



# WILBRAHAM SENIOR NEWS

## Calling all Quilters:

### “Sew & So” Quilting Group

Starting **January 4th**, a new quilting group will be coming to the senior center. Class starts at **10:30—2**. Bring your own supplies ( sewing machine, cords, cutting mat ect..) and project and come create with us. Bring your own snacks and coffee and label your supplies. Please call 596-8379 with any questions.

### Reiki- NEW

30 min Sessions for \$20. MONDAYS @ 10am. Call 596-8379 for an appointment

Beside the benefits of relieving pain and discomfort, supporting body health and the immune system, and the promotion of relaxation, Reiki can be instrumental in awakening intuition, promoting self-awareness balancing the chakras and releasing repressed emotions. Peace Within offers a safe and tranquil environment for all who enter to experience energy healing and personal transformation. Darcy is a highly intuitive, indigenous practitioner who will assist with bringing balance to the mind, body and soul. Reiki is a healing technique that utilizes the energy field around us to promote healing, release blockages, and accelerate your body's natural healing abilities on the physical, mental and emotional levels

### Craft of the Month

December 13th at 1pm. Sock Snowman. All supplies are included. Call 596-8379 to sign up. \$7



## December Special Lunch

Join us on Monday, December 12 for a Christmas Holiday Lunch. This lunch is kindly sponsored by LUSO Federal Credit Union. They are providing Chicken Francaise with roasted potatoes, dessert and a raffle prize. Musical entertainment provided by Irving Lewis. Doors open at 11:45, lunch is served at 12pm. 596-8379 to sign up. FREE. Limited seating



### Pizza With Puppolo

**Tuesday, December 20th @ 12pm.** This is an opportunity for you to share lunch and conversation with your State Rep Angelo Puppolo. He will be providing pizza for attendees and will discuss legislative issues with time for questions. Please sign up at 596-8379.

### Funeral Planning: All there is to Know

On **December 5th @ 10:30**. Join Wilbraham Funeral Home for a free informational session on the benefits of preplanning your funeral. Light refreshments will be served along with a raffle prize. This meeting is open to everyone and questions are welcomed. Please sign up at 596-8379.

### The Reserve at East Longmeadow Tour

**Friday, December 9th.** The van will be leaving the senior center at 11:30. Join us for a free tour of the Reserve at East Longmeadow, a retirement community. They will offer lunch and a guided tour of their facility.

### Political Memorabilia

On **December 12 @10 am**, Glen Clark, retired Wilbraham Police Sargent, will be here with his political memorabilia. He started collected at the age of nine. This includes Campaign pins, posters and broadsides dating years back,

issued by candidates. For you to see and to learn about/ ask questions. Please sign up at 596-8379.

### Motion is Lotion

On **December 19 @10:30am**, join Physical Therapist Brianna Butler to learn the importance of staying mobile. She will her here to present tips and tricks on maintaining joint mobility and general activity during the winter months. Please call 596-8379 to sign up.

### Health-Fair

**Wednesday, December 7th from 10-2.** Brought to you by Med- Minder, our large activity room will be filled with vendors like Medminder, Caregiver Homes, Sevita, CCA, Alzheimer’s Asso., A Better Life Homecare, GSSSI. Stop by for goodies, raffles, and information. All community members are welcome to this free event.



**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 **Dec 21** Call 596-8379 for appointments.

**FRIENDS MEMBERSHIP MEETING** Meetings are held in the Senior Center on Dec 14 @ 1:30. All are welcome to attend. Only Members are allowed to vote.

**JEWELRY WORKSHOP**– Wednesday, **Dec 21 @ 10 AM**. Cost for class is \$3, plus materials. Create new pieces or repair your broken jewelry.

**BOOK CLUB, Dec 15** at 2:00 pm. All are welcome to join in the discussion. December—*Have You Seen Luis Velez* by Hyde — January — *The Petal of the Sea* by Allende

**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, Dec 28**

**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 Wednesday from 1-3. Come bring whatever art project inspires you. Create your art while others work on theirs.

