



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.



Did you Know...?

You can get your newsletter emailed to you. You will get the newsletter earlier than if you were to get it by mail and it will never be late. If you are interested, just call Jen with your email @ 596-8379.



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.

January Special Lunch

Happy New Year!! Sign up for our January Special Lunch by calling 596-8379. Our meal this month is provided by Loomis Lakeside at Reeds Landing. Musical entertainment by Mike Tourville. Free. **January 16 @12.** Doors open at 11:30. Please sign up by January 10.



Wilbraham Town Tax Abatement Program info session

Monday January 22 @ 10:30

In Wilbraham, there is a potential for residents to get property tax exemptions every year. This presentation by Christopher Keefe will give you all the information you need to apply and what opportunities there are for you. Don't forget to sign up today @ 596-8379

Forastier Lunch and Learn

On **Tuesday, January 30 @ 11:30.** With the thought of New Year's Resolutions why not Plan to Live Your Best Life? Come listen and learn about helpful tools to put your wishes in order and provide peace of mind to you and your family. Forastiere Smith Funeral & Cremation Specialist Gary Szewczyk will discuss how to secure your future so you may continue to live your best life. Please join us on Tuesday, January 30th, 2024 from 11:30-1:30pm at the Wilbraham Senior Center. Pizza and salad will be served, graciously sponsored by the speakers. RSVP to 596-8379.

Songbirds Choir

Mondays at 3pm

Join this group of passionate singers and lets make some music. Please contact Kimberly Perteet at 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**



Wellness Talk

Monday, January 29 @ 10:30. Kim Moran, OT will be here to teach us about the 3 main reasons people are hospitalized. This is an informational discussion to identify risk factors with medication mismanagement, fall prevention and environmental barriers that may lead to a fall.

AARP Taxes

We will be taking names for tax appointments starting **January 2nd.** We will be able to take your name and call you back with an appointment time at a later date. 596-8379.

You will briefly meet with an AARP tax preparer to go over your taxes at your appointment. Once your returns are completed, someone from the senior center will call you to come and pick them 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 **January 17** 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, **Jan 17 @ 10 AM**. Cost for class is \$3, plus materials. Create new pieces or repair your broken jewelry.

BOOK CLUB, **January 25** at 2:00 pm. All are welcome to join in the discussion. January– A Women of No Importance by Purnell. Feb—The Sentence by Endich

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 7th – 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



January 1: Closed

January 8: Burgers & Fries

January 15: Closed

January 22: Grilled Cheese & Soup

January 29: Chili & Corn Bread (made by Barbara)

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:



Friends of Wilbraham Seniors Friends General Fund Donations

Accorsi, Tamera
Barrett, Dorothy
Bennett, Charles
Bralski, Alex
Chaput, Miriam
Country Bank
Dahlke, Gail
Kervick, Christine
Mega, Eugenia
Roller-Canerdy, Michelle

Building Fund

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Memory of **Jim Adam**
McCain, Norma In
Memory of **Bob McCain**

Donations in Memory of Bob Page

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Bennett, Charles
Boucher, Susan
Cacela, Maria
Flynn, Carole
Gomley, Deb
Mango, Ann Marie
O'Brien, Ellen & Staff
Paulin, Adele
Puffer, John
Tyrrell, Lee
Villamaino, Matthew & Jane
Whiffen, James
Whiffen, J. Gilbert & Carole Flynn

HEALTH & FITNESS PROGRAMS



HEALTH PROGRAMS

Foot Care Nurse | January 3

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

Foot Doctor Cindy Galavotti | January 4

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

Baystate Hearing Aids | January 10

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 1/9 9:15 McDonald NP
Mostly easy; meet at the main parking lot at the end of MacDonald Way off of Boston rd. Do many of the bike trails, probably 3+ miles total

Tuesday 1/23 10 am Mount Warner
2mi loop, easy, some gentle slopes. One decent view. Meet at trailhead parking area Mount Warner Road, Hadley.

Tues 1/30 10am Rock House
Reservation easy to low moderate 3 miles or so depending on what loops are included. Impressive rock formations at the beginning of the trails. Rt32 North toward Ware, stay on 9E where it merges with 32 for 1 mile, entrance on the left.

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 – **January 4**

Facials

Diane Neill, MA Licensed Aesthetician. Cost is \$35-\$45 for 50 min facial. **January 25.** 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.

