



WILBRAHAM SENIOR NEWS

Calling all Quilters:

“Sew & So” Quilting Group

Starting **January 4th**, a new quilting group will be coming to the senior center. Group will meet from **10:30—2** on Wednesdays. 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. Benefits of relieving pain and discomfort, supporting body health and the immune system, and the promotion of relaxation. 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 & emotional levels.

Volunteer at the Senior Center

We are looking for Medical appointment drivers and help with our newsletters. Appointment drivers will drive a senior in need to a local doctors appointment. To help with our newsletters, we meet once a month to help assemble.

If you are interested, please call Jen at 596-8379.



January Special Lunch



Join us on Tuesday January 24 for a Special Lunch. This lunch is kindly sponsored by Loomis Lakeside at Reeds Landing. Musical entertainment provided by New England Swing Orchestra. Doors open at 11:45, lunch is served at 12pm. 596-8379 to sign up. FREE. Limited seating.

****NEW**** We will be signing up Wilbraham residents only for lunch until Jan 10. After Jan 10, registration is open to all.

Grief is Like a Snowflake.

Each snowflake is different and everyone shows grief differently. Liane Smola, our contracted grief coach is working with our seniors to teach them not only what to expect with grief, but also how to always celebrate those we've lost. This winter season, please help us to honor your lost loved one by purchasing a snowflake in his or her honor to be hung at the senior center glass wall with their name. \$5. All proceeds will be donated to Rick's Place whose vision is for grieving children, teens and families to be able to find comfort, develop resilience and grow stronger together. Stop by to see all the beautiful snow flakes.

Dementia Live Simulation

On **January 23 @10:30 am**, Dementia Live® is a high impact, dementia simulation experience that immerses participants into life with dementia, resulting in a deeper understanding of what it's like to live with cognitive impairment and sensory change. Participants will be geared up with glasses, headphones and gloves during this program to replicate sensory change to better understand the challenges of this disease. Please sign up at 596-8379.

TOUR : Loomis Lakeside @ Reeds Landing

Friday, January 13. The van will be leaving the senior center at **11:00**. Join us for a free tour of Reeds Landing located right over the Wilbraham line in Springfield. A retirement community next to Lake

Massasoit for independent living, assisted living and skilled nursing; the only facility with all these under one roof in Western Ma. Reeds Landing will provide light refreshments and a guided tour of the facility

AARP Taxes

AARP will be assisting Seniors with their tax returns. Please call 596-8379 to have your name added to the list. Once dates are finalized, appointments will be given. Please bring: SS Card, photo ID, Health Insurance Verification, 2022 returns and all related materials. AARP can not complete returns with large stock transactions, business income, or other complex returns.



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 **Jan 18** Call 596-8379 for appointments.

FRIENDS MEMBERSHIP MEETING Meetings are held in the Senior Center on the 2nd Wednesday @ 1:30. All are welcome to attend. Only Members are allowed to vote.

JEWELRY WORKSHOP— Wednesday, **Jan 18 @ 10 AM**. Cost for class is \$3, plus materials. Create new pieces or repair your broken jewelry.

BOOK CLUB, Jan 19 at 2:00 pm. All are welcome to join in the discussion. Hyde — January — *Lincoln Highway*, Towles—Feb—*The Fountain Head*, Rand

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

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 on **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 incls bag handling, taxes & tips (our driver, too) and cancellation insurance. Payment due Jan 15

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



January 2: Closed

January 9: Meat loaf

January 16 Closed

January 23: Breakfast for lunch

January 30: Chicken Salad

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

Szaban, Helen
Country Bank

In Memory Of Kenneth Slowick

Feen, Karen
Sheehan, William & Madelyn
Manzi, Margaret
Manning, Mary
McGovern, Virginia
Ruszala, Carol & Walter
Myers, Robert & Linda

Roebuck, Joan
Hague, Diane & Bob
Arbour, Carol & Len
Fitzgerald, Barbara

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 | Jan 12

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

Foot Doctor Cindy Galavotti | January 5

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

Baystate Hearing Aids | January 11

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 Jan 10 @ 9:15

Miller Falls Tract 2+ miles easy low moderate. Butler Rd Monson.

