



WILBRAHAM SENIOR NEWS

Craft of the Month with Rose

Tuesday, June 28 @ 1pm Rose will be here the fourth Tuesday of every month for art class. We will be creating a functional and beautiful indoor/ outdoor solar lamp. Space is limited. Please call 596-8379 to sign up. Class is 1–3pm. \$8

Veteran Cinema

Wednesday, June 15 @ 1pm
Dunkirk 1h 46m *Free* All are welcome
 Allied soldiers from Belgium, the British Commonwealth and Empire, and France are surrounded by the German Army and evacuated during a fierce battle in World War II.



Summer Kayaking

Dates: July 7, 21
August 4, 11, 18
September 1



Meet at the senior center to take the senior van (limited seating) or drive yourself. \$5 pp
3:15—5pm @ 25 Jones Ferry Rd, Holyoke

All equipment is provided. Signups are at least one week before the program date. Please call Jen at 596-8379 to register. \$5 due upon registration.



A Day in Newport, RI

Wednesday, June 22. Trip includes: Transportation, two mansions with audio tours, sit down lunch, and free time for shopping in Brick Market Place. Bus departs the senior center @7:30 am and returns ~ 6:30pm. \$105 pp due at registration. Checks made out to “Wilbraham Senior Center”. Payment and lunch choice due by **JUNE 6.**



June Special Father’s Day Lunch

Celebrate June and Father’s day with us on **June 14th.** This months lunch is sponsored by *Monson Savings Bank.* They are providing sandwiches, chips, and soda from Big Y Marketplace. Musical entertainment is provided by **Mike Tourville.** Please sign up at the front desk by **June 7th.** Doors open at 11:45 and lunch is served at noon. Space is limited.

Nutrition and Wellness

Monday, June 13 @ 10:30am.

Join us for a presentation by a nutritionist from The Food Bank of Western Mass. They are here to answer your specific questions and give you tips and tricks to a healthier life style.

Navigating Medicare with Health New England

Monday, June 27 @10:30

Turning 65 or retiring soon? You may be wondering how Medicare works.

Attend a free Health New England Medicare Informational session. We’ll walk you through the different parts of Medicare including Medicare Advantage and Medicare Supplement, and explain how and when you can sign up. We can also help you determine if one of our Medicare solutions might fit your needs.

Hip-Hop Dance Exercise

June 14th @1:30

One of two classes only. **FREE.** Funded by the cultural council, this free event is for everyone. Listen to soul Train and get some chair exercise. Call 596-8379 to sign up.



Volunteers Needed

Volunteer Medical drivers, based on their personal schedule, would drive local seniors to local medical 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

NEWS & EVENTS

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

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

FRIENDS MEMBERSHIP MEETING Meetings are held in the Senior Center on the 2nd Wednesday of each month beginning at 1:30 pm. All are welcome to attend. Only Members are allowed to vote. **Next meeting: 6/8 @1:30**

JEWELRY WORKSHOP, Wednesday, **June 29th @ 10 AM**. Cost for class is \$3, plus materials. Create new pieces or repair your broken jewelry.

BOOK CLUB, June 16 at 2:00 pm. All are welcome to join in the discussion. June book: *D-D Girls*—Rose

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

SENATOR ERIC LESSER'S AIDE Jennifer Metsch will be at the Senior Center at 12:30 pm to meet with residents on **Wednesday, June 22**.

VOLUNTEER OPPURTUNITY The senior center is looking for volunteers for our senior companion program as well as our medical driver program. If you are interested to learn more, please call Jen at 596-8379.

Senior Center Equipment Loan Closet

The senior center has a medical loan closet available to seniors in need. Items that we loan out include: walkers wheel chairs, canes, commodes and raised toilet seats. These items are available on loan, free of charge. Please call if you are in need of equipment, our inventory changes daily.



June 6: Taco Salad

June 13: Hot Dog & Cole Slaw

June 20: CLOSED

June 27: Grilled cheese & Soup

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



Senior Center Donations

Buchholz, Patricia

Cavros, K. D.

