

# WILBRAHAM SENIOR NEWS

45B Post Office Park • Wilbraham, MA 01095

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

Volume 20, 10

OCTOBER 2014

## OCTOBER FEST

Join us for the celebration of Oktoberfest on Tuesday, **October 21 at 12 noon**. Harry Setian will be cooking a delicious pork dinner with vegetables. Emeritus Assisted Living in East Longmeadow will be providing a surprise fall dessert. We will also have exciting entertainment. Sign up early so you do not miss this fun lunch. Cost is \$4 per person and payment is due at time of registration. Checks may be made payable to the COA Revolving Account. As always, space is limited so please stop in today to register.



## EYE CARE & LASIK

Join Dr. Rahul Patel, Ophthalmologist, Greenfield Eye and Lasik Center, for a discussion focusing on people living with cataracts, what is happening with their vision, and recent advancements in the treatments that available for cataract today. Early diagnosis is important in preventing vision loss that may lead to life changing events or permanent disability. The talk will also include discussion on proper timing of cataract surgery. **October 27 at 10 a.m.** Call 596-8379 to register.



## BALANCE SCREENING

When a toddler or child falls, he or she usually shakes it off and keeps moving. But when an older adult falls, there are often consequences. Broken bones limit mobility. They can also lead to a downward health spiral. Each year, thousands of older Americans die as a result of breaking a hip. Broken bones and head injuries can knock confidence, trigger a fear of falling, and undermine independence.

Come see what you can do to improve your balance with Caitlin Eckhoff, physical therapist from Attain Therapy and Fitness in Wilbraham. Caitlin will be conducting one on one balance assessments on **Monday October 6th from 9-12:45**. Please call 596-8379 for your **FREE** 15 minute appointment. This is a great opportunity to be pro active with your health and well being.

## MEN'S BREAKFAST

We are very lucky to be offering a special Men's Breakfast at Orchard Valley in Wilbraham. The October breakfast will be sponsored and hosted at Orchard Valley, which is located at 2387 Boston Road. **Please note that this breakfast will start at 9 am and everyone is asked to meet at Orchard Valley.** Any Wilbraham or Ludlow gentlemen over the age of 60 is invited to attend. Sign up at front desk so we can make sure you get a seat. We will meet at Orchard Valley. See you there!

## FLU CLINIC

Wilbraham's annual Flu Clinic will be held in October. This year, any Wilbraham resident over the age of 18, is eligible to receive the vaccine. Please call the Senior Center office at 596-8379 for an appointment. Please wear short sleeves! There is no charge, but a \$3 donation is much appreciated.



# HEALTH & FITNESS PROGRAMS

## HEALTH PROGRAMS

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



Foot Care Nurses will be at the Center on **October 9** and are available for home visits. Cost is \$29.

Foot Doctor Cindy Galavotti will be back **October 1** and cost is \$35. Call 596-8379 for an appointment. Also available for home visits.

Baystate Hearing Aids, **October 8**, 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, **Thursdays 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 **October 3 & 17** 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. **October 7 & 21.**

**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 **October 3.** 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 here on **Monday, October 20 at 9:30 am** and Blue Cross/Blue Shield representatives will be here on **Friday, October 3 at 12 noon** to answer any questions you may have.

**Thanks to local farmers for their donations to the Senior Center of fresh vegetables through out the summer:**

**Ted Stusick, Gary & Pauline Babineau, Evelyn Morris.**



## **MONASTERY HEIGHTS VAN TRIP**

We will be visiting Monastery Heights, a Landmark Senior Living Community, located in West Springfield. This trip will take place on **Friday, October 31st** as part of our continuing visits to area senior living facilities. They are sending their van and we will be leaving 10:30AM. Enjoy a tour and lunch. Seating limited to 11. Sign up today at front desk or call 596-8379.



