



# WILBRAHAM SENIOR NEWS

## Craft of the Month

Wednesday, November 9 from 1pm-3pm. Join us to make this beautiful decorative lantern. Large LED pillar candle included. Only \$11 per person, includes all materials. Class size is limited so please call to sign up. 596-8379



## Veterans Day

The Veterans Office would like to invite you to Crane Park for our annual Veterans Day Ceremony on Friday, November 11<sup>th</sup> at 11 AM. Please come out and join us for a remembrance of our fallen as well as a celebration of the Veterans still with us! Pizza and Soup will be offered by Pafumi's for your enjoyment after the ceremony. I hope to see you all there! **Nov 10 Free vet breakfast. Details on Pg 2**

## Tech Time with WMA

The Wilbraham & Monson Academy offers help with tech questions including iphones and Android, ipads, and laptops. The students can help with setting up accounts in social media, files, and email and texting. Please note that they cannot help with resetting passwords or any kind of hardware issues. Tuesday, **Nov 8 at 3:30.** Sign up at 596-8379

## NEW Yoga Class

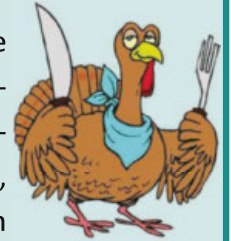
**Friday, November 4th at 9:30am**

9:30—10:15 with new instructor Rose Antaya. Come try this moderate power yoga style class. \$6 payed to the instructor

Please sign up at 596-8379.

## November Special Lunch

Join us on Tuesday, November 15 for a Thanksgiving style lunch from Crazy Jakes. **Just \$2** thanks to a generous donation from Louis and Clark Medical Supply. Musical entertainment provided by Joel Meginsky. Doors open at 11:45, lunch is served at 12pm. Come by the senior center to sign up. \$2 due upon registration.



## Medicare Open Enrollment informational Presentation

On **November 7 @10am**, Circle the calendar and plan to attend the 2023 Fallon Health Medicare plan meeting .At this meeting you will have an opportunity to learn about the new rates and expanded benefits at Fallon. This meeting is open to everyone and questions are welcomed. Please sign up at 596-8379.

## Holiday Fraud Prevention

On **November 14 @10:30am**, Robin Putnam, Events & Outreach Manager from the Office of Consumer Affairs .Are you already thinking about the holidays and shopping lists? If you're not, scammers certainly are! But, don't worry. There are plenty of ways to keep your gifts and bank accounts safe. The Office of Consumer Affairs and Business Regulation will lead a discussion on: Black Friday shopping tips, return policies, defective merchandise, warranties, lost or stolen packages, and more. Please call 596-8379 to sign up



## Financial Exploitation Prevention from Country Bank

On **November 21 @10:30am**, Protecting yourself and others from Financial Exploitation is critical in today's world. Are you prepared? Join Country Bank at the Wilbraham Senior Center where they will share tips on how you can be prepared when it comes to protecting yourself from Identity Theft, Common Scams, and Elder Financial Exploitation. Knowledge is power. Don't miss this opportunity to learn how you can protect yourself and those you care about from becoming a victim. 596-8379 to sign up.

## Senior Center Building update/ informational presentation

On **November 28 @ 10:30am**

Join members of the Senior Center Building Committee for information regarding the process of building Wilbraham's new Senior Center. Time lines, future programs, and specifics about the building itself. There is will be time for open discussion and questions. 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 **Nov 16** 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.

**JEWELRY WORKSHOP**– Wednesday, **Nov 16 @ 10 AM**. Cost for class is \$3, plus materials. Create new pieces or repair your broken jewelry.

