



# WILBRAHAM SENIOR NEWS

## Reiki

30 min Sessions for \$20. MONDAYS  
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. Leaving Senior Center at 11:30am.** 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!

## 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

## March Special Lunch

Join us on Tuesday March 14 for a Special Lunch at the senior center. This lunch will be Chicken, rice, and veggies, kindly sponsored by Keystone Commons. Musical entertainment by Stephen George. Doors open at 11:45, lunch is served at 12pm. 596-8379 to sign up.

**\*\*NEW\*\*** We will be signing up Wilbraham residents only for lunch until Mar 3. After Mar 3, registration is open to all. Last Day to sign up is Mar 10.

## TED Talks

Thursdays @ 11am-12pm. Watch a short clip followed by an optional group lead discussion. Please call 596-8379 to sign up

Thursday, March 9— “Why Having fun is the secret to a healthier life” 13 min

Thursday, March 16— “How mRNA medicine will change the world” 18 min

Thursday, March 30— “Stories of photographing monumental people—from Michelle Obama to Stephen Hawking” 19 min

## Funeral Planning: All there is to Know: Rescheduled

On **March 6th @ 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.

## Senior Living Options in Western Mass

**Tuesday, March 28 @1pm**

Have you considered moving into a senior living community but don't know what your options are? Come join us for an informational session about evaluating the senior living options in your area with Eric Aasheim from Oasis Senior Advisors of Western Mass. Making the decision to move from your home

is one of the most difficult transitions that seniors can make, but you can greatly simplify the process of finding your perfect fit community by knowing the most important questions to ask. Join us for refreshments and a discussion. Sign up at 596-8379

## Understanding Medicare Monday, March 20 @10:30

There will be an educational presentation where you will learn what you need to know or what you need to do, as you approach Medicare eligibility age 65. Attendees will receive a valuable, resource book with some important information and you will leave with a better understanding of Medicare. This is not a sales meeting and no marketing materials will be available. Bill Bjerke from Fallon Health will be here to conduct the program. Sign up at 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 **Mar 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, **Mar 15 @ 10 AM**. Cost for class is \$3, plus materials. Create new pieces or repair your broken jewelry.

**BOOK CLUB, Mar 16** at 2:00 pm. All are welcome to join in the discussion. Mar—*The Gravel Heart*, Gurnah — April—*Remarkably Bright Creatures*, Van Pelt

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

**SENATOR OLIVIERA'S AIDE** Jennifer Pickering will be at the Senior Center at 12:30 pm to meet with residents on **Wednesday, Mar 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 **Tuesday** 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.

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)



March 6: Meatloaf & Mashed Potato

March 13: Hot dog and beans

March 20 Meatball sub

March 27: breakfast for lunch

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 Friends of Wilbraham Seniors

January 2023  
General Fund

Blanchard, Jean  
Bralski, Alex  
Cacciola, Sandy  
Chase, Mary Ann  
Cyr, Alice  
Moore, Joanne  
Obuchowski, Patricia  
Phillips, Cheryl  
Rovelli, Carleen  
Slade, Patricia  
Szaban, Helen

**In Memory of  
Kenneth Slowick**  
Pilarcik, Thomas &  
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 | Mar 9

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

### Foot Doctor Cindy Galavotti | Mar 2

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

### Baystate Hearing Aids | March 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 March 14 @ 9:15

Mt Holyoke Summit Trail  
2.7 mile moderate. Park on Mountain Rd in Hadley off of rt 47

#### Tuesday March 28 @ 9:15

Forest Park. 3 miles easy paved hike. Park at Picknelly Field: Columbus Ave, Springfield ( Don't go through Forest Park Gates)

## 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 – **March 3**

### Facials

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

### Reiki

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 **10am** for relaxation, moderate YOGA class. \$6 payed to the instructor. Call 596-8379 to register.