**SENIOR CENTER CLOSED  
Friday, October 10  
(staff conference)  
And Monday,  
October 13 for Columbus Day**

## **OCTOBER EVENTS**

**SHINE (Serving health insurance needs of elders)** Representative will be at the Center on **Friday, October 3, 17, 24 & 31.**

**BOOK CLUB** will meet on Thursday **October 16** at 1:30 pm. Book— *The Swerve by Stephen Greensblatt.*

**QUILTING CLUB**, October 9 & 23 at 1:00 p.m.

**ATTORNEY DOUGLAS PETERSON**, FREE 20 minute consultations on **October 15.** Call for appt. 596-8379.

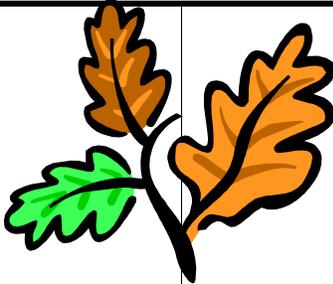
**JEWELRY WORKSHOP** with Sandy Merrill, will be held on **October 15** at 10 a.m. \$3/class.

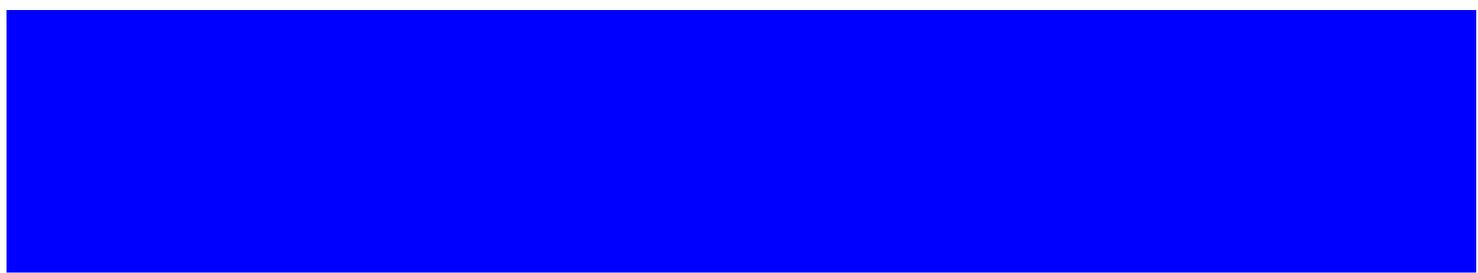
**MEN'S BREAKFAST** in Wilbraham at **Orchard Valley on Friday, October 31 at 9 a.m.** Please call to register—596-8379.

**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 **Oct. 14** at 1 pm.

# OCTOBER 2014

Mon	Tue	Wed	Thu	Fri
		<b>1</b> 9-Tai Chi 9-Podiatrist 10:15-Gentle Exercise 1:40-Line Dance 2-Zumba Gold  <i>Holyoke Mall</i>	<b>2</b> 9:30-Tap Dance 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes  <i>Stop &amp; Shop</i>	<b>3</b> 9:30-Massage Therapy 10-Reflexology 10:30-Zumba Gold 12-BlueCross/Blue Shield Insurance Prg. 1-Bridge 1:40-Line Dance
<b>6</b> 10-Balance Screening 12:30-Pitch 1-Rug Making  <i>Chicken a la king</i> <i>Stop &amp; Shop</i>	<b>7</b> 10-Manicures 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Matter of Balance 1-Knitting Etc. <i>Around Town</i>	<b>8</b> 9-Tai Chi 10:15-Baystate Hearing 1:40-Line Dance 2-Zumba Gold  <i>Wal Mart</i>	<b>9</b> 8-Foot Care Nurse 9:30-Tap Dance 10-Chair Exercise 11:30-Dominoes 1-Quilting Club  <i>Big Y</i>	<b>10</b> CENTER CLOSED  STAFF AT CONFERENCE
<b>13</b> CLOSED COLUMBUS DAY  	<b>14</b> 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Matter of Balance 1-Knitting Etc. 1-Friends Meeting <i>Around Town</i>	<b>15</b> 9-Tai Chi 10:15-Gentle Exercise 10-Jewelry Class 1-Attorney Peterson 1:40-Line Dance 2-Zumba Gold <i>Eastfield Mall</i>	<b>16</b> 9:30-Tap Dance 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes  <i>Stop &amp; Shop</i>	<b>17</b> 9-SHINE Rep. 10-Reflexology 10:30-Zumba Gold 1-Bridge 1:40-Line Dance
<b>20</b> 9-Health New England 12:30-Pitch 1-Rug Making  <i>Sweet &amp; Sour baked chicken/potatoes</i> <i>Stop &amp; Shop</i>	<b>21</b> 10-Manicures 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Matter of Balance 1-Knitting Etc. <i>Around Town</i>	<b>22</b> 9-Tai Chi 10:15-Gentle Exercise 1:40-Line Dance 2-Zumba Gold  <i>Wal Mart</i>	<b>23</b> 9:30-Tap Dance 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Club  <i>Big Y</i>	<b>24</b> 9-SHINE Rep. 10:30-Zumba Gold 1-Bridge 1:40-Line Dance  
<b>27</b> 10-Lasik Eye Program 12:30-Pitch 1-Rug Making  <i>Corn chowder</i> <i>Pier 17 Fish</i> <i>Big Y</i>	<b>28</b> 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. 1-Matter of Balance  <i>Around Town</i>	<b>29</b> 9-Tai Chi 10:15-Gentle Exercise 1:40-Line Dance 2-Zumba Gold  <i>Holyoke Mall</i>	<b>30</b> 9:30-Tap Dance 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes  <i>Stop &amp; Shop</i>	<b>31</b> 9-Men's Breakfast at Orchard Valley 9-SHINE Rep. 10:30-Zumba Gold 10:30-Monastery Heights Van/Lunch 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**

