



WILBRAHAM SENIOR NEWS

Apple Picking

Apple picking on Friday, September 29th. Van will leave at 10am. \$2 to ride the senior van plus cash for apple picking. Or you can drive yourself. Limited seating on the senior van. 231 Somers Road, Ellington CT. Sign up at 596-8379.

Mini Golf Outing

Mini Golf @ Fenway Golf located at 112 Allen St, East Longmeadow. Bring cash for mini golf and ice cream. Limited seating on senior van or drive yourself and meet us there. Van will leave the senior center at 1pm. Meet at Fenway golf for 1:15.

Thursday, September 7

Grief Support Counseling— FREE 3 times a month

2nd, 3rd, & 4th Tuesday at 11

Drop ins welcome. Free

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. Walk ins welcome.



September Special Lunch

Starting September 1st, members from all communities can sign up for our September Special Lunch. The Reserve at East Longmeadow is providing our meal. Musical entertainment by Stephen George 596-8379 to sign up. Free **September 26th @12**

Kayaking at Holyoke Rows

Holyoke Rows: 25 Jones Ferry Rd, Holyoke Ma. Free

Kayak, paddle, and life jackets are provided. Paddling is from 1pm-3:30pm. Wednesday, 9/6, Thursday 9/14, Wednesday 9/20. Sign up at 596-8379.*Note: There is a hill to get to the water and we will do our best to help you get into your kayak.



Freedom Credit Union

September 18 @ 10:30

Freedom Credit Union is offering a presentation on current frauds targeting our seniors and tips & tools on how they can protect themselves and their money. Please join us on Monday September 18th at 10:30. Sign up at 596-8379.

TOUR: Cedarbrook Village at Ware September 22. Bus Leaves at 11am. Independent & assisted living—compass memory support.

Trip to the Big E

Take the Senior Van to the Big E on Wednesday, September 27. Get dropped off around 10am and be back on the bus at 2pm. \$2 round trip to take the bus. Sign up at 596-8379.

September Flu Shot/ Covid Clinic at the Senior Center

Tuesday, September 19th. Mark your calendars and call 596-8379 to schedule an appointment.

Open Enrollment for Medicare

Info on page 9

Songbirds

Intergenerational Choir

Starting September 6th at 3pm

Rehearsals will begin Wednesday, September 6th at 3pm. Join this group of passionate youth singers and lets make some music. This choir has been established since 2018, and now it needs is you. Please contact Kimberly Perteet at songbirdschilrenschoir@gmail.com with any questions. Come give it a try and see if this fun choir is right for you. Sign up at 596-8379

YMCA Tai Chi for Better Balance Class

Starting September 12th, Springfield college students will be holding a 10 week session balance class. Please contact the YMCA for more info or to sign up for the class. Held Tuesday and Thursday @ 12. 596-2749



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 **September 20** 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. 10/25

JEWELRY WORKSHOP– Wednesday, **Sept 20 @ 10 AM**. Cost for class is \$3, plus materials. Create new pieces or repair your broken jewelry.

BOOK CLUB, September 28 at 2:00 pm. All are welcome to join in the discussion. —September, The Book of Longing by: Sue Monk Kidd

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, September 27**

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

Reservations made through the Hampden Senior Center
Newport Playhouse Thurs, Sept 28: All-You-Can-Eat Buffet, Hilarious Show "Ghost of a Chance" & Cabaret,
NEW LOWER PRICE \$132/pp. Payment deadline Sept 14.

Atlantic City Tues – Thurs, Oct 10 – 12: Caesars Resort Hotel, 2 shows, \$50 food & slot bonuses; \$295/pp dbl, \$285/pp tripl, \$395/pp singl; \$50 deposit due @ sign-up. Payment deadline Sept 8. Cancellation Ins. Avail.

The Aqua Turf Club – *ELVIS IS IN THE BUILDING* ! on Wed, Nov 8th; coffee/donuts, free drink, family-style lunch, show & door prizes, \$119/pp. Payment deadline Oct 18.

