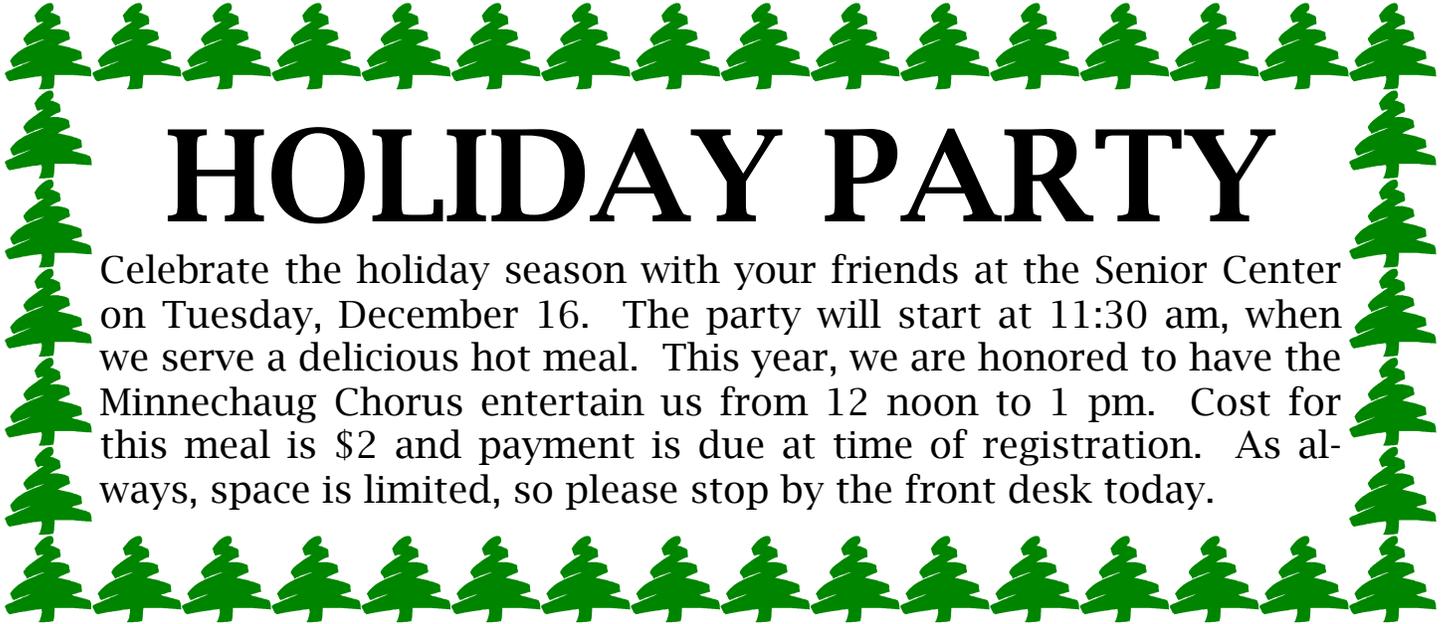

WILBRAHAM SENIOR NEWS

45B Post Office Park • Wilbraham, MA 01095

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

Volume 20, 12

DECEMBER 2014



HOLIDAY PARTY

Celebrate the holiday season with your friends at the Senior Center on Tuesday, December 16. The party will start at 11:30 am, when we serve a delicious hot meal. This year, we are honored to have the Minnechaug Chorus entertain us from 12 noon to 1 pm. Cost for this meal is \$2 and payment is due at time of registration. As always, space is limited, so please stop by the front desk today.

DIABETES PROGRAM

Senior Signature Series" Diabetes Resources for Older Adults" sponsored by Baystate Medical Center will be presented on Monday, December 29th at 10AM. Join Jane Granger to learn: How to reduce the burden of living with diabetes; Steps to reduce risk for diabetes and its complications; How to identify and care for diabetic wounds. Call 596-8379 to register for this informative presentation.

MEDICAL ALARMS

Representatives from Reidy Home Medical Alarms will be here on Monday, December 8th starting at 10am. They will be giving a demonstration on how their Medical Alert bracelets and necklaces work and what you need to know. If you've ever thought about the Medical Alert Bracelets or necklace, here is the chance to see them in action! call 596-8379 to sign up.



Weather Related Closings

If weather prevents the Senior Center from opening, we will post the information on the Town of Wilbraham website, the Senior Center Facebook page, CBS3 Springfield, ABC40, FOX6 and 22 News. We do not follow the school closings.

MEDICARE PATROL

On Monday, **December 15 at 10 am**, join Senior Medicare Patrol and learn best practices on 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. Come hear what Terri has to say! Please call 596-8379 to register.



