



# 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: Glenmeadow

TOUR April 14 Leaving Senior Center at 11:30am. Call 596-8379 to sign up. Join us exclusive tour of Glenmeadow. Learn more about this great Retirement Community for active adults who wish to live an maintenance-free, wellness-based lifestyle that also offers a plan for long-term care in the future. All guests will leave with a boxed lunch made by our very own Dining team. Please indicate what type of lunch you would like: Turkey, Egg Salad or Chicken Salad when signing up.

## Facebook

Follow us on Facebook. This is the best place to get information in real time. Cancelations, new events, community events, and fun new programs are all posted on our facebook page as soon as we get them. Follow us to be the first to know.

## April Special Lunch

Join us on Tuesday April 25 for a Special Lunch at the senior center. Musical entertainment by Davis Bates and the cultural council of Wilbraham. This Months Lunch is kindly sponsored by Health New England. Doors open at 11:45, lunch is served at 12pm. 596-8379 to sign up.



Sign up begin April 3rd

## Louis & Clark Tune Up Clinic

Louis & Clark Medical Supply & Home Helpers will be on site for a Tune Up Clinic this April. This is an opportunity to have your walker, rollator, cane, or manual wheelchair looked at to make sure everything is "Tuned-Up" for the spring season. It's also a great opportunity to ask them any question you may have about their products or services! They look forward to seeing you there! Don't forget to sign up today! April 24th @ 11-12. 596-8379

## Memory Screening

Monday, April 10th @ 10-12. A memory screening is a simple, safe, face-to-face evaluation tool that checks memory and other thinking skills. The screening consists of a series of questions and/or tasks designed to test memory, language skills, thinking ability, and other intellectual functions. Memory screenings are appropriate for anyone concerned about memory loss or experiencing warning signs of dementia, whose family and friends have noticed changes in them, or who believe they are at risk due to a family history of Alzheimer's disease or a related illness. Schedule your 15 min private appointment at 596-8379.



## 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.



## Social Art

Every Tuesday 1pm-3pm. Come join our group to independently work on your own project while socializing with others working on their projects. Free to all and no need to sign up. Call Jen at 596-8379 with any questions. See you on Tuesday.

## 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 **April 19** 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, **April 19 @ 10 AM**. Cost for class is \$3, plus materials. Create new pieces or repair your broken jewelry.

**BOOK CLUB**, **April 20** 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, April 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 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

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)



April 3: Grilled Cheese & Soup

April 10: BLT w/ herbed mayo

April 17: Closed

April 24: Burger and Fries

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 and Senior Center:



### **Senior Center Donations Friends of Wilbraham Seniors General Fund**

Anonymous  
Crowe, Carol  
DiAugustino, Linda  
Knittle, Janice  
Megas, Eugenia  
Mills, Mary  
Pelletier, Janice  
Pino, Barbara  
Rowe, Debbie  
Rutherford, Jeffrey



### **Building Fund**

Boucher, Susan  
Scott, Mary Ellen  
Wojnarowski, Mike  
Cirelli, Louis &  
Antoinette

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 | April 13

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

### Foot Doctor Cindy Galavotti | April 6

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

### Baystate Hearing Aids | April 12

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 April 11 @ 9:15

Rock House Reservation  
W.Brookfield, on Rte 9. Outer Loop to Fire Road—Moderate  
535 MA-9, West Brookfield

#### Tuesday April 25 @ 9:15

Laughing Brook easy-low moderate  
1.5 hr Neff Loop trail  
789 Main St, Hampden

## 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 – April 7

### Facials

Diane Neill, MA Licensed Aesthetician. Cost is \$35-\$45 for 50 min facial. April 27 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 around post office park. Meet at the senior center on Wednesday mornings at 9:30am, please call Jen at the Senior center 596-8379.



### Chair Volleyball

Chair Volley ball will be put on hold until we gain some more interest to the program. Stay tuned for more information.

### YOGA

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.

### Exercise Equipment

We have a treadmill, elliptical, and recumbent bike for use with medical permission. Ask Jen for a permission form today.

