



# WILBRAHAM SENIOR NEWS

## Spring / Summer Bus Trips

We are teaming up with the Hampden Senior center to present Spring and Summer Bus Trips. Future Trips are listed on page 2.



## Baked Goods

On Wednesday and Friday morning, the senior center offers Big Y baked goods at a reduced cost.

## Closed June 19

The Senior Center will be closed on Monday, June 19th to celebrate Juneteenth.

## Grief Support Counseling—FREE

**Second and fourth Tuesday of the month at 11 am.**

**Drop ins welcome.** Free

Owner and Founder, Liane Smola will be joining us monthly to discuss topics such as; the nature of grief, managing difficult emotions, self-care, remembering the person who has passed, coping with the stress of change, handling special occasions, reaching out for support, and finally share some ideas on how to support others in your life who also may be faced with grief. This course will also allow you a space to share the story of your lost loved one, and will offer soft guidance and support for your continued grief journey. All are welcome. Call 596-8379 to sign up.

## Weekend Meals On Wheels

If you are a Wilbraham resident and you qualify for Meals on wheels during the week, you can also get meals on the weekends. Just call Jen at 596-8379.

## June Special Lunch

Join us on Tuesday June 13 for a Special Lunch at the senior center. Musical entertainment by Chet Kurr. This Months Lunch is kindly sponsored by Loomis Lakeside at Reeds Landing who will be providing your meal from their in house kitchen. Doors open at 11:45, lunch is served at 12pm. 596-8379 to sign up by June 8. Free **Sign up begins June 1st. All communities welcome.**

**YOGA TIME CHANGE** Yoga will now be held on **THURSDAY @ 11am. Starting June 1**



**Caring Transitions: Part 2 June 2nd @1:30** with Christina

White. Owner of Caring Transitions talks about what everyone can do to help you or your loved ones as they are going through tough transitions and help when it comes to any relocation, estate sale, or down sizing project. Sign up at 596-8379

## Total Hip and Joint Replacements

**June 12 @10:30**

Dr. O’Sullivan from New England Orthopedic Surgeons will be here to discuss total hip and knee replacements. He will answer questions like what to expect and how it is diagnosed. He will also discuss alternatives for conservative treatment. Come with your questions. Sign up for this free presentation at 596-8379.

## To Bury Or To Cremate? That Is The Question

**June 15 @ 12pm.** Join Pre-Planning Director, Gary Szewczyk from Forastiere Smith Funeral & Cremation for a free lunch as he answers one of the most frequently asked questions to come up during the pre-planning process. He will discuss the options that are available to you for burial, cremation, and both to help you make the best decisions for yourself and your loved ones. Call 596-8379 to register.

## REAL ID

**June 26 @10:30**

Do I need a Real ID? What are the benefits of having a Real credential versus a Standard license or MA ID? What documents are required for licensing? When am I in renewal status for my license? What RMV transactions can be done at AAA? Pricing, document review, vision screen requirements sign up at 596-8379.

## TOUR: Christopher Heights of Belchertown

On June 30. Bus leaves at 10:30. Join us for a group tour of Christopher heights of Belchertown. If you are thinking about a senior living facility for yourself or a loved one, this is a great way to start exploring your options. Take the senior center van with Jen. On the tour you will experience their different style apartments, common areas, meet current residents, and have plenty of time for questions with the staff in their PUB. Please sign up at 596-8379.

## NEWS & EVENTS

**SHINE** Representative is now back for in-person and remote counseling. Please call 596-8379 to make an appointment.

**ATTORNEY DOUGLAS PETERSON**, FREE 20-minute consultations on **June 21** Call 596-8379 for appointments.

**FRIENDS MEMBERSHIP MEETING** Meetings are held in the Senior Center. Please give us a call if you are interested in becoming a member. 7/26, 10/25

**JEWELRY WORKSHOP**— Wednesday, **June 21 @ 10 AM**. Cost for class is \$3, plus materials. Create new pieces or repair your broken jewelry.

**BOOK CLUB, June 15** at 2:00 pm. All are welcome to join in the discussion. — June—The Hour I First Believed, Wally Lamb—July—The War Nurse, Tracey Wood

**BLOOD PRESSURE READINGS** Every Tuesday from 10am-11am, we will have a volunteer available to take your blood pressure. Walk ins welcome

**SENATOR OLIVIERA'S AIDE** Jennifer Pickering will be at the Senior Center at 12:30 pm to meet with residents on **Wednesday, June 28**

**TECH TIME** By appointment only. Call Jen at the Wilbraham Senior center if you need basic help with your cell phone, tablet, or laptop.

**SOCIAL ART** Every **Tuesday** from 1-3. Come bring whatever art project inspires you. Create your art while others work on theirs.