Colagiovanni, Nick

Dygon, Francis

Francis, Loretta

Galavotti, Joanne

Gore, Dorothy

Kennedy, Kathleen

Kirsbaum, Norman & Carol

Kulig, Alice

Levesque, Barbara

Moynihan, Colleen

O'Brien, Pat

Ralph, Judy

Soja, Dorothy

White, Jean

In Memory of George Allen

Barney, Frances

Czekanski, Christine

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

Lavelle Lynn & Peter

Mango, Ann Marie

Melden, Therese

Michalski, Ginny &

Stauber, Valerie

Monteiro, Joan

Paulin, Adele

Wilbraham American Legion Post 286

Wilson, Donna

Wray, Madeline

Building Fund

Fontaine, George & Elizabeth

Wilbraham Garden Club

White, Phyllis

Paulin, Adele

Kulig, Alice

In Memory of Kathy Sowa's Mother

Adele Paulin

HEALTH & FITNESS PROGRAMS

HEALTH PROGRAMS



Foot Care Nurse | June 9

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

Foot Doctor Cindy Galavotti | June 30

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

Baystate Hearing Aids | June 8

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

Hiking Club

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

Tuesday, June 7 @9:15

Miller Falls Tract—Butler Rd. Monson, Ma.

Easy/ low moderate, 2+ Miles

Tuesday, June 21 @9:15

Conant Brook Trail 3+ mile, Monson. Park at the end of E hill Rd. Easy/ low moderate

SPA PROGRAMS

Sole Food Reflexology

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



Chair Massage

Provided by Ann Ambrose on the 1st Friday of each month. Cost is \$10 for 10-minute massage. Call 596-8379 to register for appointment – June 3

Facials

Diane Neill, MA Licensed Aesthetician. Cost is \$35-\$45 for 50 min facial. June 23 Call 596-8379 for appointments.

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. Drop in welcome. 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.

Walks in Post Office Park

Join Jen on Wednesday mornings for a walk around Post Office Park. Meet at the Senior Center at 9:30am. This walk can be whatever pace is best. Call 596-8379 to let Jen you will be joining. Weather Permitting.



Chair Volleyball



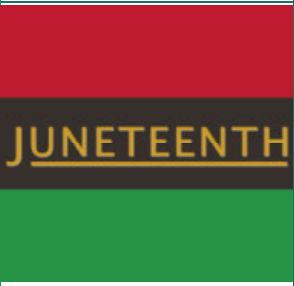

Who is interested in playing chair volleyball this winter? We are starting a group here in Wilbraham and we would love for you to join. All communities and all levels are welcome, even if you have never played before! Fridays at 1 pm. FREE! Come give it a try.



Senior Center Fitness Equipment

Recumbent bike, elliptical and treadmill. Please call ahead of time to make sure our room is available.

JUNE 2022 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9-Tai Chi 9:30- Walking group Walmart (Chicopee)	2 10-Chair Exercise 12:30- Mahjong 1-Knitting Stop & Shop	3 9-Massage 9-SHINE 1- Bridge 1-Chair Volleyball
6 12:30-Bingo 1- Rug Making 2:45- Line Dancing Big Y LAST DAY TO REGISTER FOR NEWPORT BLT w/ Chips	7 9:15 Hiking Club 10- Chair Exercise 10-Blood Pressure 1:30- Pinochle Around Town	8 9 -Tai Chi 9:30- Walking group 10- Bay State Hearing 1:30-Friends Membership Meeting Randall's/ Ocean State	9 8-Foot care nurse 10-Chair Exercise 12:30- Mahjong 1-Knitting Aldi	10 9- Reflexology 9-SHINE 1- Bridge 1-Chair Volleyball
13 10:30-Nutrition & Wellness 12:30-Bingo 1- Rug Making 2:45- Line Dancing Big Y Cheese burger	14 10- Chair Exercise 10-Blood Pressure 11-Grief Support Series 12- Special Lunch 1:15- Red Hat Meeting 1:30- Pinochle 1:30- Hip Hop exercise Class Around Town	15 9 -Tai Chi 9:30- Walking group 1-Attorney Peterson 1-Veteran Cinema Walmart (Ware) 	16 10-Chair Exercise 12:30- Mahjong 1-Knitting 2- Book Club Stop & Shop	17 9- Reflexology 9-SHINE 1- Bridge 1-Brown Bag 1-Chair Volleyball
	21 9:15 Hiking Club 10- Chair Exercise 10-Blood Pressure 1- Craft-of-the-month 1:30- Pinochle Around Town	22 9 -Tai Chi 12:30-Sen. Lesser's Aid NEWPORT BUS TRIP Christmas Tree Shop	23 8:30-Facials 10-Chair Exercise 12:30- Mahjong 1-Knitting Big Y	24 9- Reflexology 9-SHINE 1- Bridge 1-Chair Volleyball
27 10:30-Health New England 12:30-Bingo 1- Rug Making 2:45- Line Dancing Big Y Chili w/ cornbread	28 10- Chair Exercise 10-Blood Pressure 1:30- Pinochle Around Town	29 9 -Tai Chi 9:30- Walking group 10- Jewelry	30 9- Dr Galavotti 10-Chair Exercise 12:30- Mahjong 1-Knitting Aldi	 Sign up for Kayaking

