

WILBRAHAM SENIOR NEWS

45B Post Office Park • Wilbraham, MA 01095

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

Volume 19, 3

MARCH 2013



ST. PATRICK'S DAY CELEBRATION



The Senior Center will be seeing green on Wednesday, **March 13** as we celebrate St. Patrick's Day. A traditional Irish meal of corned beef and cabbage will be served at 11:45 am. Immediately following the meal, the lunchroom will be filled with Irish music provided by Dick Chase. To register for this program, please stop by the front desk. Payment of \$1.75 per person is required at time of registration. Cash only please. Space will be limited so stop by today. Erin go Braugh!

FITNESS PRESENTATION

Debbie Padden, personal trainer at Glenmeadow, will present a well rounded presentation using fitness bands on **March 18** at 10 am. Come and learn useful exercises with fitness bands and receive a band to use at home. Class size will be limited so please register today at the front desk—596-8379.

Osteoporosis Presentation by Tom Bianco PT

Join Tom Bianco on March 4 at 10 am and learn about this potentially debilitating disease. Tom will talk about tests that are used to diagnose problems with bones, types of exercises that can reduce risk of developing Osteoporosis, dietary concerns and information about supplements to prevent the disease from occurring. Please call 596-8379 to sign up today!

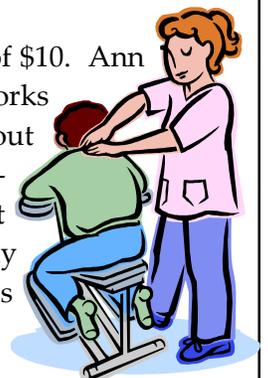


TITANIC HISTORICAL SOCIETY SPEAKER

On **March 25 at 10 am** Edward Kamuda from the Titanic Museum will be at the Senior Center to speak about the ill fated liner and the museum which he oversees. The Titanic Historical Society's (THS) collection, one of its greatest strengths, is its collected works of rare Titanic survivor artifacts, one of the finest anywhere. Many were donated by the survivors themselves to THS's founder and president, Edward S. Kamuda in the 1960s through the 80s, the organization's early years. The collection covers a broad scope of Titanic's rich history, from **original blueprints of her tank top** donated by her builders, Harland & Wolff, to the 21st century where the ship has become a popular icon from movies and TV. Please call 596-8379 to register for this very interesting program.

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, **March 1st**. 596-8379



HEALTHY LIVING SUPPORT GROUP

Last month we started a support group for those looking to live healthy this year. The group meets the 2nd and 4th Friday each month at 10 am. No fees or weigh ins, just support from peers trying to achieve the same goal—living healthier! Kathy Phipps is facilitating this support group with exercise ideas and health hints. This months meetings are on **March 8 and 22**.

To continue to help you eat and live healthier, we are happy to announce a Nutrition Series, sponsored by Big Y. On **March 11** at 10 am, dietician Allison Clark will speak on carbs and artificial sweeteners. Space is limited so please sign up today at the Senior Center front desk. This program will take place at the Big Y in Wilbraham, meeting in the Café.



BOOK CLUB

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. Come share your enthusiasm for books with others. 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 **March 14** and are available for home visits. Cost is \$28. Appt. needed.

Foot Doctor Cindy Galavotti will be here on **March 6**, cost is \$35. Call 596-8379 for an appointment.

Baystate Hearing Aids, **March 13**, 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 **March 1**. 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— **March 22**, 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

No Veteran's Forum will be held in March. Upcoming events: Trip to the Armory in April and a "windshield" tour of Westover in May.

Under Chapter 115 of Massachusetts General Laws, the Commonwealth provides a uniform program of financial and 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.

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. 209.

