



WILBRAHAM SENIOR NEWS

Summer Bus Trips

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

Volunteer Drivers

Volunteer on your own time to be a medical appointment driver. Take seniors in town to local appointments. 596-8379

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.

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.

TOUR: Armbrook Village Westfield

August 4th. Bus leave at 11. Independent & assisted living—compass memory support.

July Special Lunch

There will be no special Lunch in the month of July. Starting August 1st members from all communities can sign up for our August 15th ice cream social. Everyone is welcome. Enjoy the summer and we will see you for ice cream and musical entertainment by Sean Callaghan. 596-8379

Summer Kayaking at Holyoke Rows

Holyoke Rows: 25 Jones Ferry, Holyoke Ma. Free
Plenty of parking. Kayak, paddle, and life jackets are provided. Paddling is from 1pm-3:30pm. Thursday 7/6, Wednesday 7/12, Thursday 7/20, Wednesday 7/26. Sign up at 596-8379



Paint & Plant Workshop

July 18th @1pm Meet at the shop.

Workshop starts with painting a 3" terra cotta pot. Once painting is completed, get your hands dirty at the interactive plant bar.

At the plant bar you will gather planting ingredients: soil, succulent, and top dressing. We give a brief overview of succulent care and step-by-step planting demonstration. No green thumb needed.

Length of the workshop is 60 minutes. Class will be held at **95 Post office park, at the Flower shop.** Call 596-8379 to sign up. Seating is limited.

TOUR: Keystone Commons Ludlow

July 14th. Bus Leaves at 11:15

Whether you choose Independent Living, Assisted Living, or our multi-level Memory Care at Keystone Commons, we guarantee you will be both inspired and enabled to do just that! Located on a beautifully landscaped campus in Ludlow, Massachusetts, our senior living community is committed to providing you with the ability to thrive! A highly

engaged social life, physical and mental stimulation, and exceptional, innovative personal care are our cornerstones. And, of course, you will enjoy living where you are safe and feel both secure and confident in your home. Sign up at 596-8379

Ways to Make Assisted Living More Affordable July 24th @

10:30. Discover what assisted living can and cannot do for you. Understand pricing structure so you can accurately compare communities. Learn about programs that can help make a move more affordable. Know the questions you need to ask so you can make the most informed decision.

Microwave Cooking

July 17 at 10:30. Do you have difficulty standing for long periods of time? Deciding what to make for dinner for just yourself? Cooking meals for 1 or 2 can be challenging. Microwave Meals for 1 or 2 is a workshop that will review cooking in a microwave, tips for shopping on a budget, label reading, and will include a cooking demo with recipes for you to take home. 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 **July 19** 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— There will be no Jewelry class in July and August. See you in September

BOOK CLUB, July 20 at 2:00 pm. All are welcome to join in the discussion. July—The War Nurse, Tracey Wood— August, Snow Flower and the Secret Fan, by Lisa See

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, July 26**

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 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.

Atlantic City Getaway, Tuesday-Thursday, October 10-12 Caesars Casino Resort Hotel, \$50 bonus in slot & food, 2 fantastic shows; \$295/pp dbl, \$285/pp trip, \$395/pp single. \$50 deposit at signup - Full payment deadline Sept 8. Cancellation Insurance Avail.

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



July 3: Hot dogs and Beans

July 10: Taco salad

July 17: BLT w/ herbed Mayo

July 24: Chicken salad on greens

July 31: breakfast for lunch

All homemade lunches served with coffee and dessert. Cost is \$3. 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 Friends General Fund

Besko, Mary T
Lasonde, Jean
Levesque, Barbara
McCray, Gayle & Leslie
Nowakowski, Helene
Phelan, Louise
Sibilia, Carol
Vartanian, Sandra

Donations to Building Fund

Manzi, Margaret
Anonymous Donations

Donations In Memory of Elaine King

Bennett, Charles
Craig, Karen & Scott
King, Michael & Amanda
Mango, Thomas/Ann Marie
Paulin, Adele
Pilon, Helene

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 | July 17

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

Foot Doctor Cindy Galavotti | July 6

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

Baystate Hearing Aids | July 12

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 July 11 @ 9:15

Ashley Reservoir. Flat paved hike. 3.5-4 miles. Park at the Elks Lodge in Holyoke (second parking lot)

Tuesday July 25 @ 9:15

Laughing Brook. 789 Main St, Hampden



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 – July 7

Facials

Diane Neill, MA Licensed Aesthetician. Cost is \$35-\$45 for 50 min facial. July 27 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.