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NEWS & EVENTS

Grief Support Counseling

Second Tuesday of every month @ 11am. June 14. 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. Call 596-8379 to sign up or for info



AGING WELL IN WILBRAHAM

Nobody ever said this was going to be easy....but the Senior Center Building Committee (SCBC) is pressing on!

In mid April several Committee members walked the site behind Town Hall to more completely understand the building, or rather the posts in the ground and their proximity to the land leased by the Country Club of Wilbraham (CCW). For those of us used to looking at the architectural drawings, it was good to be able to put it all in context.

Our mid April meeting included discussion of the estimated cost report and the impact of inflation on our bottom line. We were promised the final analysis by our next meeting. We also had three guests in attendance from the Board of the Country Club of Wilbraham. We took the opportunity to discuss their list of requests that were submitted to the Committee in writing in a letter dated April 13, 2022. The architect of our building, John Catlin reviewed the plan and requirements for Storm Water Management and provided detailed information on the impact the building would have on trees that abut the golf course. The project is being designed to have no Storm Water impact on the CCW. Safety is a concern, and the Building Committee has been discussing how the errant balls from golfers might be contained for the safety of seniors in the parking lot. There was discussion about the location of the sani can presently used by golfers on the sixth fairway, and how to ensure it will not be able to be seen by users of the Senior Center. Representatives from the CCW agreed that the senior center site will no longer be used for dumping brush from the golf course. The CCW wanted to see the plans for landscaping around the completed building. Those will be developed later in the process and be shared with them when they are available. It was discussed that the borings of the new building need to be completed by the end of May to continue to stay on schedule.

A Meeting in executive session with the Town Board of Selectmen (BOS) was conducted on April 25th. Members of the Building Committee and the Board of Directors of the WCC were invited to attend. Matters regarding the lease agreement were discussed. Since this is an ongoing matter disclosure of the details of this discussion is not appropriate at this time. It was determined that a subgroup of representatives from the Town and the CCW will meet to further negotiate these issues.

Subsequent meetings have focused on the Senior Center current cost report in light of inflation and increasing construction costs. A safety study will be conducted regarding the impact of the site on the CCW, and discussions with the Town DPW have occurred to determine feasibility of sewer access instead of the proposed septic system. Discussions are ongoing as to an appropriate name for the Center.

Watch this space for further information about Senior Center services in Wilbraham. As always, the Senior Center Building Committee welcomes your questions and comments. Please reach out regarding the ongoing efforts to construct our new Senior Center by email seniorinfo2021@gmail.com or leave a message at 413 596-2800 ext.315.

Linda Cooper

Wilbraham Senior Center Building Committee

FRIENDS OF WILBRAHAM SENIORS

MESSAGE FROM YOUR FRIENDS



Because Wilbraham is FINALLY at the point of getting their brand new, appropriately sized Senior Center, the reality is that the Friends of the Wilbraham Seniors (FWS) have their biggest and most important tasks ahead of them since their incorporation in 1985. We've worked hard over the last twelve years when we were asked by the COA back in 2010 to start fundraising for a new Senior Center. We committed \$186,480 towards the fixtures, furnishings, and equipment (FFE). This was the result of our fundraisers and your donations, which so many of the good people of Wilbraham and surrounding communities supported!

But there's a lot more ahead of us now because our portion of the FFE does not cover all that will be needed in our new facility. In order to get many things our seniors would like in our new center, the FWS will need to continue with their fundraising but we're going to need your help.

As mentioned before, although our membership is now over 200 people, we hope to get more of you to be ACTIVE members. Just like many of you were helpful last fall, prior to our Town vote, we need to have people pitching in and helping with the many things we do in order to carry out the fundraisers we organize. You are probably unaware of all the preparation and effort it takes to do these fundraisers, especially if it's left up to a small handful of people, so next month I will start to get that information out to you along with Matt's eblasts and facebook posts. As you go through the tasks that I'll list, you might hopefully find some that you'd be interested in doing.