**QUILTING CLUB** Starting in January 4, 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

3 days/2 nites, Tues, Wed, **Thurs, Feb 21 – 23**  
Accommodations @ Caesars Casino Resort Hotel

\$50 in Slot Bonus  
\$50 in Food Vouchers  
2 Shows: Simon & Garfunkel, and Carpenters Tributes  
\$285/pp dbl, \$275/pp tripl, \$385/pp singl  
Cost inclcs bag handling, taxes & tips (our driver, too) and cancellation insurance.

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



December 5: Hot Dogs and Beans 

December 12: Meatloaf and mashed potato

December 19: Pasta and Meatballs

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

Thanks to those who have donated to the Friends of Wilbraham Seniors, Building Fund



### Senior Center

#### Donations

Ablondi, Peter  
Ahern, Harold & Linda  
Allard, Diana  
Beaubien, Betty  
Calabrese, Janet  
Courtney, Christine  
Courtney, John  
Feen, Karen  
Flanders Thomas  
Geib, Timothy  
Goodell, Elizabeth  
Goodrich, David & Louise  
Grove, John & Rita  
Hick, Donna  
Joyce, Nancy  
Kane, Nancy  
Katsanos, Helen  
Krasnow, Linda  
Marra, Antoinette  
Pelletier, Russ & Kathy\  
Puffer, Chris

Chamberlain  
Rocca, Patricia  
Rourke, Beverly  
Sakowski, Phyllis  
Sarad, Mary & Bill  
Scibelli, Susan  
Spillane, Gerald, Linda  
Vartanian, Sandra  
Vecchio, Anthony

### Senior

#### Assistance

Anonymous  
Brown, Phyllis  
Villamaino, Matthew/  
Jane

#### In Memory Of

Ahern, Harold & Linda  
Feen, Karen  
Sheehan, William & Madelyn  
Thorne, Sandra



# HEALTH & FITNESS PROGRAMS

## HEALTH PROGRAMS



### Foot Care Nurse | Dec 8

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 | December 14

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 Dec 6

Mt Warner. Hadley Ma. 26 Mt Warner rd. 2.2 Mile Easy loop. Meet at the senior center to take the van @ 9am or meet at the trail head @ 9:45. Let Jen know if you are taking the van.

#### Tuesday Dec 20 @ 9:15

Conant Brook Trail 3+ mile, Monson. Could do easy out and back or take alt trail with 5-6 acute steep.

## 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 – December 2

### Facials

Diane Neill, MA Licensed Aesthetician. Cost is \$35-\$45 for 50 min facial. December 22. Call 596-8379 for appointments.

### Reiki \*NEW\*

Mondays @10am. 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

### Walks in Post Office Park

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.

### YOGA—NEW

Join Rose on Fridays at 9:30am for relaxation moderate YOGA class. \$6 payed to the instructor. Call 596-8379 to register.

### Aerobics is back

Tuesdays & Thursdays @ 10:45. . FREE CLASS. Weights will be available but bring your own if you prefer.





