

WILBRAHAM SENIOR NEWS

45B Post Office Park • Wilbraham, MA 01095

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

Volume 20, 3

MARCH 2014



CELEBRATING ST. PATRICK'S DAY



Get out your green and help us celebrate St. Patrick's Day in style on Tuesday, **March 11**. The special day will begin with a traditional Irish meal of corned beef and cabbage at 12 noon. Immediately following the meal, we have the luck of the Irish with us, as we present *GLENSHANE*, the duo of Jean and John Nesbitt. John, from County Derry, Northern Ireland, and Jean, a native New Englander, have been performing together for 25 years. They met while on the road when John was a member of The Bards Irish Folk Group from Northern Ireland, and Jean was performing with The Faculty, a cover band. Their performance of songs from the U.S., Canada, and the British Isles runs the full gamut - from the most touching to the most rollicking renditions - and John's storytelling and Irish wit delight audiences. The duo's vocal harmonies are enhanced with their use of several instruments including guitar, bass, harmonica, penny whistle, and piano melodica.



Space is limited for this very special performance, so please stop in today to register. Payment for lunch (\$1.75 donation) is due at time of sign up.



MEDICATION MANAGEMENT

MediBubble® is a new medication package that helps you safely manage what prescription medications you take and when you take them. Available only from Louis & Clark, **MediBubble®** is a unique way to package and track your prescriptions. Each little plastic bubble (also called a blister) contains all of your medications for that time of day. We've removed most the confusion over what, when and how many pills to take! Join Ann Matthews on Monday, **March 24 at 10 am** to learn more. Call 596-8379 to save a seat.

Osteoporosis Presentation by Tom Bianco PT

Participants will learn about this potentially debilitating disease, tests that are used to diagnose a problem with their bones, types of exercises that can reduce their risk of developing Osteoporosis, dietary concerns and information about supplements to prevent the disease from occurring. **March 10 at 10 am**, call 596-8379 to register.

PIZZA WITH PUPPOLO

State Representative Angelo Puppolo is returning to the Wilbraham Senior Center with his very popular Pizza with Puppolo on Friday, **March 21 at 12 noon**. Joinj Angelo as he serves pizza and soda and answers any questions you may have. This is a wonderful opportunity to speak with your local politician, who represents you in Boston. Please call the Senior Center at 596-8379 to register. Space is VERY LIMITED, so please call today.



MERCY LIFE PACE PROGRAM

Please join us at **10 am, Monday March 17**, 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. We will explain how Mercy LIFE takes 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. Please call 596-8379 to register.



YOGA PERSENTATION

On Monday, **March 3 at 10 am**, join Donna from Breathe Yoga in Wilbraham for a presentation on the benefits of yoga. You've probably heard that yoga is good for you. Maybe you have even tried it and discovered that it makes you feel better. A regular practice offers all kinds of mental and physical health benefits. Some, like improved flexibility, are clearly evident. Others, including mental clarity and stress reduction, may be more subtle but are just as powerful. When put together, all the benefits below contribute to an increased feeling of well-being, which helps explain why so many people find yoga so addictive. Please calla 596-8379 to sign up for this presentation.

TOUR AND LUNCH AT KEYSTONE COMMONS

On **Friday, March 7th** we will be touring Keystone Woods in Springfield followed by a complimentary lunch. We will be leaving the senior center at 10:30. Great opportunity to see what Keystone Woods is all about without any sales pressure. Seats are limited on the van. Sign up at the front desk.



HEALTH & FITNESS PROGRAMS

HEALTH PROGRAMS

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

Foot Care Nurses will be at the Center on **March 13** and are available for home visits. Cost is \$29.

Foot Doctor Cindy Galavotti will be here on **March 12** cost is \$35. Call 596-8379 for an appointment. Also available for home visits.

Baystate Hearing Aids, **March 12**, 10 a.m to 12 noon, for free hearing aid cleanings & hearing screenings. Free in-home service also available. Call to sign up.

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.

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—Call Mary Ellen for updated information.

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— **March 14.** See Mary Ellen for more information.

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.

SPA PROGRAMS

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 7.** Very relaxing!!

Sole Food Reflexology—Dawn Dietrich, certified foot reflexologist, will be at the Senior Center on **March 7 & 21** for appointments. Cost is \$10.

