



WILBRAHAM SENIOR NEWS

Hiking Club is Expanding

Hiking Club is adding more dates and times for future hikes. If Tuesdays at 9:15 didn't work for you, check out the additional days and times and come for a hike. Call 596-8379 to sign up.

Volunteer Medical Drivers Needed

Based on your personal schedule, would drive local seniors to local appointments and back home. There are many seniors in town that no longer drive and rely on our volunteers to assist them to their appointments. If you are interested in helping seniors in your community once or twice a month, or want more information please call Jen @596-8379

Veterans Day

Ceremony details listed on Page 9

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.

November Special Lunch

Happy Thanksgiving!!! Members from all communities can sign up for our November Special Lunch by calling 596-8379. A traditional Thanksgiving meal is provided by Serenity Care: PACE and Musical entertainment by Freddie Marion. Free **November 7th @12**. Doors open at 11:30.



Tune Up Clinic by Louis & Clark and Home Helpers

Monday December 4 @ 11

Louis & Clark Medical Supply & Home Helpers will be on site for a Tune Up Clinic. This is an opportunity to have your walker, rollator, cane, or manual wheelchair looked at to make sure everything is "Tuned-Up" for the winter 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 @ 596-8379

Senior Center Building update

On November 6 @ 10:30am

Join members of the Senior Center Building Committee for information about Wilbraham's new Senior Center. Time lines, future programs, and specifics about the building itself. There is will be time for open discussion and questions. Call 596-8379 to sign up

Songbirds Choir

Wednesday's @ 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 songbirdschilddrenschoir@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**

Nutrition Myth & Fact

Is pink Himalayan salt healthier than regular salt? Is coconut oil better for me than other types of oils? What's the deal with gluten free diets? If you have found yourself asking these questions, please consider joining us at 10:30am on November 20th to discuss **Nutrition Myths and Facts** with Greater Springfield Senior Services' Registered Dietitian. **November 27 @ 10:30**. Call 596-8379 to sign up.

Senior Care Options Panel, VA Benefits & Breakfast

Monday, November 13 @ 10am

ERC5 Senior Alliance will be presenting on senior care options and celebrate Veterans Day with a focus on VA benefits. A panel of local experts will provide insight to help you think about your future or help with the care of a loved one. We will focus on legal services to help plan ahead, in-home care, care management, senior living options, hospice care and more! Light breakfast will be provided. Call 596-8379 to sign up.

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 **November 16** 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.

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

BOOK CLUB, **October 19** at 2:00 pm. All are welcome to join in the discussion. — . November: The Story of Arthur Truluv by Berg— December: Katy Up and Down the Hall by Claskin

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 **4th Wednesday of the month**

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

Atlantic City Getaway, Tuesday-Thursday, October 10-12 Caesars Casino Resort Hotel, \$50 bonus in slot & food, 2 fantastic shows; \$295/pp dbl, \$285/pp trpl, \$395/pp single. \$50 deposit at signup - Full payment deadline October 1. Cancellation insurance available.

The Aqua Turf Club, Wednesday, November 8 ELVIS is in the Building! Includes: coffee/donuts, free drink, lunch, show and door prizes, \$119/pp - Full payment deadline October 18. Seating is limited.

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



November 6: Chicken Salad on Greens

November 13: BLT with herb mayo

November 20: Meatball grinder with chips

November 27: Burgers and fries

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

Beaubien, Betty
Broderick, Elaine
Daley, Sue
Owen, Victoria
Paton, Noreen
Pitts, Victoria
Trombly, Joan
Antoinette, Maria
Chadwick, Deborah
Doucette, Breton, Dee
Fife, Kathryn
Gilmartin, Janette

Goodrich, David & Louise

King, Phil

Prizewoznik, Ann

Donation In Memory of Beulah Hopkins

Ayesha, Ali

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 | Nov 9

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

Foot Doctor Cindy Galavotti | November 2

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

Baystate Hearing Aids | November 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

Nov 14 @ 9:15

12 Mile Brook/Skorupski Park @ 252 Crane Hill Rd Wilb. Moderate 3.5 miles

Nov 28 @ 10:00am

Mount Norwottuck. 4 mi. Moderate Park: The Nothch- 1540 West st Amherst.



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 – November 3

Facials

Diane Neill, MA Licensed Aesthetician. Cost is \$35-\$45 for 50 min facial. Friday, November 24 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.

What programs do you want to see?

As some of you may know, we are building a new senior center and we want to hear what you want for programs. Email or call Jen @ jcurtis@wilbraham-ma.gov 596-8379

Fit After 60(Previously Aerobics)

Tuesdays & Thursdays @ 10:45. FREE CLASS. Come join us for an aerobic workout to warm up the muscles to get them ready for strength training. We will also do some balance work and then stretch afterward. Get in some cardio, strength, balance and stretching in one class.



