitch 1-Rug Making <i>Chicken Meatballs</i> <i>Spaghetti</i> <b>Big Y</b>	<b>20</b> 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure Readings 1-Knitting Etc. <i>Roast Turkey/gravy</i> <b>Around Town</b>	<b>21</b> <b>ICE CREAM SOCIAL</b> 9-Tai Chi 10-Fallon Health 11-Belly Dance 2-Zumba  <b>WalMart</b>	<b>22</b> 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Group  <b>Stop &amp; Shop</b>	<b>23</b> 10:30-Zumba Gold 11:30-Strength Class 1-Bridge 1:40-Line Dance
<b>26</b> 12-Gentle Walking 12:30-Pitch 1-Rug Making  <i>Mild Taco Salad</i> <i>Yellow Rice</i> <b>Stop &amp; Shop</b>	<b>27</b> 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure Readings 1-Knitting Etc. <i>Pot Roast/Gravy</i> <b>Around Town</b>	<b>28</b> 9-Tai Chi 10:15-Arthritis Class 11-Belly Dance 1:40-Line Dance 2-Zumba  <b>Eastfield Mall</b>	<b>29</b> 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes  <b>Big Y</b>	<b>30</b> 8:30-Men's Breakfast Club 10:30-Zumba Gold 11:30-Strength Class 1-Bridge 1:40-Line Dance



## DONATIONS

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

Kalish, Sheila	In Memory of Michael & Martin Gallagher	From Gloria & Francis Gallagher
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Thanks to those who have donated to the Friends of Wilbraham Seniors and Building Fund:

Allard, Diana	Jasmin, Anna	Tripoli, Irene	In Memory of Joan Duquette
Arabik, Steven	Kaczinski, Helen	Trombly, Kent/Joan	Baystate Med Pr, co-workers of Julie Loomis
Blomberg, Joan	Katsanos, Helen		Duquette, John/Joyce
Boober, Marjorie	Mango, Thomas/Ann Marie		Duquette, Larry/Lillian
Boydak, Helena	Manning, Wm/Mary		Pelczarski, David/
Briggs, Shirley	Marchesseault, Carol		Donna
Carpenter, Bryant	McCarthy, Veronica	<b>BUILDING FUND</b>	
Corey, Bruce	Page, Robert	McGranaghan, Joseph/	
Corriveau, Dorothy	Paulin, Adele	Patricia	
Donnet, Don/Aileen	Presz, Jr. Walter/Beverly	Presz, Jr. Walter/Beverly	
Emery, Thelma	Sears, Bernie/Marion	Riddle, Donald/Ann	
Ferreira, Nancy	Stusick, Ted/Stasia	Swallow, Virginia	
Fountain, Carol	Tardy, Barbara	Abruzzo Restaurant	
Gaudreau, Jules	Thibault, Theresa	N WILB Social Club	
Gormally, Laura			

## Friends of Wilbraham Seniors August 2013 Update

**\*\*\*\*\*GO GREEN!!! Get Your Senior News Electronically\*\*\*\*\***

Save us postage and printing costs by receiving your monthly newsletter with your computer. Just email Paula at [pdubord@wilbraham-ma.gov](mailto:pdubord@wilbraham-ma.gov) asking her to please email you when the latest Senior News becomes available. Please include your name, address & email address. You need to do this only once. Monthly you will get an email from Paula with a link. The Senior News will then pop up, IN COLOR. All you computer users join the parade and

**GO GREEN!!!**

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**<<<Selectmen to appoint a Senior Center Feasibility Study Group.>>>**

*Looks like it will be on the August Agenda. We'll keep you posted.*

### **White Elephant Sale Building Fund Items Needed**

The Friends of Wilbraham Seniors have already received some wonderful items. Again, here are a few suggestions: All lightly used household items, jewelry, re-gifted items, figurines, decorative glassware, specialty cookware, knic-knacs, toys in good condition, decorator items. **However: No clothing, electronics, damaged goods, shoes or sporting equipment.** Please contact Jane Soukup at 596-6046. You may deliver your items (please call first) to her house at 11 Vista Road or Jane will arrange to have Charlie Gaudette, Kathy Phipps or Bob Page pick up your items at your home.

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**August 6th, 2013, Foxwoods Casino Trip**

**\*\*\*\*\*S O L D O U T\*\*\*\*\***

**Make your reservation for Mohegan Sun for Oct 1, 2013 quickly!!**

**Come to the Villa Rose  
Center St. in Ludlow  
On Sept. 19, 2012**

**Support The Friends of Wilbraham Seniors Building Fund  
at one of our famous Dine Outs  
NO COUPON IS NECESSARY  
The Villa Rose will generously donate 20% of  
every bill**



**Come for Lunch or Dinner  
Open 12:00 to 8:30  
There will be raffles and lots of fun  
NO COUPON NEEDED!!!!!!**

**Call for reservation for parties of 4 or more  
413-547-6667**

# RED HAT YA YA SISTERHOOD OF WILBRAHAM

Well it is our quiet time of the year event wise. But the board is very busy planning next year's events. First I want to thank the wonderful sisters who took part in the Anniversary parade. It was a great time, but the heat was unbelievable. We all survived, the walkers gave it all to go the 2.2 miles. Our first event will be Sept 22 which is Stage Loft Theater. Jane Soukup is the chair person for this event 596-6046. We will be starting the membership calls for next year soon. Call Deb Gormley 547-6583 to join or rejoin for the coming year. Oct 18th we will be doing something different a trip to Sturbridge to a place called Brush It Off. Stay tuned for more info. Maria Cacela will be chairperson for this event 596-4444. Nov. 15 will be the pot luck more info to follow on that. Stay cool and safe this summer. Your Queen Mum, Kathy Phipps