HEALTH & FITNESS PROGRAMS

HEALTH PROGRAMS

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



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

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

Baystate Hearing Aids, **December 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 2pm & Fridays at 10:30 am**, \$5.

Tap Dance with Mary Ann, **Thursdays at 9:30 a.m.**

Tai Chi, **Wednesdays** at 9 a.m. FREE!

Chair Exercise, **Tues.& Thurs. at 10 a.m.**

Mary Ellen's Adult Exercise Class, **Tuesdays & Thursdays at 10:40 a.m. FREE!!!!**

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

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

Sole Foot Reflexology—Dawn Dietrich, certified foot reflexologist, will be at the Senior Center on **December 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. **December 2 & 16.**

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 **December 5.** Very relaxing!!



Call 596-8379 for appt.

HOLIDAY HOURS

DECEMBER 24, CLOSING AT 11:30 AM,
REOPENING AT 8 AM, DECEMBER 26.



MEDICARE OPEN ENROLLMENT

The Medicare Open Enrollment period started 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 December 5th, to assist you in reviewing plan options. Call the Senior Center early to make an appointment at 596-8379. **Fallon Health** will be here on Thursday, December 4, at 10 a.m. to answer any questions you may have.

Fuel Assistance

New applications for Fuel Assistance through the state are now available. The new maximum gross income levels are: 1 person \$32,618, 2 people \$42,654. It is very important that you bring all necessary paperwork with you to your appointment. Applications cannot be sent without all the paperwork. Proof of Fixed Income; Social Security, pension. Unemployment—most recent 4 week period check stubs; 2014 Heating, Electric & Telephone Bill, (complete bill showing the account number); 2014 Sewer/Water bill or Tax bill or House insurance bill; If renting – landlord name, address, telephone number; If working – 4 consecutive pay stubs prior to your application date are needed. We also received a grant to help residents who do not qualify for the state fuel assistance. Call 596-8379 for an appointment with Barbara Harrington to complete application.



STOCKINGS FOR SENIORS



Orchard Valley of Wilbraham is once again collecting “Stockings for Seniors”. Orchard Valley donates filled stockings for distribution through local senior centers and meals-on-wheels programs. The Holidays often remind us to reach out with charitable donations to the homeless and the children, but we must also remember our seniors. The Senior Center is a collection site for these stockings. Some suggested items include: gift cards, puzzle books, flashlights, batteries, night light, nail clippers, toothbrush and toothpaste, hand lotion, stamps, note cards, candy, and lottery tickets. Stockings will be accepted until December 9th. Thank you in advance for your support of this wonderful program.

DECEMBER EVENTS

SHINE Representative will be at the Center on **Friday, December 5**. Call for appointment.

BOOK CLUB will meet on Thursday **December 18** at Crazy Jakes.

QUILTING CLUB, December 4 & 11 at 1:00 p.m.

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

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

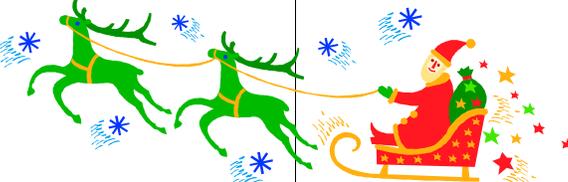
MEN'S BREAKFAST in Wilbraham on **Friday, December 19 at 8:30 a.m.** Please call to register—596-8379.

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 **December 8** at 1 pm.



DECEMBER 2014

Mon	Tue	Wed	Thu	Fri
1 12:30-Pitch 1-Rug Making <i>Stop & Shop</i>	2 10-Manicures 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. <i>Around Town</i>	3 9-Tai Chi 9-Podiatrist 10:15-Gentle Exercise 1:40-Line Dance 2-Zumba Gold <i>Wal Mart</i>	4 9:30-Tap Dance 10-Jazz 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Fallon Health 1-Quilting <i>Big Y</i>	5 9-SHINE Rep. 9:30-Massage Therapy 10-Reflexology 10:30-Zumba Gold 1-Bridge 1:40-Line Dance
8 10-Hearing Devices 12:30-Pitch 1-Rug Making 1-Friends Meeting <i>Big Y</i>	9 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. <i>Around Town</i>	10 9-Tai Chi 10-Baystate Hearing 1:40-Line Dance 2-Zumba Gold <i>Yankee Candle</i>	11 8-Foot Care Nurse 9:30-Tap Dance 10-Jazz 10-Chair Exercise 11:30-Dominoes 1-Quilting Club <i>Stop & Shop</i>	12 10:30-Zumba Gold 11-Quabog Rehab Van tour 1-Bridge 1:40-Line Dance
15 10-Senior Medicare Patrol 12:30-Pitch 1-Rug Making <i>Stop & Shop</i>	16 HOLIDAY PARTY 10-Manicures 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. <i>Around Town</i>	17 9-Tai Chi 10:15-Gentle Exercise 10-Jewelry Class 1-Attorney Peterson 1:40-Line Dance 2-Zumba Gold <i>Wal Mart</i>	18 9:30-Tap Dance 10-Jazz 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Club <i>Big Y</i>	19 8:30-Mens Breakfast 10-Reflexology 10:30-Zumba Gold 1-Bridge 1:40-Line Dance
22 12:30-Pitch 1-Rug Making <i>Big Y</i>	23 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. <i>Around Town</i>	24 CLOSED AT 11:30 AM 	25 CLOSED CHRISTMAS	26 1-Bridge 1:40-Line Dance
29 10-Diabetes & Wound Care 12:30-Pitch 1-Rug Making <i>Stop & Shop</i>	30 10-Manicures 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. <i>Around Town</i>	31 9-Tai Chi 9-Podiatrist 10:15-Gentle Exercise 1:40-Line Dance 2-Zumba Gold <i>Holyoke Mall</i>		