Aerobics is now Fit After 60

Nothing has changed but the name! Erin will still be teaching the same class on Tuesday and Thursday at no charge. We voted and felt this name better represented the class and all the work you do.

Exercise Equipment

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

NOVEMBER 2023 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9 -Tai Chi 10:30—Quilting 1—Scrabble Walmart (Ware)	2 9— Dr. Galvotti 9— SHINE 10-Chair Exercise 10:45— Fit After Sixty 12:30— Mahjong 1—Knitting Stop & Shop	3 9-Massage 9— Reflexology 10:30-SHINE 1— Bridge
6 9— Reiki 10:30—Building Committee 12:30—Bingo 1— Rug Making 2:45— Line Dancing Big Y Chicken Salad	7 10— Chair Exercise 10—Blood Pressure 12— Special Lunch 1— Social Art 1:30— Pinochle	8 9 -Tai Chi 10— Baystate Hearing 10:30—Quilting 1—Scrabble Home Goods	9 8—Foot Care Nurse 10-Chair Exercise 10:45— Fit After Sixty 12:30— Mahjong 1—Knitting Big Y	
13 9— Reiki 10—Senior Options Breakfast 12:30—Bingo 1— Rug Making 2:45— Line Dancing Big Y BLT	14 9:15 Hiking Club 10— Chair Exercise 10—Blood Pressure 10:45— Fit After Sixty 11—Grief Support Series 1:15— Red Hat Meeting 1:30— Pinochle Around Town	15 9 -Tai Chi 10— Jewelry 10:30—Quilting 1—Attorney Peterson 1—Scrabble Atkins	16 10-Chair Exercise 10:45— Fit After Sixty 12:30— Mahjong 1—Knitting 2— Book Club Stop & Shop	17 9— Reflexology 10:30-SHINE 1— Bridge 1—Brown Bag
20 9— Reiki 12:30—Bingo 1— Rug Making 2:45— Line Dancing Big Y Meatball Grinders	21 10— Chair Exercise 10—Blood Pressure 10:45— Fit After Sixty 11—Grief Support Series 1:30— Pinochle Around Town	22 9 -Tai Chi 10:30— Quilting 12:30—Sen. Oliveira’s Aid 1—Scrabble Walmart (Chicopee)		24 8- Facials 9— Reflexology 10:30-SHINE 1— Bridge
27 9— Reiki 10:30—Nutrition 12:30—Bingo 1— Rug Making 2:45— Line Dancing Big Y Burgers	28 9:15 Hiking Club 10— Chair Exercise 10—Blood Pressure 10:45— Fit After Sixty 11—Grief Support Series 1— Social Art 1:30— Pinochle Around Town	29 9 -Tai Chi 10:30— Quilting 1—Scrabble Yankee Candle	30 10-Chair Exercise 10:45— Fit After Sixty 12:30— Mahjong 1—Knitting Aldi	

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NEWS & EVENTS

Red Hat Ya Ya Sisterhood

Our annual Halloween Costume party was Spooktacular! Awards were presented for the Ugliest Costume, the Scariest Costume, and the Funniest Costume. A big thank you to our chairladies Arline Cambo and Donna Hick.

Our November event will be a Luncheon and Turkey Trot on November 16th in the Brooks Room of the Wilbraham Library from 11:30 to 2:30. Come bid on your favorite turkey as it trots down our race course. Call Ruth Chappel to sign up. More information will be emailed. We are moving our annual Red Hat Holiday Luncheon on Friday, December 8th to the Villa Rose in Ludlow at 12:00. Dinner choices are Linguine and Meatballs, Chicken Parmesan, of Stuffed Haddock and range from \$12.00 to \$20.00 and we will have separate checks. A sign-up sheet will be available on November 16th and reservations can also be made by calling Linda Nichols. Cut-off date to make reservations is November 29th. We will be holding a special raffle to raise money to purchase a brick for the Wilbraham Senior Center. Linda Nichols has donated a beautiful quilt as the raffle prize. Tickets are one for \$5.00 or three for \$10.00. and will also be available for sale at our November 16th Turkey Trot event and our December 8th Christmas Party.



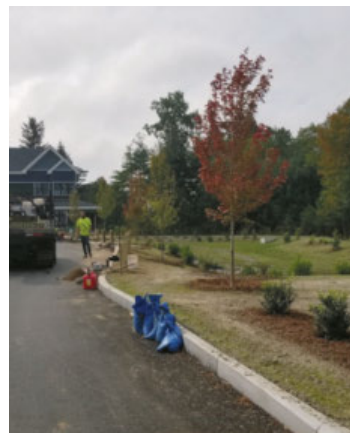
AGING WELL IN WILBRAHAM

Progress continues!! Since our last building update, our friends at P-3, the Project Manager the Town has hired to oversee the construction of the new Senior Center, has reported substantial progress:

Siding is near completion! As you can see in the photo, taken from the back of the property, the two toned blue siding has improved the aesthetic of the project – the building now looks official!