**BOOK CLUB, Nov 17** at 2:00 pm. All are welcome to join in the discussion. – November—*40 Rules of Love* by Shafak—December—*Have You Seen Luis Velez* by Hyde

**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, Nov 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.



### Drive in Movie

On **November 22 @5pm/ dusk** Come by the senior center parking lot for a drive in movie night. "Walk the Line": A chronicle of country music legend Johnny Cash's life, from his early days on an Arkansas farm to his rise to fame with Sun Records in Memphis, where he recorded alongside Elvis Presley, Jerry Lee Lewis, and Carl Perkins. 2h 16min. FREE, please call 596-8379 to sign up

## Veterans Day Breakfast

Thursday, November 10th @ 9:45am

This is a **free** event for veterans and widows of veterans and one guest.

Held at the Wilbraham Senior Center

Breakfast sponsored by Monson Savings Bank and coffee & donuts provided by Rice Fruit Farm



November 7: Taco Salad

November 14: Burgers & Fries

November 21: Grilled Cheese & Soup

November 28: Chili & Cornbread

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

Walker, Kenneth,  
Carol

Szaban, Helen

## Friends of Wilbraham Seniors

Anonymous

Fife, Catherine

Manzi, Margaret

Morrissey, Leo

Templeman,

Bethanne

Trombly, Kent/

Helen

## Building Fund

Belsky, Karen

Halon, Phil

Morrissey, Leo

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 | Nov 10

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

### Foot Doctor Cindy Galavotti | December 1

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

### Baystate Hearing Aids | November 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 Nov 8th at 9:15.

Mt Holyoke Range. Moderate 2 + hrs. Park at Bachelor st lot off 116 in Granby

#### Tuesday, Nov 22nd at 9:15

Chicopee Memorial state park. Burnett Rd. Easy, up to 5 miles

## 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 – November 4

### Facials

Diane Neill, MA Licensed Aesthetician. Cost is \$35-\$45 for 50 min facial. November 25. 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. NO LINE DANCING 8/1

### 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 @ 10:45. Please call 596-8379 to sign up. FREE CLASS. Weights will be available but bring your own if you prefer.

# NOVEMBER 2022 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 10— Chair Exercise 10—Blood Pressure 10:45—Aerobics 11—Grief Support Series 1:30— Pinochle <b>Around Town</b>	<b>2</b> 9 -Tai Chi 9:30— Walking group 1— Scrabble <b>Randall's/ Ocean State</b>	<b>3</b> 10-Chair Exercise 10:45—Aerobics 12:30— Mahjong 1—Knitting <b>Stop &amp; Shop</b>	<b>4</b> 9-Massage 9-SHINE 9— Reflexology <b>9:30- NEW YOGA</b> 9:30— Walking group 1— Bridge 1-Chair Volleyball
<b>7</b> 10:30— Medicare 101 12:30—Bingo 1— Rug Making 2:45— Line Dancing <b>Big Y</b> Taco Salad	<b>8</b> 9:15 Hiking Club 10— Chair Exercise 10—Blood Pressure 10:45—Aerobics 1:15— Red Hat Meeting 1:30— Pinochle 3:30—Tech Time <b>Around Town</b>	<b>9</b> 9 -Tai Chi 9:30— Walking group 10— Bay State Hearing 1— Craft of the Month 1— Scrabble <b>Walmart (Ware)</b>	<b>10</b> 8—Foot Care Nurse 8:30—Veteran Breakfast 10-Chair Exercise 10:45—Aerobics 12:30— Mahjong 1—Knitting <b>Big Y</b>	
<b>14</b> 10:30— Holiday Fraud 12:30—Bingo 1— Rug Making 2:45— Line Dancing <b>Big Y</b> Burgers & Fries	<b>15</b> 10— Chair Exercise 10—Blood Pressure <b>No Aerobics today</b> 11—Grief Support Series <b>12— Special Lunch</b> 1:30— Pinochle <b>Around Town</b>	<b>16</b> 9 -Tai Chi 9:30— Walking group 10—Jewelry 11—Red Hat event 1—Attorney Peterson 1— Scrabble <b>Yankee Candle</b>	<b>17</b> 10-Chair Exercise 10:45—Aerobics 12:30— Mahjong 1—Knitting 2— Book Club <b>Aldi</b>	<b>18</b> 9— Reflexology 9-SHINE 9:30— Walking group 1— Bridge 1—Brown Bag 1-Chair Volleyball
<b>21</b> 10:30— Security 12:30—Bingo 1— Rug Making 2:45— Line Dancing <b>Big Y</b> Grilled Cheese & Soup	<b>22</b> 9:15 Hiking Club 10— Chair Exercise 10—Blood Pressure 10:45—Aerobics 1:30— Pinochle 5—Drive in movie <b>Around Town</b>	<b>23</b> 9 -Tai Chi 9:30— Walking group 12:30—Sen. Lesser's Aid 1—Scrabble <b>Walmart (Chicopee)</b>		<b>25</b> 8- Facials 9— Reflexology 9-SHINE 9:30— Walking group 1— Bridge
<b>28</b> 10:30— SC Building Committee 12:30—Bingo 1— Rug Making 2:45— Line Dancing <b>Big Y</b> Chili & Cornbread	<b>29</b> 10— Chair Exercise 10—Blood Pressure 10:45—Aerobics 11—Grief Support Series 1:30— Pinochle <b>Around Town</b>	<b>30</b> 9 -Tai Chi 9:30— Walking group 1— Scrabble <b>Christmas Tree Shop</b>		

