



# WILBRAHAM SENIOR NEWS

## Volunteer for Lunch Crew

Our special lunches could use some help setting up and breaking down. Everything from setting up tables and chairs to table coverings and salt & pepper. Many hand make light work. If you are interested in lending a hand once a month on a Tuesday, please call Jen at 596-8379 for more details.



## Dementia Friendly Education and Information Series

Tuesday, December 12<sup>th</sup> from 4-6pm @ Wilbraham Senior Center. Please join us for an informative lecture given by Dr. May Akaw. She will be presenting on Alzheimer's and a new treatment, The Hope Trial. Please register by calling the senior center 596-8379, refreshments will be served.

## 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 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.

## December Special Lunch

Happy Holidays Everyone. Sign up for our December Special Lunch by calling 596-8379. A Chicken Francaise and roasted potatoes meal is provided by LUSO Federal Credit Union and Musical entertainment by Irv Lewis. Free **December 12 @12**. Please sign up by Dec 7. Doors open at 11:30.



Wilbraham Residents sign up begins November 28th  
Non-resident sign up begins December 5th

## 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

## Recovery After a Hospital Stay

On **December 11 @ 10:30am**. After a hospitalization for a serious health event, many seniors need additional care or rehabilitation services, such as physical or occupational therapy, until they have fully recovered. This presentation will help participants understand what happens after a senior is discharged from a hospital or rehab stay, why the readmission rate is so high, and all available options for supportive services including Assisted Living Communities. 596-8379 to sign up.

## Songbirds Choir



**Mondays at 3pm**

Join this group of passionate singers and lets make some music. This choir has been established since 2018, and now it needs is you. Please contact Kimberly Perteet at [songbirdschildrenschoir@gmail.com](mailto:songbirdschildrenschoir@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**

## Cooking Demo with Chef Mike Harrison

**Monday, December 18 @ 10:30am**

Mike Harrison from Bear Mountain Chestnut Hill East Longmeadow will be here cooking Chicken Marsala for you to learn and sample. Sign up is required by calling 596-8379. Hello Wilbraham, Senior Center Residents My Name is Mike Harrison Chef. You may have seen me I am the senior service chef from Mass Appeal. I am looking forward to meeting all of you and enjoying my passion of cooking.

## 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.

## 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 **December 13** 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, **Dec 13 @ 10 AM**. Cost for class is \$3, plus materials. Create new pieces or repair your broken jewelry.

**BOOK CLUB**, **December 21** at 2:00 pm. All are welcome to join in the discussion. 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 fun program.

### BUS TRIPS

Reservations made through the Hampden Senior Center  
LATE MARCH – Newport Playhouse for “*The Ladies Foursome*”, lunch, show (a little golf, a lot of secrets), cabaret; \$ tbd

APRIL 23-25 - Lancaster, PA, Amish country tour; “*Daniel*” @ the Sight ‘n’ Sound Theater, flyer avail, \$100/pp deposit due @ sign-up; \$539/pp dbl

MAY 7<sup>th</sup> – Aqua Turf show w Debby Boone, family-style lunch, free drink; \$130/pp

*Thanks to all those who traveled with me this 2023 season. Here are a few morsels to whet your appetite for '24 (prices are approx); your thoughts are appreciated:*

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



December 4: Meatloaf and mashed potatoes

December 11: Hot dogs and beans

December 18: Taco salad

December 25: CLOSED

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**

Antoinette, Marra  
Anonymous  
Hank, Caron  
Magee, Susan  
Bonelli  
Manzi, Margaret  
Sullivan, William



**Building Fund**

Teed, Rae  
Cini, Claire & David  
and Gloria  
Tomasetti

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 | Dec 14

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

### Foot Doctor Cindy Galavotti | December 7

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

### Baystate Hearing Aids | December 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, December 5th @ 9:15

Goat Rock Yellow loop– Moderate 3 miles. Memorial Park Rd Hampden

#### Wednesday, December 13 @ 9:15

Soapstone Mountain and Blue and White Trail. Moderate 4 Miles. 232 Gulf Rd, Somers CT.