**QUILTING CLUB** Join us to make your own quilt. Bring all your own supplies. Wednesdays at 10:30. Stop in to check out this new program.

### BUS TRIPS

The Log Cabin Weds, July 12: Garth Brooks Tribute, Twin Lobster or Prime Rib, \$85/pp SELF DRIVE ONLY. Payment deadline June 28.

The Aqua Turf Club Tues, Aug 15: Come Fly with Me, Dance to music from Sinatra, Kenny Rogers, Tim McGraw & more; coffee/donuts, free drink, lunch, show & door prizes, \$119/pp Payment deadline Aug 1.

Boston's Duck Boats Tues, Sept 12: w lunch @ Maggiano's, Duck tour, Quincy Market; \$ 140/pp Payment deadline Aug 29.

Newport Playhouse Thurs, Sept 28: All-You-Can-Eat Buffet, Hilarious Show "Ghost of a Chance" & Cabaret, \$142/pp Payment deadline Sept 14.

Please make check payable to Bobbi Grant. Mail to 36 Wehr Rd, Hampden, MA 01036 Questions? Call 566-8271 or email bobbijg2@charter.net



June 5: BLT herbed Mayo

June 12: Burgers and Fries

June 19: CLOSED

June 26: Meatball Grinder

All homemade lunches served with coffee and dessert. Cost is \$3. Sign up by Wednesday prior. Served at 11:45 on Mondays in community room.

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

#### **Senior Center Donations Friends of Wilbraham Seniors General Fund**

Belcastro, Sandra

Colcord, Edna

Frederick, Michael

Gilmartin, Jeanette

Marra, Antoinette

Roller-Canerdy, Michelle

Stone, Cherie

Szaban, Helen

#### **Building Fund**

Guyer, Ed & Donna

#### **In Memory Of George Allen**

Batista, Kim & Kenneth



#### **Building Fund In Memory Of Elaine King**

Merry, Robert & Linda Brown, Linda Keyes, Thomas & Nancy Whitney, Phyllis

#### **In Memory Of Shirley Tychsen**

Stevenson, Ted & Claire

Thank you to all who have continued to support the Senior Center and the Friends. All donations made to the Friends & Building Fund will be listed in next months newsletter.

# HEALTH & FITNESS PROGRAMS



## HEALTH PROGRAMS

### Foot Care Nurse | June 8

Cost is \$30, paid directly to our Foot Care Nurses. Call 596-8379 for an appointment.

### Foot Doctor Cindy Galavotti | June 1

Cost is \$40. Call 596-8379 for appointment. Also available for home visits.

### Baystate Hearing Aids | June 14

10 am - 11am, for free hearing aid cleanings & hearing screenings. Free in-home service also available. Call to sign up at 596-8379. Appointments needed.

### Hiking Club

Sign up with Jen @ 596-8379 Please call Jen with your trail suggestions. Meet at the trail head

#### Tuesday June 13 @ 9:15

Minnechaug Mountain area

3 miles Moderate loop

87 South rd, Hampden

#### Tuesday June 27 @ 9:15

Koala Trail Loop ( Part of Facing Rock Area) Easy 4.2 miles. Park at the end of 111 Bridle rd. Ludlow

**Special Event** by the Wilbraham Hiking Club. "Fistful of Sounds" is a family-friendly , early morning hike focusing on listening to the world around you.

**June 10 @ 8am**—Thayer Brook

Wilbrahamma.myrec.com to register

## SPA PROGRAMS

### Sole Food Reflexology

Dawn Dietrich, certified foot reflexologist, will be at the Senior Center on Fridays. For appointments call 596-8379 . Cost is \$10.



### Chair Massage

Provided by Ann Ambrose on the 1st Friday of each month. Cost is \$10 for 10-minute massage. Call 596-8379 to register for appointment – June 2

### Facials

Diane Neill, MA Licensed Aesthetician. Cost is \$35-\$45 for 50 min facial. June 22 Call 596-8379 for appointments.

### Reiki

Mondays. Call 596-8379 for an appointment. \$20 for 30 min session with Darcy.

## FITNESS PROGRAMS

### Tai Chi

Wednesdays at 9 am. FREE! Beginners welcome.

### Chair Exercise

Tuesday & Thursday at 10 am. FREE! This is a video instructed class. Choice of standing or sitting exercises.

### Line Dancing

**Monday at 2:45pm** \$5. Beginner level. Learn 1-2 line dances per week. Reviewing past dances each week. NO LINE DANCING 8/1

### Walking group

Walks outside around post office park. Meet at the senior center on Wednesday mornings at 9:30am, please call Jen at the Senior center 596-8379.



### Chair Volleyball

Chair Volley ball will be put on hold until we gain some more interest to the program. Stay tuned for more information.

### YOGA

Join Rose on **Thursdays at 11am** for relaxation, moderate YOGA class. \$6 payed to the instructor. Call 596-8379 to register.