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. **March 11 & 25. Call 596-8379 for appointments.**

DONATIONS

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

Babineau, Gary/Pauline
Doyle, Tom/Mary

Flanagan, Madeline
Garvey, Bill

Hager, Joan
Levesque, Barbara

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

FRIENDS

Agerton, Marjorie
Baker, Clarice
Brouillette, Shirley
Burns, Marilyn
Casey, Jean
Cassidy, Mary
Cavros, Carole
Corey, Bruce/Pamela
Czekanski, Chris
Doyle, Tom/Mary
Emery, Thelma
Flanagan, Madeline
Gauthier, Shirley
Glica, Sigismund, Nellie
Grover, John/Rita
Hall, David/Beverly

Hammond, Gloria
Jasmin, Lynn
Jensen, Yvette
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Kowalczyk, David/Nancy
Leahy, Mike
Luczek, Janina
Lynch, Mary
Madden, Jr., Larry/Pat
Magill, Marge
Marra, Antoinette
Martin, Jr., James
Mitchell, Dee
Moriarty, Laurence/Janis
Nowakowski, Helene
Page, Jr., Robert
Podosek, Edward/

Marquerite
Polom, Mary
Post, Jenine
Provost, Cheryl
Ptaszekiewicz, Lois
Putnam, Edwin
Riddle, E Donald/Ann
Salemi, Ann
Sheehan, Ed/Florence
Skelly, Edmund/Dorothy
Starzewski, Helen
Stusick, Stasia
Testori, Juanita
Tokarz, Beverly
Wickett, Barbara
Willis, Bessie
Wilson, Lester

Zawacki, Carolyn
BUILDING FUND
Doyle, Tom/Mary
Garceau, Tony
Ludwig, Frank
Parent, Lorraine
Salemi, Ann
Zawacki, Carolyn
Wilbraham Beginner Line
Dance Friday
Cathy Hunter
Wilbraham SC Line Dance
Wednesday
Cathy Hunter
Wilbraham SC Pitch Club

Real Estate Tax Exemptions

Now is the time to apply for the Real Estate Tax Exemptions through the Assessors Department. There are 2 different exemptions and there are different qualifications for each. Exemption amount \$175 **CLAUSE -17D** (based on assets only) Age requirement: 70 or older by July 1 of the tax year. The value of your domicile is not included in your net assets but the value of your automobile is. Exemption amount \$750 **CLAUSE -41C** (based on income & assets) Age Requirement: 65 or older or joint owner with a spouse age 65 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

MARCH EVENTS

BOOK CLUB will meet on Thursday **March 20** at 1:30 pm.

QUILTING CLUB Meets every Thursday at 1:00 p.m.

ATTORNEY DOUGLAS PETERSON, FREE 20 minute consultations on **March 12**. Call for appt. 596-8379.

JEWELRY WORKSHOP with Sandy Merrill, on Wednesday, **March 19** at 10 am. \$3/class.

MEN'S BREAKFAST in Wilbraham on **Friday, March 28 at 8:30 a.m.** Please call to register—596-8379.

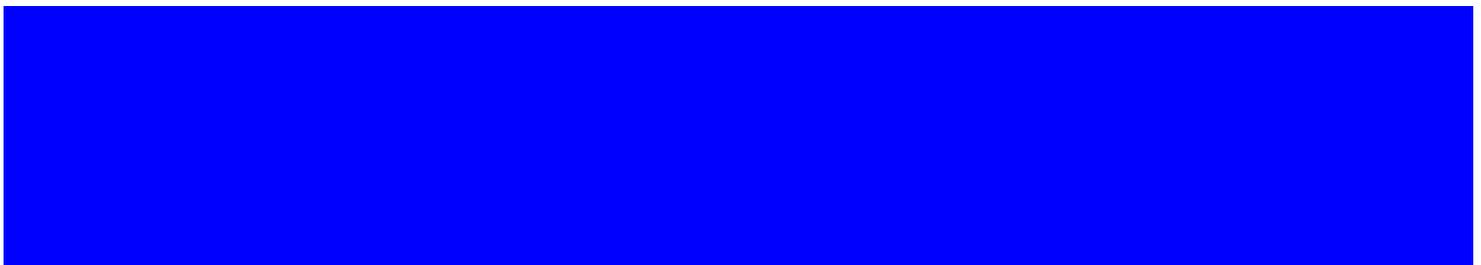
AFTERNOONS: PITCH Mondays, 12:30 p.m., **DOMINOES** Thursdays, 11:30 a.m., **BRIDGE** Fridays, 1 p.m. **KNITTING ETC.** Tuesdays, 1:00 p.m. **RUG MAKING**, Mondays at 1:00 p.m.

