

WILBRAHAM SENIOR NEWS

45B Post Office Park • Wilbraham, MA 01095

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

Volume 19, 12

DECEMBER 2013

HOLIDAY PARTY

Mark your calendars for Wednesday, **December 11th** when the Senior Center will be celebrating the holiday season with a festive lunch and entertainment provided by students from the Wilbraham Middle School. The menu will consist of Roast Turkey, Gravy, Cranberry Sauce, Mashed Potatoes, Butternut Squash, Wheat Bread and dessert. Cost for the meal is \$1.75 and must be paid for at time of registration. Stop in today, as we are limited to the first 100 Seniors who register. Whether you celebrate Christmas, Hanukah, Kwanza or Festivus, come share the spirit of this special time of year with us. **The festivities will begin at 12 noon.** No need to arrive early, there will be a seat for everyone who has registered.

COOKIE SWAP

Time to pull out your grandmothers' secret cookie recipe. We will be holding our first Cookie Swap on Monday, **December 16 at 10 am.** Bake 3 dozen of your favorite cookies and bring them to the center where you will "Swap" cookies with your neighbors and go home with 3 dozen different cookies. The Senior Center will provide plastic bags for you to take your cookies home in. Call 596-8379 to register for this fun & delicious event!



PACE PROGRAM

Please join us at **10 am, Monday Dec. 9**, for a discussion on Mercy LIFE, Sisters of Providence Health System's PACE (Program of All-Inclusive Care for the Elderly) program. This innovative new model of care is designed to help frail seniors aged 55+ continue to live safely and independently at home rather than enter a nursing home. Rachel Broudy, Medical Director, will explain how Mercy LIFE will take the traditional elements of health care - but without the traditional limitations of insurance plans—and use them in a way that helps you live safely in your own home. Call 596-8379 to sign up for this very interesting presentation.

Managing Holiday Stress

It may not always be the "most wonderful time of the year"...while the holiday season gets longer, it gets filled with more and more demands. It can often bring on stress and even depression. Learn simple tips to help you let go of stress and reconnect with the simple joys of the holidays. Create a healthy holiday season for yourself. Come hear how to reduce your holiday stress on **Tuesday, December 3 at 1 p.m.** Presented by Hospice Services of Western Massachusetts. Please call 596-8379 to register for this very helpful presentation.



STOCKINGS FOR SENIORS

Orchard Valley is once again sponsoring "Stockings for Seniors", a program that provides joy and happiness to local homebound seniors. Your donation of a filled stocking will be distributed to our frail neighbors through our home delivered meals program. Suggested items include: gift cards, puzzle books, eyeglass repair kits, light up magnifying glass, flashlight, batteries, night light, nail clippers and files, toothbrush and toothpaste, hand lotion, stamps, note cards and stationary, candy, lottery tickets. **Stockings will be accepted at the Senior Center until December 11th.** Thank you in advance for your support of this program.





Wilbraham Senior Center is now on FACEBOOK. "Like" us to get the latest information on all our programming, activities and services that we offer.

MANICURES AT THE CENTER

Manicures by Cathy Rasid (licensed manicurist) every other Tuesday. Basic Manicure \$10, includes nail shaping, filing, soaking, cuticle and skin conditioning with clear polish. Nail Polish Application \$10, includes nail shaping, filing and Vinyl-Lux Premium Polish. Complete Manicure \$18, includes all above. Call 596-8379 for appointments.



VERTIGO & FALLS

Look up the word vertigo in the dictionary and you will find confirmation that it is the slightly dizzy feeling we get at great heights - perhaps when looking down from the top of a tall building. Join us on Monday, **January 6th at 10 am**, when representatives from Baystate VNA will speak on Vertigo and Falls. Learn here what true vertigo is, how it is caused, the tests to diagnose it, and available treatments. Call 596-8379 or stop in at the front desk to register for this program.

HEALTH & FITNESS PROGRAMS

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

Foot Care Nurses will be at the Center on **December 12** and are available for home visits. Cost is \$29.

Foot Doctor Cindy Galavotti will be here on **December 11** cost is \$35. Call 596-8379 for an appointment. Also available for home visits.

Baystate Hearing Aids, **December 11**, 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 6**. Very relaxing!!

