

WILBRAHAM SENIOR NEWS

45B Post Office Park • Wilbraham, MA 01095

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

Volume 20, 8

AUGUST 2014

ANNUAL ROTARY PICNIC

Mark your calendars for Wednesday, August 20th, as the Rotary Senior Picnic returns. Held at Spec Pond, this event is free and open to all Wilbraham and Hampden seniors. Enjoying a bbq chicken dinner with delicious side dishes, entertainment and raffles, all courtesy of the Wilbraham-Hampden Rotary Club. Registration begins August 4 at 8 a.m. Please do not arrive prior to 11:30 a.m., as the rotary needs time to set up. If you need a ride, please call 596-8379 to be added to the van list.



Hydrating for Health and Wellness

Join Registered Dietitian, Susan Mazrolle, MSRD, LDN, Big Y's new in-store dietitian, as we explore the myths and facts about adequate hydration. How much fluid is enough? Can a person drink too much water? What are the benefits and downsides to various commonly consumed beverages? We'll explore these and other issues about what we pour into our glasses. If time allows we'll also explore easy to prepare cold meals to keep you cool on hot days of summer. **Tuesday August 26th Noon-1:30** at the Wilbraham Big Y on Boston Road. Call 596-8379 to sign up.

MANAGING ACHES AND PAINS

Michelle Croze, owner of Harmony Way in Springfield, MA and specialist in alternative and holistic healing modalities, meditation, fitness and wellness, will be presenting a free program at the Senior Center on Monday, **August 25 at 10 am**. Michelle will share a wide variety of helpful information about managing aches and pains in the body and stress in healthy, natural ways. Some of the topics to be discussed will be meditation, nutrition and fitness options, various alternative healing modalities, EFT, and more. To learn more about Michelle Croze, her business or the the subject areas to be presented during the presentation, please feel free to go to the Harmony Way website: www.harmonywayhealing.com or blog: www.harmonyway.weebly.com.

ICE CREAM SOCIAL

What's better than ice cream on a hot summer day? On Tuesday, August 12, the Visiting Angels is sponsoring an ice cream social, following a delicious hot dog lunch. Cost for the lunch is \$2/per person and payable at time of registration. The meal will be served at 12 noon and is limited due to space. Please stop in today and sign up!



NEW YORK BUS TRIP

A bus trip to New York City is scheduled for September 17th at a cost of \$30. Enjoy a day in the Big Apple. See a show, hit the museums or shopping, what ever you want! Sign up for NYC trip on Tuesday, August 5th at 8AM. Questions, see Mary Ellen Schmidt.



HEALTH & FITNESS PROGRAMS

HEALTH PROGRAMS

Free Blood Pressure Readings, **Tuesdays., 11-12 noon.**



Foot Care Nurses will be at the Center on **August 7** and are available for home visits. Cost is \$29.

Foot Doctor Cindy Galavotti will be back **August 13** and cost is \$35. Call 596-8379 for an appointment. Also available for home visits.

Baystate Hearing Aids, **August 13**, 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.** 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, will resume in **September.**

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 **Wednesdays., 10:15 a.m.**

Senior Center Fitness Equipment—re-cumbent 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

Sole Food Reflexology—Dawn Dietrich, certified foot reflexologist, will be at the Senior Center on **August 1 & 15.** for appointments. Cost is \$10.

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. **August 12 & 26.**

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 1.** Very relaxing!!

Call 596-8379 for appt.



Summer Fun for Everyone

Summer means outdoors and activities that bring youth to the spirit and, yes, maybe a few aches to the bones. Mobility impairments have always brought challenges to outdoor activities. Even minor bouts of stiff knees or balance issues can take the enjoyment and or even take away the opportunity to engage in activities that were, in our earlier years, a source of great satisfaction and enjoyment. The good news is that the Town's Commission on Disability has completed several projects that reopen popular Town summer resources. The community gardens now have four raised gardening boxes build by Eagle Scout Tyler Hall. These can be worked from either a standing or seated position (your knees will love that). Since the boxes are in pairs there is a four foot square deck between them for a work surface or holding potted plants. The boxes are located on a large paved surface that allows very convenient parking and firm surface for maneuvering.