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



September 4: CLOSED

September 11: BLT w herbed mayo

September 18: chicken salad on greens

September 25: Taco salad

All homemade lunches served with coffee and dessert. Cost is \$3. 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
Friends General Fund

Duquette, Roger
Levesque, Barbara
Mango, Ann Marie
McKinnon, Bruce

Donations to Building Fund

Sweryda, Diane

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 | Sept 14

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

Foot Doctor Cindy Galavotti | September 7

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

Baystate Hearing Aids | September 13

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 September 12 @ 9:15

Bald Mountain & the Pinnacle Loop
3.4 Moderate Loop
Scully Rd, Somers Ct

Tuesday, September 26 @9:15

Soapstone Lookout Trail—Shenipsit State Forest 3 m moderate. Steep.
End of Parker Rd. Somers CT



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 – September 1

Facials

Diane Neill, MA Licensed Aesthetician. Cost is \$35-\$45 for 50 min facial. September 28 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.

Chair Volleyball

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

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.

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.



SEPTEMBER 2023 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9-Massage 10:30-SHINE 1- Bridge
	5 10- Chair Exercise 10- Blood Pressure 10:45- Aerobics 1- Social Art 1:30- Pinochle Around Town	6 9 -Tai Chi 9:30- Walking group 10:30- Quilting 1- Scrabble 1- Kayaking Walmart (Ware)	7 9- Dr. Galvotti 10-Chair Exercise 10:45- Aerobics 12:30- Mahjong 1- Knitting 1- Mini golf Stop & Shop	8 9- Reflexology 10:30-SHINE 1- Bridge
11 9- Reiki 12:30- Bingo 1- Rug Making 2:45- Line Dancing Big Y BLT w herbed mayo	12 9:15 Hiking Club 10- Chair Exercise 10- Blood Pressure 10:45- Aerobics 11- Grief Support Series 1:15- Red Hat Meeting 1:30- Pinochle Around Town	13 9 -Tai Chi 9:30- Walking group 10- Bay State Hearing 10:30- Quilting 1- Scrabble Kohls/ Dollar Tree	14 8- Foot Care Nurse 10-Chair Exercise 10:45- Aerobics 12:30- Mahjong 1- Knitting Big Y	15 9- Reflexology 10:30-SHINE 1- Bridge 1- Brown Bag
18 9- Reiki 10:30- Fraud Presentation 12:30- Bingo 1- Rug Making 2:45- Line Dancing Big Y Chicken salad on greens	19 9- Vaccine Clinic 10- Blood Pressure 10:45- Aerobics 11- Grief Support Series 1:30- Pinochle Around Town	20 9 -Tai Chi 9:30- Walking group 10- Jewelry 10:30- Quilting 1- Attorney Peterson 1- Scrabble Walmart (Chicopee)	21 10-Chair Exercise 10:45- Aerobics 12:30- Mahjong 1- Knitting 2- Book Club Stop & Shop	22 9- Reflexology 10:30-SHINE 11:30 TOUR 1- Bridge
25 9- Reiki 12:30- Bingo 1- Rug Making 2:45- Line Dancing Big Y Taco Salad	26 9:15 Hiking Club 10- Chair Exercise 10- Blood Pressure 11- Grief Support Series 12- Special Lunch 1- Social Art 1:30- Pinochle	27 9 -Tai Chi 10:30- Quilting 12:30- Sen. Oliveira's Aid 1- Scrabble Big E Trip	28 8- Facials 10-Chair Exercise 10:45- Aerobics 12:30- Mahjong 1- Knitting Aldi	29 10- Apple Picking 10:30-SHINE 1- Bridge

 <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>	<div style="text-align: center;"> <h3>ADT-Monitored Home Security</h3> <p>Get 24-Hour Protection From a Name You Can Trust</p> <ul style="list-style-type: none"> • Burglary • Flood Detection • Fire Safety • Carbon Monoxide </div> <div style="display: flex; justify-content: space-between; align-items: center; margin-top: 10px;"> <div style="display: flex; align-items: center;">  Authorized Provider </div> <div style="text-align: center;">  </div> <div style="text-align: right;"> <h2 style="margin: 0;">833-287-3502</h2> </div> </div>
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NEWS & EVENTS

Grief Support Counseling— 2nd, 3rd, & 4th Tuesday of the month @ 11

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

This is the second article on the topic of aging. The first dealt with some of the biology of how our bodies change. This article will focus on physical factors that affect how we age. In researching these, I also found a good bit of information on psychological and social factors that affect our lifespan. This is a fairly new avenue of research and I will be doing a third article on aging dealing with that topic.

Many of us have heard the usual “rules” for living longer such as not smoking, not drinking alcohol to excess, healthy diet and proper weight, exercise, etc. There are exceptions to every rule (we have heard of those who drink and smoke into their 90’s) but most of us would do well to follow them. As the different systems in our bodies age, there are steps to either slow the process or make the changes associated with aging less of a problem for us.

