



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

Volunteer at the Senior Center We are looking for Medical appointment drivers.

Appointment drivers will drive a Wilbraham senior in need to a local doctors appointment. In January alone, there were 21 appointments that were successfully covered, thanks to our medical driver volunteers. Volunteer hours based on your own schedule. If you are interested, please call Jen at 596-8379

TOUR: Blue Bird Estates

TOUR with the Senior Center on **March 10**. Call 596-8379 to sign up. At Bluebird Estates, an independent living community, we offer a full range of activities, three meals a day, a snack bar and more. A few amenities are: three chef prepared meals with three choices daily, weekly housekeeping with linen service, expanded cable TV package, an emergency response device and more. Come visit to learn more!

February Valentines Day Special Lunch

Join us on Tuesday February 14 for a Special Lunch. This lunch will be pizza & salad \$2. Dessert is kindly sponsored by Life Care of Wilbraham. Musical entertainment provided by The Ragtime 5. Doors open at 11:45, lunch is served at 12pm. 596-8379 to sign up. \$2.

****NEW**** We will be signing up Wilbraham residents only for lunch until Feb 6. After Feb 6, registration is open to all. Last Day to sign up is Feb 10.

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 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.

Health New England

Monday, Feb 13 @10:30

Retiring and looking for the right Medicare plan? Connect with Health New England and tell us what's most important to your health, well-being and budget. We can help!

Our PPO and HMO plans give you extra benefits not offered by original Medicare. Learn about the different parts of Medicare including Medicare Advantage and Medicare Supplement. Attend a free Medicare Informational session and talk to our Medicare specialists.

TOUR: The Reserve at East Longmeadow

Friday, February 24th. 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.

AARP Taxes

AARP is back this year to assist seniors with their taxes. If you have basic taxes, please call the senior center at 596-8379 and give us your name, address, and phone number. Once appointments become available, the senior center will call you back with a date and time for you to possibly bring your taxes in to get filed.

Inclement Weather Policy

When the Wilbraham Town Hall is closed due to weather, the senior center is also closed. When the Scantic Valley YMCA located in Post office Park is closed, the senior center is also closed. We **do not** based our closure off of Wilbraham Public schools. Please feel free to call before heading to us in uncertain weather. 596-8379

NEWS & EVENTS

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

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

FRIENDS MEMBERSHIP MEETING Meetings are held in the Senior Center. Please give us a call if you are interested in becoming a member. 4/26, 7/26, 10/25

JEWELRY WORKSHOP— Wednesday, **Feb 15 @ 10 AM**. Cost for class is \$3, plus materials. Create new pieces or repair your broken jewelry.

BOOK CLUB, Feb 16 at 2:00 pm. All are welcome to join in the discussion. —Feb—*The Fountain Head*, Rand—Mar—*The Gravel Heart*, Gurnah

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, Feb 22**

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 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

Some exciting possibilities for the 2023 season are:

The Aqua Turf Club Tues, April 11: *Shake, Rattle 'n' Roll Dueling Pianos* mixing Music, Comedy and Audience Interaction; coffee/donuts, free drink, lunch, show & door prizes, \$119/pp

The Log Cabin Weds, May 24: America's Sweethearts the Andrews Sisters Tribute; family-style lunch, show, tax & tip, \$79/pp SELF DRIVE ONLY/NO BUS.

Cape Cod Canal Cruise (narrated) w lunch @ Lindsey's, \$116/pp
Boston's Duck Boats w lunch, tour, \$ TBD

The Log Cabin Weds, July 12: Garth Brooks Tribute, Twin Lobster or Prime Rib, \$85/pp SELF DRIVE ONLY/NO BUS.