### Aerobics

Tuesdays & Thursdays @ 10:45. FREE CLASS. Weights will be available but bring your own if you prefer.

### Exercise Equipment

We have a treadmill, elliptical, and recumbent bike for use with medical permission. Ask Jen for a permission form today.

# JUNE 2023 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> 9– Dr. Galavotti 10-Chair Exercise 10:45–Aerobics  11– YOGA 12:30– Mahjong 1–Knitting <b>Stop &amp; Shop</b>	<b>2</b> 9-Massage 10:30-SHINE 1– Bridge 1:30 –Downsizing Presentation Part 2
<b>5</b> 9– Reiki 12:30–Bingo 1– Rug Making 2:45– Line Dancing <b>Big Y</b> BLT w/ herbed mayo	<b>6</b> 10– Chair Exercise 10–Blood Pressure 10:45– Aerobics 1– Social Art 1:30– Pinochle <b>Around Town</b>	<b>7</b> 9 -Tai Chi 9:30–Walking group 10:30–Quilting 1–Scrabble <b>Randall’s/ Ocean State</b>	<b>8</b> 8–Foot Care Nurse 10-Chair Exercise 10:45–Aerobics 11– YOGA 12:30– Mahjong 1–Knitting <b>Big Y</b>	<b>9</b> 9– Reflexology 10:30-SHINE 1– Bridge
<b>12</b> 9– Reiki 10:30–Joint replacements 12:30–Bingo 1– Rug Making 2:45– Line Dancing <b>Big Y</b> Burgers and Fries	<b>13</b> 9:15 Hiking Club 10– Chair Exercise 10–Blood Pressure 11–Grief Support Series <b>12– Special Lunch</b> 1:15– Red Hat Meeting 1– Social Art 1:30– Pinochle	<b>14</b> 9 -Tai Chi 9:30–Walking group 10– Bay State Hearing 10:30–Quilting 1–Scrabble <b>Walmart ( Ware)</b>	<b>15</b> 10-Chair Exercise 10:45–Aerobics 11– YOGA 12– Funeral Planning 12:30– Mahjong 1–Knitting 2– Book Club <b>Stop &amp; Shop</b>	<b>16</b> 9– Reflexology 10:30-SHINE 1– Bridge 1–Brown Bag
<b>19 Closed</b> 	<b>20</b> 10– Chair Exercise 10–Blood Pressure 10:45– Aerobics 1– Social Art 1:30– Pinochle <b>Around Town</b>	<b>21</b> 9 -Tai Chi 9:30–Walking group 10–Jewelry 10:30– Quilting 1–Attorney Peterson 1–Scrabble <b>Home Goods/ Dollar Tree</b>	<b>22</b> 8- Facials 10-Chair Exercise 10:45–Aerobics 11– YOGA 12:30– Mahjong 1–Knitting <b>Aldi</b>	<b>23</b> 9– Reflexology 10:30-SHINE 1– Bridge
<b>26</b> 9– Reiki 10:30– REAL ID 12:30–Bingo 1– Rug Making 2:45– Line Dancing <b>Big Y</b> Meatball grinder	<b>27</b> 9:15 Hiking Club 10– Chair Exercise 10–Blood Pressure 10:45–Aerobics 11–Grief Support Series 1– Social Art 1:30– Pinochle <b>Around Town</b>	<b>28</b> 9 -Tai Chi 9:30–Walking group 10:30– Quilting 12:30–Sen. Oliveira’s Aid 1–Scrabble <b>Walmart (Chicopee)</b>	<b>29</b> 10-Chair Exercise 10:45–Aerobics 11– YOGA 12:30– Mahjong 1–Knitting  <b>Big Y</b>	<b>30</b> 10:30-SHINE 11:30– TOUR 1– Bridge

 <p style="text-align: center;"><b>413-373-4075 • <a href="http://www.myvantagecare.com">www.myvantagecare.com</a></b></p>	<div style="text-align: center;"> <h3>ADT-Monitored Home Security</h3> <p>Get 24-Hour Protection From a Name You Can Trust</p> <ul style="list-style-type: none"> <li>• Burglary</li> <li>• Flood Detection</li> <li>• Fire Safety</li> <li>• Carbon Monoxide</li> </ul> </div> <div style="display: flex; justify-content: space-between; align-items: center; margin-top: 10px;">  <p><b>SafeStreets</b></p> <p style="font-size: 1.5em;"><b>833-287-3502</b></p> </div>
---	---



## NEWS & EVENTS

### Grief Support Counseling– FREE

**Tuesday, June 13 and June 27 @11am.** Losing a loved one can be one of life's hardest challenges. While it is inevitable that we will all face loss, society has not done a great job teaching us how to work through all of the emotions that are associated with grief. Owner and Founder, Liane Smola will be joining us monthly to discuss topics such as; the nature of grief, managing difficult emotions, self-care, remembering the person who has passed, coping with the stress of change, handling special occasions, reaching out for support, and finally share some ideas on how to support others in your life who also may be faced with grief. This course will also allow you a space to share the story of your lost loved one, and will offer soft guidance and support for your continued grief journey. All are welcome. Call 596-8379 to sign up. Free



### AGING WELL IN WILBRAHAM

Furniture, fixtures and equipment – oh my! More commonly known as FF&E, there is a lot of confusion on how the FF&E and other items in the new senior center project are going to be funded. We will answer those questions and a few other misconceptions being floated around town.