DONATIONS

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

Friends

Anon
 Chase, Richard/Mary Ann
 Esteves, Dolores
 Flanagan, Madeline
 Gore, Dorothy
 Iellamo, Dorothy
 Joyal, Mary Ellen
 LaPlante Janice
 Litchfield, Beverly
 Logan, John/Charlotte
 Malysz, Rose
 McGranaghan, Patricia

Mead, June
 Meschke, Veronica
 Ouimet, Charles/Marie
 Piaget, Barbara
 Salemi, Ann
 Setnes, Ann
 Solaroli, Allan/Natalie

Building Fund

Ouimet, Charles/Marie
 Garceau, Janet
 Garceau, Tony
 Holda, Edward

LaPlante Janice
 Riker, Rodney/Ann Baker
 Shaban, D
 WSC Kathy Hunter, Line
 Dancers Classes

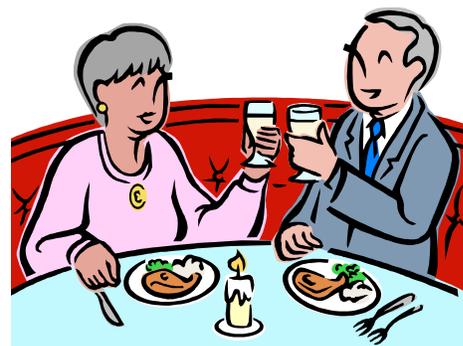
Revolving Account

Country Bank
 Coombs, Jean
 Levesque, Barbara
 Macina, Shirley
 Metzler, Matthew/Joanne
 Yelle, Emily

Greater Springfield Senior Services Response to lunch survey

The Greater Springfield Senior Services gratefully thanks all of you who took the time to participate in our lunch survey. The results were tallied and here they are. The question was: Why do you attend the special lunch but do not attend the regular lunches on Monday and Tuesday?

Results: 90 responses
 29% - too busy
 23% - dissatisfied with the regular lunches
 14% - didn't know about the regular lunches
 13% - come for reasons other than the food
 7% - stated they did not have transportation
 7% - come to regular lunches
 7% - other comments



We are happy to report that our meals are now prepared right in our caterers kitchen in our own backyard! These new meals are fresh, nutritious, appetizing and tasty!! We would love for the over 60's to give us a try! We think you will be delightfully surprised!! Our regular meals are served on Monday and Tuesday's. Menus are available at the registration desk, in the Wilbraham Senior News and at the lunches. Please make reservations at the registration desk or, by calling GSSSI at 413 781-2135, 24 hours in advance (before 12 noon). We are always open to suggestions and always try our best to provide you with the very best meals that we can offer. Please, give us a try and bring a friend!

Yours in service,
 Greater Springfield Senior Services, Inc., Jennifer Putnam, Nutrition Program Coordinator
 P.S. – Transportation is available through the Wilbraham Senior Center. See registration desk for details.

Coming Soon !

Winter Raffle

Raffle Starts Jan. 5, 2015

Drawing March 30, 2015



PRICE OF TICKETS:

1 FOR \$5.

3 FOR \$10

INFORMATION & TICKETS WILL BE IN
THE JANUARY
SENIOR NEWSLETTER

*****Ticket*****

1 ticket \$5.