This summer the Community Garden is adding a greenhouse that will have extra wide doors and a ramp access. Inside the solid floors and variety of benches will accommodate a wide range ergonomic requirements.

Of course the busiest place in Wilbraham in the summer is the Spec Pond beach area. While sun and sand are great for most people others may find these too unsuitable for their mobility aids. The Commission on Disability was awarded a Community Preservation Grant to address this challenge and to keep families together at this fun community resource. Beach access mats; six foot wide, woven plastic mats, have been installed across the sand at the entry gate. These mats are firm enough to support even heavy powered wheel chairs. Beachgoers using walkers, canes, and even just on foot will find this surface more stable and much cooler as well. Their location also brings some afternoon shade, visibility of the entire beach, and plenty of fresh air.

It's summer time the way it used to be (with a little help). Get out there and enjoy!

Steve Fratoni
Secretary, Wilbraham Commission on Disability.



ALZHEIMER'S CAREGIVERS SUPPORT GROUP Offered by Orchard Valley at Wilbraham

The complexity of Alzheimer's disease and related dementias severely impacts the family and professional caregiver. A support group provides an opportunity to learn more about the different stages of this progressive disease and offers tips on ways to better cope. Join us for monthly discussions and have the opportunity to learn and share with others who understand.

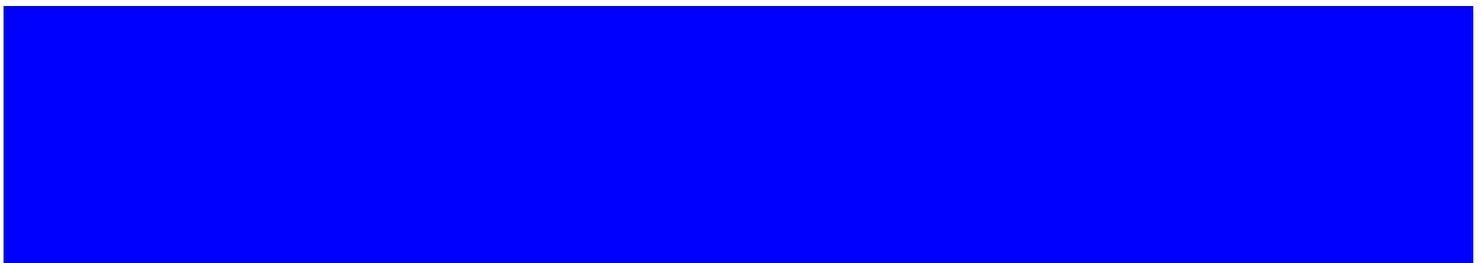
The support group will meet August 13th at 5:30, and the 2nd Wednesday of every month following. August's topic of discussion will be "Communicating with your loved one".

Please RSVP to Kate at 596-0006 or ovwhpc@benchmarkquality.com

Concert series continues at Orchard Valley with the Palmer-Monson Community Band on Sunday, August 17 at 5:30 p.m. and the Eddie Forman Orchestra on September 6, 2:30 p.m.. Bring your family, friends, lawn chairs and picnics! Free and open to the public. Light refreshments served.