JULY 2023 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9- Reiki 12:30-Bingo 1- Rug Making 2:45- Line Dancing Big Y Hot dog and beans		5 9 -Tai Chi 9:30-Walking group 10:30-Quilting 1-Scrabble Randall's/ Ocean State	6 9- Dr. Galavotti 10-Chair Exercise 10:45-Aerobics 11- YOGA 12:30- Mahjong 1-Knitting Stop & Shop	7 9-Massage 10:30-SHINE 1- Bridge
10 9- Reiki 12:30-Bingo 1- Rug Making 2:45- Line Dancing Big Y Taco Salad	11 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	12 9 -Tai Chi 9:30-Walking group 10- Bay State Hearing 10:30-Quilting 1-Scrabble Walmart (Ware)	13 10-Chair Exercise 10:45-Aerobics 11- YOGA 12:30- Mahjong 1-Knitting Big Y	14 9- Reflexology 10:30-SHINE 11: TOUR 1- Bridge
17 8-Foot Care Nurse 9- Reiki 10:30-Microwave cooking 12:30-Bingo 1- Rug Making 2:45- Line Dancing Big Y BLT w/ herbed mayo	18 10- Chair Exercise 10-Blood Pressure 10:45- Aerobics 1- Social Art 1-The Flower Shed 1:30- Pinochle Around Town	19 9 -Tai Chi 9:30-Walking group 10-NO Jewelry 10:30- Quilting 1-Attorney Peterson 1-Scrabble Palmer Flea Market (10am)	20 10-Chair Exercise 10:45-Aerobics 11- YOGA 12:30- Mahjong 1-Knitting 2- Book Club Stop & Shop	21 9- Reflexology 10:30-SHINE 1- Bridge 1-Brown Bag
24 9- Reiki 10:30- Affordable assisted living 12:30-Bingo 1- Rug Making 2:45- Line Dancing Big Y Chicken salad on greens	25 9:15 Hiking Club 10- Chair Exercise 10-Blood Pressure 10:45-Aerobics 11-Grief Support Series 1- Social Art 1:30- Pinochle Around Town	26 9 -Tai Chi 9:30-Walking group 10:30- Quilting 12:30-Sen. Oliveira's Aid 1-Scrabble Walmart (Chicopee)	27 8- Facials 10-Chair Exercise 10:45-Aerobics 11- YOGA 12:30- Mahjong 1-Knitting Aldi	28 9- Reflexology 10:30-SHINE 1- Bridge
31 9- Reiki 12:30-Bingo 1- Rug Making 2:45- Line Dancing Big Y Breakfast for lunch				

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

Grief Support Counseling— FREE

Tuesday, July 11 and July 25 @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

Summer is here and it is time to talk about dehydration. Not the most happy topic, I know, but our risk increases dramatically at this time of year due to increased temperatures and more outdoor activities to enjoy. As we age, we are prone to dehydration for several reasons. A study found that up to 40% of older adults may be chronically underhydrated, meaning our liquid intake is never quite enough to make our bodies work efficiently.

What is dehydration? It means not taking in enough fluids to meet the body's needs. Our bodies need water to digest food, lubricate our joints and muscles and keep our nerves functioning well. Risks of dehydration include urinary tract infections, heart problems, kidney failure and heat stroke due to the inability to sweat and so regulate body temperature. We can also include risk of falls since dehydration can cause weakness and dizziness.

Why are we prone to dehydration? First, both thirst and appetite tend to diminish with age. That means you might not feel thirsty even if your body is craving water, or you may drink less than you need. Many of us confuse hunger and thirst, eating when we really just need fluids. Our body composition changes over time, so we have less water in our bodies to start. And many of us are on medications for blood pressure, heart disease and other conditions that cause us to lose water from our bodies more easily. If you have diabetes, high blood sugars cause your body to make more urine to flush it out. Some folks drink less in summer because their feet or ankles swell; this can actually be a sign of dehydration since your body is holding onto water because it feels it isn't getting enough. It sounds strange, I know, but our bodies actually release more of that swelling when we drink more water.