# APRIL 2023 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 9- Reiki 12:30—Bingo 1— Rug Making 2:45— Line Dancing <b>Big Y</b> Grilled Cheese	<b>4</b> 10— Chair Exercise 10—Blood Pressure 10:45— Aerobics 1— Social Art 1:30— Pinochle <b>Around Town</b>	<b>5</b> 9 -Tai Chi 10:30—Quilting 1—Scrabble <b>Randall's/ Ocean State</b>	<b>6</b> 9— Dr. Galavotti 10-Chair Exercise 10:45— Aerobics 12:30— Mahjong 1—Knitting <b>Stop &amp; Shop</b>	<b>7</b> 9-Massage 9-SHINE 10— YOGA 1— Bridge
<b>10</b> 9- Reiki 10— Memory Screening 12:30—Bingo 1— Rug Making 2:45— Line Dancing <b>Big Y</b> BLT w/ herbed Mayo	<b>11</b> 9:15 Hiking Club 10— Chair Exercise 10—Blood Pressure 10:45— Aerobics 11—Grief Support Series 1:15— Red Hat Meeting 1— Social Art 1:30— Pinochle <b>Around Town</b>	<b>12</b> 9 -Tai Chi 10— Bay State Hearing 10:30— Quilting 1—Scrabble <b>Walmart (Ware)</b>	<b>13</b> 8—Foot Care Nurse 10-Chair Exercise 10:45— Aerobics 12:30— Mahjong 1—Knitting <b>Big Y</b>	<b>14</b> 9— Reflexology 9-SHINE 10— YOGA 11:30— TOUR 1— Bridge
	<b>18</b> 10— Chair Exercise 10—Blood Pressure 10:45— Aerobics 1— Social Art 1:30— Pinochle <b>Around Town</b>	<b>19</b> 9 -Tai Chi 10—Jewelry 10:30— Quilting 1—Attorney Peterson 1—Scrabble <b>Christmas Tree Shop</b>	<b>20</b> 10-Chair Exercise 10:45— Aerobics 12:30— Mahjong 1—Knitting 2— Book Club <b>Stop &amp; Shop</b>	<b>21</b> 9— Reflexology 9-SHINE 10— YOGA 1— Bridge 1—Brown Bag
<b>24</b> 9- Reiki 11— Tune Up Clinic 12:30—Bingo 1— Rug Making 2:45— Line Dancing <b>Big Y</b> Burgers and Fries	<b>25</b> 9:15 Hiking Club 10— Chair Exercise 10—Blood Pressure 12— <b>Special Lunch</b> 1— Social Art 1:30— Pinochle	<b>26</b> 9 -Tai Chi 10:30— Quilting 12:30—Sen. Oliveira's Aid 1—Scrabble <b>Walmart (Chicopee)</b>	<b>27</b> 8- Facials 10-Chair Exercise 10:45— Aerobics 12:30— Mahjong 1—Knitting <b>Aldi</b>	<b>28</b> 9— Reflexology 9-SHINE 10— YOGA 1— Bridge





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## NEWS & EVENTS

### Grief Support Counseling– FREE

**Tuesday, April 11 and April 25 @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

Spring is on its way even if the thermometer and forecast are disagreeing with me right now! For many of us, spring means a return to increased physical activity, whether that is yard work, spring cleaning, or just increased walking/hiking. Unfortunately, as we age, a return to a more rigorous daily routine requires some thought on our parts, even if we have been trying to stay active during the colder months. We simply cannot go from being mainly indoor creatures who take our steps inside our houses to walking more miles a day, or raking/pulling weeds, playing with grandkids on the playground, etc. without some preparation.

