

WILBRAHAM SENIOR NEWS

45B Post Office Park • Wilbraham, MA 01095

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

Volume 19, 10

OCTOBER 2013



OCTOBERFEST AT SENIOR CENTER



Celebrate Oktoberfest at the Senior Center on Wednesday, October 23rd at 12 noon. Harry Setian will be preparing a delicious home cooked pork dinner with rice and vegetables. Dessert will be provided by Redstone Rehabilitation and Nursing Center in East Longmeadow. Following the noon time meal, Ritchie Mitnik will entertain us with special musical selections. Put on your lederhosen and join in the fun!! Cost for the meal is \$4 per person, payable at time of registration. Sign up today as space is limited to 100. OOMPAH!

Are you a good driver?

Join us on Monday, October 21 at 10 a.m. when we present "What is a good driver?", sponsored by Quaboag Rehab and Skilled Nursing Center, with guest speaker from AAA. The topics will include:

- What is a "good" driver?
- Recent changes in driving laws
- Common mistakes
- Vision Changes
- Having control of your vehicle
- How aging Affects driving

This will be a very interesting presentation and will provide valuable information for those who are concerned about their driving. Please call 596-8379 to register.



MANICURES RETURN



Back by popular demand, we will be having manicures by Cathy Rasid (licensed manicurist) every other Tuesday starting October 8th. 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.

BLUEBIRD ESTATES TOUR

Looking to simplify your life, looking for different living arrangements? We are going for a tour of Bluebird Estates in East Longmeadow on Friday, October 11th. The van will leave the Senior Center at 11:15 am. We will tour the facility and then enjoy lunch. Sign up at front desk, 596-8379. Space is limited to first 12 callers.



EMPOWERMENT IN HEALTH CARE:

Setting Goals and Taking Charge

This presentation is an introductory course on becoming empowered when dealing with your own health care. What can I control? What questions should I ask my doctor? Do I have the appropriate plan in place? Join the staff from Overlook Care at Home as they discuss these commonly asked questions and many more, on Monday, October 28 at 10 a.m. Please call 596-8379 to let us know if you are planning to attend this program.



HEALTH & FITNESS PROGRAMS

HEALTH PROGRAMS

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

Foot Care Nurses will be at the Center on **October 10** and are available for home visits. Cost is \$29.

Foot Doctor Cindy Galavotti will be here on **October 9**, cost is \$35. Call 596-8379 for an appointment. Also available for home visits.

Baystate Hearing Aids, **October 9**, 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 **October 4**. Very relaxing!!

Sole Food Reflexology—Dawn Dietrich, certified foot reflexologist, will be at the Senior Center on **October 4 & 18** 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 for health programs.

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 Wednesday at **2:00 pm** and **Fridays at 10:30 a.m.** Strength class follows Friday's class, \$5 per class.

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— **October 25.** 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 October 11, 18, and 25, November 8, 15, and 22 and 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 the following:

HEALTH NEW ENGLAND
Friday, October 25, 1:00pm

FALLON HEALTH
Monday, October 7, 10 am.

No appointments necessary, just stop by with your questions. Educated representatives will be here to help you in your decision making.

What should I do to prepare for this flu season?

CDC recommends a yearly flu vaccine for everyone 6 months of age and older as the first and most important step in protecting against this serious disease. While there are many different flu viruses, the flu vaccine is designed to protect against the three main flu strains that research indicates will cause the most illness during the flu season. Getting the flu vaccine as soon as it becomes available each year is always a good idea, and the protection you get from vaccination will last throughout the flu season. In addition, you can take everyday preventive steps like staying away from sick people and washing your hands to reduce the spread of germs. If you are sick with flu, stay home from work or school to prevent spreading influenza to others. It is expected that Wilbraham will be receiving free flu vaccine in October. Watch for info in the Wilbraham Hampden Times when the vaccine becomes available. If you have any additional questions please call Lee Giglietti BS, RN, BSN, Wilbraham Public Health, 413-596-8379.