3 tickets \$10

Name _____ Phone No. _____

Address _____

Mail to: Friends of Wilbraham Seniors PO box 705, Wilbraham MA 01095

RED HAT YA YA SISTERHOOD OF WILBRAHAM

Hope everyone had a nice Thanksgiving. The holiday season is in full swing. The Red Hat Christmas Party is Friday, Dec. 5th at the Ludlow Country Club. Let Kathy Phipps (596-9938) know by the 2nd if you would like to attend. The price is \$18, with a choice of chicken picatta, Yankee pot roast, or baked scrod. We are making a donation to Heffer International. This is a self drive event. Thursday Jan. 15 at 12 noon is our Downton Abbey Tea at the Gardens of Wilbraham. There is a premiere on PBS on Jan. 4th if you need some ideas. Just a note - you don't have to wear a full costume, you can if you want, but just a hat or jewelry or something simple. Deb Gormley (547-6583) is the chair-lady for this free event, call her to sign up. It is a self drive event. Feb. is Let's Do Lunch, Martha Talbot (596-8676) will be the chair. It will be in town and will be a self drive event. The final information will be in next month's newsletter. Thursday, March 19, we are having lunch and a movie at the senior center. Kathy Sowa (596-5462) is chair lady for this event. We have the correct Calendar Movie. We will be doing lunch, soda and coffee, then popcorn and the movie. We will be starting at 12. Thursday, April 23, is The Friends of Wilbraham Fashion Show at St. Cecilia's starting at 11:30. Evelyn Morris (596-9745) will be in charge of tickets. We are going to be asked to help with some decorations in the form of a contest, more information to follow. Our Red Hat attire is required for this event and please wear your most elegant hat. This is a self drive event. May 15 Friday we are going to Montague Book Mill with lunch right there. Elaine King (596-3940) will chair this event. The van will be available for this event the charge is \$4. June 19, Friday, we are going to Brunell's Marina with lunch at the dockside restaurant. We will order off the menu with separate checks. The van will be available/\$4. I would like to wish all my Red Hat sisters a very Merry Christmas and a Happy and Healthy New Year.

SHOPPING TRIP

Attention all shoppers! Bus trip to Wrentham Outlets Tuesday, December 9th to hunt for holiday bargains. Bus leaves senior center at 9 am for a full day of shopping and will return 5 pm. Cost is \$25. Sign up with payment at the front desk. Tuesday is Senior Discount Day so don't miss out on the bargains.



community calendar

For those who are taking care of someone with memory loss, a new caregivers support group began November 5 at the Wilbraham Public Library in the Brooks Room at 7 p.m. It will meet on the first Wednesday of each month thereafter. The leader is MaryAnne Stout, a leader in the field of Alzheimers care.

Old Meeting House Museum Open Houses—Sunday, December 7 from 2-5 pm at 450 Main Street. The Magic of Christmas Trees, featuring tree decorated by local groups. Cider and baked goodies will be served. The event is free and open to the public.

Seniors play free pool EVERY DAY at Frankie B's Billiards & Sports Bar, located at 2957 Boston Rd in Wilbraham. Free play is Monday through Friday, 3 to 6 pm, and Saturdays and Sundays, 12 noon - 6pm. Questions? Call Frankie B's at 596-2423.



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.

From the Directors Desk

The Feasibility Committee has completed the first part of their task, selecting an architectural firm to complete the professional Feasibility Study. Four firms submitted proposals and three firms were chosen to be interviewed. While all three firms were qualified and had some experience building Senior Centers, the committee voted unanimously to select Catlin & Petrovick Architects and the Selectmen awarded them the contract.

The team of John Catlin and Michael Petrovick has successfully completed, or has in process, adult community centers site selection, feasibility studies and/or designs for more than 45 communities. Through their experience designing for the elderly, they have gained a thorough understanding of the issues specific to these building types. Included in their work: Hampden Senior Center and the new Holyoke Senior Center. We are very lucky to have such an experienced team working on this project. Thank you for your continued support of our goal to bring a suitable Senior Center to Wilbraham.

Paula

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
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RETURN SERVICE REQUESTED

WEEKLY VOLUNTEERS**Office:** Ann Beardsley,Evelyn Morris, Adell Teschendorf,
Jackie Daniels, Dorothy Soja**Van:** Dottie Kantor, Peter Siuda,
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:****Dec. 1—Stop & Shop****Dec. 8—Big Y****Dec. 15—Stop & Shop****Dec. 22—Big Y****Dec. 29— Stop & Shop****WEDNESDAY TRIPS****Dec. 3—WalMart****Dec. 10—Yankee Candle****Dec. 17—WalMart****Dec. 24—CLOSED****Dec 31—Holyoke Mall****THURSDAYS TRIPS****Dec. 4—Big Y****Dec. 11—Stop & Shop****Dec. 18—Big Y****Dec. 25—CLOSED**

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.