Sole Food Reflexology—Dawn Dietrich, certified foot reflexologist, will be at the Senior Center on **December 6 & 20** for appointments. Cost is \$10.

Lee Giglietti, Public Health Nurse, is available on Tuesdays and Wednesdays for consultations. Please call for hours.

SHARPS containers are available FREE at center, with list of where they can be returned when full.

Call 596-8379 for appointments.

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 Wednesday at **2:00 pm** and **Fridays at 10:30 a.m.** Strength class follows Friday's class, \$5 per class. **NO FRIDAY ZUMBA IN DECEMBER.**

Tap Dance with Mary Ann, Thursdays at 9:30 am (\$2), followed by a Jazz class at 10 (\$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— **December 20.** 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.



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.

MEDICARE OPEN ENROLLEMENT

The Medicare Open Enrollment will be from October 2013 to December 7, 2013. This is the time when you can make medical plan or drug plan changes that will start on Jan. 1, 2014. It is a good time to review your coverage and make sure your health plans work for you. Our SHINE Representative, Gerry Carney, will be available December 6 to answer your questions and assist in making plan changes. Don't delay and be left out. Call ahead of time to schedule an appointment. 596-8379. To help make informed decisions on your health insurance, we have scheduled FALLON HEALTH, December 2, 10 am. No appointments necessary, just stop by with your questions. Educated representatives will be here to help you in your decision making.

CHANGES TO PVTA PARATRANSIT AND SENIOR SERVICE

The PVTA has up graded its software system to allow them to schedule trips more efficiently. The new scheduling will include better grouping of trips, which in turn will open more space for many Senior Service trips that are currently denied due to capacity. The upgrade also requires Hulmes Transportation to utilize the full automated scheduling, which means that scheduling will not begin until the evening before the trip. Trips can still be reserved between 7-days in advance and 4:30pm the day before the trip. Hulmes staff will be calling all riders between 5:30pm-9:00pm the night before their trip to let them know their pick up window. Call-takers will no longer be able to give a pick-up window at the time the trips are reserved. ***This new scheduling process includes Riders with Standing Order trips.*** All paratransit riders will be called the night before their trip to let them know the pick-up window for trips occurring the next day.

Coming December 15th - Manage My Trips

The software upgrade includes a feature that will allow riders to view their trip information via the internet. Once the scheduling upgrade is fully in place Riders will be given their "Client ID" and instructions on how to use the Manage My Trips feature. Riders with capability to utilize this feature will be able to:

Access their trip information 24 hours per day, Verify pick-up and drop-off location information, Cancel rides, View pick-up window the evening before or day of their trip, Make a trip reservation for a trip that the rider has taken in the past. (Any new trip destinations would need to be scheduled with the call-center).

Coming in January 2014 - Automatic Call-Back System

PVTA is also testing an automated call-system to call riders with pick-up windows. In addition, this automated system will include a call-ahead feature that we know will benefit many riders. Once the system is fully tested, it will be used to make automated call-backs to all riders the evening before the trip. In addition, the system will make the "call-ahead", which means Riders will also be called a few minutes before the van arrives to let them know the van is on the way.

Over the next few weeks, Hulmes staff will be asking riders to confirm the best number to reach them in order to communicate this information. If riders have a cell phone, they will benefit from the call-ahead feature most and can be reached just before the van arrives for both pick up and return trips. If you have questions or need more information, please contact Customer Service at (413)781-7882.

DECEMBER EVENTS

BOOK CLUB will meet on Thursday **December 19 At Crazy Jakes** at 1:30 pm.

ATTORNEY DOUGLAS PETERSON, FREE 20 minute consultations on **December 18**. Call for appt. 596-8379.

JEWELRY WORKSHOP with Sandy Merrill, on Wednesday, **December 18** at 10 am. \$3/class.

MEN'S BREAKFAST in Wilbraham on **Friday, December 27 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., **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.



