

WILBRAHAM SENIOR NEWS

45B Post Office Park • Wilbraham, MA 01095

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

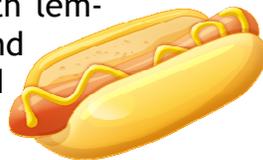
Volume 20, 7

JULY 2014



RED SOX LUNCH

Join us at the Senior Center on Thursday July 24 to watch the Boston Red Sox play the Toronto Blue Jays in a rare afternoon game. Pre game starts at 12 noon, with a hot dog lunch, followed by first pitch at 12:37. Cost for lunch is \$4, payable at time of registration. Fresh popcorn will be served during the game, along with lemonade. Wear your red sox jersey and watch the game in air conditioned comfort. GO SOX!!



Bring Balance to Your Budget

Join us on **July 28th at 10AM** when Shelly Coville from Edward Jones will present a workshop designed to help you sharpen your spending and saving strategy. You'll learn more about the basics of budgeting and the importance of managing credit and debt. Grandparents are invited to bring high school or college grandchildren. Please call 596-8379 to let us know that you will be attending.

ANNUAL ROTARY PICNIC

August 20 at Spec Pond

Registration will begin on Monday,

August 4 at 8 a.m.

FREE to Wilbraham & Hampden Seniors!!

Newport Lobster Playhouse Bus Trip

July 22—"Weekend Comedy" A thoroughly enjoyable comedy about a fifties couple and a mid-twenties couple who accidentally rent the same cottage for the weekend. They decide to share and the fun begins. There will also be a Cabaret show after the play. Meal consists of one lobster, shrimp, mussels, corn on cob, chicken, potatoes, many cold salads, dessert, coffee and tea. Cost is \$89. A \$2 tip will be collected on the bus on the way home. Seats are limited. See Mary Ellen Schmidt with any questions.

Protect Yourself During Extreme Heat This Summer?

You can follow these prevention tips to protect yourself from heat-related stress:

Drink cool, nonalcoholic beverages

Avoid caffeinated drinks.

Take a cool shower, bath, or sponge bath.

If possible, seek an air-conditioned environment. (If you don't have air conditioning, consider visiting an air-conditioned cooling center, shopping mall or public library to escape the heat of the day)

Wear lightweight clothing.

If possible, remain indoors during the heat of the day.

Do not engage in strenuous activities.

Seek emergency medical care or call (911) if you experience any of the following symptoms:

An extremely high body temperature (above 103°F) red, hot, and dry skin (no sweating), rapid, strong pulse, throbbing headache, dizziness, nausea. Warning: If your doctor generally limits the amount of fluid you drink ask your doctor how much you should drink when the weather is hot. Have a safe and happy summer!



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.



RETIREMENT HELP

Presenter Bonnie J Davis will discuss your retirement dollars and how to make them stretch just a little further. Everyone is trying to take a bite out of your retirement income. Bonnie will introduce a couple of innovative products, Asset and Immediate Care, to help preserve your retirement. Call to reserve your seat for **Monday, July 14 at 10 pm.**

COOLING CENTER

The Senior Center is available to anyone who needs a cool place to be in the hot summer months. We are fully air conditioned and open Monday-Friday, 8 am to 4 pm. We have two rooms with comfy chairs and flat screen tv's. Summer is usually quiet with activities, so please stop by.



PITCH PLAYERS WANTED

Come one, come all and join the fun! New pitch players are welcome on Mondays at 12:30 pm. \$2 entry fee.



HEALTH & FITNESS PROGRAMS

FITNESS PROGRAMS

NEW ELLIPTICAL!! We have a new elliptical that joins our treadmill and recumbent bike. A Dr's. note and training is required prior to first use. See Mary Ellen if you have any questions.

Line Dancing, **Wednesdays and Fridays at 1:40 p.m.**

Zumba Gold—**Wednesdays at 2 & Fridays at 10:30, \$5.**

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.**

Gentle Exercise with Mary Ellen, **Wed., 10:15 a.m.**

Gentle Walking - **Mondays from 12-12:45.**

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 **July 11** Very relaxing!!



Sole Food Reflexology—Dawn Dietrich, certified foot reflexologist, will be at the Senior Center on **July 3 & 18** for appointments. Cost is \$10. Call 596-8379 for appointment.

MANICURES AT THE CENTER—Manicures by Cathy Rasid, licensed manicurist. 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 Cathy as 413-335-7422 for an appointment. July 15 & 29.**

HEALTH PROGRAMS

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

Foot Care Nurses, **July 10**, cost is \$29.

Foot Doctor Cindy Galavotti will be back August 6 and cost is \$35. Call 596-8379 for an appointment. Also available for home visits.

Baystate Hearing Aids, **July 9**, 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.

