

# WILBRAHAM SENIOR NEWS

45B Post Office Park • Wilbraham, MA 01095

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

Volume 209

SEPTEMBER 2014

## ICE CREAM SOCIAL

Join us for a fun filled afternoon with a special lunch and ice cream social on **Tuesday, September 23rd at noon**. The menu will be Pot Roast/Gravy, Mashed Potatoes, Mixed Vegetable and Roll. Ice Cream Social sponsored by Integra Home Health and musical entertainment by Ritchie Mitnik and his friend Peter! To make reservations (with payment) stop by the front desk no later than **September 8**. The cost \$2 per person—cash preferred, checks made out to GSSSI. Hope to see you there!



## LOOMIS LAKESIDE VAN TRIP

We will be visiting Loomis Lakeside in Springfield on **Friday September 19th** as part of our continuing visits to area senior living facilities. The van will be leaving the senior center at 11AM and seating is limited to 11 people. Please call 596-8379 to register.



## ADAPTIVE TELEPHONE EQUIPMENT

The State 911 Department would like to make you aware of an exciting program—the Massachusetts Equipment Distribution Program (MassEDP). MassEDP provides adaptive telephone equipment to people who have difficulty using the telephone due issues such as hearing loss or vision loss. This enables you to have the opportunity to enjoy clear, independent phone communications and the ability to contact 911 in the event of an emergency. The specialized telephone equipment is offered to people with a permanent disability for little or no cost, depending on income level. These disabilities include: deaf/hard of hearing, blind/low vision, motion, cognitive, and speech. There are three eligibility requirements: Residency in Massachusetts; Permanent disability that can be verified by a MA physician; Residential phone service.

There are several different types of equipment, each offering special benefits based on disability. MassEDP will be at the Senior Center on **Monday, September 8 at 10 am**. Please call 596-8379 to let us know you are planning on attending this presentation.



## Matter of Balance

Do you have a fear of falling? A Matter of Balance: Managing Concerns about Falling may be just for you. Mary Ellen will be presenting an 8 week course every Tuesday 1-3pm starting September 9th. Participants learn how to recognize FALL-TY habits and make their home safe from falls. Balance and endurance exercises performed every week are intended for any level. Participants must commit to all 8 sessions. Program is free and very limited to only 6 people. Sign up at front desk—596-8379.



## FALL PREVENTION & VERTIGO

Attain Therapy + Fitness will be presenting a lecture on fall prevention and vertigo given by Caitlin Eckhoff MS,PT on **Monday September 15th at 10 a.m.** We will examine the causes of falls and vertigo, the body's strategies for preventing a fall and a variety of interventions that can be employed to lower fall risk. A follow up balance screen will be performed on Monday October 6th again at the Wilbraham Senior Center, and participation is encouraged, and sign ups will be available on September 15th. Please call 596-8379 to register for this program.

# HEALTH & FITNESS PROGRAMS

## HEALTH PROGRAMS

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



Foot Care Nurses will be at the Center on **September 11** and are available for home visits. Cost is \$29.

Foot Doctor Cindy Galavotti will be back **September 3** and cost is \$35. Call 596-8379 for an appointment. Also available for home visits.

Baystate Hearing Aids, **September 10**, 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 on **September 25 at 9:30 a.m.**

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 **September 5 & 19** 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 at 413-335-7422 for an appointment. **September 9 & 23.**

**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 **September 5.** Very relaxing!!

**Call 596-8379 for appt.**



## MEDICARE OPEN ENROLLMENT

The Medicare Open Enrollment period will be starting in October. This is the time when you can change supplemental health insurance and drug plans for 2015. It is a good time to review your health insurance coverage for next year. Our SHINE Counselor, Gerry Carney, will be available on most Friday mornings in October and November, and December 5<sup>th</sup>. to assist you in reviewing plan options. Call the Senior Center early to make an appointment at 596-8379.

Health New England will be at the Senior Center on Thursday, **September 18 at 10 a.m.** and Fallon Health will be here on Monday, **September 15 at 10 a.m.** Stop in with your questions.

## “Building Better Meals”

Learn the current USDA MyPlate guidelines and how to apply them to your everyday shopping and eating habits. You'll also learn how to use the NuVal system to improve your healthy food purchases. Join Registered Dietician Susan Mazrolle on September 26 at noon in the Wilbraham Big Y Café. Please call 596-8379 to register, as space is limited.