DECEMBER 2013

Mon	Tue	Wed	Thu	Fri
2 10-Fallon Health 12:30-Pitch 1-Rug Making 6-Writing Group <i>Moroccan Chicken</i> <i>Butternut Squash soup</i> Big Y	3 10-Chair Exercise 10:30-Manicures 10:40-Aerobics 11-BI Prds Rdgs 1-Managing Holiday Stress 1-Knitting Etc. Around Town	4 9-Tai Chi 10:15-Arthritis 11-Belly Dance 1:30-Spanish Class 1:40-Line Dance 2-Zumba Holyoke Mall	5 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes Stop & Shop	6 9-Chair Massage 10-SHINE 10-Reflexology 1-Bridge 1:40-Line Dance
9 10-Mercy PACE Program 12:30-Pitch 1-Rug Making <i>Macaroni & Cheese</i> <i>Stewed Tomatoes</i> Stop & Shop	10 10-Chair Exercise 10:40-Aerobics 11-BI Prs Rdgs 1-Knitting Etc. Around Town	11 HOLIDAY PARTY 9-Tai Chi 10-Baystate Hearing 10-Podiatrist 10:15-Arthritis 1:30-Spanish Class 1:40-Line Dance 2-Zumba	12 8-Foot Care Nurse 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Club Big Y	13 1-Bridge 1:40-Line Dance WalMart
16 10-Cookie Swap 12-Gentle Walking 12:30-Pitch 1-Rug Making <i>Chicken Chow Mein</i> <i>Fried Rice</i> Big Y	17 10-Chair Exercise 10:30-Manicures 10:40-Aerobics 11-Blood Pressure Rdg 1-Knitting Etc. Around Town	18 9-Tai Chi 10-Jewelry Class 10:15-Arthritis Class 11-Belly Dance 1-Attorney Peterson 1:30-Spanish Class 1:40-Line Dance 2-Zumba Eastfield Mall	19 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1:30-Book Club Stop & Shop	20 9-Outrageous Adventure 10-Reflexology 1-Bridge 1:40-Line Dance
23 12-Gentle Walking 12:30-Pitch 1-Rug Making <i>Spaghetti/Sauce</i> <i>Meatballs</i> <i>Cauliflower Supreme</i> Stop & Shop	24 10-Chair Exercise CLOSED AT 11:30	25 CLOSED CHRISTMAS DAY 	26 10-Chair Exercise 11:30-Dominoes Big Y	27 8:30-Men's Breakfast Club 1-Bridge 1:40-Line Dance
30 12-Gentle Walking 12:30-Pitch 1-Rug Making <i>Cheese Omelet</i> <i>Orange Juice</i> <i>Sausage Patty</i> Big Y	31 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure Readings 1-Knitting Around Town	1 CLOSED NEW YEARS DAY 		



2 GRAND PRIZES



Sony 40" TV
Donated by John Samson,
Sampson Funeral Home



Apple iPad Air
Donated by
Suzanne O'Sullivan Keenan
Byron and Keenan
Funeral Home

2014 Winter Raffle Sponsored by The Friends of Wilbraham

Raffle Tickets available in
Senior Newsletter or at
Senior Center Lobby
Monday to Friday
9:00 to 1:00

\$5 1 ticket
\$10 3 tickets

A Sports Items

B Other Items



Foursome Donated
by the Country



Donated by
Mrs. Mark Soukup



Foursome Donated
by Cedar Knob Golf
Course



Donated by
Ruth Carlson



Vera Bradley Tote
Bag
Donated by
Ellen O'Brien of
Wilbraham Funeral
Home



30x36 oil portrait
Donated by
Nicole Lussier



2 hours Donated
by the Ludlow Ten-

RAFFLE RULES

Tickets available starting Jan.2, 2014 drawing will be at the Senior Center on March 31st. **A** sports items or **B** other items. Mark ticket accordingly. All tickets winning and non-winning will go into Grand Prize raffle. If you choose to mail in check: make payable to Friends of Wilbraham Seniors Building Fund, P.O. Box 705 Wilbraham, MA 01095. Tickets are on reverse side of this page.



Afghan made
and Donated by
Evelyn Morris

RED HAT YA YA SISTERHOOD OF WILBRAHAM

The holidays are in full swing. Hope everyone had a wonderful Thanksgiving. I would like to take the opportunity to thank everyone who came to peel apples at Life Care. If you haven't signed up for Christmas Party, the due date is Dec.4th, call me at 596-9938. The price is \$18 , choice of Yankee Pot Roast, Chicken Picatta, or Baked Boston Scrod. Please bring a nice \$15 gift.

