



WILBRAHAM SENIOR NEWS

Craft of the Month with Rose

Tuesday, July 26 @ 1pm Rose will be here the fourth Tuesday of every month for art class. We will be creating beehive catch all which can be used for a variety of things. Space is limited. Please call 596-8379 to sign up. Class is 1-3pm. \$8



Veteran Cinema

Wednesday, July 20 @ 1pm

Hart's War 2h 5m

2002 American war drama film about a World War II prisoner of war (POW) camp based on the novel by John Katzenbach *Free* All are welcome



Scrabble

Starting this July come play Scrabble! This classic game will be played on **Wednesday afternoons at 1 pm**. If you are interested in joining the group, please call the Wilbraham Senior Center to sign up. This FREE activity requires registration for now. 596-8379

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

Aerobics Class is Back!

We all miss MaryEllen and we have all missed her aerobics class. We have tried our best to get it back and here it is. On **Thursdays at 10:40**, we finally will start our fitness class with Erin. This class is FREE. For the month of July, please call 596-8379 to let us know you will be joining us.

July 14th @10:40 FREE

15 minute low/high aerobic warm-up. 30 minutes strength training using weights of your choice. We will work all major muscle groups. We will incorporate some balance work also. Great for active older adults and those just starting to exercise.

Navigating Home Care

Monday, July 18 @10:30

Home care can be very difficult to navigate as we get older. Where do you even start? Griswold home Care will be here do help. They will discuss when to know you need some support at home, what services are out there, how to access them, and what to expect from them. They will also discuss using services that are direct pay private pay subsidized care (like VA and state home care services), VNA services, and the difference between all of these.

Diabetic and Therapeutic Footwear

On **July 25 @10:30am**, Louis & Clark Medical Supply will be on site to discuss Diabetic/Therapeutic Footwear and the importance of overall foot health. Our community Liaison will be accompanied by one of their Certified Fitters who has been in the industry for many years. They will talk about a range of general foot health topics from types of socks to wear, importance of correctly fitted shoes, to foot exams, cleanliness, and diabetic

footwear! They will leave plenty of room to discuss other DME items we can assist with as well

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.



Hip-Hop Dance Exercise

August 9th @1:30

Two 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.



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 20**. 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: 7/13 @1:30**

JEWELRY WORKSHOP— No Jewelry this month, See you In September!

BOOK CLUB, July 21 at 2:00 pm. All are welcome to join in the discussion. July Book—*The Boy who Loved Anne Frank* by Feldman— August: *Sidonia's Thread* by Marcus

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, July 27**.

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

BUS TRIPS

Log Cabin/Barry Manilow & Cher, Choice of Twin Lobsters or Prime Rib, **Wed, July 27**; \$109/pp, \$79/pp self drive. Due by **July 11**

Newport Playhouse/Delicious Buffet Lunch, Hilarious Broadway comedy *Social Security* and a Cabaret Show, **Wed, Sept 21**; \$117/pp. Due by Sept 2.

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 4: CLOSED

July 11: Taco Salad

July 18: BLT & Chips

July 25: Hot Dog & Beans

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

The Gibb Family

Szaban, Helen

Geib, Tim & Liz

Shapiro, Mark

Flanders Thomas

Marra, Antoinette

Moriarty, Larry/

Jan

Siebert, Elizabeth

**In Memory of
George Allen**

Kalloch,

Rosemary

Building Fund

Geib, Timothy

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

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 14

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

Foot Doctor Cindy Galavotti | September

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

Baystate Hearing Aids | July 13

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 5th @ 9:15

Alton Way Trail—MacDonald Preserve / Washington Rd, Wilbraham 4 miles easy

Tuesday, July 19 @9:15

Quabbin of Belchertown—Moderate hike. Transportation from the Senior center/ limited van seating call 596-8379 to sign up. Leave the Senior Center at 9 am. \$2 for the van

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 1

Facials

Diane Neill, MA Licensed Aesthetician. Cost is \$35-\$45 for 50 min facial. July 28 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 and Friday 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.