FRIENDS OF WILBRAHAM SENIORS MEETING Monthly meeting held on **Tuesday, March 11** at 1 pm.



MARCH 2014

Mon	Tue	Wed	Thu	Fri
3 9-AARP Tax Aides 10-Yoga Presentation 12-Gentle Walking 12:30-Pitch 1-Rug Making Stop & Shop	4 CASINO TRIP 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. Around Town	5 9-Tai Chi 10:15-Arthritis 11-Belly Dance 1:40-Line Dance 2-Zumba Wal-Mart	6 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Club Big Y	7 9-Chair Massage 9-Reflexology 9-SHINE 10:30-Keystone Trip 1-Bridge 1:40-Line Dance
10 9-AARP Tax Aides 10-Osteoporosis 12-Gentle Walking 12:30-Pitch 1-Rug Making Big Y	11 ST. PATTY LUNCH 10-Chair Exercise 10-Manicures 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. 2-Friends Meeting Around Town	12 9-Tai Chi 10-Baystate Hearing 10-Podiatrist 10:15-Arthritis 11-Belly Dance 1-Atty. Peterson 1:40-Line Dance 2-Zumba Holyoke Mall	13 8-Foot Care Nurse 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Club Stop & Shop	14 9-Outrageous Adventures 12-Red Hat Event 1-Bridge 1:40-Line Dance
17 9-AARP Tax Aides 10-Mercy Life PACE 12-Gentle Walking 12:30-Pitch 1-Rug Making Stop & Shop	18 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. 1-Red Hat Meeting Around Town	19 9-Tai Chi 10-Jewelry Class 10:15-Arthritis Class 11-Belly Dance 1:40-Line Dance 2-Zumba Wal-Mart	20 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Club 1:30-Book Club Big Y	21 9-SHINE 10-Reflexology 12-Pizza with Puppolo 1-Bridge 1:40-Line Dance
24 9-AARP Tax Aides 10-Medication Mngt. 10-Fallon 12-Gentle Walking 12:30-Pitch 1-Rug Making Big Y	25 DINE OUT 10-Chair Exercise 10-Manicures 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. Around Town	26 9-Tai Chi 10:15-Arthritis 11-Belly Dance 1:40-Line Dance 2-Zumba Eastfield Mall	27 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Club Stop & Shop	28 8:30-Men's Breakfast Club (Ludlow) 1-Bridge 1:40-Line Dance
31 9-AARP Tax Aides 12-Gentle Walking 12:30-Pitch 1-Rug Making Stop & Shop		Menu not available at time of printing. Please call 596-8379 to see what's for lunch!		 We are on FACEBOOK



Joy of Spring

Fourth Annual Friends of Wilbraham Seniors Fashion Show

Where: Ludlow Country Club

When: April 24, 2014 11:30am (social hour)

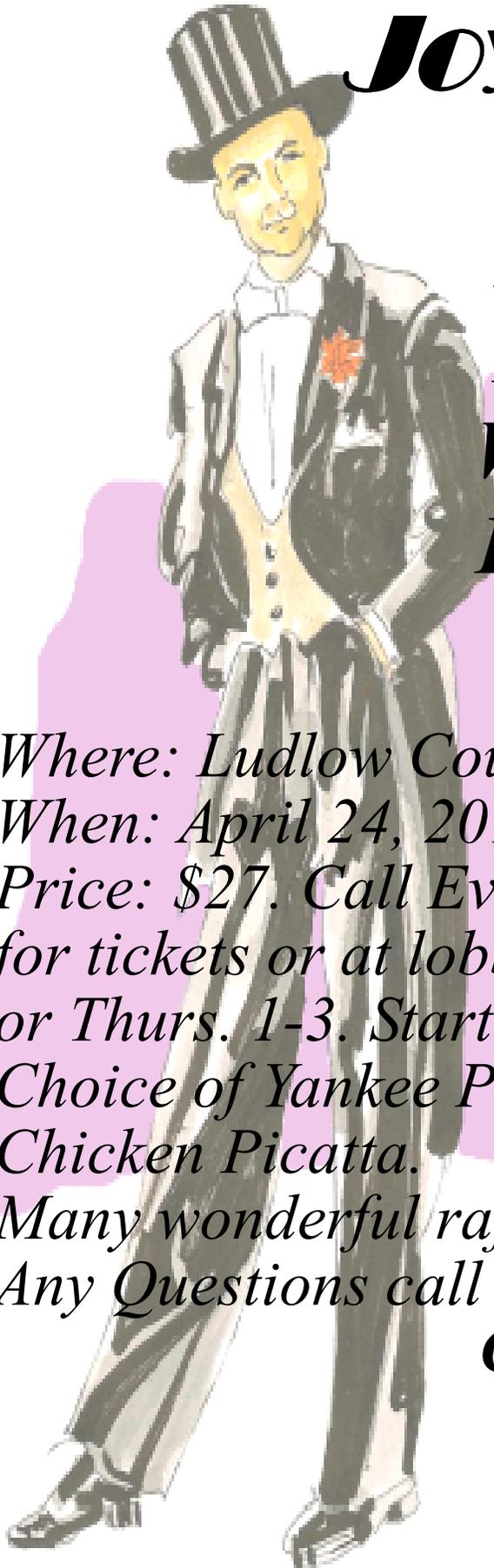
*Price: \$27. Call Evelyn Morris (596-9745)
for tickets or at lobby of Senior Center Tues.
or Thurs. 1-3. Starting Feb. 18*