AUGUST 2014

Mon	Tue	Wed	Thu	Fri
				1 9:30-Massage Therapy 10-Reflexology 10:30-Zumba Gold 1-Bridge 1:40-Line Dance
4 12:30-Pitch 1-Rug Making <i>Chicken chow mein</i> <i>Fried Rice</i> Big Y	5 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. Around Town	6 9-Tai Chi 10:15-Gentle Exercise 1:40-Line Dance 2-Zumba Gold Wal Mart	7 8-Foot Care Nurse 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Club Stop & Shop	8 9-SHINE Rep. 10:30-Zumba Gold 1-Bridge 1:40-Line Dance
11 12:30-Pitch 1-Rug Making 1-Friends <i>Taco Sald</i> Stop & Shop	12 ICE CREAM SOCIAL 10-Chair Exercise 10- Manicures 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. Around Town	13 9-Tai Chi 10-Podiatrist 10-Baystate Hearing 10:15-Gentle Exercise 1-Attorney Peterson 1:40-Line Dance 2-Zumba Gold Eastfield Mall	14 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Club Big Y	15 10-Reflexology 10:30-Zumba Gold 1-Bridge 1:40-Line Dance
18 12:30-Pitch 1-Rug Making <i>Salmon filet/rice pilaf</i> Big Y	19 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. Around Town	20 ROTARY PICNIC 9-Tai Chi 10:15-Gentle Exercise 1:40-Line Dance 2-Zumba Gold Wal Mart	21 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Club 1:30—Book Club Stop & Shop	22 10:30-Zumba Gold 1-Bridge 1:40-Line Dance
25 10-Managing Aches 10-Fallon Health 12:30-Pitch 1-Rug Making <i>Baked Chicken</i> Stop & Shop	26 10-Chair Exercise 10- Manicures 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. Around Town	27 9-Tai Chi 10:15-Gentle Exercise 1:40-Line Dance 2-Zumba Gold Holyoke Mall	28 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Club Big Y	29 8:30-Mens Breakfast 10:30-Zumba Gold 1-Bridge 1:40-Line Dance



DONATIONS

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

Friends

Belsky, Alice
Flanagan, Madeline
Geoffino, Olga
Hanrahan, Mary
Landquist, Martin
Lefebvre, Monique
MacNeil, Claire
Sajdak, Bronislaw, Mem Dorothy Sajdak
Tompkins, Joan
Walker, Linda
Wilson, Lester

Howard, Sally
Landquist, Martin
Maggi, Joan
Sluda, Peter
Szaban, Walter/Helen
St Cecillas Catholic Womens Club
The Woods At Wilbraham
WSC Kathy Hunter & Line Dancers
Dicken, Priscilla, Memorial of John Shea
Sajdak, Bronislaw, Memorial of Dorothy Sajdak

Building Fund

Cocchi, Fleming/Genevieve
Garceau, Donald
Garceau, Tony
Garvey, Brigid
Hanrahan, Mary

Revolving Account

Garvey, Bill
Kalish, Sheila
Kirk, Dorothy
Ripley, Mary
Sajdak, Bronislaw

AUGUST EVENTS

SHINE (*Serving health insurance needs of elders*) Rep. will be at the Center on Friday, August 8.

BOOK CLUB will meet on Thursday **August 21** at 1:30 pm. Book—The Emigrants.

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

ATTORNEY DOUGLAS PETERSON, FREE 20 minute consultations on **August 13**. Call for appt. 596-8379.

JEWELRY WORKSHOP with Sandy Merrill, will resume in September

MEN'S BREAKFAST in Wilbraham on **Friday, August 29 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 **August 11** at 1 pm.

MACY'S

\$5

"SHOP FOR A CAUSE"

Saturday, August 23, 2014

Save 25% all day

**On all regular, sale and clearance items, including home
--even save on most brands usually excluded**

save 10%

on electrics/electronics, watches, furniture,
mattresses and rugs, floor coverings

GOOD AT ALL MACY'S STORES

**YOUR \$5 CONTRIBUTION ALL GOES TO THE
FRIENDS OF WILBRAHAM SENIORS**

Get your coupons at the Wilbraham Senior Center lobby

ON

August 4th thru 8th and 11th thru 15th from 9am until 12pm

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Senior Center News Corner

The Patron's Fundraising Facts

The Friends of Wilbraham Seniors would like to thank all the "Patrons" who have stepped up and supported the building fund. We have raised approximately \$130,000 in cash and from events. We have received a conditional pledge by Monson Savings Bank of \$25,000! All monies will be used for the new center. It is worth noting that the \$67,584 annual rental cost to the Y will be replaced with payments of ownership.

We want to thank all those who are donating their time and talents for the many events that have and will be occurring.

The question in the back of many peoples mind is: do we actually need a new facility when we already have one? Simply put the space is too small creating an inability to function properly or to offer the extent of services that are essential. Our Senior Center has 1.06 square feet per town senior while the average square feet among seven of our neighboring communities is 4.1. Realizing Agawam is twice the size of Wilbraham it has a 25,000 square foot Senior center compared to our 3,840 square feet! More realistically, comparing Northborough which is almost the same size as Wilbraham their Center still dwarfs ours as they have 14,000 square feet, 3.6 three times our tiny Center. As one person put it "there's no place to set our coffee cup down".