The Aqua Turf Club Tues, Aug 15: *Come Fly with Me*, Dance to music from Sinatra, Kenny Rogers, Tim McGraw & more; coffee/donuts, free drink, lunch, show & door prizes, \$119/pp

Newport Playhouse Lobsterfest, show & cabaret, \$ TBD

VT Fall Foliage w stop @ Honora Winery for lunch, tour Grafton Village Cheese Co, \$ TBD;



February 6 Hot Dog and Beans

February 13: Grilled Cheese

February 20 Closed

February 27: Taco 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

Pedro, Joanne
Levesqu, Barbara
Nallet, Theresa
Allen, Dot
Health New England
Anonymous

Friends of Wilbraham Seniors Nov & Dec 2022

General Fund

Anonymous
Arabic, Mary
Belcastro, Sandra
Bigos, Claire
DiAugustino, Linda
Nallett, Teri
Reich, George/Elaine
Smith, Chapman/Susan
Szaban, Helen
Tessier, Patricia
Thomas, Michael & Karen
Trombly, Joan

Vartanian, Sandra
White, Jean

Bldg Fund

Hilbert, Frederick F
Ludwig, Franklin/Ann
Mandolesi, Steve/Linda
Paluck, Richard & Dorothy
Puffer, John
Sullivan, William
Szaban, Helen

Bldg Fund In Memory/ Honor of

Bennett, Charles/In honor of Marie Trimble
Gormley, Deborah/In Memory of Dorothy Kirk
Paulin, Adele/ In Memory of Kathy Phipps
Red Hat Ya Ya Sisterhood of Wilbraham in Memory of Dorothy Kirk
Red Hat Ya Ya Sisterhood of Wilbraham in Memory of Judy Driscoll

HEALTH & FITNESS PROGRAMS

HEALTH PROGRAMS



Foot Care Nurse | Feb 9

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

Foot Doctor Cindy Galavotti | Feb 2

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

Baystate Hearing Aids | February 8

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

Hiking Club

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

Tuesday Feb 14 @ 9:15

Labelle Dr. Conservation area. Park at St Marks 2427 Wilbraham Rd, Springfield. 1.5 mile loop trail

Tuesday Feb 28 @ 9:15

Sweet Alice Conservation area. 59 Bay Rd, Amherst, MA Easy 1 mile. Option to continue to horse caves for Moderate hike.

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. ** Thank you to the "Secret Santa" who left a bag of Essential Oils for me to use during my Reflexology sessions! I have shared a few with my clients here at the Senior Center, as well as put the others to good use. It was a very nice gesture and greatly appreciated! -Dawn Dietrich **

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 – February 3

Facials

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

Reiki *NEW*

Mondays. 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

Walking group

Walks outside will resume in the spring! If there is a group that is interested in walking at the Eastfield mall, please call Jen at the Senior center 596-8379.

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.



FEBRUARY 2023 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9 -Tai Chi 10:30—Quilting 1—Scrabble 1— Social Art Randall's/ Ocean State	2 9— Dr. Galavotti 10-Chair Exercise 10:45—Aerobics 12:30— Mahjong 1—Knitting Stop & Shop	3 9-Massage 9-SHINE 9:30— YOGA 1— Bridge 1-Chair Volleyball
6 9— Reiki—NEW 12:30—Bingo 1— Rug Making 2:45— Line Dancing Big Y Hot Dog & Beans	7 10— Chair Exercise 10—Blood Pressure 10:45—Aerobics 1:30— Pinochle Around Town	8 9 -Tai Chi 10— Bay State Hearing 10:30— Quilting 1—Scrabble 1— Social Art Walmart (Ware)	9 8—Foot Care Nurse 10-Chair Exercise 10:45—Aerobics 12:30— Mahjong 1—Knitting Big Y	10 9— Reflexology 9-SHINE 9:30— YOGA 1— Bridge 1-Chair Volleyball
13 9— Reiki—NEW 10:30—Health New England 12:30—Bingo 1— Rug Making 2:45— Line Dancing Big Y Grilled cheese	14 9:15 Hiking Club 10— Chair Exercise 10—Blood Pressure NO Aerobics 11—Grief Support Series 12— Special Lunch 1:15— Red Hat Meeting 1:30— Pinochle Around Town	15 9 -Tai Chi 10—Jewelry 10:30— Quilting 12—Red Hat event 1—Attorney Peterson 1—Scrabble Trader Joe's	16 10-Chair Exercise 10:45—Aerobics 12:30— Mahjong 1—Knitting 2— Book Club Stop & Shop	17 9— Reflexology 9-SHINE 9:30— YOGA 1— Bridge 1—Brown Bag 1-Chair Volleyball
20 	21 10— Chair Exercise 10—Blood Pressure 10:45—Aerobics 1:30— Pinochle Around Town	22 9 -Tai Chi 10:30— Quilting 12:30—Sen. Lesser's Aid 1—Scrabble 1— Social Art Walmart (Chicopee)	23 8- Facials 10-Chair Exercise 10:45—Aerobics 12:30— Mahjong 1—Knitting Aldi	24 9— Reflexology 9-SHINE 9:30— YOGA 12: Reserve Tour 1— Bridge 1-Chair Volleyball
27 9— Reiki—NEW 12:30—Bingo 1— Rug Making 2:45— Line Dancing Big Y Taco Salad	28 9:15 Hiking Club 10— Chair Exercise 10—Blood Pressure 10:45—Aerobics 11—Grief Support Series 1:30— Pinochle			

