

# WILBRAHAM SENIOR NEWS

45B Post Office Park • Wilbraham, MA 01095

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

Volume 19, 9

SEPTEMBER 2013

## WHAT'S NEW IN MEMORY DISORDERS AND TREATMENT?

Presented by Dr. Mitchell Clionsky

On Tuesday, **September 17th at 1:00 pm**, hear from Mitchell Clionsky, Ph.D., when he will speak about the most promising tests and treatments for Mild Cognitive Impairment and Dementia, conditions that currently affect nearly one-third of people over age 65. Dr. Clionsky will discuss a new office test for primary care providers to better identify problems with cognition so that they can begin treatment earlier or confidently reassure healthy elders that their thinking is normal. He will discuss the role of sleep disordered breathing in causing cognitive problems, review an emerging test for beta amyloid imaging that is available now, and talk about two prescription medical foods, Cerefolin NAC and Axona, that show effectiveness for mild cognitive impairment and mild to moderate dementia.

The presenter, Mitchell Clionsky, PhD., is a board-certified neuropsychologist with over 30 years of experience in this area. He and his staff at Neuro-Psychology Associates in Springfield evaluate more than 500 patients every year with these conditions. This detailed evaluations provide referring doctors, patients and their families with accurate diagnoses of memory problems and recommendations for interventions to keep people at their highest level of thinking and function.

Please call 596-8379 for this extremely interesting presentation.



## Estate Planning Through Family Meetings

On **September 16 at 10am**, Wilbraham resident and Financial Advisor, John O'Keefe of Baystate Financial Services will present, "Estate Planning Through Family Meetings... Without Breaking Up the Family". Topics will include: Talking to your family about sensitive issues including mental incapacity, money and insurance, wills and dying. Why don't people plan? The consequences of not planning, Why hold a family meeting and what to say. What should be covered-discovering the current situation and planning for the future. What happens after the meeting-follow up and make it legal. Possible financial and nonfinancial solutions. Mr. O'Keefe is a Member of the Estate Planning Council of Hampden County and the Society of Financial Services Professionals-WMASS Chapter. Please call 596-8379 to register.

## QUE PASA?

Learn practical conversational Spanish to use while travelling. Join UMass Masters Graduate and teacher for 17 years, Deydamia Rodriguez on Wednesdays, 1:30-3:30pm. The 5 week course will begin on September 11<sup>th</sup>. Cost is \$80 per person paid to the instructor before first class. Please make checks payable to: Deydamia Rodriguez. Class size is limited. Register today.

## NEW YORK CITY BUS TRIP

September 18th

Cost is \$30, make checks payable to Senior Center Revolving Acct.

See Mary Ellen for more info.





## SENIOR LADIES BASKETBALL LEAGUE

You want to have fun and get healthier? How about trying women's 60+ basketball!! It is going to be very informal, with 3 on 3 or 4 on 4. There are teams all around the country 60+ women and we would like to start one here. We need about 15 women to start. Exercise while having fun. Call Kathy Phipps at 413-596-9938 or e-mail, oob1999@msn.com.

## YMCA SPEAKER

No matter your age or your current physical condition, you can benefit from exercise. Reaping the rewards of exercise doesn't require strenuous workouts. It's about adding more movement and activity to your life, even in small ways. Exercise can energize your mood, relieve stress, help you manage symptoms of illness and pain, and improve your overall sense of well-being. In fact, exercise is the key to staying strong, energetic, and healthy. And it can even be fun, too!

Senior memberships at the YMCA of Greater Springfield are discounted and the Join Fee is waived. A savings of up to \$110! The Y also offers active older adult programming, such as strength training and warm water conditioning. These classes are included with a membership; however, non-members may choose to participate for a program fee. Learn more about what the Y has to offer on **Monday, September 23<sup>rd</sup> at 10:00am**. Debbie Kelder, Executive Director at the Scantic Valley Y Family Center, will be at Senior Center to provide information on programming and membership.

# HEALTH & FITNESS PROGRAMS

### HEALTH PROGRAMS

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

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

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

Baystate Hearing Aids, **September**, 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— **September 13.** 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.

### 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.



### 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 **September 6 & 20 at 10 am** for appointments. Please call **596-8379** for your appointment!

### 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 early fall. Additional information will be made available when the vaccine becomes available. If you have any additional questions please call Lee Giglietti BS, RN, BSN, Wilbraham Public Health, 413-596-8379.