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## NEWS & EVENTS

### Grief Support Counseling– FREE

**Tuesday, Nov 1st, Tuesday, Nov 15th & Tuesday, Nov 29th @ 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

This purpose of this article is to keep Wilbraham residents well-informed about the progress being made on the new Wilbraham Senior Center. The next big step is the anticipated receipt of contractor bids.

The most difficult aspect of developing the detailed plans and drawings has been to adjust the design and materials so that the original concept could be built. The significant supply-chain and inflation issues that have hit all aspects of our lives, and in this case, construction materials, are responsible for the serious constraints on the original budget. To accomplish this, architect John Catlin's design and estimating team made cost-saving changes to the design and evaluated alternative materials to achieve optimal results. What has not changed are the size of the building (approximately 15,400 sq. ft.), conceptual space usage and use of materials that offer optimal structural and long-term maintenance benefits.

On September 14, 2022, the Town advertised a public bid for contractors to review and respond to the detailed drawings and specifications. This process is done electronically so the transmission of the entirety of the documents is nearly instantaneous to all contractors interested in evaluating the project.

On October 3, all subcontractors (those who do specialty work such as resilient floors, painting, elevators, fire protection, plumbing, hvac, electrical) interested in being considered for the project must submit their bids by 2:00 p.m. These bids are an important step prior to receiving bids from general contractors because the contractors need the prices of the subcontractors to finalize their bids.

On October 13, all general contractors must submit their bids by 2:00 p.m. These are the key to finding out if we have a qualified general contractor. The Town is required to accept the low bidder provided the firm is qualified, an assessment that will be made within about 24 hours and follows a proscribed procedure. According to our Owners Project Manager, it is highly unlikely that a general contractor would be found unqualified, but the possibility exists.

The final test in the bidding process is to determine that the low bid is within the budget. If it is, we have a general contractor, and the town will award the job to that firm. If all bids do not come in at or below the project's budgeted funds, a town meeting will be held on October 17 to vote on the incremental funds needed to meet the lowest bid. If that passes the town vote, then the contract will be awarded. Construction cannot commence unless a project's full costs are allocated. Once the bids are received, the town has 30 days to award the contract and that is the reason the Selectmen have scheduled the town meeting, if needed, only four days after the general contractor bids are opened.

If you have questions or comments about the new Senior Center, please call the Senior Center information line at: 596-2800 extension 315 and leave a message, or email [SeniorInfo2021@gmail.com](mailto:SeniorInfo2021@gmail.com). Someone will get back to you.