January 17th come to our Luau. Dress in you most colorful outfit, no red or purple required. Deb Gormley, (547-6583) and Kathy Perry (283-9891) are the chairladies for this event. We will have pizza, salad, soda and make your own sundae. Call Deb to make a reservation and sign up for a topping to bring. Call Kathy if you want to bring an item for the raffle. This is a free event and arrival time is 12 noon.

February 10, we are going to Dana's Grillroom for "Let's Do Lunch". Price will be \$20, with a cash bar. Ginnie McCombe (525-2916) and Pauline Beem (331-3073) are the co-chairs for this event. March, watch for information as we are trying to find something that will really be fun.

April 24 is the Friends of Wilbraham Fashion Show. Elaine King (596-3940) is ticket and seating for the Red Hatters chairperson. The Fashion Show this year is at The Ludlow Country Club, 1 Tony Lima Dr. In Ludlow. There will be a choice of entrée's; price of a ticket is \$27. This is a self drive event. May 16, we are going to Hardwick winery and lunch at Salem Cross Inn. Watch for additional information. Ginni McCombe is one of the chairpersons (525-2916). June 20, Magic Wings and lunch at Chandlers with time for a visit to Yankee Candle. Martha Talbot (596-8676) and Elaine Lavoie (596-6001) are the co-chairs. We will order off the menu with separate checks and the van will available for this event.

Happy Holidays, Queen Mum Kathy Phipps

ANNUAL NEWSLETTER DONATION DRIVE

It's that time of year again that the Friends of Wilbraham Seniors ask every senior who receives this newsletter to make a \$5 donation to offset the cost of postage. We know how important it is to get this newsletter to every senior household in town and we struggle to make ends meet with the rising postage costs. Please mail your donation marked "newsletter" to Friends of Wilbraham Seniors, PO Box 705, Wilbraham, MA 01095. Thank you in advance for your support.



community calendar

Wilbraham Women's Club invites all to their December 12 meeting at St. Cecilia's Parish Center. There will be a "social" at 11:30 followed by a light lunch, refreshments and entertainment by the Wilb. Woman's Club Choral Group—Joy of Music.

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— Christmas at the Old Meeting House will feature Christmas trees and displays by local groups as well as mulled cider and baked goods. Watch ice carving on the lawn. Sunday, December 1 from 1-5 at the Old Meeting House, 450 Main Street.

DONATIONS

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

Cochran, John	Geofinno, Olga & John	Sedlow, Richard
Garden, Barbara	Morris, Evelyn	Szaban, Helen
Gauthier, Linda	Rossman, Bob	

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

FRIENDS

Anderson, Russ
Armida, Gina
Carosello, Faith
Cote, Carol
Dahdah, Joe
Daniele, Frank
Durgarian, Linda
Goodwin, Jean
Morris, Evelyn
Post, Jenine
Pychewicz, Katherine
Rousseau, James
Smith, Chapman

Soukup, Jane
Suida, Peter
Supernaw, Dolores
Talbot, Martha

BUILDING FUND

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Bulat, Helen
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Wingate Healthcare, Inc.
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ADS

DIRECTOR OF ELDER AFFAIRS:

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Mary Ellen Schmidt

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VETERAN'S AGENT:

Richard Prochnow

PUBLIC HEALTH NURSE:

Lee Giglietti, BS, RN, BSN

MEAL SITE DIRECTOR:

Ruth Bretta

SENIOR AIDE:

Jim Hiersche

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**

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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**

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, 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: pdbord@wilbraham-ma.gov

SENIOR CENTER VAN TRIPS**MONDAY TRIPS:****Dec. 2—Big Y****Dec. 9—Stop & Shop****Dec. 16—Big Y****Dec. 23—Stop & Shop****Dec. 30—Big Y****WEDNESDAY TRIPS****Dec. 4—Holyoke Mall****Dec. 11—NO VAN SERVICE****Dec. 18—Eastfield Mall****Dec. 25—CLOSED****THURSDAYS TRIPS****Dec. 5—Stop & Shop****Dec. 12—Big Y****Dec. 19—Stop & Shop****Dec. 26—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!

