

WILBRAHAM SENIOR NEWS

45B Post Office Park • Wilbraham, MA 01095

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

Volume 20, 5

MAY 2014

MOTHERS DAY LUNCH

Celebrate being a mother on Tuesday, May 13 at 11:45 am, with a special Mothers' Day Lunch at the Senior Center. Enjoy a delicious meal of pot roast, potatoes, butternut squash and cheesecake. And since two desserts are better than one, a special cake will be presented by Ruth's House. As always, space is limited so please stop in today to register. Cost is \$1.75 and payment is due at time of registration.



AVOIDING CONSUMER FRAUD & IDENTITY THEFT PRESENTATION

The annual amount lost to fraud by Americans each year is in the billions of dollars, with older adults increasingly becoming the victims of fraud, identity theft, and financial exploitation. Understanding how scams work, and knowing how to avoid them, can help protect you from falling victim. Topics to be covered include: What major steps you can take to decrease the risk of identity theft, one of the fastest growing crimes in the U.S.; How to spot a scam and what to do if you've been victimized; How to protect yourself from the latest scams targeting older adults (e.g., investment scams, tax refund scams, health care scams, etc.); Ways to preserve the integrity of your estate and financial accounts; Measures to guard against credit card fraud. Featured Speaker: Bryan E. McKeever, The Roche Associates, Inc. Sponsored by: Keystone Woods and Keystone Commons. Date: Monday, May 19 at 10 am. Call 596-8379 to sign up.

ANNUAL TOWN MEETING

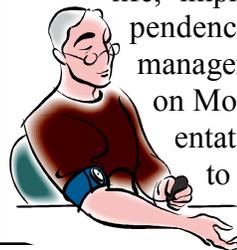
We need your support on Monday, May 12 at the annual town meeting at Minnechaug Regional High School, beginning at 7 pm. The Senior Center Building Feasibility Committee has asked for funding for a professional feasibility study. This is the next step in getting into a suitable space. Please come out and support the Senior Center. Need a ride? Call 596-8379 and we will try to arrange for transportation.



BAYSTATE VNA PRESENTS TELEHEALTH MONITORING

For adults who live at home, but have an acute or chronic illness, the Telehealth Monitoring system can help them out. Through the use of the Telehealth monitor, patients can: Measure blood pressure, Measure blood oxygen, Record weight, Record blood glucose. The information is instantly transmitted to the VNA for daily review.

This program is ideal for patients with heart failure, COPD, diabetes, and other complex diagnoses. Daily monitoring ensures timely intervention and enhanced disease management. Telehealth monitoring has been shown to: reduce ER visits, Reduce re-hospitalizations, improve quality of life, improve care, promote independence, and supports self-management. Join Baystate VNA on Monday, May 5 for this presentation. Please call 596-8379 to register.



FARMERS MARKET COUPONS

The past few years, we have received fewer and fewer Farmers Market Coupons from the state. This year we will be holding a lottery to distribute the coupons. To be eligible, you must be at least 60, have household income not more than 185% of federal poverty levels, proof of enrollment in fuel assistance, food stamps or live in subsidized elderly housing. If you qualify, call the Senior Center at 596-8379 and ask that your name be added to lottery list. We will notify winners once coupons have arrived.



SMOKE/CARBON MONOXIDE DETECTORS

Join Captain William Manseau on Friday, **May 9 at 1 pm** when he is at the Senior Center to explain the program he is coordinating. The Wilbraham Fire Department has received a grant from the Home Depot Foundation to supply smoke and carbon monoxide detectors to be installed in the homes of veterans and senior citizens within the Town of Wilbraham. The Home Depot Foundation is a non profit organization whose mission is to ensure every veteran has a safe place to call home. Through grant dollars and volunteer projects, this foundation partners with thousands of nonprofit organizations across the country to address the housing needs of veterans and to leave a lasting impact on local communities. We are collecting names of eligible seniors and senior veterans to see if they would like to be included in this free program. Call 536-8657 to register for this program on May 9.

**CENTER
CLOSED
MONDAY,
MAY 26 FOR
MEMORIAL
DAY**



HEALTH & FITNESS PROGRAMS

HEALTH PROGRAMS

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

Foot Care Nurses will be at the Center on **May 8** and are available for home visits. Cost is \$29.

Foot Doctor Cindy Galavotti will be here on **May 7** cost is \$35. Call 596-8379 for an appointment. Also available for home visits.

Baystate Hearing Aids, **May 14**, 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—Wednesdays at 2 & Fridays at 10:30, \$5.

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!

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— **May 9.** 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 **May 2.** Very relaxing!!