DONATIONS

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

FRIENDS	Malzenski, Edward	Armida, Gina
Armida, Gina	Manzi Margaret	Dahlen Joan
Dahdah Joe	Post, Jenine	Goodman James
Dahlen Joan	Ripley, Mary	Guagliardo, Tony
Dalamarter Christine	Shaban, D	Manzi Margaret
Foy, Thomas/Lois	Slawiak Thomas	Piaget, Barbara
Goodman James		Slawiak Thomas
Jasmin, Anna	BUILDING FUND	WSC Kathy Hunter & Fri Line

ART LESSONS With SUE NIESKE

July 29, 31
August 5, 7



More information
available
at the
Senior
Center

DID YOU KNOW...

The Senior Center has a Knox Box program? The Knox Box is a small square box that hangs on your front door. It is a secure emergency access program developed for Wilbraham seniors who meet certain criteria, such as living alone or with a medical condition. The master key is controlled by the Fire Department and when there is a medical emergency, the Knox Box allows firefighters and paramedics immediate entry into your home without delay or forced entry damage to doors. Homeowners store keys in high security Knox Boxes mounted at the homes front entrance. A nominal donation is requested annually and those donations help purchase additional boxes. If you have a Knox Box, look for your annual letter from Barbara, requesting the nominal donation of \$12. If you are interested in having a Knox Box placed on your home, please call Barbara at 596-8379 to see if you qualify.



JULY EVENTS

SHINE (*Serving health insurance needs of elders*) Rep. will be at the Center on Friday, July 11.

BOOK CLUB will meet on Thursday **July 17** at 1:30 pm. The book for July will be *Lots of Candles and Plenty of Cake* by Anna Quindlen.

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

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

JEWELRY WORKSHOP with Sandy Merrill, will resume in September

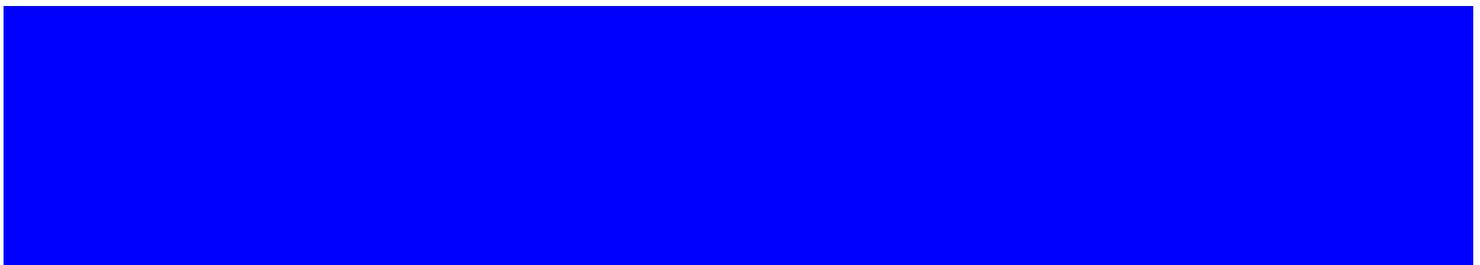
MEN'S BREAKFAST in Ludlow on **Friday, July 25 at 8:30 a.m.** Please call to register—596-8379.

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 **July 14** at 1 pm.

