



# WILBRAHAM SENIOR NEWS

## Spring 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.



**Senior Center Maintenance May 8th—12th.** During the week of May 8th – 12th, the YMCA will be conducting maintenance on the building. **THE SENIOR CENTER WILL PLAN TO REMAIN OPEN. This is subject to change. Programs on Wednesday, May 10th may be effected. If there are any questions, please call us at 596-8379.**

## Wanted: Council on Aging Board Members

Interested residents to serve on the Council on Aging Board. The COA Board meets the first Wednesday of the month at 4pm for meetings. The Council on Aging Board is an advisory board and their mission is: To identify the total needs of the elderly population of the community. To Educate the community and enlist support and participation of all citizens about these needs. To design, promote, or implement serves to fill these needs, or to coordinate existing or future services. To be cognizant of state and federal programs regarding elders. Promotes and support other constructive programs in the community relative to its responsibilities.

Please contact the Board of Selectmen or Paula Dubord, Director of Elder Affairs if you are interested.

## May Special Lunch

Join us on Tuesday May 16th for a Special Lunch at the senior center. Musical entertainment by . This Months Lunch is kindly sponsored by Visiting Angels who will be providing Broccoli Alfredo Pasta from Emma's Gourmet Catering. Entertainment by Mike Tourville. Doors open at 11:45, lunch is served at 12pm. 596-8379 to sign up by May 10. Free Sign up begins May 1st

**The Upside to Downsizing: Part 1 May 31 @1:30** Sara b. Hart (author) shares the art of downsizing . Shoe focuses on the emotional side of downsizing as well as her sense of relief and of lightness as she realizes she has just enough. 596-8379 to sign up.

**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

## Senior P.A.T.R.O.L.

**May 15 @10:30**

Milagros S. Johnson has over two decades of consumer advocacy experience as Director of the Mayor's Office of Consumer Information, a Local Consumer Program. She is known for her passion when educating consumers on their consumer rights, and bringing awareness on scams, fraud, identity theft to the communities she serves throughout Hampden County. This presentation will empower you with knowledge on how you can protect yourself from falling victim to any of them, learn the red flags to look for, and hear of what you can do if you suspect you are being targeted. Call 596-8379 to sign up for this free presentation.

## Mini Golf

**May 12 @10:30** Take the senior van or drive yourself to Fenway golf 112 Allen St E. Longmeadow. Bus leaves at 11am. Bring money for golf and ice cream. 596-8379. Senior Rate: \$7 for golf.

## Mass Bar Elder Law

Attorney Ratner will be here **May 22 @10:30** to discuss Veteran Affairs Financial Benefits, how to protect your home and assets, power of attorney and health care proxies, reverse mortgages, Homestead and Life Estates, Medicare/Medicaid changes, and alternatives to nursing home care . Please call 596-8379 to sign up for this free presentation.

## TOUR: Blue Bird Estates

TOUR with the Senior Center on **May 26**. Leaving the senior center at 11:00. Call 596-8379 to sign up. At Bluebird Estates, an independent living community, we offer a full range of activities, three meals a day, a snack bar and more. A few amenities are: three chef prepared meals with three choices daily, weekly housekeeping with linen service, expanded cable TV package, an emergency response device and more. Come visit to learn more!

## 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 **May 17** 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, **May 17@** 10 AM. Cost for class is \$3, plus materials. Create new pieces or repair your broken jewelry.

**BOOK CLUB, May 18** at 2:00 pm. All are welcome to join in the discussion. — April—*Remarkably Bright Creatures*, Van Pelt May—

**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, May 24**

**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

**Cape Cod Canal Cruise**, Tuesday, June 13 Includes: Narrated Cruise with Lunch, \$116/pp - Full payment deadline May 31

**The Log Cabin**, Wednesday, July 12 Garth Brooks Tribute. Includes: Twin Lobster or Prime Rib, Show \$85/pp - Full payment deadline June 28 - SELF DRIVE ONLY