#### Friday, December 22 @ 10

Skyline Scenic Area in N.CT Land Trust 367 Stafford Rd. Somers Yellow trail 2-3 mi loop.



## SPA PROGRAMS

### Sole Food Reflexology

Dawn Dietrich, certified foot reflexologist. Fridays. For appointments call 596-8379. **Starting January 2024, 15 min session is \$15.**



### 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 – **December 1**

### Facials

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

### 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](mailto: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.

# DECEMBER 2023 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p><b>1</b> 9-Massage 10:30-SHINE 1- Bridge</p>
<p><b>4</b> 9- Reiki 11- Tune up Clinic 12:30-Bingo 1- Rug Making 2:45- Line Dancing <b>Big Y</b> Meatloaf</p>	<p><b>5</b> 9:15 Hiking Club 10- Chair Exercise 10-Blood Pressure 10:45- Fit After Sixty 1- Social Art 1:30- Pinochle <b>Around Town</b></p>	<p><b>6</b> 9 -Tai Chi 10:30-Quilting 1-Scrabble <b>Walmart (Ware)</b></p>	<p><b>7</b> 9- Dr. Galvotti 9- SHINE 10-Chair Exercise 10:45- Fit After Sixty 12:30- Mahjong 1-Knitting <b>Stop &amp; Shop</b></p>	<p><b>8</b> 9- Reflexology 10:30-SHINE 1- Bridge</p>
<p><b>11</b> 9- Reiki 10:30 Recovery After a Hospital Stay 12:30-Bingo 1- Rug Making 2:45- Line Dancing <b>Big Y</b> Hot Dog</p>	<p><b>12</b> 10- Chair Exercise 10-Blood Pressure 11-Grief Support Series <b>12- Special Lunch</b> 1:15- Red Hat Meeting 1:30- Pinochle</p>	<p><b>13</b> 9 -Tai Chi 9:15 Hiking Club 10- Baystate Hearing 10:30-Quilting 1-Scrabble <b>Home Goods</b></p>	<p><b>14</b> 8-Foot Care Nurse 10-Chair Exercise 10:45- Fit After Sixty 12:30- Mahjong 1-Knitting <b>Big Y</b></p>	<p><b>15</b> 9- Reflexology 9:30-Brown bag 10:30-SHINE 1- Bridge</p>
<p><b>18</b> 9- Reiki 10:30: Chef 12:30-Bingo 1- Rug Making 2:45- Line Dancing <b>Big Y</b> Taco Salad</p>	<p><b>19</b> 10- Chair Exercise 10-Blood Pressure 10:45- Fit After Sixty 11-Grief Support Series 1- Social Art 1:30- Pinochle <b>Around Town</b></p>	<p><b>20</b> 9 -Tai Chi 10- Jewelry 10:30- Quilting 1-Attorney Peterson 1-Scrabble <b>Walmart (Chicopee)</b></p>	<p><b>21</b> 10-Chair Exercise 10:45- Fit After Sixty 12:30- Mahjong 1-Knitting 2- Book Club <b>Stop &amp; Shop</b></p>	<p><b>22</b> 9- Reflexology 10am Hiking Club 10:30-SHINE 1- Bridge</p>
	<p><b>26</b> 10- Chair Exercise 10-Blood Pressure 10:45- Fit After Sixty 11-Grief Support Series 1- Social Art 1:30- Pinochle <b>Around Town</b></p>	<p><b>27</b> 9 -Tai Chi 10:30- Quilting 12:30-Sen. Oliveira's Aid 1-Scrabble <b>Ocean state/ Kohl's</b></p>	<p><b>28</b> 8- Facials 10-Chair Exercise 10:45- Fit After Sixty 12:30- Mahjong 1-Knitting <b>Aldi</b></p>	<p><b>29</b> 10:30-SHINE 1- Bridge</p>

<p><b>Vantage</b> CARE</p> <p><i>The Care You Need. The Compassion You Deserve.</i></p> <p><b>413-373-4075 • www.myvantagecare.com</b></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 style="font-size: 1.5em; font-weight: bold;">833-287-3502</p>	
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## NEWS & EVENTS

### Wilbraham Women's Club

The December meeting of the Wilbraham Women's Club will take place on Thursday, December 14th at St. Cecelia's parish Center on Main St. in Wilbraham. The Social Hour will begin at 11:30 and the luncheon at 12:00 noon. At this meeting there will be many delicious "hot" dishes and desserts.