A big one is our cardiovascular system. No matter how good your diet, your blood vessels, especially arteries, will stiffen over time, causing your heart to work harder. Your heart changes to accommodate this such as raising your blood pressure. To help your heart, regular exercise and a healthy diet goes a very long way. Not smoking, managing stress and getting enough sleep helps your heart adapt and helps heal your blood vessels.

Our bones, joint and muscles change. Bones shrink in size and density which makes them weaker and easier to fracture. Muscles lose strength and flexibility, affecting balance and coordination. Falls are still a leading factor in death and disability in older people. Physical activity (that pesky exercise again!) is vital. Adequate amounts of calcium and Vitamin D as we age helps our bones and joints. The recommended amount of calcium is 1200 mg over age 51 and Vitamin D is 600 IU under age 70 and 800 IU over 70. Good sources in our diets, besides milk products are broccoli, kale, salmon and tofu. Juices are sometimes fortified as well. Food sources include tuna, salmon, and eggs.

Our digestion and elimination systems are affected by age. A

healthy diet full of fruits and vegetables, plenty of water, and proper weight all help. And once again with the pesky exercise (see a theme here?). Certain medications such as diuretics and iron supplements affect elimination and our ability to absorb certain vitamins. Chronic conditions such as diabetes affect the nerves in our stomach and intestines which can interfere with digestion and elimination. Knowing that this might be an issue can help us take steps to alleviate the effects.

Finally our eyes, ears and teeth are affected by age. Many of us develop problems with reading and fine print, glare from the sun or headlights and cloudy vision from cataracts. Regular checkups are very important, along with wearing sunglasses when outside. Our hearing diminishes as we age so we might need assistive devices. Our gums recede causing more tooth sensitivity. Certain medications that treat allergies, asthma, blood pressure and high cholesterol can cause dry mouth, which makes our teeth more vulnerable to decay and infection. Once again, checkups are important to prevent small problems from progressing. Dental issues are often a factor in poor nutrition in older folks. Once again, proper nutrition and plenty of water helps minimize some of the aging on our senses.

The conclusion is that we can all grow older more easily if we eat well, maintain a good weight, and exercise. We may need to modify our diets and exercise plans, but staying active and eating right will help make the inevitable bodily changes we all will see less stressful and debilitating. Eat more small meals and have fruits and veggies as snacks. If you can no longer walk for hours, do 10-15 minutes twice a day. Have plain water with meals. Little changes can add up to big benefits.

As always, you can ask questions at seniorinfo2021@gmail.com or leave a message at 596-2800 ext. 315 Diane Weston, RN BSN

Senior Center Building Committee

FRIENDS OF WILBRAHAM SENIORS

MESSAGE FROM YOUR FRIENDS CAPITAL CAMPAIGN UPDATE



FRIENDS OF
WILBRAHAM
SENIORS, INC.

I'm pleased to report, the Capital Fundraising Campaign has received \$273,000 in donations and pledges since we started in mid-November. This combined with our previous commitments to the building committee and a prior state earmark to the Town, the Friends have raised \$556,000 towards our goal of \$750,000. We're slowly getting there, and I'm cautiously optimistic we can reach our goal with the continued support and generosity of town residents and businesses in and around Wilbraham. *If you already contributed, thank you on behalf of our seniors!* If you haven't contributed yet, there's still time to donate. Ordering deadlines for donations that include personalized plaques are fast approaching, and we'll publish these dates next month.

We updated our list of Gift Giving Opportunities to include some new items and what items are no longer available as they have been taken. This folder is available at the Senior Center or email me at Friends01095@gmail.com.

As a reminder, *shared sponsorships* for the first and second floor rooms, and/or various items (i.e. engraved patio bricks, planters, benches, windows, fire extinguishers, etc.) are



Get these Landmark T-shirts - Only \$15 ea or 2 for \$25. All sizes - adult and youth. Available at many of the events listed in *Save-The-Dates*, at the Senior Center, or call Maria Cacela at 413-250-1928. All proceeds to benefit Friends of Wilbraham Seniors.

Get Flower Power Plants & Bulbs

It's fast, easy, and convenient when you order online. Huge selection for Fall planting includes alliums, crocus, daffodils, hyacinths, tulips and even an herb collection! All are 100% guaranteed, delivered straight to your door. And they make great gifts too! Proceeds to support Friends of Wilbraham Seniors. See Flower Power's link:



<http://Flowers4FriendsofWilbrahamSeniors.fpfundraising.com>

Questions? Call Kate Belsky 413-949-6466

welcomed. Donor contributions can be split accordingly.