Let's start with the budget. The town has funded \$13,089,151. In addition, the Friends of Wilbraham Seniors have pledged \$233,000 to the town to cover the costs of FF&E. We have also received \$50,000 earmark grant from the state to be used towards the generator and just last week, received news from Rep. Angelo Puppolo that we are in line to receive another \$100,000 earmark grant in the fall.

At the October 31, 2022 Board of Selectmen meeting, a decision was made to remove a few line items from the total budget, in order to move the project forward and award the contract to P&P General Contractors. The items removed did not fall under the general contractor's budget and included FF&E. Knowing that the Friends had pledged \$233,000 for FF&E, we were confident in the decision of moving forward with the project.

In all government projects, the budget MUST include a contingency line item, usually around 5% of the total budget. These are used for unforeseen items or change orders that occur as the project progresses. We budgeted \$611,005 for contingencies and to date have a very healthy balance of over \$400,000. Most unforeseen expenses arise during the "site work" stage and we had very few items to address. Moving into the next stage of the project, we are hoping for very few change orders, leaving us with funding for items removed from budget in 2022.

In the meantime, the Friends of Wilbraham Seniors have been hard at work with a capital fundraising campaign. You probably received a packet in the mail from the Friends, outlining their efforts. These hard working, dedicated volunteers are raising funds to assist in purchasing items for the new building, including FF&E. They are also raising funds to purchase items needed that are not included in the FF&E budget, such as kitchen wares and monitors, expanded programming, just to name a few. The Senior Center Building Committee is currently working with Lexington Furniture to determine the exact costs of the furniture needs and should have solid figures in the next month. We will continue to work within our budget.

We have heard people state that their annual tax bill increased due to the new senior center. In fact, bonding does not occur until the project is complete in spring of 2024. At that time, an assessment of the town's finances are taken and funding is addressed then. If the debt exclusion voted on in October of 2021 is indeed needed, it would not appear in residents tax bills until 2025.

The Senior Center Building Committee meets once a month at the Senior Center and is an open meeting, all are welcome to attend. We encourage anyone with questions to reach out to the Senior Center Building Committee at [seniorinfo2021@gmail.com](mailto:seniorinfo2021@gmail.com) or leave a voice message at 596-2800, ext, 315.

Submitted by,  
Paula Dubord, Director of Elder Affairs  
Senior Center Building Committee

# FRIENDS OF WILBRAHAM SENIORS

## MESSAGE FROM YOUR FRIENDS



FRIENDS OF  
WILBRAHAM  
SENIORS, INC.

## CAPITAL CAMPAIGN UPDATE

As you may know, the Friends have set a fundraising goal of \$750,000 that will enable the Town to purchase various accessories such as fixtures, furnishings, equipment, and more for the new Senior Center. We're also hoping to provide funds for new and expanded programs the center can offer. Since the Capital Campaign was launched earlier this year, we've received generous donations and pledges totaling about \$150,000. If you contributed, **thank you very much**. If not, we would very much appreciate your financial support to make our dream come true.

There are many Gift Giving Opportunities and Levels of Giving for donors who wish to contribute to this campaign. Starting at \$250, there are various naming opportunities with personalized plaques. We have planned 2 Informational Meetings to explain these opportunities and answer any questions you may have. Both meetings are open to everyone:

### INFORMATIONAL MEETING DATES

**June 26 Monday 6:00 pm at the Senior Center**

**June 27 Tuesday 2:00 pm at Library, Brooks Room**

Space is limited. Please contact the Senior Center to register for either date. Coffee and dessert will be served.

Two questions that often come up: "Can multiple donors share a recognition plaque?" And the answer is absolutely. All names can be listed provided there's room on the plaque. This will also allow multiple donors to share in the cost for their gift giving opportunity. And second, "Do you accept pledges?" Yes we accept 2 and 3 year pledges.

In early June we will publish a list of all donors to date. Donors will be listed alphabetically by Levels of Giving. We do not disclose individual donations. This list will be an insert in the Times newspaper, and we plan to update this list with new donors as time goes on.

Your support is vital in helping the Friends reach our goal to help make our new home a truly meaningful and comfortable destination!

