



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 Medical drivers, based on their personal schedule, would drive local seniors to local appointments and back home. There are many seniors in town that no longer drive and rely on our volunteers to assist them to their appointments. If you are interested in helping seniors in your community once or twice a month, or want more information please call Jen @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.



August Special Ice Cream Social

Starting August 1st members from all communities can sign up for our August 15th ice cream social. Everyone is welcome. Christopher Heights of Belchertown is providing ice cream and all the fixings. Musical entertainment by Sean Callaghan. 596-8379 to sign up. Free

Summer Kayaking at Holyoke Rows

Holyoke Rows: 25 Jones Ferry Rd, Holyoke Ma. Free

Plenty of parking. Kayak, paddle, and life jackets are provided. Paddling is from 1pm-3:30pm. Thursday 8/3, Wednesday 8/9, Thursday 8/17, Wednesday 8/30. Sign up at 596-8379.*Note: There is a hill to get to the water and we will do our best to help you get into your kayak.



Hip Hop Dance Exercise

August 31 @ 10:30

Free Class. Come dance and exercise to Motown and other music you love. This is a free, one time class made possible by the Wilbraham Cultural Council. Call 596-8379 to sign up.

TOUR: Armbrook Village Westfield

August 4th. Bus leave at 11.

Independent & assisted living—compass memory support. Armbrook Village offers a woodland setting, with many outdoor amenities including a swing set for the grandkids, an outdoor dining terrace, raised garden beds, a gazebo and more. Our exceptional building with its wide array of dedicated community spaces has been designed to support a vibrant community of individuals doing the things they love, trying new experiences and enjoying the company of their neighbors

Dickinson Farm Berry Field

August 8th. Van leaves at 9:00 am. Or meet us there! Take the van for blueberry

picking. Pick your own is cash only. We will also stop at their farm stand and see



what summer goodies they have available for us. Space on the van is limited. Please sign up at 596-8379.

September Flu Shot/ Covid Clinic at the Senior Center

September 19th from 9:30 –1. Mark your calendars and call 596-8379 to schedule an appointment.

Aerobics

There will be no Aerobics class with Erin on August 15, August 17, August 22, or August 24.

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 **August 16** 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. 10/25

JEWELRY WORKSHOP— There will be no Jewelry class in July and August. See you in September

BOOK CLUB, August 17 at 2:00 pm. All are welcome to join in the discussion. August, Snow Flower and the Secret Fan, by Lisa See—September, The Book of Longing by: Sue Monk Kidd

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, August 23**

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

Reservations made through the Hampden Senior Center
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.
The Aqua Turf Club, Wednesday, November 8 ELVIS is in the Building! Includes: coffee/donuts, free drink, lunch, show and door prizes, \$119/pp - Full payment deadline October 18. Seating is limited.
Please make check payable to Bobbi Grant. Mail to 36 Wehr Rd, Hampden, MA 01036 Questions? Call 566-8271 or email bobbijg2@charter.net



August 7: Burgers and Fries

August 14: Meatball Grinders

August 21: Grilled Cheese

August 28: Hot dogs and Beans

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

Blanchard, Jean
Brescia, John & Deborah
Byrd, Jean
Delamarter, Christine
DiAugustino Linda
Goodman, James
May, Cecilia

Building Fund

Anonymous
Blanchard, Jean
Feen, Gary & Karen

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 | August 10

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

Foot Doctor Cindy Galavotti | No August Date. See you in September

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

Baystate Hearing Aids | August 9

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 August 8 @ 9:15

Bald Mountain & the Pinnacle Loop
3.4 Moderate Loop
Scully Rd, Somers Ct

Tuesday August 22 @ 9:15

Dufresne Loop Tail
2 m easy loop. Off of Kendall St in Granby, Ma (No Jen)



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 – August 4

Facials

Diane Neill, MA Licensed Aesthetician. Cost is \$35-\$45 for 50 min facial. August 24 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.