Join us for this fun filled Christmas meetings. We will play some holiday games for prizes and laughs.



## AGING WELL IN WILBRAHAM

Is stopping to "smell the roses" different for you lately? Do you find that certain foods are not as "tasty"?

Your sense of smell is important! It not only can evoke favorite memories, like your morning coffee or someone's cologne, but also be a warning sign of impending danger like spoiled food or smoke from a fire.

Some decreases in sense of smell can be temporary. Upper respiratory infections or allergies can cause smell to be altered, or impossible.! As these minor health issues resolve, smell and taste can be expected to return to normal. Nasal polyps, if they are the cause, can be removed and senses restored. Medications, (some antibiotics, blood pressure and chemotherapy agents ) cause temporary disruptions.

Research is still being done as to the loss of smell secondary to COVID. Eighty percent of people who lose their sense of smell related to the virus regain it within 1-3 months. For the other 20%, the path to recovery is not as clear. The CDC website remains the most up to date source of quality information surrounding symptoms of COVID and their implications.

Other, more serious causes can be chronic diseases such as Parkinson's or Alzheimer Disease. This would require comprehensive evaluation by a medical professional.

Sadly, as we age, our sense of smell gradually declines, as does our sense of taste because the two are so intricately related.

The flavor of food depends on stimulation of taste buds in your mouth as well as the aroma. When food tastes bland, often we lose our desire to eat, leading to nutrition problems, or we tend to increase the flavor of foods by adding saltiness or sweetness which is not good for our health. Again, medications can be the cause of some

foods tasting "off". Some medications may make our mouths dry, which in turn can make food taste funny or be difficult to swallow. A discussion with the prescribing provider can alleviate the effects medicines have on your sense of smell or taste. Also, poor dental health can disrupt the functioning of taste buds and make chewing difficult.

The idea as we age is to maximize our senses of taste and smell. In general, stay well hydrated. Try adding color or textures to your favorite healthy foods to enhance the flavors. The old adage "You eat first with your eyes" reminds us that food that looks appealing tends to taste better!

If you have concerns about your ability to taste and smell, seek an evaluation from your primary care provider, who may refer you to an Ear Nose and Throat specialist. Questions you need to be prepared to answer are:

Can you smell anything at all?

Can you taste any food?

When did you first notice the problem?

Do you have allergies or chronic sinus problems?

What medicines do you take?

If the issue cannot be solved, there are likely strategies that you can be taught to cope with changes in smell and taste.

As always, feel free to send questions/ comments to seniorinfo2021@gmail.com or leave a voicemail at 596-2800 ext 315.

Wishing you time to stop and smell the roses and bon appetit!

Linda Tatko Cooper RN for Wilbraham Senior Center Building Committee

# FRIENDS OF WILBRAHAM SENIORS

## MESSAGE FROM YOUR FRIENDS CAPITAL CAMPAIGN UPDATE



FRIENDS OF  
WILBRAHAM  
SENIORS, INC.

I'm very pleased to report that the Capital Fundraising Campaign is very close to reaching our goal of \$750,000 that we set a year ago. But we must **Keep the Momentum Going**. Moving from a 3,800 sq. ft. facility to a 15,500 sq. ft. facility is a huge expansion and we can't think of everything we need to ensure this facility will be completely equipped to meet our needs. If you haven't contributed yet, there's still time to donate and show your support. In order to meet manufacturing deadlines to engrave the large 4' x 5' plaques with donor names, we must have

Friends of Wilbraham Seniors Capital Fundraising Campaign

### LET'S KEEP THE MOMENTUM GOING

We're pleased to report the Friends are very close to reaching our goal of \$750,000 to provide fixtures, furnishings, equipment, along with new and expanded programs for the new Senior Center. With an expected Grand Opening in early Spring 2024, if you are planning to donate and would like your engraved room plaques and bricks installed for the Grand Opening, we must have your order by December 15! Don't be disappointed! **DEADLINE TO ORDER IS DECEMBER 15.** Let's KEEP THE MOMENTUM GOING! (Note: donations after that date will be greatly appreciated.)