Just like many of you who volunteered to help with the telethon, the standouts around town, lawn signs, and picking up seniors who needed rides, you might find that there's a task that you can help out with as we continue with the work we need to do, in order to acquire the many things that we would all like to see in our new Senior Center. As an example, at this time we are in need of volunteers to assist with PR, producing excel and google spreadsheets, researching names and addresses, stuffing envelopes, and helping crafters at our June 11 Craft Fair as they arrive/leave with their items. If interested, email me at dgormley@charter.net. So stay tuned!

Deb Gormley
Member Board of Directors

Arts and Craft Fair - June 11

Will be held at Christ the King Church, across from Rice's on June 11 from 9 am -3 pm. Over 40 booths. Many new crafters. Lots of raffles. Join us and help support the Friends of Wilbraham Seniors. For more information, call Ann Marie Gaudette at 599-4803.

Villa Rose Restaurant Dine Out September 14

Save-the-Date. More information to follow.

Generous \$4,000 Donation from Wilbraham Garden Club

We're pleased to announce that the Wilbraham Garden Club, a longtime supporter of the Friends and the Senior Center, donated \$4,000 to the building fund!! Thank you for your loyalty and philanthropy to help provide funding for our new, future facility.



Left to right: Helene Soja-Watkins, club treasurer, Christine Scibelli, president, Norma Bandarra, former 25-year treasurer, and Paula Dubord, Wilbraham's director of elder affairs.

Friends Member and Supporters Meeting - June 8

Our next meeting will be held Wednesday June 8 at 1:30 pm at the Senior Center. Paula will bring everyone up-to-date on the status of the new Senior Center as we move closer to this becoming a reality. It will also give you an opportunity to ask questions, and share your ideas on what new programs, equipment or amenities should be considered. If you're not a member you may still join us. We send out regular eblasts to our members about upcoming fundraisers, events and important information. Membership is voluntary and there are no dues! We hope to see you June 8.

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

Farmer's Market Coupons 2022

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 (i.e. before taxes are withheld) must be no more than:

Household Size	Monthly
1	\$2,096
2	\$2,823

If you qualify to receive coupons please call and you will be put on a list. Names will be put in a drawing and be distributed in July. 596-8379

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.



Safe Driver Checklist

Mass Registry of Motor Vehicles

Do you have difficulty seeing clearly in the dusk and dark? Do headlights from other vehicles obstruct your sight? Are you easily intimidated by passing vehicles including trucks and motorcycles? Do you have difficulty reading road signs? Do you have difficulty keeping up with the posted speed limit? Do you get drowsy behind the wheel or have difficulty concentrating? Do you have difficulty hearing other vehicles? Do you often get lost on once familiar roads? Do you forget the basics, such as putting on your headlights and wearing a seat belt? Are you unsure of your parking skills? Can you parallel park and park in a straight line? Are you unsure of your reflexes and reaction time? Is it difficult to react quickly in certain situations, e.g. braking to avoid a collision? Have your family, friends, or even police officers told you that you aren't a safe driver?

If you find yourself answering yes to many of these questions, you may want to consider driving less, or not driving at all. Drivers who voluntarily surrender their licenses are eligible for a free Massachusetts I.D. For more information, contact the Registry of Motor Vehicles at 1-800-858-3926 <http://www.mass.gov/rmv/medical>. For a "check your own performance sheet" Call Barbara @ 596-8379.

STEPS TO FALL PROOFING YOUR HOME

More than 75% of falls take place inside or in close proximity to the home, but your home doesn't have to be an obstacle course of potential falls.

Some simple and quick changes will easily help reduce your risk of falling.

The Front Door

Check your front steps. If you have steps at the entrance of your home, make sure they are not broken or uneven. Try to fix damage, such as cracks or wobbly steps, as soon as possible.

Check the lighting around your front door. Make sure all entryways are well lit so you can see where you are stepping. It's best if you can have motion sensor lights, so you don't have to worry about turning lights on yourself. Plus, they can save you money on energy costs.

Consider installing a grab bar. Putting grab bars on one side of your door can provide balance while you're putting the key in the door, or stepping up once you have the door open, especially if you are carrying bags or the steps are slick.

Kitchen

Move your most commonly used items within reach. Put the kitchen items you use every day—like plates, glasses, or even seasonings—on the lowest shelves. This will help you avoid using stepstools and chairs—

Replace scatter rugs with rubber backed rugs. Scatter rugs or area rugs are tripping hazards. If you prefer to have a mat on the floor near the sink or stove, make sure it is placed securely on the floor and doesn't have turned corners or edges that you could trip on. The best rugs have heavy-backed rubber bottoms so they stay in place.