Ahern, Linda/Harold  
Anonymous  
Brown, Phyllis  
Carosello, Faith  
Dumais, Terry  
Goodrich, David/Louise  
Grondalski, Phyllis  
Kirchof, John/Margerie  
Kulig, Alice  
Lapierre, Mary  
Levesque, Barbara  
Lyons, Joseph

Makuch, Evelyn  
Marra, Antonette  
Olson, Tanja  
Phillips, John  
Pino, Barbara  
Post, Jennie  
Schwabe, Judith  
Siensienko, Jean  
Szaban, Walter/Helen  
Wray, Madeline

**Building Fund**  
Anonymous

Candaras, Gale  
Garceau, Janice  
Garceau, Tony  
Goodrich, David/Louise  
Gould, Norbert/Phyllis  
Phillips, John  
Phipps, Kathy  
Wilbraham Garden Club  
WSC Wed/Fri Line Dancers  
Kulig, Alice (Rita Kulig, memorial)

## STEAMING TENDER RESTAURANT DINE OUT November 6, 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 the trains!

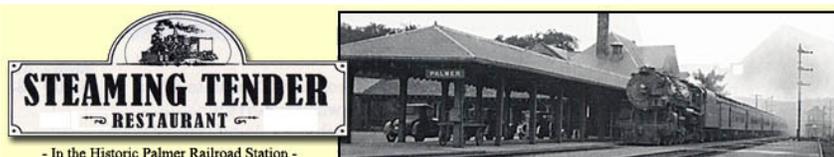
Bring coupon below or pick one up at Senior Center, or at raffle table on day of event. Parties of 4 or more, call 413-283-2744 for reservations.



Please present this coupon to your server.

Steaming Tender will donated 20% of your food & beverage bill to Friends of Wilbraham Seniors Building Fund.

Valid on  
**NOVEMBER 6, 2014**  
Thank you!