- **RMD** - An ideal end-of-the-year tax time to donate ■ **Gift Opportunities** - Start at \$250 with engraved patio bricks
- **Shared Gift Opportunities** - With family, friends or businesses ■ **Pledges** - 2 and 3 year periods available

*Embracing this important fundraising campaign will help create the Legacy that You support our Seniors in Town - Donate Today!*

Contact Matt Villamaino 896-2206 • Steve Cooper 530-3371 • Chuck Pelouze 596-5089

all donations starting at \$1,000 by **December 15**. Donations for room plaques and various products (i.e. benches) must be received by **January 31**. Meeting these deadlines will ensure donor names will be displayed by the spring grand opening. Donations received after that date will be greatly appreciated, and we will do our best to install these personalized plaques as soon as possible. See the enclosed flyer for more information.

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

*Matt Villamaino* President, Friends of Wilbraham Seniors, Inc.



Robert (Bob) Page, Jr.  
1932- 2023

**Remembering Bob Page**  
*We the residents of Wilbraham owe a debt of gratitude to this gentleman for his dedication, leadership, and unwavering commitment that will help make our dream come true to build a new senior center. Thank you Robert Page, Jr. - May you RIP.*



*"The 50's returned for the night as we "danced the night away" for a great cause on Saturday October 14, at the Ludlow Polish American Citizens Club.*

*The Friends had a successful fundraiser of raffles, baked goods, dance lessons, and awards for Best Moves & Best Outfit. Over 130 people came out to put their dance shoes to work!*



Friends T-shirts make a great Holiday Gift. Stop in the Senior Center and pick one up today. Only \$15 ea or 2 for \$25. Limited sizes.

## 50/50 WINTER RAFFLE

SPONSORED BY FRIENDS OF WILBRAHAM SENIORS INC.

**NOW THRU MARCH 26TH!**

*Our popular 50/50 Winter Raffle is now underway. See enclosed flyer for details*

## SAVE THE DATES

- General Membership 2024 Meeting Dates
  - January 24 1:30 Senior Center
  - April 24 1:30 Senior Center
  - July 24 1:30 Senior Center
  - October 23 1:30 Senior Center (Elections)

*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

### Wilbraham Dementia Friendly Monthly Series Presents:

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

# SOCIAL SERVICES

The holiday season is here. For some, that means cherishing time with family and friends, but for many, especially those who feel emotionally distant or isolated from others, it is a time of year that leaves them particularly vulnerable to feelings of loneliness. Though loneliness is common, how and why people experience it varies widely. Some people may live a happy and healthy life with minimal social interaction, while others may have contact with family and friends and still feel alone. Many factors, like, the loss of a loved one, and even the weather can increase feelings of loneliness. Those who live alone, the elderly, and those grieving tend to experience loneliness more than others.

**If you are experiencing feelings of loneliness this holiday season, use these tips to cope in a healthy way:**

**Remember that you are not alone.** It is OK to feel isolated during the holidays, and you are not alone. You may long to be with family but cannot, or you may mourn loved ones or past relationships. Talking to others who may share your feelings can help you examine where your emotions stem from and make you feel less alone in your situation.

**Reach out to people around you.** If you feel isolated, make it a priority to work on your relationships with others. Exchange friendly words with neighbors or coworkers. Write holiday cards to loved ones. Call or video chat old acquaintances. Attend a holiday event. Connecting with others strengthens bonds and can help you feel less lonely.

**Practice self-care.** Focus on taking special care of yourself. Take time to implement healthy habits like exercising, getting enough sleep, and eating nutritiously. Engage in activities that you enjoy. That might include reading a good book, learning something new, or devoting time to a favorite hobby. Good self-care habits will keep you entertained and boost your mood.