AARP TAX ASSISTANCE

The AARP trained Tax Aides will be returning to the Senior Center on Mondays, starting in February. This year they will be performing electronic filing of returns. If you are a Wilbraham resident over the age of 60 and would like assistance filling your return, please call the Senior Center for an appointment (596-8379). Please bring the following with you to your appointment:

- Your 2011 return and all related materials
- All earnings (W2)
- Interest earnings (1099 INT)
- Pensions and Annuities (1099-R)
- Dividend/Mutual Fund Statements (1099 DIV)
- 2012 Social Security (form SSA-1099)
- Form showing any 2012 stimulus payment
- Gambling/lottery winnings (W26)
- Complete information on stock sold
- Health insurance letter - MA 1099 HC or Medicare card
- Real estate tax paid documentation
- Rent paid documentation
- Sewer and water paid amounts
- Fuel Assistance, amount received
- Food stamps, amount received

Please note—we cannot complete tax returns if you have a large number of stock transactions, business income requiring schedule C, Home Sales, purchase of a hybrid car and other complex tax returns.



MARCH EVENTS

BOOK CLUB will meet on Thursday, **March 21** at 2:00 pm.

ATTORNEY DOUGLAS PETERSON will be at the Center for FREE 20 minute consultations on **March 13**. Call for appt. 596-8379.

JEWELRY WORKSHOP with Sandy Merrill will be held on **March 20** 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 Ludlow on **Friday, March 29 at 8:30 a.m.** Please call to register—596-8379.

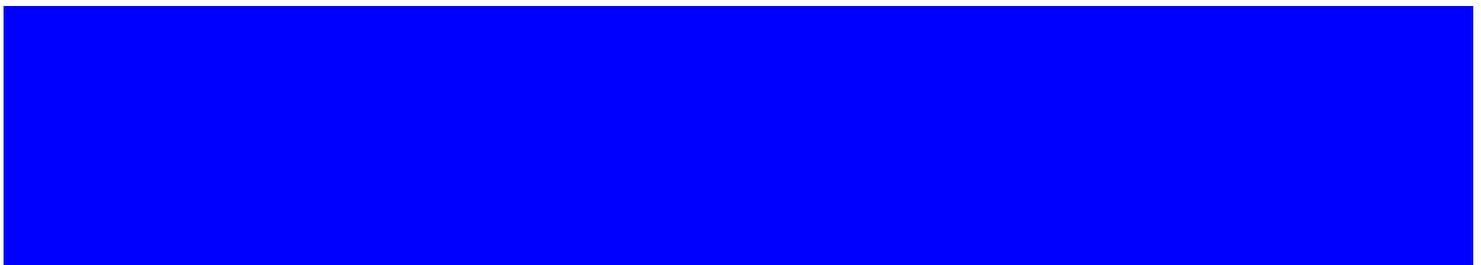
QUILTING CLUB— Meets the 2nd & 4th Thursday, 1:00 p.m.

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 March 8 & 22 to help with insurance questions. 596-8379 for an appt.