Aerobics is back

Thursdays starting July 14 @ 10:45. Please call 596-8379 to sign up. FREE CLASS

JULY 2022 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9-Massage 9:30- Walking group 9-SHINE 1- Bridge 1-Chair Volleyball
	5 9:15 Hiking Club 10- Chair Exercise 10-Blood Pressure 1:30- Pinochle Around Town	6 9 -Tai Chi 9:30- Walking group 1-Scrabble Randall's/ Ocean State	7 10-Chair Exercise 12:30- Mahjong 1-Knitting 3-Kayaking Aldi	8 9- Reflexology 9-SHINE 9:30- Walking group 1- Bridge 1-Chair Volleyball
11 12:30-Bingo 1- Rug Making 2:45- Line Dancing Big Y Taco Salad	12 10- Chair Exercise 10-Blood Pressure 11-Grief Support Series 1:15- Red Hat Meeting 1:30- Pinochle Around Town	13 9 -Tai Chi 9:30- Walking group 10- Bay State Hearing 1-Scrabble 1:30-Friends Membership Meeting Walmart (Ware)	14 8-Foot care nurse 10-Chair Exercise 10:45-Aerobics 12:30- Mahjong 1-Knitting Stop & Shop	15 9- Reflexology 9-SHINE 9:30- Walking group 1- Bridge 1-Brown Bag 1-Chair Volleyball
18 10:30- Navigating Home Care 12:30-Bingo 1- Rug Making 2:45- Line Dancing Big Y BLT & Chips	19 9:15 Hiking Club 10- Chair Exercise 10-Blood Pressure 1:30- Pinochle	20 9 -Tai Chi 9:30- Walking group 1-Attorney Peterson 1-Veteran Cinema 1-Scrabble Christmas Tree Shop 	21 10-Chair Exercise 10:45-Aerobics 12:30- Mahjong 1-Knitting 2- Book Club 3-Kayaking Big Y	22 9- Reflexology 9-SHINE 9:30- Walking group 1- Bridge 1-Chair Volleyball
25 10:30- Diabetic Footwear 12:30-Bingo 1- Rug Making 2:45- Line Dancing Big Y Hot Dog & Beans	26 10- Chair Exercise 10-Blood Pressure 11-Grief Support Series 1- Craft-of-the-month 1:30- Pinochle Around Town	27 9 -Tai Chi 9:30- Walking group 12:30-Sen. Lesser's Aid 1-Scrabble Walmart (Chicopee)	28 8:30-Facials 10-Chair Exercise 10:45-Aerobics 12:30- Mahjong 1-Knitting Aldi	29 9- Reflexology 9-SHINE 9:30- Walking group 1- Bridge 1-Chair Volleyball

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NEWS & EVENTS

Grief Support Counseling– FREE

Second and fourth Tuesday of every month @ 11am. July 12 & July 26. 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**

The saga continues....the Wilbraham Senior Center Building Committee continues to meet every other week to continue the forward progress towards initiating the bid process by the end of summer 2022 and breaking ground for our new facility by the fall. Every meeting continues to have lively discussion regarding the name for the facility. Estimators are working behind the scenes to give us the best prediction of what our final costs will be. Every effort is being made to align the estimates with our approved budget. Through coordination with our Wilbraham DPW, the sites have been cleared for borings to take place on June 22, 2022. The Conservation Commission has been contacted to discuss details of the construction site. The upcoming decision about use of wood vs steel construction and when this decision will need to be made has been discussed. We learned that possibly eliminating septic system and installing a rain garden has the potential to save over \$300,000.

A safety analysis was conducted by an independent golf course architect and forensic architect to determine the likelihood of golf balls from the Country Club of Wilbraham golfers to reach the parking lot, parked cars, building or pedestrians in the area. The preliminary report was discussed and options to provide for the safety of people and property are our priority. The costs of implementing these options will also impact our budget.

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



FRIENDS OF
WILBRAHAM
SENIORS, INC.

WANT TO HELP OUR SENIORS IN TOWN?

As mentioned in last month's newsletter, our need for volunteers become paramount now that we have a new Senior Center that is going to be built. In order for the Friends to follow through with our mission of supporting and raising funds for the needs of our Seniors, along with assisting in the funding of programs and activities, we're going to need YOUR help!

- Dine-outs - donating a raffle prize, taking a shift at our raffle table
- Monthly newsletters - helping to fold/sort for bulk mail
- Stuffing envelopes for mailings

Email me at dgormley@charter.net. Put FWS Volunteer in the subject line. Let me know what you'd be willing to do and include your phone number. If you don't have access to a computer, send the information to me at 40 Post Office Park Suite #747, Wilbraham, MA 01095.

Thank you,

*Deb Gormley
Member Board of Directors*



So PLEASE - if you're able to help us out in any of the following current tasks, we would greatly appreciate it.

- Assisting with PR - news articles and social media
- Preparing and updating excel spreadsheets
- Researching, making phone calls

Villa Rose Restaurant Dine Out September 14

Save-the-Date. More information to follow.

Friends Membership and Supporters Meeting - July 13

Our next meeting will be held Wednesday July 13 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.

Cut Out and Mail Today!

FRIENDS OF WILBRAHAM SENIORS, INC.

Application for Friends' Membership

Help us to raise funds and support our Seniors in town.

No dues or mandatory meetings. As a member, everything you do is voluntary.

(All phone numbers and email addresses are confidential and will not be published)

Name _____

Address _____ City _____ State _____ Zip _____

Email _____ Cell _____ Landline _____



Helping to support an active, fun, and healthy lifestyle for our Seniors.

Friends of Wilbraham Seniors, Inc. • 40 Post Office Park Suite #747 • Wilbraham, MA 01095 • Friends01095@gmail.com
We are a 501(c)(3) non-profit charitable organization

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.

SOCIAL SERVICES

The Wilbraham Fire Department along with the Wilbraham Senior Center is presenting:

Senior SAFE training outlined by NFPA (National Fire Protection Agency)

July 18th 9a.m. to 2 p.m. at the **Wilbraham Police Department**

Fire and Fall Prevention Program for older adults

Topics that will be covered

- How to prevent fires
- Home safety checklist
- Medical oxygen safety tips
- Fire safety tips for people with disabilities
- Cooking safely in the kitchen
- Plan and practice escape plans from the home

Lunch will be provided

Please call the Senior Center to sign up for the program by July 14, seating is limited. 596-8379

Earn More SNAP Dollars with the Healthy Incentives Program!