### Aerobics

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



# MARCH 2023 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> 9 -Tai Chi 10:30—Quilting 1—Scrabble <b>Randall's/ Ocean State</b>	<b>2</b> 9— Dr. Galavotti 10-Chair Exercise 10:45—Aerobics 11— TED Talk 12:30— Mahjong 1—Knitting <b>Stop &amp; Shop</b>	<b>3</b> 9-Massage 9-SHINE 10— YOGA TIME CHANGE 1— Bridge 1-Chair Volleyball
<b>6</b> 9— Reiki 10:30 Funeral Home 12:30—Bingo 1— Rug Making 2:45— Line Dancing <b>Big Y</b> Meatloaf and potato	<b>7</b> 10— Chair Exercise 10—Blood Pressure 10:45—Aerobics 1— Social Art 1:30— Pinochle <b>Around Town</b>	<b>8</b> 9 -Tai Chi 10— Bay State Hearing 10:30— Quilting 1—Scrabble <b>Walmart (Ware)</b>	<b>9</b> 8—Foot Care Nurse 10-Chair Exercise 10:45—Aerobics 11— TED Talk 12:30— Mahjong 1—Knitting <b>Big Y</b>	<b>10</b> 9— Reflexology 9-SHINE 10— YOGA TIME CHANGE 11— Blue Bird TOUR 1— Bridge 1-Chair Volleyball
<b>13</b> 9— Reiki 12:30—Bingo 1— Rug Making 2:45— Line Dancing <b>Big Y</b> Hot Dog & Beans	<b>14</b> 9:15 Hiking Club 10— Chair Exercise 10—Blood Pressure NO Aerobics 11—Grief Support Series 12— <b>Special Lunch</b> 1— Social Art 1:15— Red Hat Meeting 1:30— Pinochle	<b>15</b> 9 -Tai Chi 10—Jewelry 10:30— Quilting 1—Attorney Peterson 1—Scrabble <b>Christmas Tree Shop</b>	<b>16</b> 10-Chair Exercise 10:45—Aerobics 11— TED Talk 12:30— Mahjong 1—Knitting 2— Book Club <b>Stop &amp; Shop</b>	<b>17</b> 9— Reflexology 9-SHINE 10— YOGA TIME CHANGE 1— Bridge 1—Brown Bag 1-Chair Volleyball
<b>20</b> 9— Reiki 12:30—Bingo 1— Rug Making 2:45— Line Dancing <b>Big Y</b> Meatball sub	<b>21</b> 10— Chair Exercise 10—Blood Pressure 10:45—Aerobics 1— Social Art 1:30— Pinochle <b>Around Town</b>	<b>22</b> 9 -Tai Chi 10:30— Quilting 12:30—Sen. Oliveira's Aid 1—Scrabble <b>Walmart (Chicopee)</b>	<b>23</b> 8- Facials 10-Chair Exercise 10:45—Aerobics 12:30— Mahjong 1—Knitting <b>Aldi</b>	<b>24</b> 9— Reflexology 9-SHINE 10— YOGA TIME CHANGE 1— Bridge 1-Chair Volleyball
<b>27</b> 9— Reiki 12:30—Bingo 1— Rug Making 2:45— Line Dancing <b>Big Y</b> Breakfast for lunch	<b>28</b> 9:15 Hiking Club 10— Chair Exercise 10—Blood Pressure 10:45—Aerobics 11—Grief Support Series 1— Presentation 1— Social Art 1:30— Pinochle	<b>29</b> 9 -Tai Chi 10:30— Quilting 1—Scrabble <b>TBD</b>	<b>30</b> 10-Chair Exercise 10:45—Aerobics 11— TED Talk 12:30— Mahjong 1—Knitting <b>Big Y</b>	<b>31</b> 9-SHINE 10— YOGA TIME CHANGE 1— Bridge 1-Chair Volleyball