OCTOBER EVENTS

BOOK CLUB will meet on Thursday **October 17** at 1:30 pm.

ATTORNEY DOUGLAS PETERSON, FREE 20 minute consultations on **October 16**. Call for appt. 596-8379.

JEWELRY WORKSHOP with Sandy Merrill, on Wednesday, **October 16** at 10 am. \$3/class.

MEN'S BREAKFAST in Wilbraham on **Friday, October 25 at 8:30 a.m.** Please call to register—596-8379.

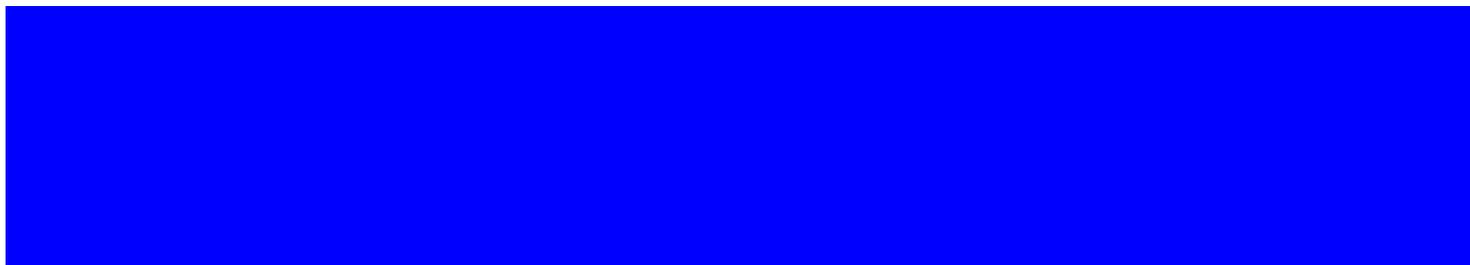
QUILTING CLUB— Meets the 2nd & 4th Thursday, 1:00 p.m.

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 here in October to help with insurance questions. Call **596-8379** for an appt.

OCTOBER 2013

Mon	Tue	Wed	Thu	Fri
	1 10-Chair Exercise 11-Blood Pressure Readings 1-Knitting Etc. <i>Around Town</i>	2 9-Tai Chi 11-Belly Dance 1:30-Spanish Class 1:40-Line Dance 2-Zumba <i>WalMart</i>	3 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 11:30-Dominoes <i>Stop & Shop</i>	4 9-Chair Massage 10-Reflexology 10:30-Zumba Gold 11:30-Strength Class 1-Bridge 1:40-Line Dance
7 10-Fallon Health 12-Gentle Walking 12:30-Pitch 1-Rug Making 6-Writing Group <i>Stop & Shop</i>	8 10-Chair Exercise 10:30-Manicures 10:40-Aerobics 11-Blood Pressure Readings 1-Knitting Etc. 1-Red Hat Mtg. <i>Around Town</i>	9 9-Tai Chi 10-Baystate Hearing 10-Podiatrist 10:15-Arthritis 11-Belly Dance 1:30-Spanish Class 1:40-Line Dance 2-Zumba <i>Holyoke Mall</i>	10 8-Foot Nurses 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Group <i>Big Y</i>	11 10-SHINE 10:30-Zumba Gold 11:30-Strength Class 11:15-Bluebird Estate Tour 1-Bridge 1:40-Line Dance
14 CLOSED COLUMBUS DAY 	15 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure Readings 1-Knitting Etc. 1-Friends Meeting <i>Around Town</i>	16 9-Tai Chi 10-Jewelry Class 10:15-Arthritis Class 11-Belly Dance 1-Attorney Peterson 1:40-Line Dance 2-Zumba <i>WalMart</i>	17 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1:30-Book Club <i>Stop & Shop</i>	18 9-SHINE 10-Reflexology 10:30-Zumba Gold 11:30-Strength Class 1-Bridge 1:40-Line Dance
21 10-Safe Driving Tips 12-Gentle Walking 12:30-Pitch 1-Rug Making <i>Stop & Shop</i>	22 10-Chair Exercise 10:30-Manicures 10:40-Aerobics 11-Blood Pressure Readings 1-Knitting <i>Around Town</i>	23 OCTOBERFEST 9-Tai Chi 10:15-Arthritis Class 11-Belly Dance 1:40-Line Dancing 2-Zumba <i>Eastfield Mall</i>	24 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Group <i>Big Y</i>	25 8:30-Men's Brkfast 9-SHINE 9-Outrageous Adventure 10:30-Zumba Gold 11:30-Strength Class 1-Health New England 1-Bridge 1:40-Line Dance
28 10-Empowerment in Health Care 12-Gentle Walking 12:30-Pitch 1-Rug Making <i>Big Y</i>	29 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure Readings 1-Knitting <i>Around Town</i>	30 9-Tai Chi 11-Belly Dance 1:40-Line Dance 2-Zumba <i>WalMart</i>	31 HALLOWEEN 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 11:30-Dominoes <i>Stop & Shop</i>	