### SEPTEMBER EVENTS

**BOOK CLUB** will meet on Thursday **September 19th** at 1:30 pm.

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

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

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

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

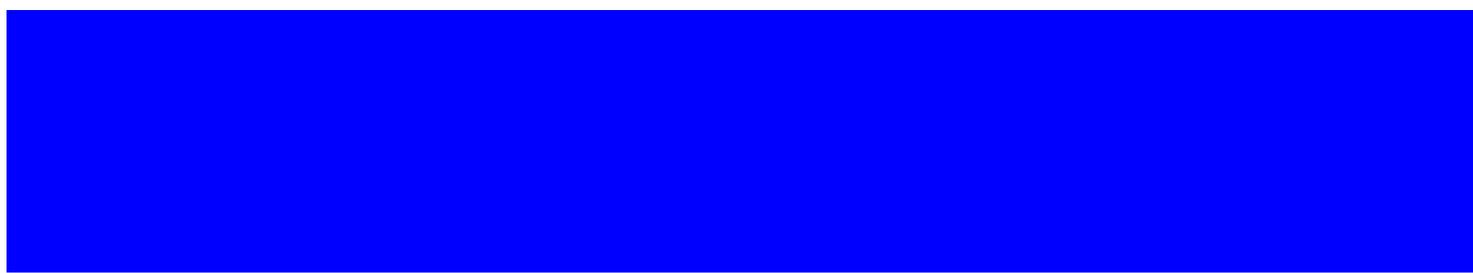
**AFTERNOONS: PITCH** Mondays, 12:30 p.m., **CRIBBAGE** Wednesdays, 12:30 p.m., **DOMINOES** Thursdays, 11:30 a.m., **BRIDGE** Fridays, 1 p.m. **KNITTING ETC.** Tuesdays, 1:00 p.m. **RUG MAKING**, Mondays at 1:00 p.m.

**SHINE REP**—Gerry Carney will be here in October to help with insurance questions. Call **596-8379** for an appt.



# SEPTEMBER 2013

Mon	Tue	Wed	Thu	Fri
<b>2</b> <b>CLOSED</b> <b>LABOR DAY</b>	<b>3</b> 10–Chair Exercise 10:40-Aerobics 11-Blood Pressure Readings 1-Knitting Etc.  <i>Around Town</i>	<b>4</b> 9-Tai Chi 10:15-Arthritis 11-Belly Dance 1:40-Line Dance 2-Zumba  <i>WalMart</i>	<b>5</b> 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes  <i>Stop &amp; Shop</i>	<b>6</b> 9-Chair Massage 10-Reflexology 10:30-Zumba Gold 11:30-Strength Class 1-Bridge 1:40-Line Dance
<b>9</b> 12-Gentle Walking 12:30-Pitch 1-Rug Making  <i>Stop &amp; Shop</i>	<b>10</b> 10–Chair Exercise 10:40-Aerobics 11-Blood Pressure Readings 1-Knitting Etc.  <i>Around Town</i>	<b>11</b> 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>	<b>12</b> 8-Foot Nurses 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Group  <i>Big Y</i>	<b>13</b> 9-Outrageous Adventures 10:30-Zumba Gold 11:30-Strength Class 1-Bridge 1:40-Line Dance
<b>16</b> 10-Financial Program 12-Gentle Walking 12:30-Pitch 1-Rug Making 1-Friends Meeting  <i>Big Y</i>	<b>17</b> 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure Readings 1-Knitting Etc.  <i>Around Town</i>	<b>18</b> <i>NY CITY TRIP</i> 9-Tai Chi 11-Belly Dance 1-Attorney Peterson 1:30-Spanish Class 1:40-Line Dance 2-Zumba <i>WalMart</i>	<b>19</b> 9:30-Tap Dance 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1:30-Book Club  <i>Stop &amp; Shop</i>	<b>20</b> 10-Apple Picking 10-Reflexology 10:30-Zumba Gold 11:30-Strength Class 1-Bridge 1:40-Line Dance
<b>23</b> 10-Y Speaker 12-Gentle Walking 12:30-Pitch 1-Rug Making  <i>Stop &amp; Shop</i>	<b>24</b> 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure Readings 1-Knitting  <i>Around Town</i>	<b>25</b> 9-Tai Chi 10-Fallon Health 11-Belly Dance 1:30-Spanish Class 1:40-Line Dancing 2-Zumba <i>Eastfield Mall</i>	<b>26</b> 9:30-Tap Dance 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Group  <i>Big Y</i>	<b>27</b> 8:30-Men’s Breakfast Club 10:30-Zumba Gold 11:30-Strength Class 1-Bridge 1:40-Line Dance
<b>30</b> 12-Gentle Walking 12:30-Pitch 1-Rug Making  <i>Big Y</i>				



## DONATIONS

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

Fusco, Shirley	Jordan, Dot & Walter
Grilli, Aldo	Smith, Charles & Jean

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

Bennett, Alice	Rizzolo, Maureen	Pitch Club, Wilb SC
Bennett, Jean	Scott, Lorraine	The Woods At Wilbraham
Deane, Eileen	Smith, Edward/Anne	In memory of Beatrice Durfee
Durfee, Charles	Sullivan, Teresa	Durfee, Charles
Fusco, Shirley	Tollin, Alan	In memory of Tom Liberty
Jordon, Walter/Dorothy		O'Brien, Pat
Landers, Tom/Judi	Building Fund	In memory of Joan Duquette
Lefebvre, Monique	Cyr, Ronald/Alice	Hurst, Eric/Marie
Maggi, Raymond/Joan	Duffy, Richard/Eileen	
Manzi, Willie/Margaret	Goodrich, David/Louise	
Marra, Antoinette	Lefebvre, Monique	
Mompho, Virsma	Manzi, Willie/Margaret	
Opalinski, Michael/Wanda	Perry, Katherine	
Pino, Barbara	Sullivan, Teresa	
Post, Jenine	Tollin, Alan	