 <p style="text-align: center;"><i>The Care You Need. The Compassion You Deserve.</i></p> <p style="text-align: center;">413-373-4075 • www.myvantagecare.com</p>	<p style="text-align: center;">ADT-Monitored Home Security</p> <p style="text-align: center;">Get 24-Hour Protection From a Name You Can Trust</p> <ul style="list-style-type: none"> • Burglary • Fire Safety • Flood Detection • Carbon Monoxide <p style="text-align: center;">   833-287-3502 </p>
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NEWS & EVENTS

Grief Support Counseling– FREE

Tuesday, February 14 & February 28 @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

Do you find yourself getting more tired and sad at this time of year? Do you dread when we turn the clocks back and it gets dark by 430pm? Do you lose energy when we get a string of cloudy/rainy days in a row? Does this seem to happen every fall and then get better in spring as days get longer? If so, you may be suffering from a type of depression called Seasonal Affective Disorder or SAD. Symptoms include: feeling listless or down most of the day, every day; losing interest in activities, low energy/feeling sluggish, craving carbohydrates, overeating or weight gain, oversleeping and difficulty concentrating. If this seems to happen year after year, it is likely that you have SAD.

While we don't know for sure what causes this, scientists believe it may be a disturbance in your body clock or circadian rhythm. The lack of sunlight can disrupt this system. A drop in serotonin, which is a brain chemical that affects mood can be caused by the shorter days as well.

Women tend to be affected more than men and a family history of SAD or clinical depression or having depression yourself adds to your risk. It seems to be more common in folks who live farther from the equator, such as we do. This makes sense if you think about how little sunlight we see at this time of year. A low level of Vitamin D is a risk factor, since Vitamin D helps boost serotonin levels. If you suspect SAD, the first thing is a thorough physical exam to rule out other causes of your low mood. This may also include lab work and a psychological evaluation.

There is no real way to prevent SAD, but there are many things you can do to manage your symptoms. These include light therapy, psychotherapy and medications if needed. Light therapy, also called phototherapy, uses a special light box that emits the same spectrum as natural sunlight. Most folks sit in front of the box for an hour or so at the beginning of the day. It appears to cause a change in brain chemicals linked to mood. If you choose to try a light box, be sure to

Speak with your health care provider first, especially if you have eye problems such as glaucoma or cataracts. There are certain recommendations on using them such how long, how far away to sit, what type of light it emits, etc. that should be reviewed as well. They are not regulated by the FDA so it is important to have expert guidance before a purchase. They are not often covered by insurance, so other changes should be tried first.