This discrepancy is compounded by the fact that our town is aging three times as fast as our state population. From a University of Massachusetts Donahue Institute Population Projection the over 65 will increase 55% from the years 2010 to 2030. The boomers are coming! They currently represent over 19% of the adult Wilbraham population.

Senior Centers differ in the activities they offer but look through this newsletter to see the many, and we mean many, services and programs that are offered. A Senior Center provides the psychological nourishment of social contact, friendship, stimulation, and activity while promoting independence and good health. Did you know that September is National Senior center month? Nearly 11,000 centers serve one million older adults each day. Again to quote one observer, "They are places with high energy, many activities and programs and a heartbeat of the community".

RED HAT YA YA SISTERHOOD OF WILBRAHAM

Summer is half over and it has been pretty nice for the most part. We will be starting our new year as Red Hatters in September. Please if you have not heard or been contacted by one of the ladies, call Deb Gormley 413-547-6583. Or send Deb a check for \$10. made out to the Red Hat YaYa Sisterhood of Wilbraham to 105 Chapin Greene Dr. Ludlow 01956. There are some great events in the works. The first one is Sept.14. Jane Soukup is the chair-lady for this event (413-596-6046). There were 35 tickets and at this time they are sold out for a play at Stagelot Theater followed by dinner at Anchor House. Please call if you would like to attend the dinner. It is our installation of officers. There is going to be a choice of one of three, chicken franchise, medallions of beef, or roasted scrod. We will be car pooling from the senior center. Please call Jane if you would be willing to drive. The price is, play \$16. Dinner \$21, total \$37 includes tax and gratuity. Our Oct. 17, event is a trip to Kringle Candle the van will be available a charge of \$4. We will car pool over 12. Order of the menu with separate checks if under 20.if over there will be a choice of three entrees. Nov. is Pot Luck to be held at the Gardens of Wilbraham. Will have the date posted shortly. Dec.4 at 11:30 is our Christmas party at Ludlow Country Club. We again will do choice of one of three, more information to follow. We are not going to do a gift swap or anything but are doing a donation to the Fund Mary Manning spoke about at our Nov. Pot Luck, Heffer International. Jan 19th we are going to do our own Downton Abbey Tea. The remainder of the events will be in the handbook or right here in the senior newsletter. So stay cool and enjoy the rest of the summer.

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.

For its Open House on Sunday, August 10 from 2-4 p.m., the Old Meeting House Museum will feature an "Antique Farm Equipment Display". Trustee Bill Steele will have working equipment on display both inside and outside the house. The event is free and open to the public. Located at 450 Main Street, Wilbraham.

Concert at Fountain Park—August 7—The Glamour Girls (The Queens of Retro Rock, Pop & Soul). Concert 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: explorefountainpark.com



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.

THANK YOU TO HOME DEPOT & THE WILBRAHAM FIRE DEPARTMENT

On July 16, over 50 Wilbraham homes of Veterans and Seniors received new smoke detectors and carbon monoxide detectors, thanks to a grant from Home Depot. Captain Bill Manseau of the Wilbraham Fire Department, received the grant and oversaw the project. A big "thank you" goes to the folks at the Wilbraham Home Depot—Joe, Crystal, Joe, Debbie and Nick. Also thanks so Captain Dave Bourcier for all his time and efforts in this project. And a very special thanks to Karen Manseau for her assistance.



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**

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WEEKLY VOLUNTEERS**Office:** Ann Beardsley,Evelyn Morris, Adell Teschendorf,
Lori Giacconi, Jackie Daniels,
Dorothy Soja**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:**

August 4—Big Y
August 11—Stop & Shop
August 18—Big Y
August 25—Stop & Shop

WEDNESDAY TRIPS

August 6—Holyoke Mall
August 13—Wal-Mart
August 20—No Van (picnic)
August 27—Wal-Mart

THURSDAYS TRIPS

August 7—Stop & Shop
August 14—Big Y
August 21—Stop & Shop
August 28—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.