**The Aqua Turf Club**, Tuesday, August 15 Come Fly with Me— Dance to music from Frank Sinatra, Kenny Rogers, Tim McGraw and more Includes: coffee/donuts, free drink, lunch, show and door prizes, \$119/pp - Full payment deadline August 1

**Boston's Duck Boats**, Tuesday, September 12 Includes: Lunch at Maggiano's, Tour and Free Time at Quincy Market, \$140/pp - Full payment deadline August 29

**Newport Playhouse**, Thursday, September 28

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



May 1: Taco Salad

May 8: No Monday Lunch

May 15: Hot Dog & Beans

May 22: Chicken Salad on Greens

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  
Bond, Jeannette  
Cyr, Alice

Dennis, Patricia  
Frances, Loretta  
Gore, Dorothy  
Hammond, Gloria  
Rickert, Ginnie  
Thompson  
Trombly, Kent/Helen  
Strycharz, Stanley  
Boduch, Michael & Margaret  
Phillips, Cheryl

Building Fund

Babineau, G.F/P.F.  
Batista, Aurelia

Christensen, Philip  
Huhtanen, Joan  
Kenney, Bruce  
Simmons, Elke  
White, Connie & Roger

Building Fund/In Memory Of

Batista, Kim & Kenneth  
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 | May 11

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

### Foot Doctor Cindy Galavotti | May 4

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

### Baystate Hearing Aids | June 14

There will be no May appointments for Baystate Hearing. Please call for June appointments.

### Hiking Club

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

#### Tuesday May 9 @ 9:15

Mt Holyoke Summit Trail  
2.7 mile moderate. Park on Mountain Rd in Hadley off of rt 47

#### Tuesday May 23 @ 9:15

Peaked Mountain summit trail  
2+ mile loop  
138 Butler rd Monson.

## 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 – May 5

### Facials

Diane Neill, MA Licensed Aesthetician. Cost is \$35-\$45 for 50 min facial. May 25 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 Fridays at 10am 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.

# MAY 2023 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 9- Reiki 12:30—Bingo 1— Rug Making 2:45- Line Dancing <b>Big Y</b> Taco Salad	<b>2</b> 10- Chair Exercise 10—Blood Pressure 10:45- Aerobics 1- Social Art 1:30— Pinochle <b>Around Town</b>	<b>3</b> 9 -Tai Chi 9:30— Walking group 10:30—Quilting 1—Scrabble <b>Randall's/ Ocean State</b>	<b>4</b> 9- Dr. Galavotti 10-Chair Exercise 10:45—Aerobics 12:30- Mahjong 1—Knitting <b>Stop &amp; Shop</b>	<b>5</b> 9-Massage 10- YOGA 10:30-SHINE 1- Bridge
<b>8</b> 9- Reiki 12:30—Bingo 1— Rug Making 2:45- Line Dancing <b>Big Y</b> <b>No Monday Lunch</b>	<b>9</b> 9:15 Hiking Club 10- Chair Exercise 10—Blood Pressure 10:45—Aerobics 11—Grief Support Series 1:15- Red Hat Meeting 1- Social Art 1:30— Pinochle <b>Around Town</b>	<b>10</b> <b>All Programs are canceled due to maintenance on the building. Please call 596-8379 with any questions.</b> <b>Kohls/ Dollar Tree</b>	<b>11</b> 8—Foot Care Nurse 10-Chair Exercise 10:45—Aerobics 12:30- Mahjong 1—Knitting <b>Big Y</b>	<b>12</b> 9- Reflexology 10- YOGA 10:30-SHINE 11- Mini Golf 1- Bridge
<b>15</b> 9- Reiki 10:30—Consumer Fraud 12:30—Bingo 1— Rug Making 2:45- Line Dancing <b>Big Y</b> Hot Dog and Beans	<b>16</b> 10- Chair Exercise 10—Blood Pressure <b>12—Special Lunch</b> 1- Social Art 1:30— Pinochle	<b>17</b> 9 -Tai Chi 9:30— Walking group 10—Jewelry 10:30- Quilting 1—Attorney Peterson 1—Scrabble <b>Walmart ( Ware)</b>	<b>18</b> 10-Chair Exercise 10:45—Aerobics 12:30- Mahjong 1—Knitting 2- Book Club <b>Stop &amp; Shop</b>	<b>19</b> 9- Reflexology 10- YOGA 10:30-SHINE 1- Bridge 1—Brown Bag
<b>22</b> 9- Reiki 11- Tune Up Clinic 12:30—Bingo 1— Rug Making 2:45- Line Dancing <b>Big Y</b> Chicken Salad on Greens	<b>23</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>24</b> 9 -Tai Chi 9:30— Walking group 10:30- Quilting 12:30—Sen. Oliveira's Aid 1—Scrabble <b>Trader Joe's</b>	<b>25</b> 8- Facials 10-Chair Exercise 10:45—Aerobics 12:30- Mahjong 1—Knitting <b>Aldi</b>	<b>26</b> 9- Reflexology 10- YOGA 10:30-SHINE 11:30- TOUR 1- Bridge
	<b>30</b> 10- Chair Exercise 10—Blood Pressure 10:45-Aerobics 1- Social Art 1:30— Pinochle <b>Around Town</b>	<b>31</b> 9 -Tai Chi 9:30— Walking group 10:30- Quilting 1—Scrabble 1:30 -Downsizing Presentation Part 1 <b>Walmart (Chicopee)</b>		