## MEDICARE PATROL

On **Monday, September 29th at 10am** join Senior Medicare Patrol and learn best practices of how to PREVENT, DETECT and REPORT healthcare errors, fraud and abuse. Join Terri Drew for this presentation. The Massachusetts Senior Medicare Patrol Program is a statewide, federally funded grant education program. They empower seniors and their caregivers to be engaged healthcare consumers with emphasis on raising consumer awareness of deceptive marketing tactics by reviewing and questioning medical billing and the quality of healthcare consumers are receiving.

Don't be harmed by healthcare errors, fraud and abuse. Come hear what Terri has to say. Please call 596-8379 to save a seat at this very informative presentation.



## From the Director

We are making progress towards a larger, more suitable senior center. Bids are currently being accepted for the professional Feasibility Study, with a deadline for submission of September 24. The Senior Center Feasibility Committee will then have 45 days to read through all proposals, rate them and interview the top three candidates. Once the committee has made a selection, they will meet with the Board of Selectmen who will award the contract. The chosen firm will then have until March 24, 2015 to complete the feasibility study.

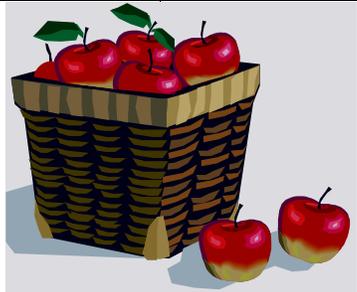
Thank you for your continued support. Look for updated information on this project in the next Senior Newsletter!

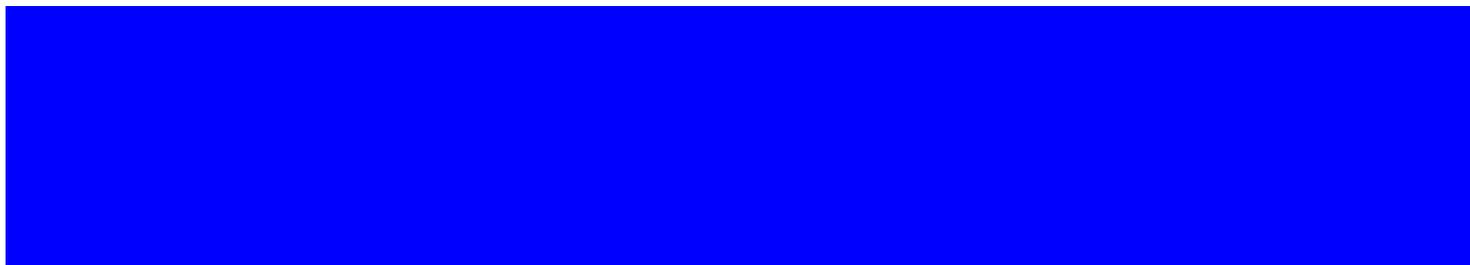
*Paula*

## 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 bite out of your retirement income. Bonnie will introduce a couple of innovative products, assets and immediate care, to help preserve your retirement. Call 596-8379 to reserve your seat for **Monday, September 22 at 10 am.**

