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# WILBRAHAM SENIOR NEWS

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45B Post Office Park • Wilbraham, MA 01095

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

Volume 20, 1

JANUARY 2014

## SUMMER IN JANUARY PARTY

Wishing for warm days, sunny skies, and going to the beach? Join us on Wednesday, **January 29**, as we host a SUMMER PARTY. We will be serving hamburgers hot off the grill, baked beans, cole slaw and lemonade. And what would a summer party be without ice cream for dessert. Put on your shorts, flowered shirts and sundresses and enjoy summer tunes performed by Spunk N Sass. Beat the winter blues by joining us for this fun filled afternoon. Cost is \$4 per person and payable at time of registration. Stop in today to sign up. Party begins at 12 noon. A BIG thank you to the 250th Anniversary Committee for the donation of the hamburgers and condiments.



### 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.

### COFFEE & CHOCOLATE:

#### THE GOOD, THE BAD AND THE UGLY

What two things do people crave most? Coffee and Chocolate! Join us on Monday, **January 13 at 10 am** when we discuss the potential health benefits of coffee and chocolate, presented by Ann Johnson, Hospice Services of Western MA. Chocolate samples and coffee will be provided. Call 596-8379 to sign up for this delicious and informative presentation.



### BONE DENSITY TESTING

A bone density test tells you if you have normal bone density, low bone density (osteopenia) or osteoporosis. It is the only test that can diagnose osteoporosis. The lower your bone density, the greater your risk of breaking a bone. The National Osteoporosis Foundation recommends that women over 65 and men over 70 get a test. Lee Jaggi from Health New England, will be conducting Bone Density Testing on **Monday, Feb. 3rd from 10-2**. This test is free but appointments are required—call 596-8379.



### BALANCE SCREENINGS

There is a simple screening test, widely available, that can help keep senior citizens out of nursing homes and hospitals, and save millions of dollars in health-care expenses. Yet many seniors have never heard of it, and doctors typically don't bring it up. It's called balance testing — and it can predict when someone is at risk of falling. Join us on **Monday, January 27th** with Tom Bianco will be at the Senior Center performing free balance screenings. Please call 596-8379 to register for an appointment with Tom. This is a great opportunity to check your balance.





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.



Now that the holidays have come and gone, we would like to thank everyone who donated to the Stockings for Seniors program, toys for the Angels Take Flights box, and to Bill Bakeman for poinsettia plants for our weekend meals on wheels participants. Your thoughtfulness and generosity made the holiday season brighter for your fellow residents.

## HEALTH & FITNESS PROGRAMS

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

Foot Care Nurses will be at the Center on **January 9** and are available for home visits. Cost is \$29.

Foot Doctor Cindy Galavotti will be here on **January 8** cost is \$35. Call 596-8379 for an appointment. Also available for home visits.

Baystate Hearing Aids, **January 8**, 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 **January 3**. Very relaxing!!

Sole Food Reflexology—Dawn Dietrich, certified foot reflexologist, will be at the Senior Center on **January 3 & 17** 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.

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— **January ??.** 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.

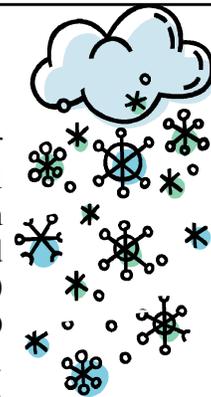


## VETERANS OFFICE NEWS

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.

## CLOSINGS DUE TO WEATHER

If weather prevents the Senior Center from opening, we will post the information on the town website, our Facebook page and on CBS3 Springfield, ABC40 and FOX6 Springfield. We DO NOT follow the school closings. We ask if your are planning on attending a program or activity, to register with us. If we have to cancel, we can call and save you a trip in hazardous conditions.



## CHANGES TO PVTA PARATRANSIT AND SENIOR SERVICE

The PVTA has upgraded 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 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.