MARCH 2013

Mon	Tue	Wed	Thu	Fri
<h1>Happy  St. Patrick's Day</h1>				1 9-Chair Massage 10:30-Zumba Gold 1-Bridge 1:40-Line Dance
4 8:30-AARP Tax 10-Osteoporosis Talk 12-Gentle Walking 12:30-Pitch 1-Rug Making <i>Herb Baked Chicken</i> Stop & Shop	5 10-Chair Exercise 10:45-Aerobics 11-Sen.Candaras' Aid 11-Bld Prs. Readings 1-Knitting Etc. 1:30-Red Hat Mtg. <i>Shepard's Pie</i> Around Town	6 9-Tai Chi 9-Foot Doctor 10:15-Arthritis Class 11-Belly Dance 1:40-Line Dance 2:30-Zumba 4-COA Meeting Wal Mart	7 9:30-Tap Dance 10-Jazz Dance Class 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes Big Y	8 9-SHINE 10-Health Living Support Group 10:30-Zumba Gold 1-Bridge 1:40-Line Dance
11 8:30-AARP Tax 12-Gentle Walking 12:30-Pitch 1-Rug Making <i>American Chop Suey</i> Big Y	12 CASINO TRIP 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure Readings 1-Knitting Etc. <i>Salisbury Steak/gravy</i> Around Town	13 9-Tai Chi 10-Baystate Hearing 10:15-Arthritis Class 11-Belly Dance 12-Irish Celebration 1-Attorney Peterson 2:30-Zumba Eastfield Mall	14 8-Foot Nurses 9:30-Tap Dance 10-Jazz Dance Class 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Group Stop & Shop	15 10:30-Zumba Gold 1-Bridge 1:40-Line Dance
18 8:30-AARP Tax 10-Fitness Program 12-Gentle Walking 12:30-Pitch 1-Rug Making <i>Alaskan Pollack</i> Stop & Shop	19 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure Readings 1-Friends Meeting 1-Knitting Etc. <i>Beef Stew</i> Around Town	20 9-Tai Chi 10-Jewelry Workshop 10:15-Arthritis Class 11-Belly Dance 1:40-Line Dance 2:30-Zumba WalMart	21 9:30-Tap Dance 10-Jazz Dance Class 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 2-Book Club Big Y	22 9—SHINE 9-Outrageous Adventures 10-Health Living Support Group 10:30-Zumba Gold 1-Bridge 1:40-Line Dance
25 8:30-AARP Tax 10-Titanic Museum 12-Gentle Walking 12:30-Pitch 1-Rug Making <i>Roast Pork/gravy</i> Big Y	26 10-Fallon Health 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure Readings 1-Knitting Etc. <i>Stuffed Shells/sauce</i> Around Town	27 9-Tai Chi 10:15-Arthritis Class 11-Belly Dance 1:40-Line Dance 2:30-Zumba Holyoke Mall	28 9:30-Tap Dance 10-Jazz Dance Class 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Club Stop & Shop	29 8:30-Men's Breakfast Club 10:30-Zumba Gold 1-Bridge 1:40-Line Dance



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, Raffle Tickets & Wine Available for Purchase

12:00 Luncheon Served

\$24 per person benefiting

The Friends of Wilbraham Seniors Building Fund

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

Reserved seating only, Reserved tables of 8 or 9 are available

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

Friends of Wilbraham Seniors March 2013 Update

The drawing for the Winter Raffle will take place on March 1, 2013 at the Senior Center. All winners will be notified by phone that day. Winners names will be in the Wilbraham-Hampden Times. Many thanks to the large number of you that have bought so many raffle tickets It looks like we'll break last year's record. Your support is greatly appreciated.

3rd Annual Friends of Wilbraham Seniors Fashion Show.

Thursday, April 25, 2013.

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

Tickets go on sale March 1st

The Mohegan Sun Casino Trip scheduled for Tuesday March 12, 2013 is **SOLD OUT!!!**

Be sure to mark your calendar to reserve your seat for the next trip which will be on **Tuesday, June 4, 2013**

Contributions of \$5.00 to defray postage costs for mailing the Senior News may be made payable to FWS or the Friends of Wilbraham Seniors. 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. Its great that they support our community. Let's show our support to them by dining out.

RED HAT YA YA SISTERHOOD OF WILBRAHAM

Hello my Sisters well spring is not far away we have made it through another winter. I am writing this before our Feb. event but I am sure Krazy Jakes was a great time. Our next event is Friday March 15, trip to Vintage Radio and Communications Museum of Conn the charge is \$4.00 for the museum to be paid at the door. Lunch will follow at Zocco's where we will order off the menu with separate checks. The van will be available at a charge of \$4.00. Please be at the senior center at 9:30 for the van or car pooling. We will be leaving at 9:45. Elaine Lavoie is the chair, call her at 596-6001. The deadline has passed.

Thursday April 25 is the Luncheon Fashion Show sponsored by The Friends of Wilbraham Senior Building Fund. The price is \$24. Make checks payable to Red Hat Ya Ya Sisterhood of Wilbraham Call Ginni McCombe 525-2916 for information or Phyllis Serra at 525-5020 and send checks to Phyllis at 75 Pleasant St Apt B E. Longmeadow 01028. We need to get our tickets early this is a popular event. Please do not forget your red and purple for the event.