Our joints and muscles are not as adaptable as they were even 5 or 10 years ago, never mind as they were in our twenties. A lot of us lose proprioception (the nerve impulses in our feet which help us stand and balance). Increased stiffness and lack of range of motion (how far your arms, legs or back can move or stretch) can make us prone to injury as well as pain following a day of increased activity. Now is the time to incorporate stretching exercises or some simple yoga into our daily routines, before we increase our daily activity. There are many free short (15 minutes or less) videos on Youtube such as Silver Sneakers yoga, for example, which work on stretching and balance. There are probably others online as well. These short easy exercises can work wonders in preventing falls and overuse injuries. There is a Facebook page called Easy Fitness over 50 with easy short videos of exercises you can do right in your kitchen or living room to increase strength and flexibility. These can be done anytime and there are even exercises you can do in your chair while watching TV. She is also on YouTube if you aren't on Facebook. YouTube is accessible on a tablet or smart TV; you can also access it on a smartphone and there are devices such as a firestick or chromecast that allow you to show it on your TV even if it not a smart one. I find it much easier to follow on a big screen. For folks who like

their workouts to be a bit more fun, there is a program called Body Groove which uses dance moves to stretch and strengthen. There are short versions of those classes on Youtube. With Youtube you may need to watch an ad or two first but they are all free.

If you plan to increase your activity in the warmer months, whether due to a large yard or garden or just going to spend more time with grandkids, now is the time to gradually increase walking or daily steps. Weather permitting, try setting a goal of another 30-45 minutes per week of activity, done over several days. This can be another few minutes per day, or maybe taking a ten minute walk late in the afternoon before dinner now that days are getting longer. Or a quick walk before or after breakfast once the sun comes up. Park at the end of the parking lot when you go shopping or walk around the lot once or twice before you head in.

This is also the time to replace your sneakers or walking shoes. Even the best footwear loses support over time, which can cause foot pain as well as increased risk of injury such as an ankle sprain from a slippery worn out shoe sole. Like tires, shoes have a mileage recommendation. Those sneakers you bought 3 years ago may look okay, but if they get daily use they are definitely due for replacement.

In summary, us older folks need to give our bodies some time to adapt to the changing season. As always, if there are questions or comments I can be reached at [seniorinfo2021@gmail.com](mailto:seniorinfo2021@gmail.com) or by voicemail at 596-2800 ext. 315. Looking forward to sunny days ahead!

Diane Weston RN

Senior Center Building Committee

# FRIENDS OF WILBRAHAM SENIORS

## MESSAGE FROM YOUR FRIENDS CAPITAL CAMPAIGN UPDATE



FRIENDS OF  
WILBRAHAM  
SENIORS, INC.

Recently the Friends mailed 5,882 information packets to all Wilbraham residents and businesses about our Capital Fundraising Campaign goal of \$750,000 to furnish the new Senior Center with necessary items such as tables, chairs, TV monitors, A/V equipment, cabinets, benches, bookcases, kitchen supplies, place settings, exercise equipment, IT equipment, and more. Over 30 volunteers helped pull off this huge mailing task, but their enthusiasm just simply validates the camaraderie that seniors in Wilbraham are *Seniors Strong*.

There are many gift giving options for donors who wish to contribute to this campaign. Starting at \$250, there are various naming opportunities and plaques available for different items such as naming a specific room or area in the Center to naming opportunities for benches, TV monitors, elevated planters, patio furniture, and more. We will work with you on the specific plaque wording. Some examples could be: "In Memory of \_\_\_"; "Made Possible with the Generous Donation from ABC Family"; "Anonymous"; "To my Faithful Companion and Pet \_\_\_". Please see the brochure for more information. There are a limited number of items available and all are on a first-come, first-served basis. New opportunities may be available in the future. 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. In addition, all donors will be acknowledged in the Senior Newsletter.

The Senior Center will also have a brick patio in the rear of the building that will be called *The Friends Legacy Club*. As with plaques, bricks will be available for donor personalization.

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

Last month we notified you about renaming the Building Fund to Senior Services and Programs Fund. This name change has been put on hold until *after* the new Senior Center is complete in the Spring 2024. The name Building Fund was started years ago and is made up of donations from generous folks. The primary difference between the Building Fund and the Capital Campaign is that donations made specifically to the Capital Campaign are solicited and are eligible for naming opportunities and plaques. Donors may however continue to contribute to the Building Fund.