## JANUARY EVENTS

**BOOK CLUB** will meet on Thursday **January 16** at 1:30 pm.

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

**ATTORNEY DOUGLAS PETERSON**, FREE 20 minute consultations on **January 15**. Call for appt. 596-8379.

**JEWELRY WORKSHOP** with Sandy Merrill, on Wednesday, **January 15** at 10 am. \$3/class.

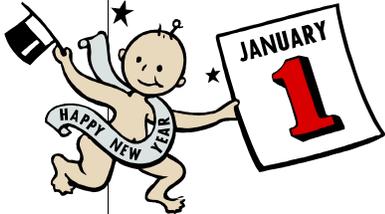
**MEN'S BREAKFAST** in Ludlow on **Friday, January 31 at 8:30 a.m.** Please call to register—596-8379.

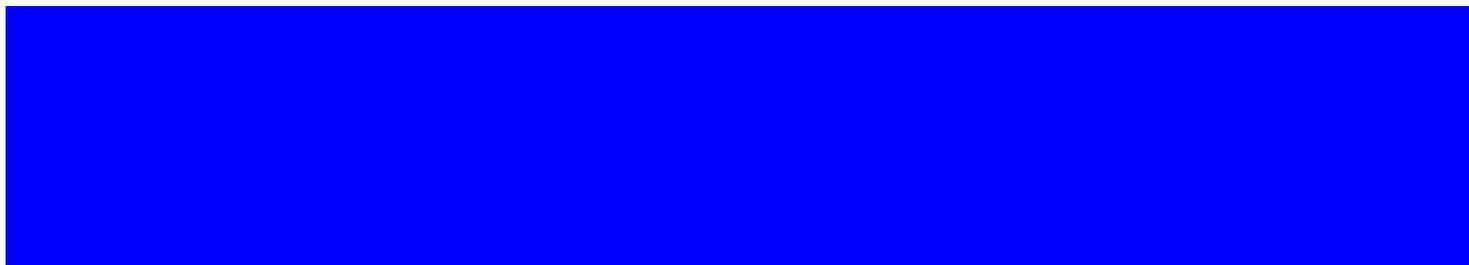
**AFTERNOONS: PITCH** Mondays, 12:30 p.m., **DOMINOES** Thursdays, 11:30 a.m., **BRIDGE** Fridays, 1 p.m. **KNITTING ETC.** Tuesdays, 1:00 p.m. **RUG MAKING**, Mondays at 1:00 p.m.

**FRIENDS OF WILBRAHAM SENIORS MEETING** Monthly meeting held on **Monday, January 13** at 1 pm.



# JANUARY 2014

Mon	Tue	Wed	Thu	Fri
		<p><b>1</b> CLOSED</p> 	<p><b>2</b> 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes</p> <p><i>Stop &amp; Shop</i></p>	<p><b>3</b> 9-Chair Massage 10-Reflexology 10:30-Zumba 11:30-Strength 1-Bridge 1:40-Line Dance</p>
<p><b>6</b> 10-Vertigo &amp; Falls 12-Gentle Walking 12:30-Pitch 1-Rug Making <i>Chicken Broccoli Ziti Casserole</i> <i>Stop &amp; Shop</i></p>	<p><b>7</b> 10-Chair Exercise 10:40-Aerobics 11-BI Prs Rdgs 1-Knitting Etc.</p> <p><i>Fish Sticks</i> <i>Around Town</i></p>	<p><b>8</b> 9-Tai Chi 10-Baystate Hearing 10-Podiatrist 10:15-Arthritis 11-Belly Dance 1:40-Line Dance 2-Zumba <i>Wal-Mart</i></p>	<p><b>9</b> 8-Foot Care Nurse 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Club <i>Big Y</i></p>	<p><b>10</b> 10-SHINE 10:30-Zumba 11:30-Strength 1-Bridge 1:40-Line Dance</p>
<p><b>13</b> 10-Coffee &amp; Chocolate 12-Gentle Walking 12:30-Pitch 1-Friends Meeting 1-Rug Making 6-Writing Group <i>Tomato Rice Soup/Egg Salad</i> <i>Big Y</i></p>	<p><b>14</b> 10-Chair Exercise 10-Manicures 10:40-Aerobics 11-Blood Pressure Rdg 1-Knitting Etc. 1-Red Hat Meeting <i>Beef Stroganoff</i> <i>Around Town</i></p>	<p><b>15</b> 9-Tai Chi 10-Jewelry Class 10:15-Arthritis Class 11-Belly Dance 1-Attorney Peterson 1:40-Line Dance 2-Zumba <i>Holyoke Mall</i></p>	<p><b>16</b> 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1:30-Book Club <i>Stop &amp; Shop</i></p>	<p><b>17</b> 10-Reflexology 10:30-Zumba 11:30-Strength 1-Bridge 1:40-Line Dance</p>
<p><b>20</b> CLOSED</p> 	<p><b>21</b> 10-Chair Exercise 10:40-Aerobics 11-BI Prs Rdgs 1-Knitting Etc.</p> <p><i>Roast Turkey/gravy</i> <i>Around Town</i></p>	<p><b>22</b> 9-Tai Chi 10:15-Arthritis 11-Belly Dance 1:40-Line Dance 2-Zumba <i>Wal-Mart</i></p>	<p><b>23</b> 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Club <i>Big Y</i></p>	<p><b>24</b> 9-SHINE 10:30-Zumba 11:30-Strength 1-Bridge 1:40-Line Dance</p>
<p><b>27</b> 10-Balance Screenings 10-Fallon Health 12-Gentle Walking 12:30-Pitch 1-Rug Making <i>American Chop Suey</i> <i>Big Y</i></p>	<p><b>28</b> 10-Chair Exercise 10-Manicures 10:40-Aerobics 11-Blood Pressure Rdg 1-Knitting <i>Baked Chicken</i> <i>Around Town</i></p>	<p><b>29</b> 9-Tai Chi 12-SUMMER PARTY 1:40-Line Dance 2-Zumba <i>Eastfield Mall</i></p>	<p><b>30</b> 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes <i>Stop &amp; Shop</i></p>	<p><b>31</b> 10:30-Zumba 11:30-Strength 1-Bridge 1:40-Line Dance</p>