If you have any questions or comments please contact me or any member of the Campaign Committee: Charlie Bennett, Steve Cooper, Ben Coyle, Chuck Pelouze, Peter Salerno, or Mary Ellen Scott. Our general email is: Friends01095@gmail.com

Thanks for being a Friend!

*Matt Villamaino* President

PS : If you would like to volunteer and help with our campaign, or you know of someone who may not be aware of this program, please contact me. Thanks.

The Friends of Wilbraham Seniors presents

## BUSHEL'S OF FUN FEST

A fun family event to be held at  
Fern Valley Farms, 758 Main St., Wilbraham, MA  
Sunday, August 27, 2023 - 11am to 7pm

2 live bands • 5 food trucks with yummy delights of festival food • 20 craft & local vendors • cornhole tournament • yoga on the lawn • raffles • and for the kids: face painting • balloon & "tattoo" artists • 1930's fire truck • great for photos • children's story time • and lawn games for the whole family!

**\$500 Raffle - Shriners - Cici the Alpaca**

To volunteer or to sponsor this event, contact  
Maria Cacula at 413-250-1928  
or email BushelsOfFunFest@gmail.com

This event is presented by the Friends of Wilbraham Seniors to benefit programs and services that assist our seniors and supports the needs of new Senior Center.

## Snappy Red T-Shirts listing notable landmarks in Town

Only \$15 ea or 2 for \$25. All sizes - adult and youth. Available at many of the events listed below and at Senior Center. All proceeds to benefit the Friends of Wilbraham Seniors



## SAVE THE DATES

- June 17 (Saturday) Craft Fair at Ludlow Elks Club  
69 Chapin St - Ludlow - 10-3 pm
- July 26 (Wednesday) Membership Quarterly Meeting - 1:30 pm Senior Center
- August to September - Flower Bulb Sale - An online event - - Details to follow
- August 27 (Sunday) Bushels of Fun Fest at Fern Valley Farms 11-7 pm
- Pies/Cookie Dough Sale - September 18 to October 13 - an online event - Details to follow

*Mark Your Calendars Now!*



# SOCIAL SERVICES

Title III program information identifies the MA Executive Office of Elder Affairs and the Federal Administration for Community Living as funding

## NEWS FROM BARBARA

### SNAP Benefits

I am happy to announce that the Social Service Office has been approved to be a part of the SNAP Outreach Program partnering with the Department of Transitional Assistance (DTA) and the University of Massachusetts Medical School (UMMS). If you are a SNAP Participant or considering in applying for SNAP, this allows me to process new applications and recertify existing SNAP applicants directly to DTA.

By helping you to apply and or recertify, this makes the process much more efficient and can alleviate benefit wait times.

Any questions or concerns please do not hesitate to contact me. 596-8379

## The Silent Call Procedure

If you need to call 9-1-1 and you are unable to speak for any reason, once the call is answered:

Press

- #1 If you need police 
- #2 If you need fire 
- #3 If you need an ambulance 

If the 9-1-1 dispatcher asks questions, press

- #4 For YES 
- #5 For NO 

Source: MA State 911 Department and the Executive Office of Public Safety and Security

[www.mass.gov/e911](http://www.mass.gov/e911)

## You May Qualify

Household Size	Total Gross Yearly Income
1	\$42,412 - \$56,548
2	\$55,462 - \$73,948
3	\$68,512 - \$91,348
4	\$81,562 - \$108,748
5	\$94,611 - \$126,146

The Massachusetts Good Neighbor Program Fund is available to any Mass resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for state or federal energy assistance. Income must fall between 60 and 80 % of the states median income levels.

[www.magoodneighbor.org](http://www.magoodneighbor.org)

Springfield Corps

170 Pearl St

413-733-1518

## Senior Companion Program

Want to volunteer on your own time? This may be your opportunity. There are seniors in town that need some companionship from a kind community member. These seniors, due to one reason or another, are isolated and have little to none quality interactions.

If you sign up to be a companion, you will be able to make a real impact on a seniors' life with just a phone call. Your calls/ visits can be as often as you want. Call 596-8379 for more details.

## KNOX BOX PROGRAM

The Wilbraham Senior Center, in conjunction with the Wilbraham Fire Department, sponsors a Knox Box program for seniors in town. The box hangs on the outside of the front door and holds a spare key that the Fire Department can use to enter the home in case of emergency. The Fire Department is the only department authorized and capable to unlock the box to retrieve the spare key.

### Residential Lockbox Criteria\*

1. Individual has been identified as having multiple conditions: obvious physical frailty (e.g. problems w/mobility and/or balance, history of falls), existence of other health problems, lives alone, prior emergency calls.
2. Individual has/needs Personal Emergency Response System.