Tuesday Jan 24 @ 9:15

Whitaker Woods trails, Wells Road, Somers. Variety of trails low moderates, can go 1.5-3 hours depending on group choice. Old Forest Loop is nice.

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 – January 6.

Facials

Diane Neill, MA Licensed Aesthetician. Cost is \$35-\$45 for 50 min facial. January 27 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.



JANUARY 2023 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3 10- Chair Exercise 10- Blood Pressure 10:45- Aerobics 1:30- Pinochle Around Town	4 9 -Tai Chi 9:30- Walking group 10:30- Quilting 1- Scrabble 1- Social Art Randall's/ Ocean State	5 9- Dr. Galavotti 10- Chair Exercise 10:45- Aerobics 12:30- Mahjong 1- Knitting Stop & Shop	6 9- Massage 9- SHINE 9:30- YOGA-NEW 9:30- Walking group 1- Bridge 1- Chair Volleyball
9 10- Reiki-NEW 12:30- Bingo 1- Rug Making 2:45- Line Dancing Big Y Meatloaf	10 9:15 Hiking Club 10- Chair Exercise 10- Blood Pressure 10:45- Aerobics 11- Grief Support Series 1:15- Red Hat Meeting 1:30- Pinochle Around Town	11 9 -Tai Chi 9:30- Walking group 10- Bay State Hearing 10:30- Quilting 1- Scrabble 1- Social Art Walmart (Ware)	12 8- Foot Care Nurse 10- Chair Exercise 10:45- Aerobics 12:30- Mahjong 1- Knitting Big Y	13 9- Reflexology 9- SHINE 9:30- YOGA-NEW 9:30- Walking group 12: Reserve Tour 1- Bridge 1- Chair Volleyball
CLOSED 	17 10- Chair Exercise 10- Blood Pressure 10:45- Aerobics 1:30- Pinochle Around Town	18 9 -Tai Chi 9:30- Walking group 10- Jewelry 10:30- Quilting 1- Attorney Peterson 1- Scrabble 1- Social Art Christmas Tree/ TJ Max	19 10- Chair Exercise 10:45- Aerobics 12:30- Mahjong 1- Knitting 2- Book Club Stop & Shop	20 9- Reflexology 9- SHINE 9:30- YOGA-NEW 9:30- Walking group 1- Bridge 1- Brown Bag 1- Chair Volleyball
23 10- Reiki-NEW 10:30- Dementia Live 12:30- Bingo 1- Rug Making 2:45- Line Dancing Big Y Breakfast for lunch	24 9:15 Hiking Club 10- Chair Exercise 10- Blood Pressure NO- Aerobics 11- Grief Support Series 12- Special Lunch 1:30- Pinochle	25 9 -Tai Chi 9:30- Walking group 10:30- Quilting 12:30- Sen. Lesser's Aid 1- Scrabble 1- Social Art 1:30- Friends Meeting Walmart (Chicopee)	26 8- Facials 10- Chair Exercise 10:45- Aerobics 12:30- Mahjong 1- Knitting Aldi	27 9- Reflexology 9- SHINE 9:30- YOGA-NEW 9:30- Walking group 1- Bridge 1- Chair Volleyball
30 10- Reiki-NEW 12:30- Bingo 1- Rug Making 2:45- Line Dancing Big Y Chicken Salad	31 10- Chair Exercise 10- Blood Pressure 10:45- Aerobics 1:30- Pinochle Around Town			

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NEWS & EVENTS

Grief Support Counseling– FREE

Tuesday, January 10 & January 24 @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

Our weather took a cold turn very quickly. Were you prepared? Older adults are at greater risk of hypothermia (when your body temperature gets very low) for a variety of reasons. When body temperature in an older person drops below 95 degrees, this is a serious issue. Such a low temperature can cause a heart attack, kidney problems and liver damage, not to mention death. Being outside in the cold, or even in a very cold house, can lead to hypothermia. As we get older, our bodies can lose heat very quickly, much faster than when we were young. The physical changes that come with age make it harder to notice when we are getting cold. As we get older, we are often less active as the weather gets colder and that can lead to a lower body temperature as well.