DONATIONS

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

Arsenault, Lorraine	Lyons, Ginny
Davis, Betty	White, George

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

Arsenault, Lorraine	Kaboray, Pat	Corbeil, Roland/Margaret
Bennett, Don/Jeanne	Laware, Clara	Duffy, Richard/Eileen
Bones, Ramona	McCarthy, Veronica	Singiser, Margaret
Carosello, Faith	Paton, John/Noreen	Red Hat YA YA Sisterhood
Daniele, Giuseppe/Leonore	Sanderson, William/Mary-Lou	Wilbraham Garden Club
Everton, Frank		In Memory of Mark Soukup
Felix, Jeffrey	BUILDING FUND	Ying Jiang
Fuller, Indevéz	Arsenault, Lorraine	
Garceau, Tony	Burns, Rosemary	

Thanks to Greg Chaconas for the donation of produce to the Senior Center.

Friends of Wilbraham Seniors July 2013 Update

KEEP 'EM COMING Building Fund White Elephant Sale Items Needed !

Thanks for all your wonderful sale items. We need more items: All lightly used household items, jewelry, re-gifted item, figurines, decorative glassware, specialty cookware, knic-knacs, toys in good condition, decorator items & small electronics **in working condition please**. **However: No clothing, 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.

*******GO GREEN FOR YOUR SENIOR NEWS*******

We have already been able to move over 100 names from our mailing list to the electronic delivery. Way to go! Let's go for the second 100. Come on all you computer bugs and join the list of folks that are **GOING GREEN!** Get the news fast. Save us postage and printing costs by receiving your monthly newsletter on your computer. Just email Paula at 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 that you only have to click. The Senior News will then pop up in color.

Mohegan Sun for Oct 1, 2013 !!

SOLD OUT AGAIN JOIN US NEXT YEAR

.....Working together we can make a difference !.....

Thank you for your continuing contributions to the Senior Center Building Fund. You have given over \$115,000 in cash and the Monson Bank has pledged an additional \$25,000. We welcome any additional help in our effort. Please send you checks to Friends of Wilbraham Seniors Building Fund (FoWSBF)
P. O. Box 705, Wilbraham, MA 01095

The Friends of Wilbraham Seniors

PRESENTS 4th ANNUAL

HOLIDAY BAZZAR

NOVEMBER 23, 2013, SATURDAY from 9am - 3pm

AT THE GARDENS OF WILBRAHAM

2301 BOSTON ROAD

Over 20 Handmade Crafters

Picture with Santa from 11 am-1 pm

Stay for Lunch

Soup, Meatball Grinders, Chips, Soda, Water & Coffee

100% of Raffle Proceeds to the Friends of Wilbraham

Seniors Building Fund. Over 70 Raffle items.