# SEPTEMBER 2014

Mon	Tue	Wed	Thu	Fri
<b>1</b> <b>CLOSED</b> <b>LABOR DAY</b>	<b>2</b> 10–Chair Exercise 11–Blood Pressure 1–Knitting Etc.  <i>Around Town</i>	<b>3</b> 9–Tai Chi 9–Podiatrist 1:40–Line Dance 2–Zumba Gold  <i>Holyoke Mall</i>	<b>4</b> 10–Chair Exercise 11:30–Basketball mtg. 11:30–Dominoes 1–Quilting Club  <i>Stop &amp; Shop</i>	<b>5</b> 9:30–Massage Therapy 10–Reflexology 10:30–Zumba Gold 1–Bridge 1:40–Line Dance
<b>8</b> 10–Mass EDP 12:30–Pitch 1–Rug Making 1–Friends Meeting <i>French toast</i> <i>Sausage patty</i> <b>Stop &amp; Shop</b>	<b>9</b> 10–Manicures 10–Chair Exercise 10:40–Aerobics 11–Blood Pressure 1–Matter of Balance 1–Knitting Etc. 1–Red Hat Meeting <i>Around Town</i>	<b>10</b> 9–Tai Chi 10–Baystate Hearing 10:15–Gentle Exercise 1:40–Line Dance 2–Zumba Gold  <i>Wal Mart</i>	<b>11</b> 8–Foot Care Nurse 10–Chair Exercise 10:40–Aerobics 11:30–Dominoes 1–Quilting Club  <b>Big Y</b>	<b>12</b> 9–SHINE Rep. 9—Outrageous Adventure 10:30–Zumba Gold 1–Bridge 1:40–Line Dance
<b>15</b> 10–Veritgo & Balance 10–Fallon Health 12:30–Pitch 1–Rug Making <i>Salisbury Steak</i> <i>Mashed potatoes</i> <b>Big Y</b>	<b>16</b> 10–Chair Exercise 10:40–Aerobics 11–Blood Pressure 1–Matter of Balance 1–Knitting Etc.  <i>Around Town</i>	<b>17 NYCITY Trip</b> 9–Tai Chi 10–Jewelry Class 1–Attorney Peterson 1:40–Line Dance 2–Zumba Gold  <i>Eastfield Mall</i>	<b>18</b> 10–Health New England 10–Chair Exercise 10:40–Aerobics 11:30–Dominoes 1–Quilting Club <b>Stop &amp; Shop</b>	<b>19</b> 10–Reflexology 10:30–Zumba Gold 11–Loomis Van trip 1–Bridge 1:40–Line Dance
<b>22</b> 10–Retirement Help 12:30–Pitch 1–Rug Making  <i>Potato chowder</i> <i>Seafood salad</i> <b>Stop &amp; Shop</b>	<b>23 Ice Cream Social</b> 10–Manicures 10–Chair Exercise 10:40–Aerobics 11–Blood Pressure 1–Matter of Balance 1–Knitting Etc. <i>Around Town</i>	<b>24</b> 9–Tai Chi 10:15–Gentle Exercise 1:40–Line Dance 2–Zumba Gold  <i>Wal Mart</i>	<b>25</b> 9:30–Tap Dance 10–Chair Exercise 10:40–Aerobics 11:30–Dominoes 1–Quilting Club  <b>Big Y</b>	<b>26</b> 8:30–Mens Breakfast 10:30–Zumba Gold 1–Bridge 1:40–Line Dance
<b>29</b> 10–Medicare Patrol 12:30–Pitch 1–Rug Making  <i>Shepard’s pie</i> <b>Big Y</b>	<b>30</b> 10–Chair Exercise 10– Manicures 10:40–Aerobics 11–Blood Pressure 1–Knitting Etc. 1–Matter of Balance <i>Around Town</i>			



# DONATIONS

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

## Revolving Account

Line Dance Group  
In honor of Kathy Phipps from Helen Szaban

Gould, Norbert/Phyllis  
Haggerty, Walter  
Manning, David, D.M.D.  
Trombly, Kent/Joan

## Friends

Allen Judith  
Anonymous  
Benedetti, Barbara  
Emery, Thelma  
Evcher, Irene

## Building Fund

Beaudoin, Shirley  
Corbeil, Roland/Peggy  
Red Hat YY Sisterhood  
WSC Friday Line Dancers  
WSC Wednesday Line Dancers

## ANNUAL NEWSLETTER DONATION DRIVE

Its that time of year. The Friends are asking everyone who receives this newsletter to make an annual \$5 donation to help cover the cost of postage. Checks can be made payable to "Friends of Wilbraham Seniors, PO Box 705, Wilbraham, MA 01095".



Thank you in advance for your continued support of this newsletter!

**A BIG THANK YOU TO  
THE WILBRAHAM  
HAMPDEN ROTARY  
CLUB FOR THE ANNUAL  
PICNIC AT SPEC POND  
AND THE  
WONDERFUL  
RAFFLE GIFTS!!**



## SEPTEMBER EVENTS

**SHINE** (*Serving health insurance needs of elders*) Representative will be at the Center on Friday, September 12.

**BOOK CLUB** will meet on Thursday **September 18** at 1:30 pm. Book— One Hundred Years of Solitude by Gabriel Marquez .