Annual donation of \$12.00 for the lease of a Knox Box. Fee may be waived by the Senior Center if there is financial hardship. Questions/concerns please call Barbara Harrington at 413 596-8379.



# SOCIAL SERVICES

## Farmer's Market Coupons 2023

Senior Farmers Market Nutrition Program Coupons are here. To be eligible to receive Senior Farmers Market Coupons, you must be:

- 60 years of age or older, or
- Disabled and living in senior housing where congregate nutrition services are provided
- Your income must be lower than the Income Limits outlined below.

To be eligible to receive Senior Farmers Market Coupons, an applicant's gross household income (before taxes are withheld) must be no more than:

Household Size	Monthly
1	\$2,248
2	\$3,041



Names of qualified residents will be put in pool, names will be drawn end of June and delivered in July.

Questions and to sign up for drawing contact Barbara at 596 837

## June is National Men's Health Month

This month is all about encouraging the men in your life (including you, men out there!) to take care of their bodies by eating right, exercising, and working to prevent disease. The official symbol for the month is a blue ribbon and the purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of diseases including cancer, heart disease, and depression.

Eat healthy – add more fruits and vegetable into your diet and try to limit eating foods that are high in calories, sugar, salt and fat.

Get moving –make a personal goal to reach 2 ½ hours of physical activity per week. Participate in activities you enjoy will help you to stay motivated.

Quit tobacco- tobacco smoking is the number one preventable cause of death in the U.S. and the primary cause of COPD and lung cancer.

Make prevention a priority – schedule yearly checkups and regular health screenings with your doctor or local health department

Set an example – consistently pull the above healthy habits together and be a role model for those who may be watching you.

Great opportunity to try the many fitness programs at the Senior Center!

### Quote of the month

*“Do not regret getting older,  
It's a privilege denied to many”*

## **Massachusetts Equipment Distribution Program**

Do you or someone in your household have a disability that makes it difficult to access the telephone in your home? If you are having issues with hearing, vision, speech, this phone is a great asset. MassEDP is offering specialized phones for **FREE** if your income is LESS than \$50,000 per year. Please contact me regarding this great program.

## **24 Hour Mobile Notary**

Acknowledgments, oaths and affirmations, jurats, signatures witnessing, copy certs, summonses, and subpoenas. Shayvonne A. Plummer (413) 308-1448/ Call or Text (E) shayvonneplummer@gmail.com

## **Real ID**

The Department of Homeland Security (DHS) has extended the REAL ID full enforcement date from October 1, 2021 to May 7, 2025, due to the ongoing COVID-19 pandemic. Beginning May 7, 2025, every air traveler 18 years of age and older will need a REAL ID compliant driver's license or identification card, or another TSA-acceptable form of identification, for domestic air travel and to enter certain federal facilities. To get one, you will need to provide additional documentation and come into a RMV service center.

Please call Barbara for a checklist with all documents that are needed to apply for a REAL ID.

## **Hampden County TRIAD**

The Hampden County TRIAD is a safety initiative that focuses on empowering, educating and improving the lives, safety, security, and peace of mind of the senior community. Call 413-858-0060 for information in these programs.

**"Are You Ok?"** – A daily telephone reassurance program to check on the well-being of seniors who live alone.

**Is Your Number Up?** – A house number initiative that assists Police, Fire and EMS in their efforts to respond quickly to 9-1-1 calls.



# RED HAT YA YA SISTERHOOD OF WILBRAHAM

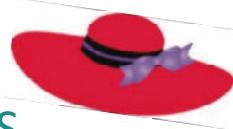
Our second annual **Day at the Races** event held on May 10<sup>th</sup> at the Senior Center was an amazing success with down to the wire exciting finishes, wonderful raffle prizes and light refreshments. A big thank you to our chair-ladies Janet Vitkus and Kathy Sowa.

Join us on June 21<sup>st</sup> from 12 PM to 3 PM in the Brook's room at the Library with Rose from the WSC Craft-of-the-Month who will leads us in creating a special **Summer Wreath** to decorate your front door. A catered lunch will follow. Chair-ladies are Linda Nichols and Maria Cacula.

Our last board meeting included planning the events for next year. Many new events are being considered including a luau and a visit to a local sugar shack for breakfast. If you have any ideas for an event please contact me or one of the board members. Also, please contact us if you would like to chair an event or join the board.

Enjoy your summer and watch for impromptu emails to get together for concerts and picnics.

All the Best,  
Ruth Chappel, Queen Mum



## VETERAN NEWS

Wilbraham Veterans and their Families! The Veteran Tax Exemptions of Massachusetts General Laws Chapter 59, Section 5 provide exemptions to some veterans, their surviving spouses, and some surviving parents and spouses of active duty military personnel who died during or due to military service.