There are some things besides aging that can make it harder for your body to stay warm. Thyroid problems can make it hard for your body to regulate temperature. Diabetes and heart problems can affect your circulation; normal blood flow is important to keep your extremities warm. Arthritis can make it hard to get dressed appropriately, such as using buttons and zippers correctly, or putting on extra layers. Some medications for blood pressure and mental health can affect your body heat. Check with your doctor to see if your prescriptions put you at risk.

For older people, living in a cold house or apartment is the leading cause of hypothermia. You may be tempted to keep your heat at 65 or lower due to energy costs, but this is dangerous. Keep your heat at least 68-70 degrees; to save money, close off rooms you are not using, closing doors and heating vents. Check your windows and close curtains to keep out drafts. Dress warmly on cold windy days even if you are not going outside, and especially if you tend to be more sedentary. Use lap blankets and socks with your slippers. You can wear long underwear under pajamas or even wear a cap to bed. Make sure you are eating enough to maintain your weight and provide energy to your body for heating. Avoid alcohol on cold

days. It may make you feel warmer but it actually causes loss of body heat instead. Ask family and friends to check in on you during our icy months. If we lose power, try to stay with a friend or family; don't try to tough it out in your cold home. If you are having trouble with your heating bills, be sure to talk to our Social Services Director Barbara Harrington to see if you qualify for any assistance.

If you do venture outside, wear a hat and scarf with your warmest coat. A lot of body heat is lost from your head and neck area. It is vital to change your clothing right away if you get wet or damp, since this causes your temperature to fall more rapidly. Avoid outdoor activities when there is a wind chill warning or the temperature is below freezing if you can.

It can be hard to tell if someone has hypothermia, but there are warning signs. Many folks with hypothermia become confused, so knowing the signs will not only help you, but help you look out for your friends and neighbors during the winter. Early signs include cold hands and feet, pale face, shivering (although sometimes older adults do not shiver even when very cold), talking more slowly than normal or slurred speech, acting sleepy, angry or confused. Later and more dangerous signs include trouble walking, slower breathing, stiff motion in arms and legs and eventually losing consciousness.

If you suspect someone has hypothermia, first call 911. Then move the person to a warmer place, wrap them in a blanket or extra coat and give them something warm to drink. Avoid anything with alcohol or caffeine however. Those can cause more loss of body heat. Stay with them until emergency personnel arrive if at all possible.

I hope these tips help this winter. If there are any questions, I can be reached at seniorinfo2021@gmail.com or you can leave a voicemail at 596-2800 ext. 315.

Diane Weston, RN

Senior Center Building Committee

FRIENDS OF WILBRAHAM SENIORS

MESSAGE FROM YOUR FRIENDS



WHAT'S NEXT?

CAPITAL FUNDRAISING CAMPAIGN

As you may have heard the Friends will be conducting a major Capital Fundraising Campaign to raise funds to furnish the new Senior Center with tables, chairs, fixtures, kitchenwares, TV monitors, A/V equipment, exercise equipment, benches, patio items, and many other products necessary to have a fully functional home for our Seniors. This category of items is known as FFE: fixtures, furnishings, and equipment.

In addition, due to Covid-19, supply change issues, inflation, etc., construction and building costs have skyrocketed beyond the building committee's control. The Friends have been tasked to also raise funds for additional items such as room partitions, solar tubes (for natural lighting), a backup generator, IT equipment, and more. All this, plus FFE items, will help contribute to make our Senior Center a first-class destination we all can be proud of.

As mentioned in earlier meetings with the Select-board, our fundraising efforts will be conducted in 2 phases: the quiet phase whereby our special subcommittee of 6 fundraisers will be contacting potential major donors (both businesses and individuals) and then shortly afterwards, the public phase. We are just now entering the quiet phase. In return for donations, the donor will have the option to have name recognition plaques for specific rooms and/or various items like benches, windows, patio bricks, and more. Full details, including costs, will be forthcoming. We'll also be holding meetings in the near future to show how you can participate and support this effort. In the meantime, we wish you a happy, healthy and prosperous New Year! *Stay tuned.*

Matt Villamaino President, Friends of Wilbraham Seniors, Inc.