# DECEMBER 2022 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> 9— Dr. Galavotti 10-Chair Exercise 10:45—Aerobics 12:30— Mahjong 1—Knitting <b>Stop &amp; Shop</b>	<b>2</b> 9-Massage 9-SHINE 9:30— YOGA—NEW 9:30— Walking group 1— Bridge 1-Chair Volleyball
<b>5</b> 9— Reiki—NEW 10:30— Funeral Planning 12:30—Bingo 1— Rug Making 2:45— Line Dancing <b>Big Y</b> Hot dog	<b>6</b> 9:15 Hiking Club 10— Chair Exercise 10—Blood Pressure 10:45—Aerobics 1:30— Pinochle	<b>7</b> 9 -Tai Chi 9:30— Walking group <b>10— Health Fair</b> 1—Scrabble 1— Social Art <b>Randall's/ Ocean State</b>	<b>8</b> 8—Foot Care Nurse 10-Chair Exercise 10:45—Aerobics 12:30— Mahjong 1—Knitting <b>Big Y</b>	<b>9</b> 9— Reflexology 9-SHINE 9:30— YOGA—NEW 9:30— Walking group 12: Reserve Tour 1— Bridge 1-Chair Volleyball
<b>12</b> 9— Reiki—NEW 10:— Presidents and memorabilia <b>12—Special Lunch</b> 12:30—Bingo 1— Rug Making 2:45— Line Dancing <b>Big Y</b> Meat loaf	<b>13</b> 9—Grief Support Series <u>NOTE TIME CHANGE</u> 10— Chair Exercise 10—Blood Pressure 1—Craft of the Month 1:15— Red Hat Meeting 1:30— Pinochle <b>Around Town</b>	<b>14</b> 9 -Tai Chi 9:30— Walking group 10— Bay State Hearing 1:30— Friends Membership 1—Scrabble 1— Social Art <b>Walmart (Ware)</b>	<b>15</b> 10-Chair Exercise 10:45—Aerobics 12:30— Mahjong 1—Knitting 2— Book Club <b>Aldi</b>	<b>16</b> 9— Reflexology 9-SHINE 9:30— YOGA—NEW 9:30— Walking group 1— Bridge 1—Brown Bag 1-Chair Volleyball
<b>19</b> 9— Reiki—NEW 10:30— Physical Therapy 12:30—Bingo 1— Rug Making 2:45— Line Dancing <b>Big Y</b> Pasta and meatball	<b>20</b> 9:15 Hiking Club 10— Chair Exercise 10—Blood Pressure 10:45—Aerobics 12— Pizza with Puppole 1:30— Pinochle <b>Around Town</b>	<b>21</b> 9 -Tai Chi 9:30— Walking group 10—Jewelry 1—Attorney Peterson 1—Scrabble 1— Social Art <b>Wegmans</b>	<b>22</b> 8- Facials 10-Chair Exercise 10:45—Aerobics 12:30— Mahjong 1—Knitting <b>Big Y</b>	<b>23</b> 9-SHINE 9:30— YOGA—NEW 9:30— Walking group 1— Bridge 1-Chair Volleyball
<b>CLOSED</b> 	<b>27</b> 10— Chair Exercise 10—Blood Pressure 10:45—Aerobics 11—Grief Support Series 1:30— Pinochle <b>Around Town</b>	<b>28</b> 9 -Tai Chi 9:30— Walking group 12:30—Sen. Lesser's Aid 1—Scrabble 1— Social Art <b>Walmart (Chicopee)</b>	<b>29</b> 10-Chair Exercise 10:45—Aerobics 12:30— Mahjong 1—Knitting <b>Aldi</b>	<b>30</b> 9— Reflexology 9-SHINE 9:30— YOGA—NEW 9:30— Walking group 1— Bridge 1-Chair Volleyball

<p><b>413-373-4075 • www.myvantagecare.com</b></p>	<p><b>ADT-Monitored Home Security</b></p> <p>Get 24-Hour Protection From a Name You Can Trust</p> <ul style="list-style-type: none"> <li>Burglary</li> <li>Flood Detection</li> <li>Fire Safety</li> <li>Carbon Monoxide</li> </ul> <p>ADT Authorized Provider SafeStreets <b>833-287-3502</b></p>
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### Grief Support Counseling— FREE

**Tuesday, December 13 @ 9am (NOTE TIME CHANGE FOR 12/13) December 27 @ 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, Li-ane 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.

## 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.*

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

### You May Qualify

The Massachusetts Good Neighbor Program Fund is available to any Mass resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for state or federal energy assistance. Income must fall between 60 and 80 % of the states median income levels. [www.magoodneighbor.org](http://www.magoodneighbor.org)

| Household Size | Total Gross Yearly Income |
|----------------|---------------------------|
| 1              | \$42,412 - \$56,548       |
| 2              | \$55,462 - \$73,948       |
| 3              | \$68,512 - \$91,348       |
| 4              | \$81,562 - \$108,748      |
| 5              | \$94,611 - \$126,146      |

Springfield Corps  
170 Pearl St  
413-733-1518

### 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.

### 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.



## 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





**Taxes**

If you are a Wilbraham Resident, we will be taking names for tax appointments starting January 3rd. We will be able to take your name and call you back with an appointment time at a later date. Wilbraham Residents will have priority on appointments. 596-8379.