*Choice of Yankee Pot Roast, Baked Scrod, or
Chicken Picatta.*

Many wonderful raffle prizes

Any Questions call Kathy Phipps (596-9938)

Clothes by: Dress Barn



Krazy Jake's Coupon

Tuesday, March 25th 2014

Breakfast, Lunch & Dinner

Present this coupon to your server and Krazy Jakes will be donating 20% of your total food and beverage to The Friends of Wilbraham Seniors Building Fund

14 Winter Raffle



Sponsored by the "Friends of the Wilbraham Seniors."
All proceeds to benefit new Senior Center.
Drawing March 31, 2014 at Senior Center.



TWO GRAND PRIZES

40" Sony HD Television (donated by Sampson Funeral Home)

Apple I Pad Air Tablet(donated by Bryon & Keenan Funeral Home)

A. Sports Prizes

- Woman's Golf Bag.
(donated by Ruth Carlson)
- Golf Foursome.
(donated by Wilbraham CC)
- Two Hours Court Time.
(donated by Ludlow Tennis Club)
- Golf Foursome.
(donated by Cedar Knob Golf Course)

B. Other Prizes

- Vera Bradley Tote.
(donated by Wilbraham Funeral Home)
- Basket of Wine
(donated by Mrs. Mark Soukup)
- 30 x 36 Oil Portrait.
(donated by Nicole Lussier)
- Hand Made White Afghan.
(donated by Evelyn Morris)

All tickets are eligible for Grand Prizes. Select on each ticket either A. Sport Prizes or B. Other Prizes. Mail completed tickets and check made payable to the "Friends of Wilbraham Senior Building Fund" to P.O. Box 705, Wilbraham, MA 01095 or return them directly to the Senior Center.

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2014 Winter Raffle

Name _____

Address _____

City _____ State _____

Phone _____

*** 2014 Winter Raffle**

* Name _____

* Address _____

* City _____ State _____

* Phone _____

*** 2014 Winter Raffle**

* Name _____

* Address _____

* City _____ State _____

* Phone _____

Circle One Below

Circle One Below

Circle One Below

RED HAT YA YA SISTERHOOD OF WILBRAHAM

We are into winter big time. Hope everyone is staying warm and healthy. By now we have had our Luau. It was great to be able to have more room at The Gardens. There is a change after much concern from our members about the location of Let's Do Lunch. Feb.10. at 12 noon, we are going to Krazy Jakes. We will order off the menu with separate checks. The signup sheet will be at the luau or call Ginni McCombe (525-2916) or Pauline Beem (331-3073) who are co-chairs. We have finally figured out what to do for March. We are going to stay at the senior center and do a picnic lunch and a movie with popcorn. If you would like to go sign up at Krazy Jakes Let's Do Lunch or call Kathy Phipps (413-536-9938). I am looking for volunteers to make a batch of egg salad or tuna salad and I will to make chicken salad. It is lent so we are going to do some non meat items. If some ladies would like to make some desserts let me know. April is the Friends of Wilbraham Fashion Show at Ludlow Country Club. The price is \$27. Elaine King (596-3940) is taking care of tickets for us. May 17th we are going to the Hardwick Winery and lunch will be at Salem Cross. We will order off the menu with separate checks. The van will be available with a \$4. charge. Call Ginni McCombe (525-2916) or Kathy Phipps (596-9938). The signup sheet will be available at upcoming events. On June 20 we are going to Magic Wings Butterfly Conservatory, with lunch at Chandlers Restaurant and we will order off the menu with separate checks. The van will be available with a \$4. charge. Stay warm and I look forward to seeing you. Kathy Phipps, your Queen Mum