JULY 2014

Mon	Tue	Wed	Thu	Fri
	<p>1 10-Chair Exercise 11-Blood Pressure 1-Knitting Etc.</p> <p><i>Around Town</i></p>	<p>2 9-Tai Chi 1:40-Line Dance 2-Zumba Gold</p> <p><i>Holyoke Mall</i></p>	<p>3 9 –Reflexology 10-Chair Exercise 11:30-Dominoes 1-Quilting Club</p> <p><i>Big Y</i></p>	<p>4 CLOSED</p> 
<p>7 12-Gentle Walking 12:30-Pitch 1-Rug Making</p> <p><i>Baked Chicken in sweet & Sour sauce</i> Big Y</p>	<p>8 10–Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. 1-Red Hat Meeting</p> <p><i>Around Town</i></p>	<p>9 9-Tai Chi 10-Baystate Hearing 10:15-Gentle Exercise 1:40-Line Dance 2-Zumba Gold</p> <p><i>Wal Mart</i></p>	<p>10 8-Foot Care Nurse 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Club</p> <p><i>Stop & Shop</i></p>	<p>11 9-SHINE Rep. 9-Massage Therapy 10:30–Zumba Gold 1-Bridge 1:40-Line Dance</p>
<p>14 10–Retirement Prg. 10-Fallon Health 12:30-Pitch 1-Rug Making 1-Friends <i>Mac & cheese</i> Stop & Shop</p>	<p>15 10-Chair Exercise 10– Manicures 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc.</p> <p><i>Around Town</i></p>	<p>16 9-Tai Chi 10:15-Gentle Exercise 1-Attorney Peterson 1:40-Line Dance 2-Zumba Gold</p> <p><i>Eastfield Mall</i></p>	<p>17 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Club 1:30-Book Club</p> <p><i>Big Y</i></p>	<p>18 10-Reflexology 10:30-Zumba Gold 1-Bridge 1:40-Line Dance</p>
<p>21 12-Gentle Walking 12:30-Pitch 1-Rug Making</p> <p><i>Salisbury Steak</i> <i>Mashed potatoes</i> Big Y</p>	<p>22 BUS TRIP 10–Chair Exercise 11-Blood Pressure 1-Knitting Etc.</p> <p><i>Around Town</i></p>	<p>23 9-Tai Chi 10:15-Gentle Exercise 1:40-Line Dance 2-Zumba Gold</p> <p><i>Wal Mart</i></p>	<p>24 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 12-Red Sox Lunch 1-Quilting Club</p> <p><i>Stop & Shop</i></p>	<p>25 8:30-Mens Breakfast (Ludlow) 10:30-Zumba Gold 1-Bridge 1:40-Line Dance</p>
<p>28 10– Balance your Budget 12-Gentle Walking 12:30-Pitch 1-Rug Making <i>Pollack/tartar sauce</i> Stop & Shop</p>	<p>29 10-Chair Exercise 10– Manicures 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc.</p> <p><i>Around Town</i></p>	<p>30 9-Tai Chi 10:15-Gentle Exercise 1:40-Line Dance 2-Zumba Gold</p> <p><i>Holyoke Mall</i></p>	<p>31 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Club</p> <p><i>Big Y</i></p>	<p>Call 596-8379 to sign up for these programs or for more info.</p>



Try your luck Come on the Mohegan CASINO BUS TRIP



DATE: August 5, 2014

TIME: Be at Wilbraham Senior Center at 8:00 am. The bus leaves promptly at 8:30AM and returns at approximately 5:30 PM

Price: \$31.00 includes driver gratuity

Upon arrival: You will receive a voucher for lunch and gambling coupons

Call: Ann Marie Gaudette at 599-4803 FIRST COME FIRST SERVED

Payment: Make checks payable to Friends of Wilbraham Seniors Building Fund and send to:

Ann Marie Gaudette
269 Stony Hill Road, G4-104
Wilbraham, MA 01095

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Senior Center News Corner

When is today's 70 more like the old 50?

No, it is not modern math ! (*Whatever that is.*) It's what the experts say about **our chronological age**. Thanks to modern medical techniques, lifestyle changes, and new miracle medications, we are acting much “younger” than our parents did at the same age and we're living much longer. Communities all over our country recognize this fact and are responding by providing better and bigger senior center facilities and programs. Some seniors may worry about “running out of money”. An appropriate senior center provides a **low cost opportunity** to:

- | | |
|--|--------------------------------------|
| * eat more nutritiously | * be informed about veterans affairs |
| * socialize with peers | * get medical screenings |
| * recreate with age appropriate activities | * modern exercise equipment |
| * stretch our minds with more education | * and even more. |

Where else can you receive a lunch for \$2.00? Enjoy an afternoon holiday party with good friends? Chat with acquaintances while enjoying a 50 cent cup of coffee or tea? Share experiences with those who are there and understand?

A proper functioning and appropriate sized community senior center facility can provide this and more. We, The Friends of the Wilbraham Seniors, encourage you to get a small glimpse of what can be by participating in current senior center activities and supporting our efforts for a new improved Wilbraham Senior Center.



Red Flags of Abuse



Does someone you know—a senior or adult with a disability—display any warning signs of mistreatment?

Neglect

- Lack of basic hygiene, adequate food, or clean and appropriate clothing
- Lack of medical aids (glasses, walker, teeth, hearing aid, medications)
- Person with dementia left unsupervised
- Person confined to bed is left without care
- Home cluttered, filthy, in disrepair, or having fire and safety hazards
- Home without adequate facilities (stove, refrigerator, heat, cooling, working plumbing, electricity)
- Untreated pressure “bed” sores (pressure ulcers)

Financial abuse/exploitation

- Lack of amenities victim could afford
- Vulnerable elder/adult “voluntarily” giving uncharacteristically excessive financial reimbursement/ gifts for needed care and companionship
- Caregiver has control of elder’s money but is failing to provide for elder’s needs
- Vulnerable elder/adult has signed property transfers (Power of Attorney, new will, etc.) but is unable to comprehend the transaction or what it means

Psychological/emotional abuse

- Unexplained or uncharacteristic changes in behavior, such as withdrawal from normal activities, unexplained changes in alertness, other
- Caregiver isolates elder (doesn’t let anyone into the home or speak to the elder)
- Caregiver is verbally aggressive or demeaning, controlling, overly concerned about spending money, or uncaring

Physical/sexual abuse

- Inadequately explained fractures, bruises, welts, cuts, sores or burns
- Unexplained sexually transmitted diseases

What should I do if I suspect abuse? Report your concerns. Most cases of elder abuse go undetected. Don’t assume that someone has already reported a suspicious situation. The agency receiving the report will ask what you observed, who was involved, and who they can contact to learn more. You do not need to prove that abuse is occurring; it is up to the professionals to investigate the suspicions.