**Sand for seniors**

The Wilbraham Senior Center, with help from Home Depot, will have a limited number of salt/sand mixtures for Wilbraham Seniors in need. If you feel like you would have trouble obtaining salt/sand this year for the ice, please call us @ 596-8379

**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**  
A Medicare/Medicaid Certified Home Health Agency Providing:

SKILLED NURSING CARE • PHYSICAL THERAPY  
OCCUPATIONAL THERAPY • HOME HEALTH AIDES  
PERSONAL CARE • HOMEMAKING • PRIVATE DUTY  
UP TO 24-HOUR CARE

**Call Us: (413) 583-2005** MOST INSURANCES  
ACCEPTED

4 Stony Hill Road, Wilbraham, MA 01095 | [www.excelhomecareservices.com](http://www.excelhomecareservices.com)

*We accept Medicare and Medicaid. Servicing Western Massachusetts*

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**CONTACT ME**  
**Susanne Carpenter**

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

# RED HAT YA YA SISTERHOOD OF WILBRAHAM

Our Turkey Trot was an amazing success! Thank you to the Hard Working chairladies, Linda Nichols, Kathy Sowa, and Janet Vitkus.

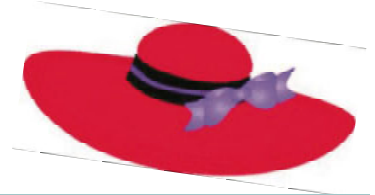
Thank you to all that backed and attended the Holiday Bazaar from the Friends of the Wilbraham Senior Center.

Friday, December 9th we will hold our annual Holiday Luncheon at the Ludlow Country Club starting at 11:30am. Reservations can be made by calling Maria at 413-250-1928. Please invite your friends to join us for lunch and also to learn more about the Red Hat Yaya sisterhood. The Price is \$25.00 and everyone will receive a door prize raffle ticket. Lunch includes salad, ziti, meatballs, chicken Marsala, roasted potatoes, mixed veggies, coffee, tea, rolls, and assorted pastries. The cut off dates for reservations is December 2nd Monetary donations to the Community Survival Center will be collected at the lunch.

Looking forward to an exciting 2023!!! We kick off the New Year on January 13th with our Let's Do Lunch event being held at Villa Rose. Our Valentine's Lunch will be held at the Senior Center on February 15th. St. Patrick's Going Green dinner will be in March (date to be determined). On April 23rd we will be attending In-to The Woods at Exit 7 Playhouse followed by dinner at Tony and Penny's. May 10th A Day at the Races at the Senior Center. A special Summer Wreath craft workshop on June 21st and lunch at the Senior Center.

Best,

Ruth Chappel, Queen Mum



|                                                                                                                                                                                                                                                                                                                                              |                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
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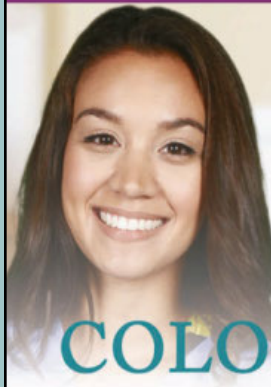
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 Barbara Harrington  
 Van Driver/Custodian  
 Greg Schmutte  
 Veterans Agent  
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## WEEKLY VOLUNTEERS

Office: Dorothy Soja, Dee Mitchell,  
 Susan Rigney, MaryLou Pierce,  
 Brenda Willard

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Chairperson: Trant Campbell  
 Vice Chair:  
 Secretary: Ellen O'Brien  
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 Gilles Turcotte, Diane Weston,  
 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



Annual newsletter fee of \$5 payable to the "Friends of Wilbraham Seniors." Donations to the Friends of Wilbraham Seniors accepted at: PO Box 747, Wilbraham, MA 01095

Newsletter available online at [www.wilbraham-ma.gov](http://www.wilbraham-ma.gov).

If you wish to unsubscribe from this newsletter, please call the senior center at 596-8379.

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