We'll also publish an updated list of donors in the Times paper sometime in late September. We're planning to have more Informational Meetings in the Fall. If your group, neighbors or organizations would like their own meeting please let me know.

Any questions, please contact me. Thanks for being a Friend!

Matt Villamaino President, Friends of Wilbraham Seniors, Inc.



CHECK OUT OUR NEW WEBSITE

www.FriendsOfWilbrahamSeniors.org
Loaded with information and photos.
We also have a donation page to purchase T-shirts, order Capital Campaign Bricks, and more. Tell us what you think.

Notice About Friends Inserts:

Occasionally we insert flyers in the Senior Newsletter. However if you receive a digital version, they are not included but will be available at the Senior Center.

Ease Your Holiday Stress This Year

with Lyman Orchards delicious old-fashioned frozen pies: 10 different flavors, and 5 classic flavors of cookie dough. Order between 9/1 and 10/15/23. Orders may be picked up at Senior Center on 11/15/23 after 1:00pm, or can be delivered in Wilbraham for \$10 and \$12 for surrounding areas. Just thaw, bake, serve, and enjoy! For a stress-free holiday season this year, see the enclosed Order Form or contact Dee Mitchell at 413-363-1037



SAVE THE DATES

- August 1 to September 30 - Flower Bulb Sale - An online event
- August 27 (Sunday) Bushels of Fun Fest at Fern Valley Farms, across from Rice's 11-7 pm
- September 1 to October 15 Pies/Cookie Dough Sale
- October 14 (Saturday) 50's Dance - Ludlow Polish Club 7-11 pm
- October 25 (Wednesday) Friends Membership Meeting - 1:30pm at Senior Center
- November 18 (Saturday) Holiday Bazaar - St. Cecilia Church, Wilbraham 9-3pm

Mark Your Calendars Now!

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.

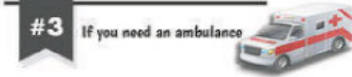
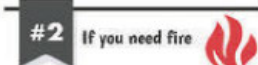
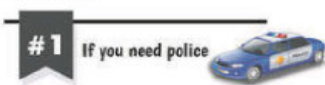
By helping you to apply and or recertify, this makes the process much more efficient and can alleviate benefit wait times.

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

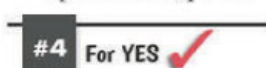
The Silent Call Procedure

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

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.



Dementia Friendly Wilbraham

Exciting news on the horizon for Wilbraham. We are thrilled to announce that we are ready to begin our journey to become a **Dementia Friendly Town**. With a dedicated team of passionate individuals, we are determined to obtain this important designation and create a more inclusive and supportive community for all.

The process of becoming a Dementia Friendly town involves developing strategies and initiatives to enhance the lives of those living with dementia and their caregivers. By raising awareness, providing education, and fostering understanding, we aim to create an environment that promotes dignity, respect, and compassion.

Our wonderful team has already begun working diligently behind the scenes, and we cannot wait to share more details as they unfold. A comprehensive calendar of events and activities will be released, keeping you informed and involved every step of the way. We will be sure to share it here in our newsletter and on social media, so stay tuned for updates.

Mark your calendar for an unforgettable kick-off event on September 27th – it our official kick-off! This event will provide a fantastic opportunity to showcase the exciting initiatives and programs we have planned for Wilbraham. We invite you to join upon and be part of this incredible journey.

September is National Library Card Sign-Up!



The Benefits of Reading For Seniors

Reading a book is one of life's simple pleasures. In a world of endless screens, it's easy to forget the delight of curling up with a good book.

It's also easy to overlook the many benefits that come from the act of reading.

Long known to stimulate brain activity and improve overall mental health, the benefits of reading extend even further:

A Workout for Your Brain

The English writer Joseph Addison once said that "reading is to the mind what exercise is to the body." As the imagination weaves through the details of a story, the brain's neural networks are strengthened, much in the way muscles are strengthened by an intense workout.

A beloved pastime for people of any age, the cognitive benefits of reading increase post-retirement. Research shows that reading helps improve capabilities such as memory, cognition, and attention span, especially in seniors. By strengthening memory retention, reading can actually slow the degenerative process of dementia and Alzheimer's by keeping the mind limber.