AARP TAX ASSISTANCE

AARP trained Tax Aides will be at the Senior Center on Mondays to assist seniors over the age of 60. They will be performing electronic filling of returns. Please bring with you the following:
Social Security Card and photo ID for each taxpayer

2012 return and all related materials
All earnings (W2); Interest earnings (1099INT)
Pensions and Annuities (1099-R)
Dividend/Mutual Fund Statements (1099 DIV)
2013 Social Security form (SSA-1099)
Gambling/lottery winnings (W26)
Complete information on stock sold
Health Insurance Verification
Real Estate tax paid documentation
Rent paid documentation
Sewer and Water paid amounts
Fuel Assistance, amount received
Food Stamps, amount received

Please note—not eligible if you have a large number of stock transactions, business income, income requiring schedule C, Home Sales, purchase of a hybrid car and other complex tax returns. If you would like an appointment, please call 596-8379

UPCOMING TRIPS:

New York City bus trip is on May 7th, \$30. Sign up with payment starts Tuesday, April 8th at 8AM.

July 22nd to Newport Lobster playhouse, "Murder at the Howard Johnson's", \$89. Sign up with payment start June 3rd ay 8 am.

All checks should be made out to Senior Center Revolving Account.



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.

PARKINSON'S DISEASE SUPPORT GROUP—The **next** support group meeting, for caregivers and those coping with the disease, will meet at the **Jewish Community Center at 1160 Dickinson Street, Springfield at 4 p.m. on Monday, February 3.** This meeting will be a time for those attending to share, or maybe just to listen, while we discuss our experiences, concerns and solutions of living with Parkinsons. No registration is required. If you have questions, call Joyce Dupont at 413-323-4274 (JdupontB@aol.com) or Bobbie Levin at 413-536-1895.



VETERANS OFFICE NEWS

BJ's Wholesale Club is now offering Honorable Discharged Veterans a membership at a reduced rate. The Veteran will pay \$35.00 for a new membership or renewal, plus receive a \$10.00 off coupon for merchandise. The Veteran (As with Home Depot) needs to show a copy of discharge. For a more detailed explanation of BJ's Veteran Program one can call BJ's customer service department at 413 593 6473. The Veterans Office will be happy to make copies of your DD214. Upcoming Events: Memorial Day Ceremony Sunday May 25th at Crane Park

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.

BOOK CLUB

The Wilbraham Senior Center Book Club meets the 3rd Thursday of the month at 1:30 pm. They are a book loving bunch of people who enjoy a wide variety of books, reading both fiction and non-fiction. Most of the books are not part of the "garden variety sort" of books with a preset list of questions. Members chose books that they would like to read and select some "discussion points" and starters for discussion. Here is the list of upcoming meetings and the books that will be discussed.

March 20—The Painted Drum by Louise Erdich

April 17—Plum Island by Nelson DeMille

May 15- The Immortal Life of Henrietta Lacks by Rebecca Skloot

This is a relaxed group of readers looking for new members to join in the discussion. No need to register, just read the book and meet at the Senior Center to share your thoughts.



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**

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WEEKLY VOLUNTEERS**Office:** Ann Beardsley,

Evelyn Morris, Adell Teschendorf,

Kathy Phipps, Ginnie Rickert,

Jackie Daniels, Paula May

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, 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: pdubord@wilbraham-ma.gov

SENIOR CENTER VAN TRIPS**MONDAY TRIPS:****March 3—Stop & Shop****March 10—Big Y****March 17—Stop & Shop****March 24—Big Y****March 31—Stop & Shop****WEDNESDAY TRIPS****March 5—Wal-Mart****March 12—Holyoke Mall****March 19—Wal-Mart****March 26—Eastfield Mall****THURSDAYS TRIPS****March 6—Big Y****March 13—Stop & Shop****March 20—Big Y****March 27—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.