May 31st we will be going on a boat cruise out of Brunell's Marina and lunch at the Dockside Restaurant. Maria Cacela is the chairlady for this event, more information to follow. The van will be available.

Sat. June 23 is the 250 Anniversary Parade in Wilbraham. A group met on Jan 24 to make flowers for the cars and van. I must say they came out very nice. I have spoken with Patti Diotalevi and we are all set for the parade. I am sure there will be more meetings for decorating if anyone is interested in attending. Please don't forget this is something very special and will be part of our town history, please wear a purple top and white pants and your red hat.

Enjoy the coming of spring, Kathy Phipps, your Queen Mum

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, March 4 at the **Jewish Community Center at 1160 Dickinson Street, Springfield, MA at 4 p.m.** 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: Springfield S.h.i.n.e. Counselor, Deb Hollingworth, Geriatric Resource Advisor. No registration is required. 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.

Upcoming Events

Luncheon with entertainment
"Hear That Whistle Blow" - April 9th

Friends Fashion Show - April 25th

Trip to NYC - May 8th \$30

Mother's Day Celebration Luncheon and
entertainment with Ritchie Mitnik
May 13th



DONATIONS

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

Arslan, Shmune	Hunt, Ray/Audrey	Sullivan, Carolyn
Dempsey, Joseph	Johnson, Ginene	
Fusco, Shirley Ann	McElligott, Katie	

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

Anonymous	Fusco, Shirley	Lussier, Nicole	Starczewski, Helen
Anti, Dennis/Claire	Gauthier, Shirley	Magee, Alfred/Susan	Talbot, Evelyn
Barrett, Dorothy	Gernux, Thomas	Merwin, Helen	Tessier, Pat
Beaudoin, Shirley	Gioscia, Nick/MaryAnn	Phelan, Louise	Tollin, Alan
Bulat, Walter/Helen	Gould, Norbert/Phyllis	Pierce, Helen	Trombly, Kent/Joan
Cote, Carol	Grondalski, Chet/Phyllis	Polom, Mary	Wray, Ron/Madeline
Dempsey, Joseph	Hammond, Gloria	Powis, Margaret	
Dugre, Ann Marie	Hibbert, Kay	Prendegast, Catherine	
Dyson, Bill	Hunt, Audrey	Salemi, Ann	
Esteves, Dolores	King, Elaine	Shaban, D	
Follansbee, Ernest	Lis, Henry/Lorraine	Sideleau, George/Marian	

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

Alderman, Carole	Motyl, Frank/Patty	St Pierre, Mary	Hunt, Audrey, in
Anti, Dennis/Claire	Mysliwy, Helen	Szydowski, Richard/	memory of Ray Hunt
Arslan, Shmune	Pickering, James/Mary	Barbara	
Cote, Carol	Pierce, Stella	Wilbraham Garden Club	
Dion, William	Pychowicz, Francis	Gernux, Thomas in	
Lis, Henry/Lorraine	Shea, Jack/Pat	memory of Eleanor Ger-	
Lussier, Nicole	Sowa, Joanne	nux	

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

News from the Public Health Nurse

Hours: Tue-Wed 9-2 pm, Blood Pressure Clinics , Tuesday from 11 to 12pm. Glucose screenings are by appointment. Outreach Clinics (Miles Morgan, Falcon Knoll, The Pines, Wilbraham Commons) are the second Wed of every month.

Blood pressure check ups, med reviews and health service information are also available without an appointment. Health news, Flu updates, alerts, healthy recipes and current adult Immunization guidelines are posted (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.

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.

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**

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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:****March 4—Stop & Shop****March 11—Big Y****March 18—Stop & Shop****March 25—Big Y****WEDNESDAY TRIPS****March 6—WalMart****March 13—Eastfield Mall****March 20—WalMart****March 27—Holyoke Mall****THURSDAYS TRIPS****March 7—Big Y****March 14—Stop & Shop****March 21—Big Y****March 28—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! .