# WELCOME TO NEW COA BOARD MEMBER DIANE WESTON

On December 9th, the Selectmen appointed Diane Weston to the Council on Aging Board. Diane has been a Wilbraham resident for 17 years and currently works as the Wellness Health Center Nurse for at the Chicopee Senior Center. She is also a volunteer at the Wilbraham Public Library and a member of the Wilbraham Juniors Women's Club. Welcome Diane—we look forward to working with you.

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**FRIENDS OF WILBRAHAM SENIORS MONTHLY MEETING**  
**Monday, January 13th at 1 pm**  
**All are welcome to attend!**

~~~~~It's Official~~~~~  
**The Senior Center Feasibility Committee exists.**

December 2nd our Board of Selectmen named Denis Lopata, Gina Kahn, Tom Sullivan, Paula Dubord, Norma Bandarra, Carolyn Brennan, M. Trant Campbell and Nick Manolakis to be the new building study feasibility committee. They will begin performing the tasks quickly. We'll definitely be keeping you posted about their work.

## **BUILDING FUNDRAISERS\*\*\*\*\* MARK YOUR CALENDARS ! !**

- Winter Raffle.....40 in Sony TV and an Apple iPad Air.....Jan, Feb & March 2014**
- Mohegan Sun Casino Trip.....Call Jane Soukup 596-6046.....Tuesday, March 4, 2014**
- Dining Out at Crazy Jakes ...ALL DAY...B, L & D.....Monday, March 25, 2014**
- Spring Fashion Show.....Thursday, April 24, 2014**
- Dining Out at The Steaming Tender.....Thursday, May 22, 2014**

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| <p><b>2014 Winter Raffle</b></p> <p>Name _____</p> <p>Address _____</p> <p>City--- _____ State _____</p> <p>Phone _____</p> <p style="text-align: center;"><b><u>Circle One</u></b></p> <p><b>A-Sports Items B-Other Items</b><br/> <b>1 ticket \$5.00 3 Tickets \$10.00</b></p> | <p><b>2014 Winter Raffle</b></p> <p>Name _____</p> <p>Address _____</p> <p>City _____ State _____</p> <p>Phone _____</p> <p style="text-align: center;"><b><u>Circle One</u></b></p> <p><b>A-Sports Items B-Other Items</b><br/> <b>1 ticket \$5.00 3 Tickets \$10.00</b></p> | <p><b>2014 Winter Raffle</b></p> <p>Name _____</p> <p>Address _____</p> <p>City _____ State _____</p> <p>Phone _____</p> <p style="text-align: center;"><b><u>Circle One</u></b></p> <p><b>A-Sports Items B-Other Items</b><br/> <b>1 ticket \$5.00 3 Tickets \$10.00</b></p> |
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# 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-



Afghan made  
and Donated by  
Evelyn Morris

### 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.

# RED HAT YA SISTERHOOD OF WILBRAHAM

It is January, can you believe it? Happy 2014. We have survived the holiday season. Now let's have some fun. Just a couple of things, all of you who came to the Christmas party, hope you had a good time. I know I did. Elaine King would like me to thank all who baked for the bake sale table at the Holiday Bazaar. Our next event is the Luau on January 17th. The location for this event has changed. It will be at The Gardens of Wilbraham—call Deb Gormley (547-6583) and Kathy Perry (283-9891) for reservations. Please call them to sign up and tell them what topping you would like to bring. We will have pizza and salad and drinks and make your