# **The Friends of Wilbraham Seniors**

**PRESENTS 5th ANNUAL**

## **HOLIDAY BAZAAR**

**NOVEMBER 22, 2014, SATURDAY from 9am till 3pm**  
**AT THE GARDENS OF WILBRAHAM**  
**2301 BOSTON ROAD**

**Pictures with Santa from 10am till 1pm**  
**20+ Crafters**

**Home Baked Goods**  
**Including sugar free & gluten free**

**Stay for Lunch**  
**Soup, Meatball Grinders, Chips, Soda & Coffee**

**100% of proceeds of raffle to the Friends of Wilbraham  
Seniors Building Fund.**  
**Over 70 raffle items.**

**10 tickets for \$5**

**25 tickets for \$10**

# RED HAT YAYA SISTERHOOD OF WILBRAHAM

Well, we are off and running. Our first event is done, hope all who attended had a great time. If you have not received your handbooks, I am sorry. I have been trying to get them out. On October 17, there is a trip to Kringle Candle and the van will be available a charge of \$4. We will car pool over 12. If you want to attend, call chairlady Kathy Phipps (596-9938). November is Pot Luck to be held at the Gardens of Wilbraham, on November 13. Nicole Lussier (599-0184), Ellie Griswold (596-6971) and Joan Maggi (596-8720) will be chair-ladies for this event. Friday, December 5 at 12:30 is our Christmas party at Ludlow Country Club. We again will do choice of one of three entrée, more information to follow. We instead of a gift swap we will be donating to Heffier International, the Fund Mary Manning spoke about at our November Pot Luck. Kathy Phipps is the chair lady for this event (596-9938). January 15<sup>th</sup> we are having a Downton Abbey Tea. Deb Gormley is the chair lady for this event (547-6583). The first episode of the season of Downton Abbey is January 4 on PBS, check it out. This will be held at the Gardens of Wilbraham. 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

## Public Health - Do you need help?

Mass 2-1-1 is a call center that provides free information and referral so that a caller can find the desired government benefit or service, non-profit organization, support group, volunteer opportunity, donation program, or other local resource. Mass 2-1-1 offers you an easy way to find or give help in your community. If you are unable to reach 2-1-1 due to your telephone or cell phone carrier, a toll-free number is available: 1-877-211-MASS (6277).

NEW: Massachusetts Alerts is a communication tool used by MEMA to disseminate critical information to smartphones. This free downloadable application app can be downloaded from Apple's iTunes App Store for iOS devices (such as iPhone & iPad) and the Google Play online store for Android devices.

## community calendar

**The Wilbraham Women's Club** has scheduled its annual Luncheon and Fashion Show for Thursday, October 30 at the Ludlow Country Club. The social hour begins at 11:30 a.m. followed by the luncheon at 12:15 p.m. Women's fashions will be provided by *The Little Black Dress of Enfield, CT* and the men's fashions by *Jos. A. Bank Clothiers of Longmeadow*. The cost of the luncheon is \$27.00 (tax and tip included). Luncheon choices are: Grilled Salmon, Chicken Francaise, Roast Pork Loin. Call Norma Bandarra 596-8173 for reservations.

**The Atheneum Society of Wilbraham** presents "Adams Cemetery Candlelight Tour" on Sunday, October 12 at 7 pm. Adams Cemetery is located on Tinkham Road. Flashlights suggested. FREE and open to the public.



## 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.

## MEDICAL EQUIPMENT LOANING CLOSET

The Senior Center has a "Loaning Closet" full of medical equipment that is available to Wilbraham residents on a 3 month basis (Or longer if needed). Based on availability, we have wheelchairs, walkers, canes, commodes, raised toilet seats, bath seat and transfer benches for the bath. Due to our very limited space, we are unable to accept any new donations of medical equipment. If you or someone you know is in need of medical equipment, stop by or give us a call (596-8379) to see if we can help.



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  
U.S. Postage Paid  
Springfield MA  
PERMIT NO. 2853

**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 & 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: [pdbord@wilbraham-ma.gov](mailto:pdbord@wilbraham-ma.gov)

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**SENIOR CENTER VAN TRIPS****MONDAY TRIPS:****Oct. 6—Stop & Shop****Oct. 13—CLOSED****Oct. 20—Stop & Shop****Oct. 27—Big Y****WEDNESDAY TRIPS****Oct. 1—Holyoke Mall****Oct. 8—Wal-Mart****Oct. 15—Eastfield Mall****Oct. 22—Wal-Mart****Oct. 29—Holyoke Mall****THURSDAYS TRIPS****Oct, 2—Stop & Shop****Oct. 9—Big Y****Oct. 16—Stop & Shop****Oct. 23—Big Y****Oct. 30—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.**