How do we know if we are getting dehydrated? The earliest sign is urinating less frequently or having dark colored urine. Your urine should look clear or almost clear most of the time

(think pale lemonade not apple cider). Tiredness or feeling weak is another very common sign along with headaches and dizziness. In fact if you often feel as if you need an afternoon nap, you may simply need to drink more water during the morning. As it progresses, folks get irritable, confused and can get muscle cramps. If you are doing any outdoor activities from gardening to walking you should drink an extra glass of water for every hour or so you are active outside, especially when temperatures get over 80 degrees.

How to stay hydrated? There are many ideas about how much water to drink daily. I think the color of your urine, your energy level and how often you use the bathroom are the best rules. It is not one size fits all. There are simple ways to keep your fluid intake adequate. Choose foods high in water content such as watermelon, cucumbers, berries and tomatoes. Keep a water bottle with you and take sips whenever you think of it, or during commercials if watching TV. Reduce alcohol intake; alcohol is a diuretic which means it causes your body to eliminate water. Make drinking water a part of your routine- before breakfast, after every meal, after each change in activity. Make the water interesting by adding lemon, apple, cucumber, mint or berries. There are also additives in the supermarket to flavor water. Watch for added sugar or other ingredients though. I have recently found some teabag style flavoring with little to no calories made from dried fruits and herbs in the tea aisle at the supermarket. I simply drop a bag into my water bottle and it is good for several refills. Or add a little juice to your water bottle to flavor it. I find a bit of cranberry juice and a lime slice tastes pretty fancy!

As always, feel free to email at seniorinfo2021@gmail.com or call at 596-2800 ext 315 if you have any questions.

Diane Weston, RN BSN

Senior Center Building Committee

FRIENDS OF WILBRAHAM SENIORS

MESSAGE FROM YOUR FRIENDS CAPITAL CAMPAIGN UPDATE



FRIENDS OF
WILBRAHAM
SENIORS, INC.

As you may know, the Friends have set an ambitious 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. In addition we have committed to the Building Committee \$233,000 we raised over the years through dine-outs, raffles and more, and were successful in applying for a \$50,000 state earmark last year. This totals \$433,000 we have raised to date towards our goal.

Enclosed is an insert of Capital Campaign Donors by Levels of Giving as of April 17. If you contributed, **thank you very much**. If not, we would very much appreciate your financial support to make our dream come true. We still have a ways to go to reach our goal, and we're cautiously optimistic we can do it with your support. We plan to publish an updated list of donors in September, so if by chance there are any errors, please contact us quickly. Your support is vital in helping the Friends reach our goal to help make our new home a truly meaningful and comfortable destination!

The Friends have also recently launched a new website: www.FriendsOfWilbrahamSeniors.org. Patio bricks for the Capital Campaign may be ordered online as well as general donations. Check us out!

Thanks for being a Friend!

Matt Villamaino

President, Friends of Wilbraham Seniors



BUSHEL'S OF FUN FEST \$500 LOTTO RAFFLE

Be sure to enter for a chance to win \$500 worth of Mass. State Lottery Tickets! See enclosed flyer for details. The lucky winner will be drawn at the Fest on August 27. Extra tickets available at our Friends events or at the Senior Center prior to the 27th.

Snappy Red T-Shirts Showing Notable Landmarks in Wilbraham



Only \$15 ea or 2 for \$25. All sizes - adult and youth. Available at many of the events listed in Save-The-Dates, at the Senior Center, or call Maria Cacula at 413-250-1928. All proceeds to benefit the Friends of Wilbraham Seniors

SAVE THE DATES

- July 26 (Wednesday) Membership Quarterly Meeting - 1:30 pm Senior Center
- August 2, 9, 16, 23 Farmer's Market - 2-6pm
- August to September - Flower Bulb Sale - An online event - - Details to follow
- August 19 (Saturday) Knights of Columbus Car Show, Fountain Pk - 10-3pm - Rain date Aug 26
- August 27 (Sunday) Bushels of Fun Fest at Fern Valley Farms 11-7 pm
- August - September Bulb Flower Sale - an online event - Details to follow
- September 18 to October 13 Pies/Cookie Dough Sale - an online event - Details to follow
- October 14 (Saturday) 50's "Sock Hop" Dance - Details to follow
- November 18 (Saturday) Holiday Bazaar - Details to follow

Mark Your Calendars Now!