Ken Furst, Member, Senior Center Building Committee

# FRIENDS OF WILBRAHAM SENIORS

## MESSAGE FROM YOUR FRIENDS



### HELP US UNLOCK OUR KEY TO SUCCESS!

As you know, Friends of Wilbraham Seniors play an important role by financially supporting the services and activities at our senior center. As a non-profit organization, we are committed to this goal, but we need your help. It's going to be extremely difficult for just a small handful of people to accomplish what is going to be needed for our new senior center, because now we have more than just the services and activities to support.

We need to be able to raise more funds beyond our commitment of the \$186,480 for the FFE (fixtures, furnishings, and equipment) which was part of the \$10.9 million estimated cost for the new center. As you can well imagine, the committed amount we raised over the last 12 years, with all our fundraisers, along with the donations we so gratefully received for our Building Fund, is not going to cover all that is needed to properly outfit a brand new building.

Prior to last October's Special Town Meeting, you received a booklet from the Friends that was inserted into The Times. On page 13, it gave a breakdown of the cost to build and operate the new senior center. Some people are under the misconception that the \$10.9 million covers everything needed to outfit the center. With a space of 15, 534 sq ft, the Friends need to raise

more funds to purchase additional products, equipment, and services, along with new or expanded programs which we can now have at our suitably-sized location.

Therefore, in order to accomplish this goal, we need more involvement from not only our Membership and Supporters, but from everyone in town! Our Board feels that this will be the key to success in helping the Senior Citizenry of Wilbraham. Please be a part of this success!

- \* Join the Friends, if you're not already a member. There are no dues to join and everything you do is voluntary.
- \* Come to our monthly Membership and Supporters Meetings. We'd love to hear your ideas and suggestions as we start planning additional fundraisers.
- \* Volunteer to help us out with our fundraisers in some capacity.
- \* Volunteer for our support staff which will assist our Board with a variety of tasks that can be done at home; computer work, internet research, PR, etc.
- \* Donate to our Capital Campaign once it's underway. Details are forth coming.

Get involved with making our new senior center something that we can ALL be proud of! You can contact me at [dgormley@charter.net](mailto:dgormley@charter.net) if you can help us in some capacity. Please put Volunteer in the subject line and include your phone number so you can be contacted.

*Deb Gormley* Member, Board of Directors

**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. Meetings are voluntary. 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](mailto:Friends01095@gmail.com)

We are a 501(c)(3) non-profit charitable organization

## SAVE THE DATES

---More Details to Follow---

- Nov. 9 ~ Membership and Supporters Meeting 1:30 at the Senior Center
- Nov. 19 ~ Holiday Bazaar at the Evangel Assembly Church on Stony Hill Rd. 9:00 am - 3:00 pm
- Dec. 7 ~ UNO Pizzeria and Grill on Boston Rd. Springfield ~Dine-in or Take-out



*Thanks to everyone who supported our successful fundraiser last month. And special thanks to the Villa Rose for their ongoing support to the Friends and Wilbraham seniors. Left to right - Judy Cmero, Anne Marie Gaudette, Deb Gormley and Lee Tyrell.*

# 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

### Travel Training for Seniors–PVRTA

PVRTA now offers Travel Training for seniors and people with mobility impairments who are motivated to learn how to safely and independently use the fixed route system. Training is provided free-of-charge except for the trainee's bus fare while training is taking place.

Our Travel Trainers provide personalized, one-on-one instruction which takes each trainee's unique needs and abilities into account as well as group instruction on how to use fixed-route buses. For further information please contact PVRTA's *Mobility Services Coordinator* at [\(413\) 732-6248](tel:4137326248) ext. 2235

### 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



### 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 Barbara @ 413-596-8379 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.

**Senior Home Safety Inspection** – Certified inspector completes 240-point safety and accessibility assessment in and around home.