Walkways have been installed, including a pad for the emergency generator. Concrete walkways in the front of the building are nearing completion and landscaping has commenced. The parking lot has been paved with a base coat. Final coating and sealants will be applied as weather dictates. Storm drainage systems were put to the test with recent rains and successfully dealt with the deluges.



Inside progress is less able to be seen or photographed, but drywall installation, electrical, mechanical and plumbing progress has been made. The first and second floor HVAC, plumbing and electrical systems have passed inspections. The sprinkler system is partially installed.

And then, there is this new structure which appeared on

Springfield Street.....What will it be???



Keep your eyes on the road.....but get excited!!

More photos of the ongoing project are and will be available on the Town Website and the present Senior Center Facebook page. We ask that you enjoy the construction of our new Senior Center from a safe distance. Please do not enter the construction site during or after work hours and be respectful of the workers, as we are asking that they be respectful as guests of our Community.

If you have questions or comments about the new Senior Center, please call the Senior Center information line at: 596 -2800 extension 315 and leave a message, or email SeniorInfo2021@gmail.com. Someone will get back to you.

Linda Cooper for the Wilbraham Senior Center Building Committee

FRIENDS OF WILBRAHAM SENIORS

MESSAGE FROM YOUR FRIENDS



FRIENDS OF
WILBRAHAM
SENIORS, INC.

CAPITAL CAMPAIGN UPDATE

I'm very pleased to report that the Capital Fundraising Campaign has received \$327,450 in donations and pledges since we started in mid-November. This combined with our previous commitments to the building committee and two prior state earmarks to the Town, the Friends have raised \$710,450 towards our goal of \$750,000 or 95%! We're almost there, and with the continued support and generosity of town residents and businesses in and around Wilbraham, we'll reach our goal and then some. Let's **Keep the Momentum Going!!** If you haven't contributed yet, there's still time to donate and show your support. We plan to publish in December an updated list of all donors that will appear in the TIMES. If you wish to be included please donate by November 30.

Many Gift Opportunities are still available and start at \$250 for personalized bricks. An updated Gift Opportunities folder is available at the Senior Center or just drop us a request at Friends01095@gmail.com.

*"We make a living by what we get,
but we make a life by what we give."*

- WINSTON CHURCHILL

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 welcomed. Donor contributions can be split accordingly. Also engraved bricks may be ordered on our new website. Just scan the QR code below and follow the links.

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, just contact the Capital Campaign Committee:

• Charlie Bennett: cbennett4765@charter.net

- Steve Cooper: scooper225@gmail.com
- Ben Coyle: bmc@baconwilson.com
- Chuck Pelouze: cap753@aol.com
- Peter Salerno: psalerno1@aol.com
- Mary Ellen Scott: mescott714@gmail.com
- or me at matt01095@gmail.com

Let's Keep the Momentum Going!! Thanks for being a Friend!

Matt Villamaino President, Friends of Wilbraham Seniors, Inc.

THINKING OF VOLUNTEERING?

You've come to the right place! Volunteering to help with Friends' activities and events is a very, very rewarding experience! Email Deb Gormley to learn how you can help support our seniors. Put "Volunteer" in the subject line and send to: dgormley@charter.net



Reminder To Pick Up

Your frozen orders for Lyman Pie and Cookie Dough will be delivered to the Wilbraham Senior Center on Wednesday 11/15/23. Please pick them up between 1:00 - 6:00pm on that day. Friends of the Wilbraham Seniors can also deliver them for a fee: \$10 for Wilbraham residents; \$12 outside of Wilbraham.

SAVE THE DATES

- November 15 (Wednesday) - 1:00 to 6:00 pm - Pick up Pies and Cookie Dough at Senior Center
- November 18 (Saturday) Holiday Bazaar - **NEW LOCATION: St. Cecilia Church, Wilbraham 9-3pm**

Mark Your Calendars Now!

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.



FRIENDS OF
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AA

WELCOME!

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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

Wilbraham Dementia Friendly Monthly Series

Presents:

Hampden County Sheriff's Office
November 15@ 12-2pm at the Wilbraham Library
Call 596-8379 to sign up

The Hampden County Sheriff's TRIAD has been established to empower seniors through programs that promote safe, healthy, independent living.

Working along-side Local 1st Responding Agencies and the Senior Community, the Sheriff's Office TRIAD is offering free and accessible programs, such as:

- Are You Ok?"

A daily telephone reassurance program to check on the well-being of community members that live alone.

- Home Safety Assessments

A program to evaluate your home for fall risks and make recommendations to increase your safety.

- House Numbering

A program to assist 1st responders locate your home quickly in an emergency.