1 ticket for \$1 3 tickets for \$2 10 tickets for \$5 25 tickets for \$10

FUN !
FUN !
FUN !
FUN !



PRIZES !
PRIZES !
PRIZES !
PRIZES !

RED HAT YA YA SISTERHOOD OF WILBRAHAM

We are off and running with our new year. As I write this we have not had our Sept. event but sure we had a great time. Oct 18th we are going to Sturbridge again to a fun spot called Brush It Off. We will leave the senior center at 12:15. Maria Cacula is the chairperson 250-1928, the van will be available for \$4. We will have lunch of pizza and salad. Soda/wine is also available. The charge is \$28 for the painting and lunch. Nov. 15th is the favorite pot luck. Call Nicole Lussier at 599-0184. There will be a teacup raffle, call early, fills up fast. December 4th is our Christmas party which we are looking at the Ludlow Country Club. We have some fun holiday games and I am sure the food will be wonderful. We will be having a pick of one of three entrées. Next month will have the list choices and price. I am the chairperson, Kathy Phipps 596-9938. And get ready for Jan.17, 2014 - Luau. Come colorfully dressed for a luau, everyone will get a lei to wear. Pizza and salad for lunch and make your own sundaes for dessert. Call co-chairperson Deb Gormley for reservations, and Kathy Perry if you wish to donate a prize for a teacup raffle. We will be asking for members to bring topping for sundaes. February we have no date yet, but it is our special Let's Do Lunch. Will be at Dana's Grillroom. Watch for events listed in handbook as well. Watch here for updates and additional information. Or you can always call me at 596-9938.

As ever, Kathy Phipps Queen Mum

community calendar

Wilbraham Women's Club has scheduled its annual Luncheon and Fashion Show for Thursday, October 31 at Ludlow Country Club. The social hour begins at 11:30 a.m. followed by the luncheon at 12:30 p.m. Women's fashions will be provided by Carol K's "Added Attractions" of East Longmeadow and the men's fashions by Jos. A. Banks Clothiers of Longmeadow. The cost of the luncheon is \$27.00 (tax & tip included). Luncheon choices are: Stuffed Chicken Portabella, Pork Milanese, or New England Cod Marzno. Call Norma Bandarra at 596-8173 for reservations.

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—Sunday, October 13 at 7 pm, "An Adams Cemetery Tour By Candlelight", by way of re-enactments the dead will tell their stories. The museum will be closed that afternoon. Adams Cemetery is on Tinkham Road. On Monday, November 11 from 12-3 pm the Old Meeting House will host "A Veteran's Day Remembrance" with uniforms on display. Museum will be closed on Sunday, November 10.

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.

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.

Council on Aging news

The Wilbraham Council on Aging is looking for a few interested high school students, who would like to serve as student representatives on the Council on Aging board. Do you have a grandchild in high school? Perhaps they would like to get involved with the Council on Aging Board Members. The COA meets the first Wednesday of the month at 4 pm at the Senior Center. Their focus is to serve the seniors of our town, and right now they are working on securing a larger senior center to better serve those folks 60 and over.

Interested students can contact Paula Dubord, Director of Elder Affairs at 596-8379 or email at pdubord@wilbraham-ma.gov.



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

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

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: pdubord@wilbraham-ma.gov

SENIOR CENTER VAN TRIPS**MONDAY TRIPS:****Oct. 7—Stop & Shop****Oct. 14—CLOSED****Oct. 21—Stop & Shop****Oct. 28—Big Y****WEDNESDAY TRIPS****Oct. 2—WalMart****Oct. 9—Holyoke Mall****Oct. 16—WalMart****Oct. 23—Eastfield Mall****Oct. 30—WalMart****THURSDAYS TRIPS****Oct. 3—Stop & Shop****Oct. 10—Big Y****Oct. 17—Stop & Shop****Oct. 24—Big Y****Oct. 31—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.

Call 596-8379 to sign up today.

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