To report suspected abuse, contact Protective Services (Greater Springfield Senior Services, Inc.) at 781-8800. You may also Contact the Social Services Coordinator at the Wilbraham Senior Center, 413-596-8379. All information is confidential.

RED HAT YA YA SISTERHOOD OF WILBRAHAM

Hope everyone is enjoying the summer. This is our quiet time of the year event wise, but we on the board are getting ready for next year. Looks like a lot of fun things. Also we have been busy with building our new membership for next year. Deb Gormley, Liz Setian or myself have called you to remind you to send a check for \$10. made out to The Red Hat Ya Ya Sisterhood of Wilbraham and send to Deb Gormley at 105 Chapin Greene Dr. Ludlow, MA 01056. You do not have to wait to be called just send a check. We are looking for ladies to help chair events next year. You we not be doing it alone. You will be with one of the board members or a seasoned chair person. There are no board meetings in July or August. Our next board meeting will be Sept. 9 at 1:00 at the senior center. Enjoy your summer if you have any questions or want to help chair an event call me Kathy (596-9938).

Stay cool,

Kathy Phipps, your Queen Mum

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.

Wilbraham's Old Meeting House Museum invites you to its 5th annual Ice Cream Social featuring the Wilbraham Art League Show: Small Works, Big Art. Ice cream provided by Friendly Ice Cream Corp. All free and open to the public. July 13, 1-5 at 450 Main Street.

CONCERTS AT FOUNTAIN PARK

7/10—The Heritage Pops Orchestra
(18 Piece Big Band)

7/17—The Frank Manzi Band

7/24—The Tom Ingram Band

7/31—The Diamond Collection

(Ultimate Neil Diamond Tribute Band)

8/7—The Glamour Girls

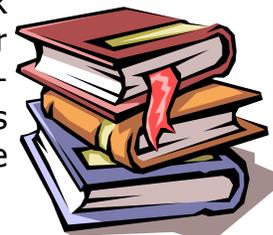
(The Queens of Retro Rock, Pop & Soul)

Concerts run from 6:30-8:30 but come early to get a great seat, listen to the opening acts and have a relaxing picnic in the beautiful park. \$5 parking donation, food available on site. For more information, go to: explorefontainpark.com



BOOK CLUB

Book Club News Summer trip to the Montague Bookmill in Montague, MA On July 25 the Book Club will be making a special trip, via the Senior Center van, to the Montague Bookmill which is located at 440 Greenfield Road, Montague MA. This is a wonderful combination of a used and new book store, cafe and restaurant located in a lovely setting on the Sawmill River in an old, renovated, mill. We will leave the Senior Center at 10 am and return between 3 and 4 pm. Cost for the van will be \$2, payable at registration. Each rider is also asked to contribute \$1 to purchase lunch for our driver. This trip is open to all members of the Senior Center, not just to book club members. Reservations need to be made by July 22nd, along with your non-refundable \$2. For more information please call Mary Ellen Schmidt at 596-8379. This trip is to the place which calls its self The Montague Bookmill, "Books you don't need in a place you can't find!" It should be a great time of year to see the country side and this wonderful old place, even if you don't buy any books!





VETERANS OFFICE NEWS



Under Chapter 115 of Massachusetts 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.

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. There has not been an increase in 18 years and this amount reflects only a portion of the cost of the program. Presently, meals are served at the Senior Center on Mondays at 11:40 am. See menu on our calendar page.



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. \$2.00 donation requested.

**FRIENDS OF WILBRAHAM SENIORS
WILBRAHAM SENIOR CENTER
45B POST OFFICE PARK
WILBRAHAM, MA 01095-1179**

Nonprofit Organization
U.S. Postage Paid
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WEEKLY VOLUNTEERS**Office:** Ann Beardsley,Evelyn Morris, Adell Teschendorf,
Lori Giacomoni, Jackie Daniels,
Dorothy Chmura**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 KlostriMeeting: 1st Wednesday of each month at
the Senior Center at 4:00 p.m.

The Wilbraham Senior News is mailed monthly by the Friends of Wilbraham Seniors, Inc., for the Council on Aging. Typed contributions accepted by the 8th of each month mailed to:

Wilbraham Senior Center
45B Post Office Park
Wilbraham, MA 01095

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

Email: pdubord@wilbraham-ma.gov

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

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

Call 596-8379 to sign up today.