**The information needed to qualify include, but is not limited to:**

1. Evidence of residency, ownership, domicile and occupancy.
2. Certification of a service-connected disability or death from the U.S. Department of Veterans Affairs (VA) or branch of U.S. military service from which discharged or in which served.

Eligibility Requirements:

You must meet all eligibility requirements as of July 1 of the tax year. There are several clauses but the two most popular are:

**Clause 22 - \$400**

1. Veterans with a service-connected disability of 10% or more.
2. Veterans awarded the Purple Heart.
3. Surviving parents of military personnel who died in military service (Gold Star Parents).
4. Spouses (where the domicile is owned by the veteran's spouse), and surviving spouses (who have never remarried), of veterans entitled to exemption under Clause 22.

5. Surviving spouses (who have never remarried) of World War I veterans as long as their assets (whole worth), less any mortgage on the property, do not exceed \$20,000.

**Clause 22E - \$1,000**

1. Veterans who have a service connected disability of 100%.
2. Spouses (where veteran's spouse owns the domicile) or surviving spouses of veterans entitled to exemption under Clause 22E.

My hours are Monday through Friday, 8 am to 4 pm. It is best if you call to set up an appointment with me as I have many Veterans that I tend to. I can be reached by calling the Wilbraham Senior Center at 596-8379. You can email me at [jsasen@wilbraham-ma.gov](mailto:jsasen@wilbraham-ma.gov). Please like our Wilbraham Veterans Services Page on Facebook @veterans01095.



Disclaimer: Please do not donate to any Veteran Organization until first contacting me. Sadly enough there are many organizations out there that use the guise of helping our Veterans to get money. I work with Massachusetts Office of the Attorney General to verify the legitimacy of these organizations.

**EXCEL** *Excel Homecare & Nursing Services*  
A Medicare/Medicaid Certified Home Health Agency Providing:  
SKILLED NURSING CARE • PHYSICAL THERAPY  
OCCUPATIONAL THERAPY • HOME HEALTH AIDES  
PERSONAL CARE • HOMEMAKING • PRIVATE DUTY  
UP TO 24-HOUR CARE  
Call Us: (413) 583-2005  
4 Stony Hill Road, Wilbraham, MA 01095 | [www.excelhomecareservices.com](http://www.excelhomecareservices.com)  
We accept Medicare and Medicaid. Servicing Western Massachusetts

LET'S GROW YOUR BUSINESS  
Advertise in our Newsletter!

CONTACT ME  
Susanne Carpenter

[scarpenter@lpicommunities.com](mailto:scarpenter@lpicommunities.com)  
or (800) 477-4574 x6348



# Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

## AD CREATOR STUDIO



[ipicommunities.com/adcreator](http://ipicommunities.com/adcreator)



**FREE**  
AD DESIGN  
with purchase  
of this space

**CALL 800-477-4574**

# THRIVE LOCALLY

**SUPPORT OUR  
ADVERTISERS!**



A Life Plan Community  
for Active, 62+ Adults  
Call Today for Lunch and  
a Tour of Glenmeadow!  
**413-567-7800**

24 Tabor Crossing, Longmeadow MA 01106 • [www.Glenmeadow.org](http://www.Glenmeadow.org)



Are you struggling to find care for yourself or your loved one?

Our service equips families with the best local eldercare housing options, information and resources available.

**Katie Krupka**  
Certified Senior Advisor®  
141.31.329.6730  
Katie@AssistedLivingLocators.com  
No-Cost Placement Agency



## CONSIDER BECOMING A VOLUNTEER OMBUDSMAN

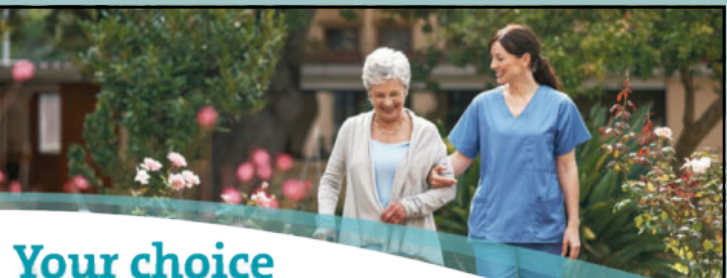


Contact **Greater Springfield Senior Services** for more information!