## Fuel Assistance 2022-2023 Heating Season

### Annual Gross Income

- 1 Person Household: \$42,411
- 2 Person Household: \$55,461
- 3 Person Household: \$68,511
- 4 Person Household: \$81,561
- 5 Person Household: \$94,610

### Eligibility

Applicants must reside in Hampden County, now including Springfield residents. Household income cannot exceed 60% of the Estimated State Median Income

Those who have heat included in their rent and meet income and residence eligibility may be eligible to receive a subsidy for a portion of their monthly income from November to April

Those who have heat included in their rent and have a subsidy must pay over 30% of their income towards rent in order to be eligible

Those who live in public housing are not eligible (are already state or federally aided)

The heating season is right around the corner and I am sure that paying for heating costs have been on the minds of many of you. The price of fuel has risen substantially; everyone is feeling the crunch in a world where everything suddenly costs more.

Fuel Assistance helps eligible households challenged by the high cost of home heating fuel. Valley Opportunity Council (Fuel Assistance) pays a portion of their winter heating bills. If you fall in the income guideline call Barbara for more information.

## ALL APPOINTMENTS ARE CONFIDENTIAL

### Reminder for those who are Fuel Assistance recipients

The Fuel Assistance Renewal forms should be arriving shortly. Gather the required information and make an appointment to submit your application. Its important that you get your information in soon to avoid delays. Questions contact Barbara

## 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

### Dispatch Health

Bringing back the house call. AVOID trips to the E.R. Provides quality healthcare in the convenience of your home. Board certified clinicians arrive at your door, equipped with all the tools necessary to provide advanced medical care in the comfort of your home or workplace. All major health insurance companies including Medicare and Medicaid are accepted.

7 Days a week 8am-10pm

413 998 1980

Questions please call Barbara

### Real ID

The Department of Homeland Security (DHS) has extended the REAL ID full enforcement date from October 1, 2021 to May 3, 2023, due to the ongoing COVID-19 pandemic. Beginning May 3, 2023, every air traveler 18 years of age and older will need a REAL ID compliant driver's license or identification card, or another TSA-acceptable form of identification, for domestic air travel and to enter certain federal facilities. To get one, you will need to provide additional documentation and come into a RMV service center.

Please call Barbara for a checklist with all documents that are needed to apply for a REAL ID



# COMMUNITY NEWS

## Open Enrollment for Medicare

To all Medicare beneficiaries, Open Enrollment for Medicare is just around the corner, October 15-December 7, 2022. This is your opportunity to make changes to your Medicare plans for the year 2023. Our staff will be booking in-person appointments with our SHINE representative on Thursday afternoons and Fridays during Open Enrollment to assist you. Please take note of the following guidelines to make your appointment as smooth as possible;

- 1) you must already be enrolled in Medicare A and B to schedule an Open Enrollment appointment
- 2) you will need your Medicare card as well as all other health insurance and prescription drug cards
- 3) you must have your most recent Prescription drug list with accurate name of the drug, dosage and frequency with which you are taking the medication
- 4) please check with your providers ahead of time to verify which Medicare plans they accept
- 5) if you use a computer we recommend setting up a [Medicare.gov](https://www.medicare.gov) account BEFORE your SHINE appointment. Go too [www.medicare.gov](https://www.medicare.gov) and select Log-In/ Create an Account to get started
- 6) if you already have a [Medicare.gov](https://www.medicare.gov) account please bring your user name and password to your appointment. Use the retrieval tool on Medicare .gov if you have forgotten your user name and/or password

## VETERAN NEWS

Wilbraham Veterans and their Families! The Veteran Tax Exemptions of Massachusetts General Laws Chapter 59, Section 5 provide exemptions to some veterans, their surviving spouses, and some surviving parents and spouses of active duty military personnel who died during or due to military service.