SAVE THE DATES

January 6 Friends Brain Storming Session - 10 am

2023 Dates for Friends General Membership Meetings

Starting in 2023, our General Membership meetings will take place at 1:30 at the Senior Center on the 4th Wednesday of the months below
January 25 • April 26 • July 26 • October 25

Annual 50-50 Raffle Now thru March 31- See flyer attached to this newsletter for details



Our 12th annual Holiday Bazaar was a smashing success! Fun was had by all that attended. Many thanks to our pool of volunteers. It goes to show - **"It takes a village."**



Feeling Creative?

Want to use your talents to raise \$\$\$ for a good cause? Join other like-minded creatives and members of the Friends of Wilbraham Seniors in a Brain Storming session 10:00 am on Friday, January 6, 2023 at the Wilbraham Senior Center to come up with new and creative fundraising activities and events for 2023.

Intrigued? Interested? Email the Friends Fundraising Director Ann Marie Gaudette at thrmoman@msm.com or call her at 413-599-4803 and let her know you will join the group on January 6th. Or call or email her with your ideas even if you can't attend.

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

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

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

Springfield MA

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

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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

Study Participant needed:

Who: Seniors who are having difficulty hearing and memory.

When: Starting mid April. Once a week for 10 weeks at the senior center.

You will have you hearing tested.

Seniors who complete the study will be placed in a raffle to win a free YMCA membership. Call Marissa @ 508-216-3359 for info or to sign up.

The Saint Cecilia Women's Club will be holding its annual winter Card & Game Party & Luncheon on **Thursday, January 26**, at the Saint Cecilia Parish Center, 423 Main St., Wilbraham. Check-in begins at 11:30 with lunch served at noon. Please join us for a fun afternoon with friends playing any games of your choice. There will also be a raffle for many prizes. The donation is \$8 and proceeds are used for our club's scholarships and donations to charitable organizations in the area. For reservations, call Sue Agnew, 596-9480. Hope to see you there!

VETERAN NEWS

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

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

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

Eligibility Requirements:

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

Clause 22 - \$400

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

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

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

Clause 22E - \$1,000

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

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

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



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RED HAT YA YA SISTERHOOD OF WILBRAHAM

What a Year!! 2022 is officially in the books. And what a great year it has been!!

I would like to welcome our new members: Janet Settembro, Pam Hayes, Barbara Dzierwinski, and Eileen Shlosser!!

The annual Christmas Party was held at the Ludlow Country Club on December 9th. A generous donation from our Red Hatters was made to the Community Survival Center.

Our January Let's Do Lunch event will be held on January 13th at the Villa Rose Restaurant from 12 PM - 3 PM. Lunch will be ordered off the menu with separate checks and if you have not signed up yet please call Chair-lady Ruth Chappel.

Mark your calendar for Wednesday, February 15th. We will be holding our Valentine's Lunch from 12 PM - 2 PM at the Wilbraham Senior Center. An email will be going out and also members without email will be called to sign up.

What a Year!! 2022 is officially in the books. And what a great year it has been!!





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anna.randall@gsssi.org



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BEST NURSING HOME 2021-2022 BY NEWSWEEK

LIFE CARE CENTER OF WILBRAHAM

DENNIS LOPATA, EXECUTIVE DIRECTOR

413.596.3111 • LifeCareCenterofWilbraham.com
2399 Boston Rd. • Wilbraham, MA 01095



147091

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Orchard Valley
AT WILBRAHAM
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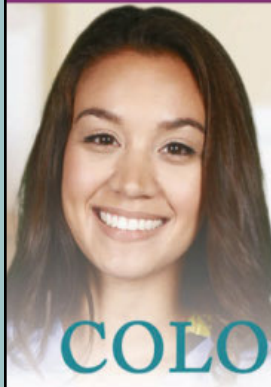
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The Wilbraham Senior News is mailed monthly by the Friends of Wilbraham Seniors, Inc. for the Council on Aging. Typed contributions accepted by the 8th of each month & mailed to:

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