Sole Foot Reflexology—Dawn Dietrich, certified foot reflexologist, will be at the Senior Center on **May 2 & 16** 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. **May 13 & 27.**
Call 596-8379 for appointments.

DONATIONS

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

Ahearn, Harry & Lynne
Drumheller, Bernice
Fusco, Shirley Ann

Meany, Kathleen
Pagnoni, Jeanette
Singser, Margaret & John

Tollin, Alan
In memory of Jack Shea:
Connie & Joe Pisanski

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

FRIENDS

Barrett, Dorothy
Bugbee, Gene & Constance
Carosello, Faith
Corbeil, Roland
Daigle, Vivian
DaMato, Pearl
Ellis, Judith
Follansbee, Ernest
Fountain, Carol
Malysz, Rose
Mompho, Virsnah
Morrison, Larry
Mussi, Mary
Pabis, Mary
Parzych, Leonard
Post, Jenine
Powis, Margaret

Reich, Elaine
Shaban, D
Soja, Dorothy
Stoeber, Patricia
Tessier, Pat
Trombly, Kent/Joan
Voorhis, Jessie
Zanetti, Dorothea
BUILDING FUND
Follansbee, Ernest
King, Elaine
Pickering, James
Soja, Dorothy
Szydlowski, Richard/
Barbara
Tripoli, Irene
Kathy Hunter & Fri Line
Dance

Wilbraham Womens' Club
In Memory of Mark Soukup
Hughes, Marilyn
Ruslander, Lois
In Memory of Ernest
Richards, Sr
Blomberg, Joan
Cacela, Maria
Crogan, Yvette
Dumais, Terry
Gaudette, Charles/Ann
Marie
Gormley, Deb
Gravel, Del
Griswold, Ellie
Grtszko, Mary Jane
Healey, John/Jane
King, Elaine

Kurian, Judy
Lavoie, John/Elaine
Lussier, Nicole
McCombe, Ginni
Mele, Family
Morris, Evelyn
Orciuch, Philip/Helen
Page, Robert
Peters, Mr & Mrs Clarke
Setian, Harry/Liz
Soukup, Jane
Talbot, Martha
Tinney, Lisa Forauer,
Linda
Trask, Ralph/Patricia
Osram, Sylvania, OCC
Quarter Century Club

BEREAVEMENT SUPPORT GROUP

The Senior Center is offering a bereavement support group starting May 8, hosted by Father Domenic. The group will meet for 4 consecutive weeks from 1-2:30. The Rev. Domenic K. Ciannella, an Episcopal Priest, serves as Hospice Chaplain and Bereavement Coordinator for Wing Hospice. He is certified as a Grief Recovery Specialist. Fr. Domenic facilitates bereavement support groups that are open to the public to all who have experienced the loss of loved ones. Space is limited to 8, so please register at 596-8379.



MAY EVENTS

SHINE (Serving health insurance needs of elders) Rep. will be at the Center on Friday, May 9 & 30.

BOOK CLUB will meet on Thursday **May 15** at 1:30 pm.

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

ATTORNEY DOUGLAS PETERSON, FREE 20 minute consultations on **May 14**. Call for appt. 596-8379.

JEWELRY WORKSHOP with Sandy Merrill, on Wednesday, **May 21** at 10 am. \$3/class.

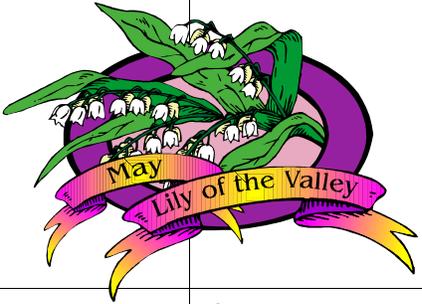
MEN'S BREAKFAST in Ludlow on **Friday, May 30 at 8:30 a.m.** Please call to register—596-8379.

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 **May 12** at 1 pm.