## Friends of Wilbraham Seniors July 2013 Update

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

*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](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 that you only have to click. The Senior News will then pop up in color.*

### **LETS GET GOING 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 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.*

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

*Jane Soukup reports that the trip was sold out and a big success and put over \$1,000 in the Building Fund.*

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

**Call Jane Soukup at 596-6046.**

# Come to the Villa Rose Restaurant 1428 Center Street in Ludlow On Thursday, September 19

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 all receipts all day  
to the Wilbraham Senior Center Building Fund



Call for reservations for parties of 4 or more  
413-547-6667

**Come for Lunch or Dinner**  
**Open 12:00 to 8:30**

**THERE WILL A RAFFLE AND LOTS OF FUN**

# RED HAT YA YA SISTERHOOD OF WILBRAHAM

Well that was a crazy summer. Either we were so hot we couldn't leave the house, or it was pouring rain. September should be nice and Red Hat Year is off and running. The year is coming together and looks like a lot of fun. If you have not been contacted to renew your membership or would like to join, please call Deb Gormley at 547-6583. Make \$10 check payable to Red Hat Ya Ya Sisterhood of Wilbraham and send to Deb Gormley, 105 Chapin Green Dr. Ludlow, 01056. The September board meeting is the 10th. September is our installation of officers and we will go to Stageloft Theater. Then we will have lunch and activities at Veritas Restaurant. Call Jane Soukup at 596-6046 if you have not picked your entrée. Oct 18th we are going to Sturbridge again to a fun spot called Brush It Off. Maria Cacela is the chairperson 596- 4444. Nov. 15th is the favorite pot luck. Call Nicole Lussier at 599-0184. Call early, this fills up fast. December is our Christmas party and we are looking at the Ludlow Country Club for the beginning of December. Follow future newsletters for more details and information. Looking forward to another great year!

As ever, Kathy Phipps, Your Queen Mum

## Writer's Cramp

I want to write. I sit. I type. I summon ideas. I consider. I reject. I feel vacant. Drained. Inadequate. I start again. Thwarted. Vapid. I resurrect past opuses. No spark. No ignition. I mourn the time words came so effortlessly. I chase the feeling that permitted my fingers to fly over the keys and race with my thoughts -- my creations, my fictions, my truths, my fabrications. I yearn for inspiration to form an idea. How can I make words blossom beyond their primary definitions? How can I unleash the panoply of thoughts that lie dormant in my mind -- that occasionally rise to the surface -- that stimulate then dissipate? How do I grasp a reverie? I can't. I can't today. Tomorrow? I sit. I type. I want to write.....by Carol Sibia

Come join the SILVER PENS Writing Group: EXPRESS YOURSELF! ... as the song says. Are you a closet writer? Do you yearn to put your thoughts down on paper but are hesitant? Would you like to write a memoir? A short story? A novel! A letter to your grandchild? A family history? A tribute to a loved one. An editorial? If so, come join us on Monday, September 9, at 6 p.m. in the Senior Center.

## community calendar

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.

The towns Vision Task Force will make a presentation at the auditorium of Minnechaug Regional High School on two dates, September 17th at 7:00PM or Saturday September 21st at 10:00 AM. The presentations are offered twice to give as many people as possible the chance to attend.

## UPCOMING EVENTS

TOUR AND LUNCH AT  
BLUEBIRD ESTATES  
OCTOBER 11

AAA SAFE DRIVING TIPS  
OCTOBER 21

OCTOBER FEST LUNCH  
WITH HARRY PORK LOIN  
OCTOBER 23

HEALTH NEW ENGLAND  
OCTOBER 25

UNDERSTANDING HOARDING  
OCTOBER 28

## **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.



### **Apple Picking**

Friday, September 20<sup>th</sup>, van leaves senior center at 10 am and returns by 2pm. Bring a lunch to eat in the orchard and money for apples and ice cream. \$2.00 for van. Sign up at front desk—596-8379.

**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](http://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](mailto:pdubord@wilbraham-ma.gov)

---

**SENIOR CENTER VAN TRIPS****MONDAY TRIPS:****Sept. 9—Stop & Shop****Sept. 16—Big Y****Sept. 23—Stop & Shop****Sept. 30—Big Y****WEDNESDAY TRIPS****Sept. 4—WalMart****Sept. 11—Holyoke Mall****Sept. 18—WalMart****Sept. 25—Eastfield Mall****THURSDAYS TRIPS****Sept. 5—Stop & Shop****Sept. 12—Big Y****Sept. 19—Stop & Shop****Sept. 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!