## ARE YOUR DRUG COSTS TOO HIGH?

In the Donut Hole you paid full retail price for your medications. The Affordable Care Act now offers you a discount of 14% on generic drugs and 52.5% discount on brand name drugs. Even with these discounts your drug cost can still be very high. The state offers a drug cost assistance plan called Prescription Advantage for elders going into the Donut Hole. If your income is less than \$33,510 (Single) or \$45,390 (Couple) your co-pays will range from \$7 to \$12 for generic drugs and \$18 to \$30 for brand name drugs. There is no cost for joining this plan. If your income is between \$33,511 and \$55,850 (Single) or \$45,391 and \$75,650 (Couple) then there is an annual \$200 membership fee. Your drug plan co-pays apply. Call to set up an appointment with our SHINE Councilor Gerry Carney for more information.



## MEDICARE SAVINGS PROGRAM

Does your monthly income fall between \$978 to \$1,313 (Single) or \$1,313 to \$1,765 (Couple), your assets between \$7,080 (Single) and 10,620 (Couple)? If you fit into one of these categories then Social Security will not charge you for your Part B Premium (\$104.90/mo.). Call to set up an appointment with our SHINE Councilor Gerry Carney at **596-8379**.

### **community calendar**

Palmer/Monson Community Band performs at Orchard Valley, August 21st from 6:30-8 on the front lawn. Bring your chairs!

Senator Candaras' Aide will be at the Center on the 2nd Tues. 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.

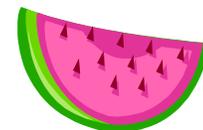
Atheneum Society Open House, Sunday, August 11 from 2-4. Revolutionary War era speaker is Peter Dembkowski, dressed in period costume.

### **UPCOMING EVENTS**

ESTATE PLANNING THROUGH  
FAMILY MEETINGS—SEPT. 16

WHAT'S NEW IN MEMORY  
DISORDERS & TREATMENTS  
SEPTEMBER 17

NEW YORK CITY BUS TRIP  
SEPTEMBER 18



## VOLUNTEERS NEEDED – DESPERATLY!!

We have a variety of volunteer opportunities available. Please read the list below and see if you can help out:



Volunteer Drivers for Medical Appointments – Looking for anyone with a vehicle, good driving record and a few hours to give to Wilbraham Seniors who have no other transportation to medical appt.

Companion Shopper – We have a 95 year old woman who would love to go grocery shopping or to the local mall, but needs just a little help. The Senior Van is available for transportation, but our lady needs a pal to assist her.

Newsletter – Monthly collating and labeling 2,000 newsletters that we mail out.

Speakers – do you have an interesting story or have you traveled to an exotic location? We would love to have you share your experiences with others.

Weekend Meals on Wheels Drivers – Help deliver meals to homebound seniors on the weekends. Pick up meals from LifeCare Center and deliver to 20 Wilbraham residents.

Please call Mary Ellen Schmidt, Volunteer Coordinator at 596-8379 for more information on any of these positions. You will be amazed how good it feels to help others in your community.

### OTHER VOLUNTEER OPPORTUNITIES:

Friends of Wilbraham Seniors – a certified 5013c non profit fundraising organization dedicated to the Seniors of Wilbraham. This group is raising moneys for a new senior center and can use all the help they can get. Contact Bob Page at 596-8719 to see how you can get involved.

**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

**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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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 781-8800, ask for Jean in nutrition. \$1.75 donation requested.

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

Nonprofit Organization  
U.S. Postage Paid  
Springfield MA  
PERMIT NO. 2853

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**WEEKLY VOLUNTEERS****Office:** Ann Beardsley,Evelyn Morris, Adell Teschendorf,  
Kathy Phipps, Ginnie Rickert,  
Jackie Daniels**Van:** Dottie Kantor, Peter Siuda,  
John Cochran & Gary Babineau

**IF YOU WISH TO UNSUBSCRIBE  
FROM THIS NEWSLETTER  
PLEASE CALL THE SENIOR  
CENTER AT 596-8379**

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**SENIOR CENTER HOURS:****Monday-Friday, 8:00-4:00**

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**PVTA Van Service**

available by calling 739-7436.

Newsletter available online at  
[www.wilbraham-ma.gov](http://www.wilbraham-ma.gov)

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**COUNCIL ON AGING MEMBERS:****Chairperson:** Trant Campbell**Vice Chair:** Robert Page**Secretary:** Ellen O'Brien**Members:** Theresa Munn, 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 8th 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:****August 5—Big Y****August 12—Stop & Shop****August 19—Big Y****August 26—Stop & Shop****WEDNESDAY TRIPS****August 7—WalMart****August 14—Holyoke Mall****August 21—WalMart****August 28—Eastfield Mall****THURSDAYS TRIPS****August 1—Big Y****August 8—Stop & Shop****August 15—Big Y****August 22—Stop & Shop****August 29—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.

**Call 596-8379 to sign up today.**

Around Town Trips on Tuesdays—call to reserve a seat!