**Redefine your expectations.** Many people have high expectations for this time of year. Popular culture portrays the holiday season as synonymous with spending time with close family, friends, and partners. However, no matter what culture tells us that is simply not true for everyone – and that is OK. Focus on the good things you have in your life instead of comparing yourself to how you think others are spending the holidays.

**Give back to your community.** Volunteering to support a cause you believe in is a great way to feel less lonely during the holidays (or any other time). Helping others who are less fortunate can remind you of all you have to be grateful for and leave you with a sense of love and admiration for yourself. The holidays can be challenging. Whether you are dealing with the loss of a loved one, isolation, or simply far away from family and friends, there are ways that you can cope with feelings of loneliness and take care of your mental wellbeing. Keeping these tips in mind or sharing them with anyone you feel may be at risk of experiencing loneliness, you can be the difference for yourself and others this holiday season.

## *Quote of the month*

“When we recall Christmas past, we usually find that the simplest things – not the great occasions – give off the greatest glow of happiness.” – Bob Hope

## **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

## **Brown Bag Program**

Food for Elders program provides a free bag of healthy groceries to eligible seniors once a month at our senior center and community organizations. The food items are specifically selected to meet seniors’ special dietary requirements to help them stay healthy and active.

### **Eligibility**

The Brown Bag program is for people over the age of 55 who meet certain Income Eligibility.

Size of household	monthly income before taxes
1	\$2,430.00
2	\$3,287.00
3	\$4,143

If you qualify for SSI, Medicaid, Fuel Assistance, Veteran’s Aid or have a documented disability for which you receive SSDI, you may qualify to receive Brown Bag monthly groceries. Our Brown Bag Program Distribution is the 3<sup>rd</sup> Friday of each month. Questions contact Barbara



# COMMUNITY NEWS

## Red Hat YaYa Sisterhood

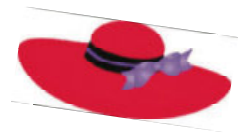
A big thank you to everyone who baked for the Friends Holiday Bazaar!

Make your reservation soon for our very popular **Annual Holiday Luncheon** at the Villa Rose in Ludlow on Friday, December 8<sup>th</sup> beginning at 12:00. Lunch will be ordered off a selected menu with separate checks. Please RSVP by 11/29 to Linda Nichols. Our donation this year will be the purchase of an engraved patio brick to commemorate the Red Hat YaYa Sisterhood members and our long association with the Wilbraham Senior Center. We are also raffling off the beautiful lap quilt at the luncheon.

**Let's Do Lunch** will be held on Friday, January 19<sup>th</sup> at the Mandarin Restaurant in Wilbraham. A sign-up sheet will be available at the Holiday luncheon or call Krystyna Wancko or Ruth Chappel to make a reservation by 1/12. Please wear red hats and purple attire to this event.

Please welcome our newest member Regina Dolan!! If you need a 2023-2024 Handbook please call or email me. You can also stop by the Wilbraham Senior Center and ask for one there.

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 [jsa-sen@wilbraham-ma.gov](mailto:jsa-sen@wilbraham-ma.gov). Please like our Wilbraham Veterans Services Page on Facebook @veterans01095.



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



### Excel Homecare & Nursing Services

A Medicare/Medicaid Certified Home Health Agency Providing:

SKILLED NURSING CARE • PHYSICAL THERAPY  
OCCUPATIONAL THERAPY • HOME HEALTH AIDES  
PERSONAL CARE • HOMEMAKING • PRIVATE DUTY  
UP TO 24-HOUR CARE

Call Us: (413) 583-2005

4 Stony Hill Road, Wilbraham, MA 01095 | [www.excelhomecareservices.com](http://www.excelhomecareservices.com)

We accept Medicare and Medicaid. Servicing Western Massachusetts

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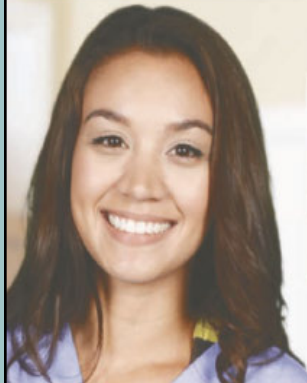
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## SUBMITTAL INFORMATION

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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