<p><i>The Care You Need. The Compassion You Deserve.</i></p> <p>413-373-4075 • <a href="http://www.myvantagecare.com">www.myvantagecare.com</a></p>	<p><b>ADT-Monitored Home Security</b></p> <p>Get 24-Hour Protection From a Name You Can Trust</p> <ul style="list-style-type: none"> <li>• Burglary</li> <li>• Fire Safety</li> <li>• Flood Detection</li> <li>• Carbon Monoxide</li> </ul> <p>ADT Authorized Provider SafeStreets</p> <p><b>833-287-3502</b></p>	
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## NEWS & EVENTS

### Grief Support Counseling– FREE

**Tuesday, May 9 and May 23 @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

A few weeks ago, we all set our clocks ahead for Daylight Savings time. I don't know about you, but this spring time change seems to be more and more difficult for me as I get older. I would bet a fair number of you find getting a good night's sleep more difficult as time goes on, regardless of the season. It is a myth that older adults require less sleep. We still require 7-9 hours as all adults do. Sleep is important for our brains and repair of our cells and nerves. What happens is that we find sleeping well more difficult as we age. Researchers estimate between 40 and 70% of older adults have sleep problems!

There are many reasons why sleep eludes us. These include pain, certain medications, sleep apnea, and restless leg syndrome. The mere fact of not sleeping well tends to feed on itself; the more anxious we are that we will not fall asleep, the more likely it becomes! Let's look at some of these issues and explore solutions.

Pain tends to be a frequent visitor as we age, often due to arthritis or other chronic conditions. Unfortunately, lack of sleep can exacerbate pain, which can lead to even less sleep. We often notice chronic pain more in bed because there are no activities distracting us. Gentle walking, yoga and stretching can help with pain relief and lead to better sleep and gradually less pain. You may need to talk with your doctor about using medications (over the counter or prescription) at night if these don't help.

Side effects of certain medications can be insomnia, or medications may cause an increase in nighttime bathroom trips, disrupting sleep. If you think this is the case, ask your doctor if some medications can be taken at a different time to see if it helps.

Sleep apnea is another cause. If your partner tells you that you snore, mention it to your doctor who can schedule a sleep study. Sleep apnea means your breathing stops for short intervals during the night, causing you to wake briefly

even if you are not aware of it. Some folks wake up 50 times a night without knowing it! This can cause headaches, drops in oxygen levels and daytime sleepiness.

Restless leg syndrome is the urge to move your legs while resting, or a feeling of itchiness or bugs crawling on your skin. This can keep you from falling asleep. There are medications to help with this. Walking regularly may also help.