**413-781-8800**

[anna.randall@gsssi.org](mailto:anna.randall@gsssi.org)

- Provide an essential voice for residents of nursing homes and assisted living facilities
- Help residents understand their rights and resolve issues
- Offer support & encouragement
- Receive ongoing training
- Create their own schedules



**Your choice  
for skilled nursing  
and post acute rehabilitation.**



A Member of Berkshire Healthcare  
Meadows Crossing  
305A Maple Street • East Longmeadow, MA 01028  
413-525-6361 • [www.eastlongmeadownursing.org](http://www.eastlongmeadownursing.org)



**We're Perfecting the Art of Superior Care.**





# TRUST IN OUR CARE.

SKILLED NURSING | SHORT TERM THERAPY | LONG TERM CARE

**BEST NURSING HOME 2022-2023 BY NEWSWEEK**

**LIFE CARE CENTER OF WILBRAHAM**  
DENNIS LOPATA, EXECUTIVE DIRECTOR

413.596.3111 • LifeCareCenterofWilbraham.com  
2399 Boston Rd. • Wilbraham, MA 01095



147091

**The Confidence to have a social hour**  
Benchmark has proactively implemented COVID-19 protocols so you can feel confident this is home.

Orchard Valley  
AT WILBRAHAM  
A Benchmark Senior Living Experience

2387 Boston Road, Wilbraham  
413.675.5032  
OrchardValleyWilbraham.com



**Keystone Commons**

A Life Fulfilling Retirement Community



**CALL TODAY! (413) 569-8096**

Come experience the unique warmth and energy of our spectacular senior living community.

KeystoneCommonsSL.com  460 West St. Ludlow, MA

*A Life Fulfilling Retirement Community*

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE

*It's never too early to make the call, we are here for you.*



**Nurse Advocates, LLC**

*navigating healthcare*

**Maura Lessard RN, BSN, CCM, CDP**

Nurse Advocate, Board Certified Case Manager, Aging Lifecare  
Advanced Profession & Certified Dementia Practitioner

cell/text: 413-237-5724

www.NurseAdvocatesLLC.com • Maura@NurseAdvocatesLLC.com

**Monson Savings**  
Your Bank Forever

*Proud to support  
Wilbraham's Seniors!*

413-267-4646  
www.monsonsavings.bank  
Member FDIC, Member DIF



**I SUPPORT  
THE  
WILBRAHAM  
SENIOR  
CENTER!**

Maria Cacela  
413.250.1928

maria@homesbymaria.com



**Don't worry!**

*We can help you.*



Meals	Med Reminders
Laundry	Housekeeping
Bathing	Companionship
Dressing	Transportation

**COLONY CARE**

ColonyCareAtHome.com 413-455-1122 | 860-432-2291

**WE'RE HIRING!**  
AD SALES EXECUTIVES



**BE YOURSELF.  
BRING YOUR PASSION.  
WORK WITH PURPOSE.**

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at  
careers@4lpi.com or  
www.4lpi.com/careers

**NEVER MISS OUR NEWSLETTER!**

**SUBSCRIBE**

Have our  
newsletter  
emailed  
to you.



Visit [www.mycommunityonline.com](http://www.mycommunityonline.com)





## STAFF

Director of Elder Affairs  
 Paula Dubord  
 Activities/Volunteer Coordinator  
 Jennifer Curtis  
 Social Services  
 Coordinator/Veterans  
 Administrative Assistant  
 Barbara Harrington  
 Van Driver/Custodian  
 Greg Schmutte  
 Veterans Agent  
 Jered S. Sasen

## WEEKLY VOLUNTEERS

Office: Dorothy Soja, Dee Mitchell,  
 Susan Rigney, MaryLou Pierce,  
 Brenda Willard, Dawn Dietrich,  
 Andree Fitzgerald

## COUNCIL ON AGING MEMBERS

Chairperson: Trant Campbell  
 Vice Chair:  
 Secretary: Ellen O'Brien  
 Members: Theresa Munn,  
 Gilles Turcotte, Diane Weston,  
 Charles Marsman

## SUBMITTAL INFORMATION

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



Annual newsletter fee of \$5 payable to the "Friends of Wilbraham Seniors." Donations to the Friends of Wilbraham Seniors accepted at: PO Box 747, Wilbraham, MA 01095

Newsletter available online at [www.wilbraham-ma.gov](http://www.wilbraham-ma.gov).

If you wish to unsubscribe from this newsletter, please call the senior center at 596-8379.

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

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

## SENIOR CENTER VAN

MONDAY TRIPS	WEDNESDAY TRIPS	THURSDAY TRIPS
June 5: Big Y June 12: Big Y June 19: CLOSED June 26: Big Y	June 7: Ocean St/ Randall's June 14: Walmart (Ware) June 21: Homes Goods/ Dollar Tree June 28: Walmart (Chic)	June 1: Stop & Shop June 8: Big Y June 15: Stop and Shop June 22: Aldi June 29: Big Y



Pick ups begin between 9-9:30 a.m. All bus trips are \$2 round trip. Space is limited to the first 8 callers. Around Town Trips on Tuesdays—anywhere you need to go in Wilbraham! Call 596-8379 to sign up today.

### SENIOR CENTER HOURS

Monday - Friday | 8:00 a.m. - 4:00 p.m.

### PVTA VAN SERVICE

Available by calling 739-7436