AUGUST 2023 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10— Chair Exercise 10—Blood Pressure 10:45— Aerobics 1— Social Art 1:30— Pinochle Around Town	2 9 -Tai Chi 9:30— Walking group 10:30—Quilting 1—Scrabble Randall's/ Ocean State	3 10-Chair Exercise 10:45—Aerobics 11— YOGA 12:30— Mahjong 1—Knitting Stop & Shop	4 9-Massage 10:30-SHINE 11:30 TOUR 1— Bridge
7 12:30—Bingo 1— Rug Making 2:45— Line Dancing Big Y Burgers and Fries	8 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	9 9 -Tai Chi 9:30— Walking group 10— Bay State Hearing 10:30—Quilting 1—Scrabble Walmart (Ware)	10 8—Foot Care Nurse 10-Chair Exercise 10:45—Aerobics 11— YOGA 12:30— Mahjong 1—Knitting Big Y	11 9— Reflexology 10:30-SHINE 1— Bridge
14 9— Reiki 12:30—Bingo 1— Rug Making 2:45— Line Dancing Big Y Meatball Grinders	15 10— Chair Exercise 10—Blood Pressure 12— Ice Cream Social 1— Social Art 1:30— Pinochle	16 9 -Tai Chi 9:30— Walking group 10—NO Jewelry 10:30— Quilting 1—Attorney Peterson 1—Scrabble Trader Joes	17 10-Chair Exercise NO Aerobics 11— YOGA 12:30— Mahjong 1—Knitting 2— Book Club Stop & Shop	18 9— Reflexology 10:30-SHINE 1— Bridge 1—Brown Bag
21 9— Reiki 12:30—Bingo 1— Rug Making 2:45— Line Dancing Big Y Grilled Cheese	22 9:15 Hiking Club 10— Chair Exercise 10—Blood Pressure NO Aerobics 11—Grief Support Series 1— Social Art 1:30— Pinochle Around Town	23 9 -Tai Chi 10:30— Quilting 12:30—Sen. Oliveira's Aid 1—Scrabble Christmas Tree Shop	24 8- Facials 10-Chair Exercise NO Aerobics 11— YOGA 12:30— Mahjong 1—Knitting Aldi	25 9— Reflexology 10:30-SHINE 1— Bridge
28 9— Reiki 12:30—Bingo 1— Rug Making 2:45— Line Dancing Big Y Hot Dogs and Beans	29 10— Chair Exercise 10—Blood Pressure 10:45— Aerobics 1— Social Art 1:30— Pinochle Around Town	30 9 -Tai Chi 9:30— Walking group 10:30— Quilting 1—Scrabble Walmart (Chicopee)	31 10-Chair Exercise 10:45—Aerobics 11— YOGA 12:30— Mahjong 1—Knitting Big Y	

 <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>	<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"> • Burglary • Flood Detection • Fire Safety • Carbon Monoxide </div> <div style="display: flex; justify-content: space-between; align-items: center; margin-top: 10px;">  <p>SafeStreets</p> <p style="font-size: 24px; font-weight: bold;">833-287-3502</p> </div>
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NEWS & EVENTS

Grief Support Counseling— FREE

Tuesday, August 8 and August 22 @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

There has been a lot of talk in the news lately about age in regard to politicians and celebrities. I have friends whose parents are well into their nineties and others who lost their parents recently when they were only in their sixties. This got me thinking. Why do we age? I don't mean getting older as in having birthdays; that is just a way to chronicle how many years we have been alive. Why do some people age quickly and others more slowly? Why are there 60 year olds who seem to be 80, and 85 year olds who can work as hard as they did in their fifties? Why are we more prone to certain diseases as we age? Is there a scientific reason for this or is it random? Is it all in our genes and so out of our control, or can we modify our aging processes somehow? I was intrigued and so decided to do some research. Some scientists put aging into 2 categories: intrinsic aging, which is determined by our genes and occurs naturally; and extrinsic, which is a result of outside factors that we can somewhat control. This article will touch on intrinsic factors and my next on extrinsic factors.

First, what is aging? The medical definition is the time-related deterioration of the physiological functions necessary for survival and reproduction. According to the National Institutes of Health, it is "the sequential or progressive change in an organism that leads to an increased risk of debility (physical weakness), disease and death". Both of those are pretty depressing as well as a bit abstract. So, what really happens as we age? Our bodies change until they can no longer keep us alive and breathing. No one really knows for sure how and why peoples' bodies change as they get older. There are many theories such as injuries to our cells by ultraviolet light over time, wear and tear on our organs and muscles, or byproducts of our normal metabolism. Some other scientists see aging as a predetermined process controlled by our genes. There are theories that talk about evolution or natural selection, cell mutations, a longevity gene, etc. Nothing has been proven 100% correct yet.

Some cells change through atrophy, which means they shrink. If enough of an organ's cells shrink, the entire organ atrophies and so doesn't work as efficiently. This is what happens when we lose muscle as we get older. Cells also don't get replaced as quickly as they get broken down. This is why our bones get thinner as we age. Some cells change their shape or size, which means they don't work as they did before. Cells are also prone to neoplasia, which is the formation of tumors, either cancerous or noncancerous as we get older. If our cells change into tumor cells, they can no longer do the jobs they were doing before.