So what can you do apart from medicines? Luckily there are other remedies that are easy to try. First is exercise. Even a brisk walk once or twice a day, done regularly, has been shown to improve sleep quality. Exposure to sunshine especially early in the day also helps. Reduce distractions in the bedroom. Televisions, surfing the web on a tablet or phone, and bright lights all make it harder to fall asleep even when you turn them off. The blue light from devices is shown to be especially problematic. Keep a regular sleep schedule even on weekends and avoid naps longer than 30 minutes. Avoid substances such as caffeine, alcohol and tobacco late in the day. Even a large meal later at night can make it difficult to fall asleep. Last but not least, have a bedtime routine. Just like when our children were small, doing certain rituals before bed helps our brain know it is time to rest. Have a cup of herbal tea, take your bath or shower, read a special calming book, or even prayer/meditation if that is your inclination. Anything that is relaxing, soothing and quiet can help ease us into sleep.

I hope this helps some of you with sleep issues. As for me, I am off to make a cup of chamomile tea with honey to start my bedtime routine and plan a walk for tomorrow morning!

As always, feel free to send questions/ comments to [seniorinfo2021@gmail.com](mailto:seniorinfo2021@gmail.com) or leave a voicemail at 596-2800 ext 315. Wishing you sweet dreams,  
Diane Weston RN

Senior Center Building Committee

# FRIENDS OF WILBRAHAM SENIORS

## MESSAGE FROM YOUR FRIENDS CAPITAL CAMPAIGN UPDATE



We're excited to tell you that at the end of the first quarter 2023, our Capital Fundraising Committee has raised over \$100,000 in cash receipts and pledges.

While we have a long way to go, we need your support as we continue with this marathon in order to fulfill the needs of our new Senior Center with necessary items such as tables, chairs, TV monitors, A/V equipment, cabinets, benches, bookcases, kitchen supplies, place settings, exercise equipment, and more. We also plan to raise funds for new and expanded programs and services for the center including a bocce court near the patio. This outside activity is a great way to maintain good health and get sunshine which is an important source of vitamin D for seniors.

As I mentioned before, 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 plan to publish a list of donor names and their Level of Giving very soon.

Name recognition plaques for rooms and various products are a wonderful way to memorialize or honor family members and friends with your personal message.

In addition, we plan to conduct several public meetings on how you can participate in this Capital Campaign. Watch for dates and location in the Times paper, and also on Friends e-blasts.

In the meantime, 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.

If you have already contributed, thank you very much. If not, I'd like to close with a quote from Winston Churchill:



### *And the winner is...*

*Friends Fundraising Director Ann Marie Gaudette watches Paula Dubord pick the lucky winners in the Friends 50-50 Winter Raffle:*

*1st Prize Shirley Facey \$503.34  
2nd Prize Dave Manning \$302.00  
3rd Prize Rose Dumber \$201.33  
FYI: Dave donated his winnings to the Capital Fundraising Campaign for the new Senior Center. Thank you Dave!*

*"We make a living by what we get, but we make a life by what we give."*

Thank you for being a Friend!

*Matt Villamaino* President

### **Do We Have Your Contact Information?**

As a registered member or supporter of the Friends, we will notify you on important Friends events or issues as they arise. However, this assumes we have your correct contact information, **especially your email address for our popular e-blasts. Email is the primary way we communicate.** If you need to update your info, or would like to join us, fill out the enclosed application today. No dues!

*The Friends of Wilbraham Seniors presents*

## **BUSHEL 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!

To volunteer or to sponsor this event, contact  
Maria Cacula at 413-250-1928  
or email [BusshelsOfFunFest@gmail.com](mailto:BusshelsOfFunFest@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.*

## **SAVE THE DATES**

- May 3 (Wednesday) Villa Rose: Dine-In Take-Out 11:30- 8:00 pm
- May 13 (Saturday) Wilbraham Hill Climb - Friends will have a booth display in front of Wilbraham United Church - Look for green 1930 Fire Truck
- June 17 (Saturday) Craft Fair at Ludlow Elks Club Details to follow
- August 27 (Sunday) Bushels of Fun Fest at Fern Valley Farms 11-7 pm

# 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.

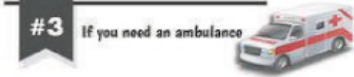
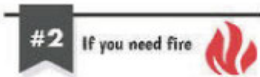
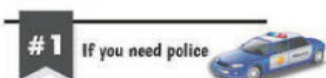
By helping you to apply and or recertify, this makes the process much more efficient and can alleviate benefit wait times.