MAY 2014

Mon	Tue	Wed	Thu	Fri
			1 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Club Stop & Shop	2 9-Chair Massage 9-Reflexology 10:30—Zumba 1-Bridge 1:40-Line Dance
5 10-Telehealth Monitor 12-Gentle Walking 12:30-Pitch 1-Rug Making Stop & Shop	6 10–Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. Around Town	7 NYC BUS TRIP 9-Tai Chi 10-Podiatrist 1:40-Line Dance 2-Zumba Holyoke Mall	8 8-Foot Care Nurse 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Support Group 1-Quilting Club Big Y	9 9–Outrageous Adventures 9-SHINE 10:30– Zumba 1-Fire Presentation 1-Bridge 1:40-Line Dance
12 TOWN MTG 10–Brain Health 12-Gentle Walking 12:30-Pitch 1-Rug Making 1-Friends Meeting Big Y	13 10-Chair Exercise 10-Manicures 10:40-Aerobics 11-Blood Pressure 11:45-Mother’s Day Lunch 1-Knitting Etc. Around Town	14 9-Tai Chi 10-Baystate Hearing 10:15-Arthritis Class 1-Attorney Peterson 1:40-Line Dance 2-Zumba Wal-Mart	15 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Club 1-Support Group 1:30-Book Club Stop & Shop	16 10-Reflexology 10:30-Zumba 12-Bluebird Estate Luncheon 1-Bridge 1:40-Line Dance
19 10-Fraud Protection 10– Fallon health 12-Gentle Walking 12:30-Pitch 1-Rug Making Stop & Shop	20 10–Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. Around Town	21 9-Tai Chi 10:15-Arthritis Class 10-Jewelry Class 1:40-Line Dance 2-Zumba Eastfield Mall	22 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 11:30-Dominoes 1-Quilting Club 1-Support Group Big Y	23 10:30-Zumba 10:30-Emerits Bus Tour 12:30-Garden Art 1-Bridge 1:40-Line Dance
26 CLOSED MEMORIAL DAY 	27 10-Chair Exercise 10-Manicures 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. 1-Friends Around Town	28 9-Tai Chi 10:15-Arthritis 1:40-Line Dance 2-Zumba Wal-Mart	29 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 11:30-Dominoes 1-Quilting Club 1-Support Group Stop & Shop	30 8:30-Men’s Breakfast Club (Ludlow) 9-SHINE 10:30-Zumba 12:30-Garden Art 1-Bridge 1:40-Line Dance



It's Time for a Garden Party!

Painted garden art is an enjoyable and inexpensive way to give your garden, patio, entryway artful touches that are attractive and very easy to do. Instructor Ann Marie Paquette will begin with the first project - a flower concrete stepping stone on **May 23rd and May 30th from 12:30-2:30pm**. The cost for the 2 session project is \$20. All supplies are included. Payment and registration is needed before the class begins. Checks are made out to Ann Marie Paquette for \$20. Class size is limited to 8 students.



Brain Health Presentation

Mark your calendars for **May 12 at 10 am** for a presentation on Brain Health with Tom Bianco. This 45 minute power point presentation begins with an overview of the Brain and how it works, then discusses what we can do to improve brain function and finally reviews what happens to the Brain with aging. In addition, Brain nutrition and Brain exercises will be discussed and demonstrated. Participants are encouraged to ask questions and enjoy practicing the Brain exercises. Please call 596-8379 to sign up for this program.



BLUEBIRD ESTATES LUNCH

On Tuesday, May 20 at 12 noon, representatives from Bluebird Estates in East Longmeadow will be at the Senior Center for a presentation and a free lunch. The menu will consist of pasta and meatballs, garlic bread & dessert and will be free to the first 30 seniors who register. Call today at 596-8379.

BUS TOUR

Discover Emeritus. Emeritus at East Longmeadow is a beautiful new senior living community, offering residents a comfortable, safe place to live and thrive. The Wilbraham Senior Center will be offering a van trip to tour their facility. The van will be leaving the senior center at 10:30 am on Friday, **May 23** to have lunch and tour the facility. Space is limited to first 12 callers, so please sign up today. Call 596-8379.



Senior Center News Corner

Money! Money! Money! Where Does It Come From?

We want to thank all those who have donated to the Friends of Wilbraham Seniors Building Fund. We refer to all those people, organizations and businesses as PATRONS. It is truly amazing that over 800 individuals and 40 businesses have supported our efforts. Plus 460 raffle prizes donated by businesses and individuals.

Each and every month for the last four years, several highly dedicated members of the Friends have worked hard organizing and running events to add the Building Fund and some administrative costs. This is where the funds come from: Holiday Bazaars (\$16,400); Dining Out events (\$8,800); Fashion Shows (\$16,500); Winter Raffles (\$5,500); direct mail appeal (\$5,800), Hampden Bank (\$3,000); Community Club Cash Gifts (\$3,400); Casino Bus Trips (\$7,400); Spontaneous giving (\$4,100); Business Cash & Gifts (\$7,900); Senior Flyer Giving (\$25,900); Commemorative Donations (\$6,900); Health New England (\$10,000); Bake, Pastry & Paper Sales (\$5,700); and miscellaneous (\$3,000).