Psychotherapy or talk therapy can help you learn healthy ways to cope with SAD, manage negative thoughts and anxiety/stress, as well as building healthy behaviors to improve your mood. Some patients experience relief with antidepressants, though lifestyle changes and phototherapy seem to bring about the best results.

There are things you can do on your own to manage SAD, even without a formal diagnosis. Make your environment sunnier and brighter by bringing in as much natural light as possible; open blinds and curtains, keep trees and bushes trimmed near your house, and sit next to windows when you can. Getting outside within 2 hours of getting up in the morning can be a huge help. Even on a cold or cloudy day outdoor light can help. Exercise regularly to relieve stress and anxiety; exercise is often a prescription for all types of depression. Try to stick to a sleep schedule and limit napping or oversleeping. SAD can make you feel like hibernating, but increased sleep may worsen the fatigue you feel. It is also important to socialize with others during this time; a short walk with a friend in the morning or at noon when temps are mild can give you a boost. Even 15-30 minutes can be enough to reduce the sad feelings and lethargy. You may not feel like going out, but the benefits are worth it.

If you have questions or comments, feel free to email the Senior Center Building Committee at seniorinfo2021@gmail.com or leave a message at 596-2800 ext. 315.

FRIENDS OF WILBRAHAM SENIORS

FRIENDS OF WILBRAHAM SENIORS, INC. Application for Friends Membership or Supporter



Help us to raise funds and support our Seniors in town.
All phone numbers and email addresses are confidential
and will not be published. No dues or mandatory meetings.

- Become a **Member**: Receive regular eblasts about current events, participate in voicing your opinions on Friends activities, vote at Friends meetings, run for an elected office.
- Become a **Supporter**: All of the above except you cannot vote at Friends meetings or run for an elected office.

Name _____

Address _____ City _____ State _____ Zip _____

Email _____ Cell _____ Landline _____

Helping to support an active, fun, and healthy lifestyle for our Seniors. • Friends01095@gmail.com
Friends of Wilbraham Seniors, Inc. - 40 Post Office Pk #747 - Wilbraham, MA 01095

Feeling Creative Part 2/Planning
Come one, come all! The group who met last month came up with some great ideas for our 2023-24 fundraisers, so now we'll be moving to our planning stage. In order to execute our ideas, we need your help! We have the next two meetings scheduled for Feb. 3 and Mar. 3 from 1:00-2:00 at the Wilbraham Library's Brooks Room. In order to set up and plan refreshments, please RSVP our Fundraising Director, Ann Marie Gaudette at thrmoman@msn.com or call 599-4803. More information will be in The Times, but for now save these dates and spread the word!

50/50 WINTER RAFFLE

SPONSORED BY FRIENDS OF WILBRAHAM SENIORS INC.
NOW THRU MARCH 31ST!

All proceeds to support the Wilbraham Senior Assistance Fund to help our Seniors who, as a last resort, need financial help to pay utility bills, heating bills, medical equipment, prescriptions, etc. - Payments made directly to vendors.



- ▶ Friends of Wilb Seniors **50%**
- ▶ First Prize Winner.....**25%**
- ▶ Second Prize Winner....**15%**
- ▶ Third Prize Winner.....**10%**



Drawing Held at the Senior Center March 31st

Fill out the tickets below or simply affix your return address label. Drop off at the Senior Center or, mail with your check (\$5 for 1 ticket or \$10 for 3 tickets) to Friends of Wilbraham Seniors Inc., 40 Post Office Park # 747, Wilbraham, MA 01095. For more info call Ann Marie Gaudette 599-4803. Additional tickets available at Senior Center. Thank you for your support!!!