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

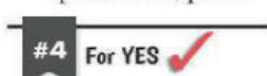
## The Silent Call Procedure

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

Press



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



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

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

## 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.



## 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.

# SOCIAL SERVICES

## May is Mental Health Awareness Month

As people age, they may experience certain life changes that impact their mental health, such as coping with a serious illness or losing a loved one. Although many people will adjust to these life changes, some may experience feelings of grief, social isolation, or loneliness. When these feelings persist, they can lead to mental illnesses such as depression and anxiety.

Mental health is important at every stage of life. Effective treatment options are available to help older adults manage their mental health and improve their quality of life. Recognizing the signs and seeing a health care provider are the first steps to getting treatment.

### Warning Signs

Noticeable changes in mood, energy level, or appetite  
Feeling flat or having trouble feeling positive emotions  
Difficulty sleeping or sleeping too much  
Difficulty concentrating, feeling restless, or on edge  
Increased worry or feeling stressed  
Anger, irritability, or aggressiveness  
Ongoing headaches, digestive issues, or pain  
Misuse of alcohol or drugs  
Sadness or hopelessness  
Suicidal thoughts  
Engaging in high-risk activities  
Obsessive thinking or compulsive behavior  
Thoughts or behaviors that interfere with work, family, or social life  
Engaging in thinking or behavior that is concerning to others  
Seeing, hearing, and feeling things that other people do not see, hear, or feel

### Veterans Crisis Line

This helpline is a free, confidential resource that connects veterans 24 hours a day, 7 days a week with a trained responder. The service is available to all veterans, even if they are not registered with the VA or enrolled in VA healthcare. Call 1-800-273-8255, press "1"; text 838255; or chat online to connect with 24/7 support.

### Crisis Helpline

This helpline from the Substance Abuse and Mental Health Services Administration provides immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. The helpline is free, multilingual, confidential, and available 24 hours a day, 7 days a week. Call or text 1-800-985-5990.

"When you reach the end of your rope, tie a knot in it and hang on" – Franklin D. Roosevelt

## 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

We had a phenomenal time at the play *Into the Woods* presented by Exit Seven Players Theater. Remember to be careful with what you wish for! Everything ordered at Tony and Penny's Restaurant was delicious as usual.

Our second annual **Day at the Races** event is scheduled for May 10<sup>th</sup> at the Senior Center starting at 12:00. This exciting event will feature horse races and **big \$\$** prizes. Raffle items and a 50/50 raffle will be held. Light refreshments will also be served. Chair-ladies are Kathy Sowa and Janet Vitkus. Please RSVP Janet Vitkus at 413-543-3273 by May 4<sup>th</sup> if you are planning on attending.

Our last scheduled event for the 2022-2023 year will begin with lunch at 12:00 on June 21<sup>st</sup> at the Senior Center. Then Rose will lead us in a **Summer Wreath** making activity. The price is \$15.00. Chair-ladies are Maria Cacela and Linda Nichols. Summer events and events for the 2023-2024 year are being planned and suggestions are always welcomed. Dues will remain at \$10.00 for the upcoming year which begins on September 1<sup>st</sup>. Please welcome our newest member Kathy Kroll. Sadly, Elaine King a long-time member who had been a Vice-Queen Mum and held many Board of Directors and Officers position passed away in April. 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.



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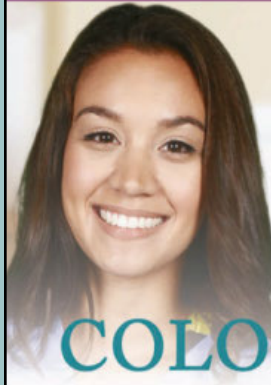
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Charles Marsman

## 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.

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