Clean up spills immediately. Kitchen floors can be slippery and very dangerous when wet! Keep a hand towel within easy reach to help you clean up spills easily and quickly.

Bathroom

Add a non-slip rubber mat to the shower or tub. The traction of the mat or rubber self-stick strips will help keep you from slipping when stepping on the wet surfaces.

Install grab bars by the toilet and tub. The hard surfaces of the bathroom can make falling even more dangerous. Having properly installed grab bars around the toilet and tub provide needed support and balance. Remember, towel racks aren't grab bars, but grab bars can be towel racks.

Stairs

Keep steps clutter-free. Give yourself a clear path up and down by making sure things like shoes and books are put away and not left sitting on steps.

Add strips of contrasting color to help visualize your stairs better. Adding colored tape to the edges of each step will help differentiate monochromatic steps. Pick a color of tape that will stand out against the color of the stairs. Make sure to put the tape on the top and over the edge of each step.

Try to have lighting at the top and bottom of the stairs. Overhead lights at the top and bottom are ideal. A light switch at the top and bottom of the stairs keeps you prepared no matter which direction you're going.

Add a second handrail. Most staircases only have one rail, but handrails on both sides will help keep you balanced. It's important to make sure they are both installed securely so that they will support you.

Bedroom

Make sure the light near the bed is easy to reach. If you have to get up in the night, you know you're just a click away from better visibility.

Keep the path from your bed to the bathroom clear. Make sure it is well lit and clutter free. Place nightlights along the route, so you can see where you're walking. Some night-lights have sensors and go on by themselves after dark or in response to motion.

Consider installing a bed rail. There are railings that fit easily between your mattress and box spring and can provide support when you are getting in and out of bed. The bed rail is also good for times when you go from lying/sitting/standing, and the change of position makes you dizzy. Having something to hold on to will keep you steady while your body adjusts.

Move the phone within arm's reach of your bed. You might need help in the middle of the night, so having a phone nearby is a safe option.

COMMUNITY NEWS



It is true! We are bringing Thrive After 55 back in person in 2022! We could not do it without our partners, Health New England, Western New England University, and WWLP Mass Appeal. We want to welcome our constituents back safely to the Rivers Memorial Hall on Western New England University's Campus, 1215 Wil-

braham Road Springfield, MA, on **Friday, June 24th from 10AM-2PM**. They will visit exhibitors from state agencies, nonprofit and for profit organizations, hear from our health and wellness speakers, enjoy a boxed lunch and exciting door prizes.

VETERAN NEWS

I am excited to announce with the re-opening of the Senior Center that I will re-open our Wilbraham Veteran ID Card program which is distributed by my office. If you are an Honorably Discharged Veteran please stop by my office on Friday's between 9:00 AM and 11:00 AM with a copy of your discharge paperwork (if needed I can assist in obtaining these documents) to receive your personal Local Veteran ID Card. This card can be used at certain participating businesses throughout town for a variety of discounts.

My hours are Monday through Friday, 8 am to 4 pm and I can be reached by calling the Wilbraham Senior Center at 596-8379 or 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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RED HAT YA YA SISTERHOOD OF WILBRAHAM

Our May event, the **Ya Ya Derby** held at the Wilbraham Senior Center received rave reviews by all who attended. A big thank you to Chairladies Deb Gormley, Kathy Sowa, and Janet Vitkus!!

Our next event takes place on June 15th, we will have lunch at 12 PM at **Wolfie's Restaurant followed by a casual afternoon at the Black Birch Vineyard and Winery**. Please call Donna Hick at 413-596-4847 to make a reservation. Carpooling can be arranged if requested and we would meet at the Wilbraham Senior Center at 10:45 AM.

The board met on May 10th and began plans for next year. We would appreciate any ideas you have for events. We discussed starting the year with the Annual Tea/Luncheon in September, followed with a Halloween costume party, Turkey Trot (based on the YaYa Derby), Annual Christmas luncheon, Exit 7 play and dinner, Valentine's Day Catered Brunch, Sip and Dip Painting, YaYa Derby, and the Zoo at Forest Park tour. We look forward to additional ideas and volunteers to be chairladies.

Please send your updates for the Emergency Contact list and any corrections for the Handbook to me. I also would like pictures (recent and not so recent) to be included in the 2022-2023 Handbook.

We will be updating you on summer activities!!



All the BEST!
Ruth Chappel, Queen Mum

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