Whatever the type or amount of your gift, you will **Create A Lasting Legacy** that will serve as a tribute to the names(s) you may choose while demonstrating your strong support for our seniors and the future.

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.

Feel free to contact me or any member of our Capital Campaign Committee.

And thank you for being a Friend!

*Matt Villamaino* President

PS: It has come to my attention that some envelopes mentioned above did not contain the literature. Please contact me and we'll send a complete package immediately. Sorry for the inconvenience.



Get ready for what promises to be a really fun and exciting fundraising event sponsored by Friends of Wilbraham Seniors at

### FERN VALLEY FARMS

Sunday August 27 • 11:00 am - 7:00 pm Rain or Shine  
758 Main St. (Across from Rices) Wilbraham

Join us for this community-wide event: 2 live bands, food trucks, arts and crafts vendors, cornhole tournament, tractor rides, raffles, face painting, yoga, lawn games and a lot more. Fun for the whole family. Watch for details.

We're looking for vendors and volunteers! If interested, contact Marcia Cacula 413-250-1928 or maria@homesbymaria.com

## SAVE THE DATES

- April 12 (Wednesday) Friends Membership
- May 3 (Wednesday) Villa Rose: Dine-In Take-Out 11:30 - 8:00 pm
- June 17 (Saturday) Craft Fair at Ludlow Elks Club  
Details to follow

# 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

- #1 If you need police 
- #2 If you need fire 
- #3 If you need an ambulance 

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

- #4 For YES 
- #5 For NO 

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

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

## 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.

## 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 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

### 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

Exit Seven Players Theater, 37 Chestnut Street, Ludlow and Tony and Penny's Restaurant, 18 Canterbury Street, Ludlow are the sites of our April event on Sunday, April 23<sup>rd</sup>. The play **Into** the Woods starts at 2:00 PM. Group tickets for the play are \$18.00 and I have reserved tickets already. Dinner at Tony and Penny's will follow the play and will be ordered off the menu with separate checks. Please call 413-222-1086 or email [ruthchappel@gmail.com](mailto:ruthchappel@gmail.com) to make a reservation for just the play, just dinner, or both the play and dinner. Our second annual Day at the Races event is scheduled for May 10<sup>th</sup> at the Senior Center starting at noon. This exciting event will feature horse races and big \$\$ prizes. Light refreshments will be served. Chair-ladies are Janet Vitkus and Kathy Sowa. Join us on June 21<sup>st</sup> from 12 PM to 3 PM as Rose from the Wilbraham Senior Center's Craft-of-the-Month group leads us in creating a special Summer Wreath to decorate your front door. A catered lunch will follow. Chair-ladies are Linda Nichols and Maria Cacula. 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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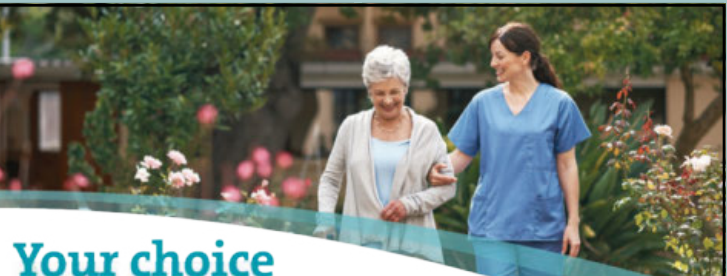


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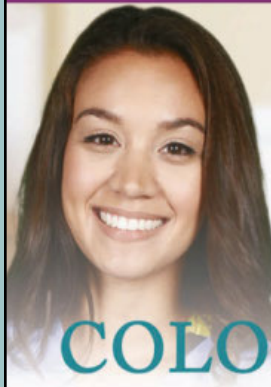
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## SUBMITTAL INFORMATION

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

Wilbraham Senior Center  
 45B Post Office Park  
 Wilbraham, MA 01095  
 Phone: (413) 596-8379  
 Fax: (413) 596-8546



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

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