Spend your SNAP dollars on farm-fresh fruits and vegetables at participating Healthy Incentives Program (HIP) retailers and have the amount of your purchase instantly added back to your EBT card!

Look for participating farmers at

- Farmers Markets
- Farm Stands
- Mobile Markets
- CSA Farm Shares

Farm Stand Stony Hill Farm

899 Stony Hill Road Wilbraham 279-4125

Farmer@stonyhillfarmwilbraham.com

Mobile Market Go Fresh Mobile Market

1187 ½ Parker Street Springfield

413 530 5255

Look what you can earn each month (based on household size)

\$40 1-2 people

\$60 3-5 people

\$80 6+ people

How does HIP work?

You are already enrolled in the program. Use your SNAP dollars to buy farm-fresh fruits and vegetables at a HIP retailer

An equal amount of money, up to your monthly limit, is instantly added back to your EBT card.

Your receipt will show the amount of additional SNAP dollars you've earned

Spend your earned benefits anywhere that accepts SNAP

Any questions call Barbara at the center 596 8379

Wilbraham Emergency Response Disability Form

If you want your police department, fire department or other emergency agency to know about your special need when you call 9-1-1 in an emergency, you need to fill out a form. When your 9-1-1 call is answered at your local Public Safety Answering Point, the 9-1-1 system automatically displays your name, address and telephone number on the dispatcher's screen. Codes will be displayed on the dispatcher's screen that will identify the disability that have been reported for you. These will help the dispatchers at the 9-1-1 to communicate with the caller and provide useful information to your responding public safety agency. The information is **CONFIDENTIAL** and will **ONLY** appear at the dispatcher's location when a 9-1-1 call originates from **YOUR** address. The information you provide for input to the 9-1-1 system will remain until you request a

change or make a request to have it removed. For more information regarding the program and application, please contact Barbara at 596-8379.

Alzheimer's and Dementia Alert Forms

Attention Caregivers of Alzheimer's or Dementia family members and/or friends. The Wilbraham Police Department has a registry specifically for residents with these issues. In case of an emergency the Police Department will have an updated picture of resident and their medical information and caregiver contact. This is a very valuable tool especially if the individual might wander or have difficulty with memory. Please note that all information is **CONFIDENTIAL** and will **ONLY** appear at the dispatchers location when a 911 call originates from your address. Forms are available in my office. Any questions or concerns please contact Barbara at 596-8379.



Fresh. Canned. Dried. Frozen.
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COMMUNITY NEWS

Private Well Homeowners in Wilbraham Can Get Their Water Tested at No Cost

If you are a homeowner with a private well, ensure your drinking water is safe and free of contaminants such as arsenic, radon, and uranium. RCAP Solutions, a regional non-profit organization, is offering complimentary water testing for private well owners in Wilbraham as part of their Private Well Program to Protect Public Health! For more information and to request a water test, visit: www.rcapsolutions.org/ma-private-wells/ or call [508-221-7303](tel:508-221-7303).

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 through-out 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.

SUPPORT OUR ADVERTISERS!



RED HAT YA YA SISTERHOOD OF WILBRAHAM

I want to thank all the hard-working chair ladies and all the fantastic members who attended our events this year. Overcoming the challenges of another uncertain year due to Covid and finally being able to once again enjoy time together was pretty amazing.

We are looking forward to an exciting schedule of events* for 2022/2023.

September 7th Tea and Installation of Officers Brooks Room @ Wilbraham Library.

October 25th Halloween Party Brooks Room @ Wilbraham Library.

November 16th Lunch and Turkey Trot @ Wilbraham Senior Center.

December Annual Holiday Luncheon @ Ludlow Country Club (date and time to be determined). The Community Survival Center was selected for our donations this year.

January 13th Let's Do Lunch @ Villa Rose.

February 15th Valentine's Pot Luck @ Wilbraham Senior Center.

March St. Patrick's Dinner hosted by the Knights of Columbus @ St. Cecilia's Church (date and time to be determined).

April 23rd 2 PM Exit 7 **Into the Woods** and Tony and Penny's.

May 10th YaYa Horse Racing @ Wilbraham Senior Center.

June Crafts with Rose @ Wilbraham Senior Center (date and time to be determined).

*Schedule is subject to change.

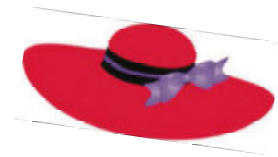
Please consider chairing or co-chairing an event. Check the Wilbraham Senior News for updates on these events.

Jane Soukup will be starting membership calling, checking contact information, and collecting the \$10.00 yearly dues (checks made out to the Red Hat YaYa Sisterhood).

New members are always welcome!!

Big Hugs and Much Love,

Ruth Chappel, Queen Mum




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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
 jcurtis@wilbraham-ma.gov



Annual newsletter fee of \$5 payable to the "Friends of Wilbraham Seniors."

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