50/50 WINTER RAFFLE	50/50 WINTER RAFFLE	50/50 WINTER RAFFLE
Name _____	Name _____	Name _____
Address _____	Address _____	Address _____
City _____ State _____	City _____ State _____	City _____ State _____
Phone _____	Phone _____	Phone _____
1 Ticket \$5 or 3 Tickets \$10	1 Ticket \$5 or 3 Tickets \$10	1 Ticket \$5 or 3 Tickets \$10
Drawing March 31 - Mail: Friends Wilb Seniors 40 Post Office Pk # 747, Wilbraham, MA 01095	Drawing March 31 - Mail: Friends Wilb Seniors 40 Post Office Pk # 747, Wilbraham, MA 01095	Drawing March 31 - Mail: Friends Wilb Seniors 40 Post Office Pk # 747, Wilbraham, MA 01095

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
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.



SOCIAL SERVICES

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 Opporutnity 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 7, 2025, due to the ongoing COVID-19 pandemic. Beginning May 7, 2025, 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

Volunteer opportunities—Wilbraham Friends of the Library

The Friends are a group of people with common interests: we care about our library, our town and our neighbors. We have a wide range of interests and life experiences, backgrounds and commitment levels. Some on our project teams get involved in everything, some enjoy contributing a two hour shift at the book sale or clothing drive. An extra pair of hands is always welcome. If you want a more substantial role in giving back to the library the WFOL Board of Directors could be what you need. It guides and oversees our mission of funding for programming and related library needs not provided by Wilbraham taxpayers. The basic time commitment is a minimum 1-2 hours a month from September to June. Helping with projects you want to work on is an empowering way to pitch in. If you have some extra time and want the pleasure of service to the library, please contact us! If you have a talent you want us to be aware of, please contact us! No matter your life experience, talents, or time availability, there is a place for you with the Friends. In addition, we sometimes need help with a quick legal or accounting question, help folding and sending out a mailing, or a quick proof-read of a document. This is valuable help not taking a significant amount of time. friends@wilbrahamlibrary.org

The Wilbraham Junior Women's club is collecting used/ unwanted cellphones and tablets for Secure the Call. These devices find new life as emergency only phones, which are then distributed across the county to victims of domestic violence and senior who may not be able to afford a phone. The club will have drop boxes at Town Hall and the Library through the end of February. For more information on the national program and their mission, visit securethecall.org

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.

EXCEL *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
4 Stony Hill Road, Wilbraham, MA 01095 | www.excelhomecareservices.com
We accept Medicare and Medicaid. Servicing Western Massachusetts

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CONTACT ME
Susanne Carpenter
scarpenter@lpicommunities.com
or (800) 477-4574 x6348

RED HAT YA YA SISTERHOOD OF WILBRAHAM

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Our Valentine's Day Lunch is being held at the Wilbraham Senior Center on February 15th at noon. Our co-chairs for this event have planned a 'Pass the Egg' game which they guarantee will be lively and greatly entertaining! Finger sandwiches and desserts will be provided. Please call Arline, Donna, or Linda soon to sign up.

Our March event will be the St. Patrick's Going Green dinner at St. Cecilia's on Saturday, March 18th. The cost is \$20.00 pp and there will be an Irish music sing-a-long.

Exit Seven Players Theater and Tony and Penny's are the sites of our April event on Sunday, April 23rd. The play Into the Woods starts at 2:00 PM. After the play we will meet at Tony and Penny's. I will need to order a block of tickets in advance for the play so please call me to make a reservation. Dinner will be off the menu with separate checks.

Our second annual Day at the Races event is scheduled for May 10th at the Senior Center starting at noon. This exciting event will feature horse races and big \$\$ prizes. Light refreshments will be served.

For our June 21st event we will create a Summer Wreath craft to decorate your front door. A catered lunch will follow.




Please welcome our newest member Claire Cloutier!

All the Best,
Ruth Chappel, Queen Mum

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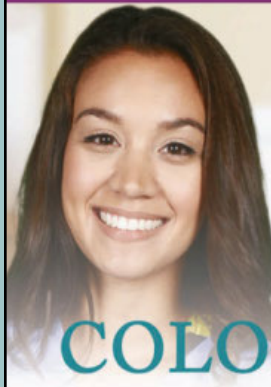
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SUBMITTAL INFORMATION

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
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