This is all very scientific. But put simply, we age because the processes that make our bodies run, like digestion, breathing, our hearts, and brains are all run by cells and their systems. These systems wear out over time through a combination of factors. Like a car, if the parts get old, it doesn't work as well. Some parts can be continually replaced easily, like an oil filter (our bones and skin). Other parts, like a radiator, are more complicated and require a lot of work to fix (nerves and muscles). Eventually replacement parts are no longer available (the cells can't regenerate any more) or the main computer (our brain) gets too many glitches in its programs and the car no longer works.

I promise my next article will be much more optimistic, as I will be discussing the various ways we can not only live longer but stay healthy as we do so. As always, I can be reached by email at seniorinfo2021@gmail.com and a message can be left at 596-2800 ext 315.

Diane Weston, RN, BSN
Senior Center Building Committee

FRIENDS OF WILBRAHAM SENIORS

MESSAGE FROM YOUR FRIENDS CAPITAL CAMPAIGN UPDATE



FRIENDS OF
WILBRAHAM
SENIORS, INC.

It's hard to believe, but we're now into the second half of the year. All is progressing very well with the construction of the new Senior Center and the Grand Opening is on schedule for Spring 2024.

As I write this column, the Capital Fundraising Campaign has received \$185,258 in donations and pledges since we started earlier this year. Combining this with our previous commitments and a state earmark to the Town, we have raised \$468,258 towards our goal of \$750,000. While we still have a ways to go, I'm cautiously optimistic we can reach our goal with the support and generosity of town residents and businesses in and around Wilbraham.

We updated our list of Gift Giving Opportunities to include some new items and what items are no longer available as they have been taken. This list is available at the Senior Center or email me at Friends01095@gmail.com.

As a reminder, shared sponsorships of first and second floor rooms, and/or various items (i.e. engraved patio bricks, planters, benches, windows, rocking chairs, fire extinguishers, etc.) are welcomed. Donor costs can be split accordingly.

Any questions, please contact me. Thanks for being a Friend!

Matt Villamaino President, Friends of Wilbraham Seniors

WHO WANTS TO BE A MILLIONAIRE?

Enter the Bushels of Fun \$500 MA Lotto Raffle and who knows, the winner just might have the lucky ticket that can be worth millions. See enclosed flyer for details. Drawing will be held at the Fest on August 27. Tickets available at our Friends events or at the Senior Center prior to the 27th. And make sure you check out the Raffle Tower made by master crafter and designer Dee Mitchell. Thank you Dee!

Friends of Wilbraham Seniors
PRESENTS
Bushels of Fun Fest Raffle

Shipping available. All sizes!

Get these Snappy T-shirts - 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 Cacela at 413-250-1928. All proceeds to benefit Friends of Wilbraham Seniors.

Ease Holiday Stress This Year

with Lyman Orchards delicious old-fashioned frozen pies: 10 different flavors, and 5 classic flavors of cookie dough. Order between 9/1 and 10/15/23. Orders may be picked up at Senior Center on 11/15/23 after 1:00pm, or can be delivered in Wilbraham for \$10 and \$12 for surrounding areas. Just thaw, bake, serve, and enjoy! For a stress-free holiday season this year, contact Dee Mitchell at 413-363-1037 for information and an Order Form.

Get Flower Power Plants & Bulbs

It's fast, easy, and convenient when you order online. Huge selection for Fall planting includes alliums, crocus, daffodils, hyacinths, tulips and even an herb collection! All are 100% guaranteed, delivered straight to your door. And they make great gifts too! Proceeds to support Friends of Wilbraham Seniors. See Flower Power's link:

<http://flowers4friendsofwilbrahamseniors.fpfundraising.com/>

Questions? Call Kate Belsky 413-949-6466

SAVE THE DATES

- August 2, 9, 16, 23 Farmer's Market - 2-6pm
- August to September - Flower Bulb Sale - An online event - see website in above article
- 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; Rain or Shine
- September 1 to October 15 Pies/Cookie Dough Sale - See the above article

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



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

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



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.



Massachusetts Healthy Incentives Program (HIP)

What is HIP?

HIP puts money back on your EBT card* when you use SNAP to buy healthy, local fruits and vegetables from HIP farm vendors.

**up to a monthly cap of \$40, \$60, or \$80*

How do I sign up for HIP?

There is no special sign-up for HIP. If you live in Massachusetts and get SNAP benefits, your household is automatically able to participate in HIP.

What do I need to know before I use HIP?

Make sure you have SNAP benefits left on your [EBT card](#). If your SNAP balance is zero, you will not be able to use HIP until you have SNAP benefits available again.

- HIP will put the SNAP dollars you spend on HIP produce back onto your EBT card instantly. Once the money has been put back on your EBT card, you can spend it at any SNAP retailer like always.
- Only certain vendors process HIP.
- Each type of vendor may process HIP a little differently.