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, contact Deb Gormley at dgormley@charter.net No dues!

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.

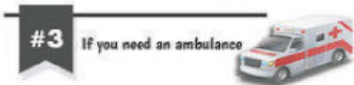
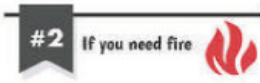
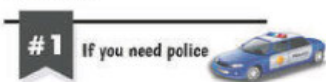
By helping you to apply and or recertify, this makes the process much more efficient and can alleviate benefit wait times.

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

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.



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 In July and be delivered to you.

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

July is Social Awareness Month

Your relationship with others and the community around you shape your mental, physical, and emotional health. If you want to take a holistic approach to your overall health and wellbeing, you should prioritize social wellness.

What is social wellness?

Social wellness is the ability to form and maintain relationships with others. Furthermore, it's the ability to interact and promote healthy communication within those relationships.

Practicing social wellness involves proactively communicating with others when we are in need, and providing a listening ear and support when others need us. In this way, social wellness focuses on developing and maintaining healthier relationships with friends, family members, romantic partners, colleagues, or other members of your community.

Why is social wellness important?

The reason why social wellness is so important is that people with strong social connections respond better to stress, have fewer health issues, maintain a more positive outlook, and healthier lifestyle.

How can social wellness help me?

Improve your overall health

Promote mental wellness

Reduce feelings of isolation

Foster positive relationships

How do you achieve social wellness?

If you want to pursue health in every aspect of your life, you cannot neglect social wellness. Social wellness influences almost every area of your being from your physical health and general wellbeing.

Try taking some time to examine your current relationships and social needs. If you realize that you do not have a social network or that you're neglecting some of your relationships, you should make the changes necessary to improve your social wellness.

Tips to improve your social wellness:

Practice open, honest communication of your needs

List elements that make a relationship rewarding and make sure you are providing these factors in your relationships

Reflect on your current relationships and determine which ones need improvement

Schedule time to reach out to be supportive of your friends, family members, and colleagues

Be intentional with the time you spend with others

Use your connections to start an exercise or wellness social group

Join an organization, volunteer, or take up a hobby that expands your social circle

Improve your active listening skills and practice empathy

Care for your social health may surprise you ...

Quote of the month

"Don't ruin a good day today by

Thinking about a bad day yesterday"

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

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 wreath making event was a huge success! A big thank you to Rose for sharing her talents with us and Maria and Linda for chairing this event.

The YaYa Sisterhood has been asked to help with the Bushels of Fun Fest sponsored by the Friends of the Wilbraham Seniors. The Fest is being held on Sunday, August 27th at Fern Valley and will be a fun filled day for the whole family. Food Trucks, Bands, Crafters, Shiner Clowns, Cornhole, Disc Golf, a \$500.00 Scratch Tickets Raffle and many more activities and vendors will make this an amazing day and we hope to get many of our sisters to attend and volunteer! Please call Maria or Deb to let them know you will help out for two hours between 11 AM and 7 PM!

We are looking forward to an exciting schedule of events for 2023/2024! Please mark your calendars for our Installation Tea Party on Friday, September 8th at the Villa Rose. Our Halloween Party will be held on Friday, October 27th in the Brooks Room at the Wilbraham Library. On Thursday, November 16th we will hold our 2nd Annual Turkey Trot also in the Brooks Room.

Big Hugs and Much Love,
Ruth Chappel



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. 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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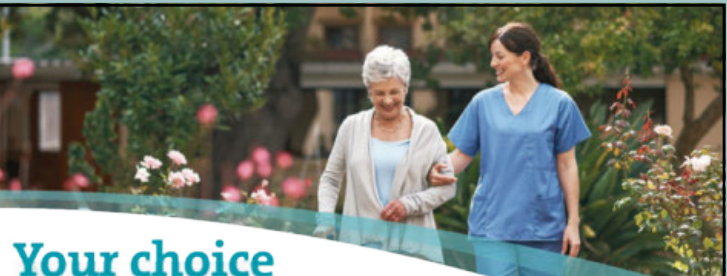


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The Wilbraham Senior News is mailed monthly by the Friends of Wilbraham Seniors, Inc. for the Council on Aging. Typed contributions accepted by the 8th of each month & mailed to:

Wilbraham Senior Center
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