Boost Analytical Thinking

Being actively engaged in what you're reading allows you to ask questions, view different perspectives, identify patterns, and make connections. Known to peak in middle age, analytical, or critical, thinking then starts to decline. Luckily, it can be improved by reading – whether you prefer non-fiction, poetry, or prose doesn't matter. They will all get your analytical thinking juices flowing.

Sharpen Your Focus

Whether the story takes place in a faraway country or distant time, an exciting narrative pulls the reader in. Reading requires seniors to focus, use their imaginations, and remember the details of the unfolding story. All of this helps stimulate brain-wave activity while maintaining and even improving memory.

Sleep Better

Creating a bedtime ritual, such as reading, signals to the body that it is time for sleep. Reading induces sleep better than falling asleep in front of electronic devices, which has been proven to disrupt rest.

Reduce Stress

Once they started reading a book, it took only six minutes for participants in a University of Sussex study to relax both muscle tension and heart rate. More than merely a great distraction, reading can help dissolve stress and tension by as much as 68%, and it works faster than other relaxation methods such as listening to music, going for a walk or having a cup of tea. Losing yourself in a book is the ultimate relaxation.

to borrow. The cooler weather is approaching, great way to cozy up with a good book!

Quote of the month

"Don't stress about your eyesight failing you as you get older. It's nature's way of protecting you from shock as you walk pass the mirror."

~ Anonymous

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

Fuel Assistance Renewal

Fuel Assistance Recipients, your renewal applications will be arriving for the 2023-2024 heating season.

It is important that your application is submitted in a timely manner. For assistance, please call Barbara 596-8379

COMMUNITY NEWS

Open Enrollment for Medicare

To all Medicare beneficiaries, Open Enrollment for Medicare is just around the corner, October 15–December 7, 2023. This is your opportunity to make changes to your Medicare plans for the year 2024. Our staff will be booking in-person appointments with our SHINE representative on Thursday afternoons and Fridays during Open Enrollment to assist you. Please take note of the following guidelines to make your appointment as smooth as possible;

- 1) you must already be enrolled in Medicare A and B to schedule an Open Enrollment appointment
- 2) you will need your Medicare card as well as all other health insurance and prescription drug cards
- 3) you must have your most recent Prescription drug list with accurate name of the drug, dosage and frequency with which you are taking the medication
- 4) please check with your providers ahead of time to verify which Medicare plans they accept
- 5) if you use a computer we recommend setting up a [Medicare.gov](https://www.medicare.gov) account BEFORE your SHINE appointment. Go to www.medicare.gov and select Log-In/ Create an Account to get started
- 6) if you already have a [Medicare.gov](https://www.medicare.gov) account please bring your user name and password to your appointment. Use the retrieval tool on Medicare .gov if you have forgotten your user name and/or password
- 7) if you need to cancel your appointment please call 48 hours ahead of time so we can fit someone else into your time slot.
- 8) appointments take about 1 hour; husband and wife should each schedule their own individual appointment

Other SHINE issues not related to Open Enrollment will be referred to our SHINE counselor to schedule separate appointments.

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.



EXCEL *Excel Homecare & Nursing Services*
A Medicare/Medicaid Certified Home Health Agency Providing:
SKILLED NURSING CARE • PHYSICAL THERAPY
OCCUPATIONAL THERAPY • HOME HEALTH AIDES
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UP TO 24-HOUR CARE
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4 Stony Hill Road, Wilbraham, MA 01095 | www.excelhomecareservices.com
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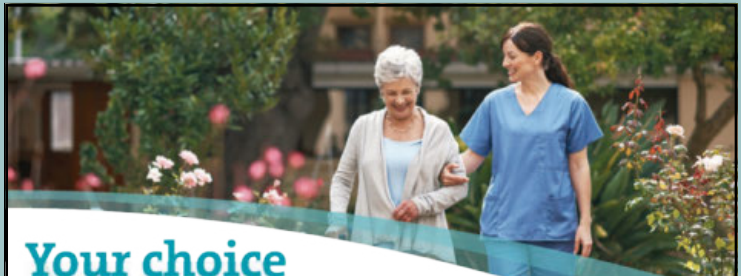


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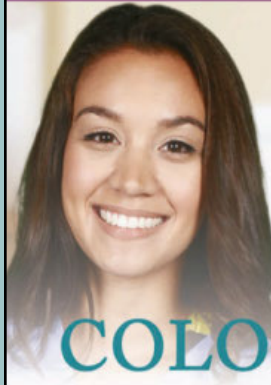
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