D N R farm

HIP Farm Stand

146 Thresher Road Hampden MA 01036
[\(413\) 636-9681](tel:4136369681) 4:30 to 7pm

Heat Exhaustion

Heat exhaustion is a condition that happens when your body overheats. Symptoms may include heavy sweating and a rapid pulse. Heat exhaustion is one of three heat-related illnesses, with heat cramps being the mildest and heatstroke being the most serious.

Causes of heat illness include exposure to high temperatures, particularly when there is also high humidity, and strenuous physical activity. Without prompt treatment, heat exhaustion can lead to heatstroke, a life-threatening condition. Fortunately, heat exhaustion is preventable.

Symptoms

Symptoms of heat exhaustion may start suddenly or progress over time, especially with prolonged periods of exercise. Possible heat exhaustion symptoms include:

- Cool, moist skin with goose bumps when in the heat.
- Heavy sweating.
- Faintness.
- Dizziness.
- Fatigue.
- Weak, rapid pulse.
- Low blood pressure upon standing.
- Muscle cramps.
- Nausea.
- Headache.

When to see a Doctor

If you think you have heat exhaustion:

- Stop all activity and rest.
- Move to a cooler place.
- Drink cool water or sports drinks.
- Contact your doctor if your symptoms get worse or they don't improve within one hour.

If you're with someone who has heat exhaustion, seek immediate medical help if they become confused or distressed, lose consciousness, or are unable to drink.

Remember! Come to the senior center to cool off during the summer. We have books, Movies, shows, and activities for you while you are here. Give us a call on a hot summer day. 596-8379

Quote of the month

"Youth is the gift of nature, but age is a work of art."

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

What A Year!!! I want to thank all the wonderful members who attended our events this year and all the dedicated chair ladies that made these events so successful!!!

The Membership position is open on our Board of Directors. Please consider this opportunity to join the board if you are able. The chairwoman responsibilities include maintaining a current roster, updating member information as needed, welcoming and introducing new members, and collecting the annual dues. For now, please send your dues for the 2023-2024 to me, with checks made out to the Red Hat YaYa Sisterhood for \$10.00.

We are looking forward to an exciting schedule of events* for 2023-2024 starting on September 8th with our Tea and Installation of Officers. We are looking into holding this event at the Villa Rose.

October 27th Halloween Party and November 16th Lunch and Turkey Trot Brooks Room @ Wilbraham Library. December our Annual Holiday Luncheon. Purchasing a Wilbraham Senior Center brick commemorating the Red Hat YaYa Sisterhood established in 2002 was selected as our fundraiser this year. Please consider chairing or co-chairing an event. Check the Wilbraham Senior News for updates on these events. *Schedule is subject to change.

Please help us with a quick needs/concerns survey. Tell us about a need or concern you have for the YaYa Sisterhood and we will work out ways to help with your needed care or concerns. You can send these to any board member or attend a monthly board meeting.

Our meetings are open to all and take place on the second Tuesday of the month at 1:15 at the WSC.

Join us on 8/27 at the Bushels of Fun Fest! 11-7, Rain or Shine, Fern Valley Farms—Queen Mum, 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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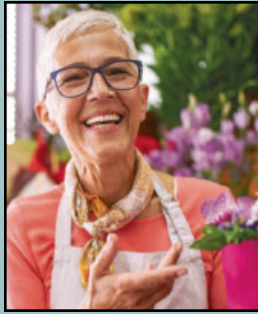
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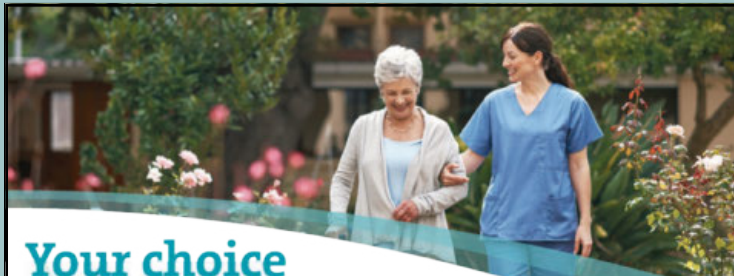


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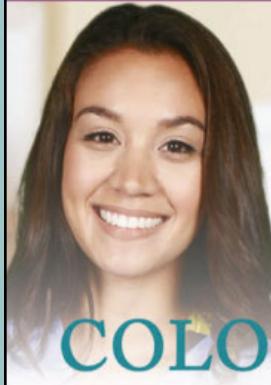
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Wilbraham Senior Center
 45B Post Office Park
 Wilbraham, MA 01095
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