own sundae for dessert. Contact Kathy Perry if you are going to bring a raffle prize. February has been changed to Let's Do Lunch at Crazy Jakes. It will be order off the menu with separate checks. Ginni McCombe (525-2916) and Pauline Beem (331-3073) are co-chairs. March is still up in the air but getting closer we have come up with a fun idea, watch Feb newsletter for final choice. April 24<sup>th</sup> is the Fashion Show sponsored by the Friends of Wilbraham Seniors Building Fund. Elaine King (596-3940) is in charge of ticket for the Red Hat. The Fashion Show this year is at The Ludlow Country Club. Tickets are \$27. It is a self drive event. May 16<sup>th</sup> is trip to Hardwick Winery and lunch at Salem Cross it will be order off the menu with separate checks and the van will be available for \$4. June 20 is a trip to Magic Wings Butterfly Conservatory. Lunch will be at Chandler's Restaurant we will order off the menu with separate checks. The van will be available for \$4. Check newsletter for departure time and price. Stay warm and safe.

Kathy Phipps, Queen Mum



## 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.

## Women's 60+ Basketball

We have finally started. Our first meeting was held at the senior center on Dec. 10. Our first meeting to play what we will call "Skill and Drills" will be Jan. 9th at 12 noon at the YMCA gym. Please come and if you want any more info call Kathy Phipps (596-9938).



## community calendar

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.

**DONATIONS**

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

Fraser, Bill & Janet  
Geib, Tim & Elizabeth  
Magee, Sue & Al

Taylor, JoyceAnn

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

**FRIENDS**

Carosello, Faith  
Franklin, Jeanne  
Geary, Daniel  
Geck, Gina  
Godfrey, Jane  
Kwapisinski, Maria  
Lafferriere, Doris  
McCarthy, Veronica  
Megas, George/Eugenia  
Mercure, Laurie  
Moreno, Gilbert/Linda

Pelletier, Russell/Kathy  
Setnes, Ann  
Slowik, Kenneth/Linda  
Solaroli, Allan/Natalie  
Taylor, JoyceAnn  
Tripoli, Irene  
Trombly, Kent/Joan

Riker, Jr. Rodney  
Setnes, Ann  
Wostena, Eileen  
Monson Savings Bank  
Steaming Tender Restaurant  
Geary, Daniel in memory of  
Nancy Geary

**BUILDING FUND**

King, Elaine  
Mills, Mary  
Moreno, Gilbert/Linda

**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

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****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, Diane Weston, 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 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](mailto:pdbord@wilbraham-ma.gov)

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**SENIOR CENTER VAN TRIPS****MONDAY TRIPS:****Jan. 6—Stop & Shop****Jan. 13—Big Y****Jan. 20—CLOSED****Jan. 27—Big Y****WEDNESDAY TRIPS****Jan. 1—CLOSED****Jan. 8—Wal-Mart****Jan. 15—Holyoke Mall****Jan. 22—Wal-Mart****Jan. 29—Eastfield Mall****THURSDAYS TRIPS****Jan. 2—Stop & Shop****Jan. 9—Big Y****Jan. 16—Stop & Shop****Jan. 23—Big Y****Jan. 30—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.

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

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