If you add the amount together, the total is almost \$130,000. When the time comes we will be able to help outfit the new center, whether it is kitchen appliances, furniture or even pool tables (meant to attract men) and save the tax payers a bit at the same time. There is always something going on! We are not going to quit. If you can help, please pitch in and help join the Friends.

The more we raise, the easier it will be to get the new Senior Center passed when it comes up at Town Meeting. Did you know that we pay \$67,587 in annual rent to the Y for the small space we call our Senior Center? Wouldn't it be better to make payments of ownership? In fact, the annual rent would be equivalent to more than a million and half dollars in 25 years!

Steaming Tender Restaurant Dine Out

May 22, 2014

28 Depot Street, Palmer

The Steaming Tender will be donating 20% of total food and beverage bill to the Friends of Wilbraham Seniors Building Fund. Bring the kids and watch for the trains.

L
I
S
T
E
N

F
O
R



T
H
E

W
H
I
S
T
L
E

Coupons are available in the Wilbraham Senior Center newsletter and also may be obtained at the raffle table on the day of the event. Coupons are good for lunch and dinner. Call 283-2744 for reservation of four or more.

Steaming Tender will donate 20% of your entire bill to the Friends of Wilbraham Senior Center Building Fund. Please present this coupon to your server.

RED HAT YA YA SISTERHOOD OF WILBRAHAM

It is hard to believe it is May already. We only have a couple of events left for this year. May 16, we are going to Hardwick Winery, with lunch at Steaming Tender. We will order off the menu with separate checks for lunch. Many ladies have been asking if they can go to just lunch, yes and everyone please call either Ginni McCombe (525-2916) or Kathy Sowa (596-5462) to sign up. The van will be available with a \$4. charge. Anyone going to Hardwick we will leave the senior center at 10:30. June 20, we will be going to Magic Wings with lunch at Chandlers where we will order off the menu with separate checks. Please call Elaine Lavoie (596-6001) or Martha Talbot (596- 8676) if you would like to sign up. We will be leaving the senior center at 9:00am. We will also have time for a visit to Yankee Candle if anyone would like. If you have any ideas of events we could do next year please call me, Kathy at (596-9938). Also anyone is welcome to attend our monthly meetings. Our next meeting is May 6 at 1:00. We will start to make calls in June for membership for next year. If you would like to rejoin please call Deb Gormley (547-6583) and send a check made out to "Red Hat YaYa Sisterhood of Wilbraham" to Deb Gormley 105 Chapin St. Ludlow MA 01056.

Cheers, Kathy Phipps, your Queen Mum

MESSAGE REGARDING SENIOR COMMUNITY MEALS FROM GREATER SPRINGFIELD SENIOR SERVICES

The meals program is funded in large part by federal and state dollars. Unfortunately these funds have not increased sufficiently to keep up with the rising food costs. Due to this factor, the suggested donation for our meals will be increasing to \$2.00 a meal starting June 1, 2014. There has not been an increase in 18 years and this amount reflects only a portion of the cost of the program.



UPCOMING TRIPS:



July 22nd to Newport Lobster playhouse, "Murder at the Howard Johnson's", \$89. Sign up with payment start June 3rd at 8 am. All checks should be made out to Senior Center Revolving Account.

IMPORTANT VOTER UPDATE EFFECTIVE IMMEDIATELY

All election voting will be conducted at Minnechaug Regional High School in the Gymnasium. There will no longer be voting at any of the elementary schools. All precincts whether A, B, C, or D will remain the same at Minnechaug.



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.

The Atheneum Society presents an Open House at the Old Meeting House Museum, 450 Main Street on Sunday, May 11. 2-4 pm, with a talk at 2:15 by Dennis Picard, Director of Storrowtown Village Museum, on "Springfield to the Call: A Visit with a Civil War Soldier". The monument in Crane Park is a tribute to such a soldier and Picard will share stories of how the common soldiers lived and show examples of their equipment and uniforms.



ANNUAL MEMORIAL DAY CELEBRATION



Sunday, May 25th 2014

10:30 a.m. at Crane Park in center of town

Refreshments at Village Store following program

All are welcome to attend

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.



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.

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

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, 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: pdbord@wilbraham-ma.gov

SENIOR CENTER VAN TRIPS**MONDAY TRIPS:****May 5—Stop & Shop****May 12—Big Y****May 19—Stop & Shop****May 26—CLOSED****WEDNESDAY TRIPS****May 7—Holyoke Mall****May 14—Wal-Mart****May 21—Eastfield Mall****May 28—Wal-Mart****THURSDAYS TRIPS****May 1—Stop & Shop****May 8—Big Y****May 15—Stop & Shop****May 22—Big Y****May 29—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.