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

**ATTORNEY DOUGLAS PETERSON**, FREE 20 minute consultations on **September 17**. Call for appt. 596-8379.

**JEWELRY WORKSHOP** with Sandy Merrill, will resume on **September 17** at 10 a.m. \$3/class.

**MEN'S BREAKFAST** in Ludlow on **Friday, September 26 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.

# DINE OUT AT THE VILLA ROSE

## 1428 Center Street in Ludlow

### September 11, 2014

Support the Friends of Wilbraham Seniors Building Fund at one of our famous Dine Outs. Villa Rose will generously donate 20% of all sales that day!

**NO COUPON NECESSARY**



For parties of 4 or more, please call for reservations at 413-547-6667. Open for lunch or dinner, 12 noon to 8:30 pm. There will also be raffles to benefit the Friends Building Fund.

Hope to see you on the 11!

# Casino Bus Trip to benefit Building Fund

## Mohegan Sun



**DATE:** October 7, 2014

**TIME:** Bus leaves Senior Center at 8:30 am, returns at 5:30 pm

**PRICE:** \$31 per person includes tip for driver.

Upon arrival you will receive a voucher for lunch and gambling. Call Ann Marie Gaudette at 599-4803 for more information or to sign up. Checks payable to "Friends of Wilbraham Seniors Building Fund" and mailed to Ann Marie Gaudette, 269 Stony Hill Road, G4-104, Wilbraham, MA 01095

# RED HAT YA YA SISTERHOOD OF WILBRAHAM

Can you believe it is September already? We will be starting our new year as Red Hatters. 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 chairlady for this event (413-596-6046). We will be going to a play at Stagemot 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. It will be Nov. 13. Nicole Lussier (599-0184) and Ellie Griswold (596-6971) will be chairladies for this event. 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, Heffier International. Jan 15<sup>th</sup> we are going to do our own Dowton Abbey Tea. More information will follow on this event. The remainder of the events will be in the handbook or right here in the senior newsletter. Enjoy the nice weather.

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, September 14 from 2-4 pm, there will be a presentation "Discovering Buried History" with Bill Stelle (bottles & pottery) and John Jurkowski (metal artifacts found with a metal detector). The event is free and open to the public. Located at 450 Main Street, Wilbraham.

The Wilbraham Women's Club is holding a **CARD & GAME PARTY** on Thursday, September 25, at the Saint Cecilia Parish Center, 42 Main St., Wilbraham. Check in begins at 11:30 with a delicious luncheon served at noon. Come and play any game of your choice (bridge, Scrabble, Canasta, Whist, Tripoli, etc.). Donation is \$7. There will also be a raffle for cash prizes. Proceeds are used for the club's scholarships and other charitable endeavors in our community. For reservations please call Sue Agnew, 596-9480. Hope you will join us for an afternoon of good food, socializing, and fun and possibly go home a winner!



## 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.

## 60+ Women's Basketball

Come have some fun and get exercise at the same time. We are looking for ladies who would like to play basketball. Not your kids basketball but something easier pace and not as physical. We are going to have a meeting at the senior center on **September 4th at 11:30**. We play at the Y. So come to the meeting even if you are not sure. If interested call Kathy Phipps 596-9938.



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. \$2.00 donation requested.

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

Nonprofit Organization  
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**RETURN SERVICE REQUESTED**

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**WEEKLY VOLUNTEERS****Office:** Ann Beardsley,

Evelyn Morris, Adell Teschendorf,

Lori Giacomoni, Jackie Daniels,

Dorothy Soja

**Van:** Dottie Kantor, Peter Siuda,

John Cochran &amp; 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: [pdubord@wilbraham-ma.gov](mailto:pdubord@wilbraham-ma.gov)

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**SENIOR CENTER VAN TRIPS****MONDAY TRIPS:****Sept. 8—Stop & Shop****Sept. 15—Big Y****Sept. 22—Stop & Shop****Sept. 29—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.**

**WEDNESDAY TRIPS****Sept. 3—Holyoke Mall****Sept. 10—Wal-Mart****Sept. 17—Eastfield Mall****Sept. 24—Wal-Mart****THURSDAYS TRIPS****Sept. 4—Stop & Shop****Sept. 11—Big Y****Sept. 18—Stop & Shop****Sept. 25—Big Y**