**The information needed to qualify include, but is not limited to:**

1. Evidence of residency, ownership, domicile and occupancy.
2. Certification of a service-connected disability or death from the U.S. Department of Veterans Affairs (VA) or branch of U.S. military service from which discharged or in which served.

Eligibility Requirements:

You must meet all eligibility requirements as of July 1 of the tax year. There are several clauses but the two most popular are:

### Clause 22 - \$400

1. Veterans with a service-connected disability of 10% or more.
2. Veterans awarded the Purple Heart.
3. Surviving parents of military personnel who died in military service (Gold Star Parents).
4. Spouses (where the domicile is owned by the veteran's spouse),

and surviving spouses (who have never remarried), of veterans entitled to exemption under Clause 22.

5. Surviving spouses (who have never remarried) of World War I veterans as long as their assets (whole worth), less any mortgage on the property, do not exceed \$20,000.

### Clause 22E - \$1,000

1. Veterans who have a service connected disability of 100%.
2. Spouses (where veteran's spouse owns the domicile) or surviving spouses of veterans entitled to exemption under Clause 22E.

My hours are Monday through Friday, 8 am to 4 pm. It is best if you call to set up an appointment with me as I have many Veterans that I tend to. I can be reached by calling the Wilbraham Senior Center at 596-8379. You can email me at [jsasen@wilbraham-ma.gov](mailto:jsasen@wilbraham-ma.gov). Please like our Wilbraham Veterans Services Page on Facebook @veterans01095.

Disclaimer: Please do not donate to any Veteran Organization until first contacting me. Sadly enough there are many organizations out there that use the guise of helping our Veterans to get money. I work with Massachusetts Office of the Attorney General to verify the legitimacy of these organizations.



**Excel Homecare & Nursing Services**  
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**Susanne Carpenter**

[scarpenter@lpicommunities.com](mailto:scarpenter@lpicommunities.com)  
or (800) 477-4574 x6348



# RED HAT YA YA SISTERHOOD OF WILBRAHAM

A big thank you to Donna Hick and Arline Cambo our chairladies for the wickedly good time we had at our Halloween Costume Party Lunch and Raffle. Also, adding to the spooktacular success of this event was the delicious food and excellent service provided by Pafumi's Catering.

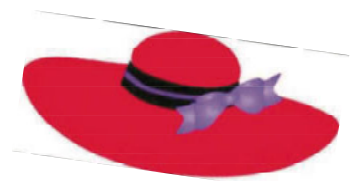
Gobble, gobble, gooble, please join us on Wednesday, November 16<sup>th</sup> for our Turkey Trot Luncheon at the Wilbraham Senior Center from 11:30 AM to 2:30 PM. Bet on your favorite turkey as it trots down the race track, enjoy lunch, and win a prize for the most outrageous turkey hat!! Please call Janet Vitkus or Ruth Chappel to make a reservation.

Make your reservation soon for our very popular Annual Holiday Luncheon at the Ludlow Country Club on Friday, December 9<sup>th</sup> by calling Maria Cacela or Linda Nichols. Social time with appetizers starts at 11:30 AM followed by our buffet lunch starting at 12:00 PM which includes salad, ziti, meatballs, Chicken Marsala, roasted potatoes, mixed veggies, coffee, tea, rolls, and assorted pastries. A vegetarian option can be arranged when you make your reservation. The Community Survival Center was selected for our donations this year.





Please call or email me if you need a 2022-2023 Handbook.

All the Best!

Ruth Chappel, Queen Mum



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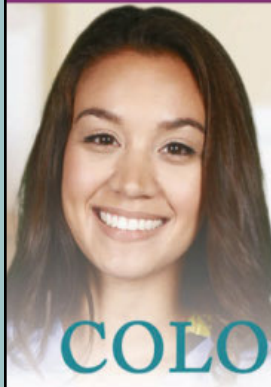
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 Greg Schmutte  
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 Jered S. Sasen

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 Susan Rigney, MaryLou Pierce,  
 Brenda Willard

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## 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



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