 <p><b>Vantage</b> CARE</p> <p><i>The Care You Need. The Compassion You Deserve.</i></p> <p>413-373-4075 • <a href="http://www.myvantagecare.com">www.myvantagecare.com</a></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</p> <p><b>833-287-3502</b></p>
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## NEWS & EVENTS

### Grief Support Counseling– FREE

**Tuesday, March 14 & March 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

Even though we have just finished Heart Health Month, the issues stay with us all year round. As we age, our chances of heart disease or a heart attack increase. At age 60, about 20% of men and 10% of women have heart disease. By age 80, that risk almost doubles. The time to think about your heart is right now, no matter what age you have reached. All the lifestyle changes I will be discussing have benefits even if you already have heart disease, high blood pressure or cholesterol, or have had an unhealthy lifestyle up until now. It is never too late!

There are some things that make you much more prone to heart disease. These are uncontrolled high blood pressure, smoking, excess weight and diabetes. Some doctors would include a sedentary lifestyle and chronic stress to that list. If your only exercise is walking to the mailbox or from your car to a store, you are putting yourself at risk. There are some very simple changes that you can make to your life that can substantially lower your risk of disability or death from a heart problem, so let's look at them.

First, our diets. We might be cooking less with only 2 people in the house, and prepared foods are usually unhealthy. It can be easy to modify our diets to be healthier. Eat more fruits and vegetables. If you don't like salads, cut up veggies with some salad dressing for dipping can be an alternative. Veggies can be steamed, sauteed in a little olive oil or chicken broth, or thrown in soup. Frozen is just as good as fresh for nutrition. Have fruit every morning or for a snack. Whole grains are important, especially oatmeal as it lowers cholesterol. We can avoid red meat and fried foods by having one or two vegetarian dinners a week. If you are interested in a pre-designed plan, look up the Mediterranean and DASH diets (Dietary Approaches to Stop Hypertension). Next, know your numbers: blood pressure, cholesterol level and body mass index. If you have diabetes, your A1C is important as well. Having diabetes puts you in the same risk

category as a person who has already had a heart attack. Exercise has a number: it is recommended that everyone gets at least 150 minutes per week of moderate exercise. This can be broken up however you like- 30 minutes 5 days a week is a guideline. Only 10 minutes twice a day with 3 times on a weekend day gets those minutes in! Activities can be useful (yard work), fun ( a brisk walk with friends to Rice's or the Village Store) or stress relieving (an impromptu dance session to the oldies station in your kitchen, singing along optional). The Senior Center has blood pressure screenings every Tuesday morning from 10-11am. For exercise, there is a walking group and a hiking club. Contact Jen Curtis at the Center for more info on those.

Speaking of stress, this is an underrated risk factor. Chronic, daily stress narrows arteries, raises blood pressure and increases your risk of a heart attack. We worry about our families, money, our health and the state of the world. Some turn to food or alcohol to relieve it, but there are healthier choices. An ice cream sundae or a cocktail with friends can be an occasional outlet but not the best strategy. All of us can incorporate stress reduction into our lives. Some ideas are : meditation; prayer; journaling; making something with our hands for ourselves or others; laughing every day; a long talk with a friend (combined with a walk is multitasking!). Get outside every day even if just for 10 minutes. If you are a caregiver, schedule a day off for yourself a couple of times a month or once a week just to concentrate on yourself.

We only have one heart we need to care for it in all ways. If you have any questions, email me at [Seniorinfo2021@gmail.com](mailto:Seniorinfo2021@gmail.com). You can also leave a message at 596-2800 ext. 315.

Diane Weston, RN

# FRIENDS OF WILBRAHAM SENIORS

## MESSAGE FROM YOUR FRIENDS CAPITAL CAMPAIGN UPDATE



FRIENDS OF  
WILBRAHAM  
SENIORS, INC.