- Sand Delivery

A program to help prevent slips & falls on icy driveways & walkways during the winter months

In addition, the Sheriff's office is proud to offer the **Electronic Search & Rescue (ESAR) program**. This is a tracking system for individuals with cognitive conditions, such as dementia or autism, or traumatic brain injuries, who are at risk of wandering.

All these programs and more are offered throughout Hampden County as proactive effort to help keep our community safe.

Please call the Senior Center to reserve a seat for this very informative lecture.

Questions please contact Barbara

Eligibility Guidelines for Heating Season 2023-2024

Household Size	Maximum Income Level
1	\$45,392
2	\$59,359
3	\$73,326
4	\$87,294

Items needed for **NEW APPLICANTS**

- Social Security Card for each household member
- Photo Id or Birth certificate
- Earned Income: Four consecutive pay stubs
- Other Income: Most recent copy of Social Security check/Copy of Social Security Award Letter
- Proof of unemployment compensation, worker's compensation, pension, child support or alimony.
- Self Employment: Most recent federal tax return (Schedule C Form)
- Rental Income
- Lease Rental
- Mortgage Statement
- Real estate tax
- Homeowners Insurance
- Water & Sewer Bills
- Food Stamp Award Letter
- Heating Bill
- Electric Bill
- Telephone Bill

To make an appointment or questions please call Barbara 596-8379

November National Family Caregivers Month

Let's not forget about caregivers! The reality of aging is that sometimes one elderly individual is a caregiver for another elderly individual. Led in large part by the Caregiver Action Network (CAN), this month of observance is a time for recognizing caregivers all over the country.

Caregivers face unique challenges, issues, and gaps in community support. During November, you can learn more about how to enrich the lives of the elderly by supporting their caregivers.

Family provides the primary source of caregiving for seniors. Having an open discussion among family about the challenges and celebrations involved in caregiving can be a crucial part of growing closer and supporting the best life for your aging loved one.

Caregiver Support Program

Greater Springfield Senior Services' Caregiver Support Program can provide caregivers with the essential training and support needed to help them sustain their efforts.

Services may include:

- Helping caregivers determine what services might be beneficial to them and providing assistance with accessing those services.

- In-home consultation by a social worker who will complete a comprehensive evaluation of the older individual and identify the needs of the family/caregiver.

- Respite services for caregivers needing time off from their caregiving responsibilities.

- Limited financial assistance for things such as ramp construction, installation of safety railings, chores services and home maintenance projects.

- Group training programs on caregiver topics.

Eligibility

- Anyone caring for a spouse, parent, other relative or friend who is age 60+, or has Alzheimer's or a related disorder.

- Grandparent age 55 or older, caring for grandchild, age 18 or younger.

- Anyone age 55+ caring for a disabled individual who is not his or her child.

- While there is no income eligibility, priority consideration will be given to persons with the greatest social and economic need.

Although there are no charges for these services, donations are gratefully accepted. For additional information, contact Greater Springfield Senior Services' Information & Referral Dept. 413 781 8800

Quote of the month

Catherine Pulsifer

"Give thanks not just on Thanksgiving Day, but every day of your life. Appreciate and never take for granted all that you have."

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

Are you interested in getting the newsletter emailed to you?

Our emailed newsletter is a free service. All you have to do is call 596-8379 or email Jen at jcurtis@wilbraham-ma.gov and ask to be subscribed to the get our newsletter by email. The email versions tends to be sent out before the hard copy.

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

Hello, to all our Wilbraham Veterans and their Families. The Department of Veterans Services would like to invite you to Crane Veteran Memorial Park for our annual Veterans Day Ceremony on **Saturday, November 11th at 11 AM**. Please come out and join us for as we honor and celebrate our local Veterans. Refreshments will be provided by Pa-fumi's To Stay or Go for your enjoyment after the ceremony. We hope to see you all there!

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



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

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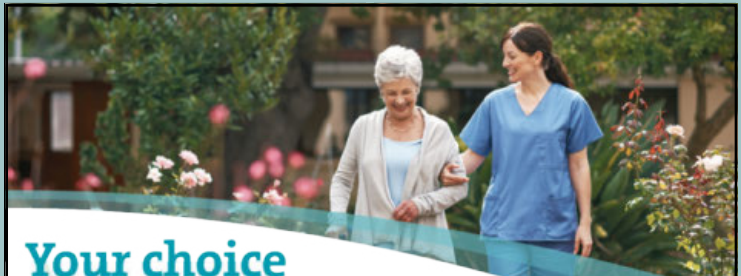


Contact **Greater Springfield Senior Services** for more information!

413-781-8800

anna.randall@gsssi.org

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DENNIS LOPATA, EXECUTIVE DIRECTOR

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147091

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

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 45B Post Office Park
 Wilbraham, MA 01095
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