As mentioned earlier, the Friends will be undertaking a major Capital Fundraising Campaign to support the needs of our new Senior Center. We will be mailing information to all residents and businesses in late February or early March on how you can participate. In addition, we plan to hold informational meetings at various locations later this year.

Our goal is to raise \$750,000 to furnish the new building with necessary items such as tables, chairs, TV monitors, A/V equipment, copy machine, cabinets, benches, bookcases, kitchen supplies/utensils, place settings, exercise equipment, and more. This category is called FFE or fixtures, furnishings and equipment. In addition to FFE, other needed items include a backup generator, IT equipment, additional benches, and planters to name a few.

As a thank you for your donation, donors will have the option to have a name recognition plaque for specific rooms (i.e. cafe, multi-purpose, fitness, game, kitchen) and/or various items like benches, bookcases, windows, patio furniture, bricks, and more. A complete list of items and prices will be included in the packet. Since quantities are limited, all requests are on a first come, first served basis.

Donors who contribute \$1,000 or more will have their name engraved on a large wall plaque in a prominent location in the reception area.

The Senior Center will also have a brick patio in the rear of the building and will be called the *Friends Legacy Club*. Bricks will be available for donor personalization such as "In Memory of.....". We'll help you with the wording.

Name recognition plaques for rooms, products, and bricks are a wonderful way to memorialize or honor family members and friends with your personal message.

All donors, regardless of their contribution, will have their name published in the Senior Newsletter. Requests for anonymity will be respected.

Our Capital Campaign is now underway, essentially taking over the goals of the Friends original Building Fund. To avoid confusion, effective April 1st, the Building Fund will be renamed the *Senior Services and Programs Fund*. Donations made to this new fund will be used for future services, programs and assistance requests for the Senior Center. Donors who continue to contribute to the Building Fund name after April 1st will be recorded under this new name.

We look forward to talking with you to help make our Senior

Center a first-class destination everyone can be proud of. Your gifts will help to enhance the quality of life for our growing population of Seniors, and are greatly appreciated.

Sincerely,

*Matt Villamaino* President



At a recent Board of Selectmen's meeting, Paula Dubord, Senior Center Director of Elder Affairs, accepts a ceremonial check from the Friends of Wilbraham Seniors for \$151,000 to help with expenses in the new Senior Center. Left to right, George Fontaine, Chairman of SC Building Committee, Paula, Matt Villamaino, President of the Friends and Maria Cacula, VP Friends.

## CATCH THE BUZZ Executing Our Fundraisers

At last month's "Feeling Creative" meeting, we decided which fundraisers we wanted to pursue during this upcoming spring though September. Before our next meeting in March, teams will be ironing out the logistics for these events. Once this is done, we'll need a lot more volunteers to lend us a hand in executing these exciting and worthwhile endeavors that will help support and raise funds for our Senior citizens. Join us on March 3 at the Wilbraham Library (Brooks Room) from 1-2 pm to find out about the creative ideas we want to bring to fruition and hopefully you'll be able to assist us in some capacity. For more info, call Ann Marie Gaudette at 599-4803.

## SAVE THE DATES

- March 3 (Friday) Catch the Buzz: Executing Our Fundraisers - Wilbraham Library from 1-2 pm
- March 14 (Tuesday) Dine-In or Take-Out at Crazy Jakes
- March 31 (Friday) 50/50 Raffle Drawing at the Senior Center. See insert for coupons.
- April 12 (Wednesday) Friends Membership Meeting 1:30 pm at Senior Center
- April 18 (Tuesday) Catch the Buzz: Executing Our Fundraisers - Senior Center - time TBD



# 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.

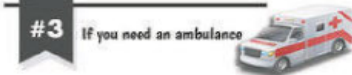
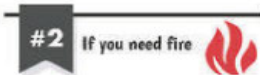
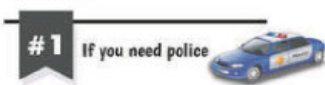
By helping you to apply and or recertify, this makes the process much more efficient and can alleviate benefit wait times.

Any questions or concerns please do not hesitate to contact me. 596-8379

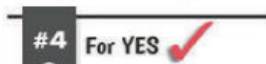
## The Silent Call Procedure

If you need to call 9-1-1 and you are unable to speak for any reason, once the call is answered:

Press



If the 9-1-1 dispatcher asks questions, press



Source: MA State 911 Department and the Executive Office of Public Safety and Security

[www.mass.gov/e911](http://www.mass.gov/e911)

## 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.



## You May Qualify

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

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)

Springfield Corps

170 Pearl St

413-733-1518

## Senior Companion Program

Want to volunteer on your own time? This may be your opportunity. There are seniors in town that need some companionship from a kind community member. These seniors, due to one reason or another, are isolated and have little to none quality interactions.

If you sign up to be a companion, you will be able to make a real impact on a seniors' life with just a phone call. Your calls/ visits can be as often as you want. Call 596-8379 for more details.

# 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

### 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.

### 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 413-858-0060 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.



# RED HAT YA YA SISTERHOOD OF WILBRAHAM

Our *Valentine's Day Lunch* was held at the Wilbraham Senior Center on February 15<sup>th</sup>. The 'Pass the Egg' game was a big hit! Thank you to our chair-ladies Donna Hick, Arline Cambo, and Barbara Forsyth for such an amusing afternoon. They had a great time putting the egg together!!!

Our March event will be the St. Patrick's *Going Green* dinner hosted by the Knights of Columbus at St. Cecilia's on Saturday, March 18<sup>th</sup> from 5:00 PM to 7:00 PM. We need everyone planning on attending this sit-down dinner to RSVP by March 6<sup>th</sup> to ensure we have our seats reserved and all together. Please call Jane at 413-596-6046 to let her know you are going. Checks for \$20.00 made out to the YaYa Sisterhood should be mailed to Jane Soukup, 11 Vista Road, Wilbraham, 01095. There will be raffles, adult beverages, and an Irish music sing-a-long. They are also doing take-out dinners and reservations for that can be made through St. Cecilia's.

Please welcome our newest members Sharon MacDonald and Claire Bigos!!

All the Best, Ruth Chappel, Queen Mum



## 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.



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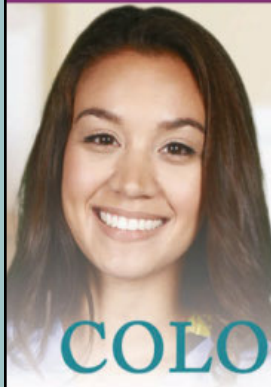
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 Activities/Volunteer Coordinator  
 Jennifer Curtis  
 Social Services  
 Coordinator/Veterans  
 Administrative Assistant  
 Barbara Harrington  
 Van Driver/Custodian  
 Greg Schmutte  
 Veterans Agent  
 Jered S. Sasen

## WEEKLY VOLUNTEERS

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

## COUNCIL ON AGING MEMBERS

Chairperson: Trant Campbell  
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 Secretary: Ellen O'Brien  
 Members: Theresa Munn,  
 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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March 6: Big Y March 13: Big Y March 20: Big Y March 27: Big Y	Mar 1: Ocean St/ Randall's Mar 8: Walmart ( Ware) Mar 15: Christmas Tree Shop/ T.J.Maxx Mar 22: Walmart (Chic) Mar 29: TBD	Mar 2: Stop & Shop Mar 9: Big Y Mar 16: Stop & Shop Mar 23: Aldi Mar 30: Big Y



Pick ups begin between 9-9:30 a.m. All bus trips are \$2 round trip. Space is limited to the first 8 callers. Around Town Trips on Tuesdays—anywhere

### SENIOR CENTER HOURS

Monday - Friday | 8:00 a.m. - 4:00 p.m.

### PVTA VAN SERVICE

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