JANUARY 2024 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>2 10— Chair Exercise 10—Blood Pressure 10:45— Fit After Sixty 1— Social Art 1:30— Pinochle Around Town</p>	<p>3 8—Foot Care Nurse 9 -Tai Chi 10— COA 10:30—Quilting 1—Scrabble Walmart (Ware)/ Ocean St</p>	<p>4 9— Dr. Galvotti 10-Chair Exercise 10:45— Fit After Sixty 12:30— Mahjong 1—Knitting Stop & Shop</p>	<p>5 9-Massage 10:30-SHINE 1— Bridge</p>	
<p>8 9— Reiki 12:30—Bingo 1— Rug Making 2:45— Line Dancing Big Y Burgers & Fries</p>	<p>9 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— Social Art 1:30— Pinochle Around Town</p>	<p>10 9 -Tai Chi 10— Baystate Hearing 10:30—Quilting 1—Scrabble Randall's</p>	<p>11 10-Chair Exercise 10:45— Fit After Sixty 12:30— Mahjong 1—Knitting Big Y</p>	<p>12 9— Reflexology 10:30-SHINE 1— Bridge</p>
 <p>Martin Luther King Jr. Day</p>	<p>16 10— Chair Exercise 10—Blood Pressure 11—Grief Support Series 12—Special I Lunch 1— Social Art 1:30— Pinochle</p>	<p>17 9 -Tai Chi 10— Jewelry 10:30— Quilting 1—Attorney Peterson 1—Scrabble Walmart (Chicopee)</p>	<p>18 10-Chair Exercise 10:45— Fit After Sixty 12:30— Mahjong 1—Knitting 2— Book Club Stop & Shop</p>	<p>19 9— Reflexology 9:30—Brown bag 10:30-SHINE 1— Bridge</p>
<p>22 9— Reiki 10:30: Tax Abatement 12:30—Bingo 1— Rug Making 2:45— Line Dancing Big Y Grilled Cheese</p>	<p>23 10am-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</p>	<p>24 9 -Tai Chi 10:30— Quilting 12:30—Sen. Oliveira's Aid 1—Scrabble Kohl's</p>	<p>25 8- Facials 10-Chair Exercise 10:45— Fit After Sixty 12:30— Mahjong 1—Knitting Aldi</p>	<p>26 9— Reflexology 10:30-SHINE 1— Bridge</p>
<p>29 9— Reiki 10:30— Wellness Talk 12:30—Bingo 1— Rug Making 2:45— Line Dancing Big Y Chili & Corn Bread</p>	<p>30 10— Hiking Club 10— Chair Exercise 10—Blood Pressure 10:45— Fit After Sixty 11:30 Forastiere Lunch 1— Social Art 1:30— Pinochle Around Town</p>	<p>31 9 -Tai Chi 10:30— Quilting 1—Scrabble Trader Joe's</p>		

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NEWS & EVENTS

Did you know? The Wilbraham Senior Center:

- Sells dump bags for the town recycling center \$27.50
- Sells discount PVTA bus tickets
- Has a medical equipment loaning closet
- Baked goods from Big Y available on Wednesday AND Fridays. \$1-\$2 donation requested
- Has an extensive lending Library. Current hard cover books for you enjoyment
- Has exercise equipment (recumbent bike, elliptical, treadmill)



AGING WELL IN WILBRAHAM

What do you see when you look in a mirror?? Hopefully a vibrant and mature version of yourself! Next time look in a mirror, look closely and your skin. It is probably a bit different than what you saw at age 20, or 40. Your skin changes with age. Overall, it becomes thinner, loses layers of fat beneath the surface and probably isn't as smooth as it once was. Take heart and take care, there are things you can do to make it look and feel better!

According to the National Institute on Aging, dry skin and itching can be a problem, especially as the weather gets colder. Patches of rough and scaly skin are often found on the lower legs, elbows and lower arms. There are many reasons for this. The simplest are: Not drinking enough liquids, Being in very dry air, particularly with hours spent in heated indoors, Lose sweat and oil glands which is common as we age.

Stress, smoking, use of too much soap, antiperspirants and perfumes, spending longer times in hot showers and baths can also make dryness worse. Even some medications side effects can cause dry skin. Seek the advice of your primary care providers if your skin is causing you to scratch to the point of distraction, or bleeding.

Ways to help dry, itchy skin:

Use over the counter (otc) moisturizers like lotions, creams or ointments every day

Take fewer baths or showers. Use milder soap.

Avoid long periods of time in hot water. Warm water is less drying to your skin.

Be careful with bath oils, they can sooth your skin, but create slippery surfaces in your tub or shower area.

Consider use of a humidifier in a room where you spend the most time in the winter months.

Bruising occurs much more easily as we age. Thinner skin offers less protection to blood vessels that lie beneath the surface. When damage to these vessels occurs, blood can leak out beneath the skin's surface and cause hematomas, or "black and blue" marks. These can be worse or happen more frequently in individuals who are taking blood thinners for other medical conditions. It takes a little longer for their blood to clot, therefore more oozing from damaged vessels can occur. Because the skin is thinner, the bruises are much more obvious and take much longer to be reab-

sorbed into the body. Often a hematoma will go through various colors on its way to healing, going from dark blue, almost black, to various shades of yellow, before returning to normal skin tones. If you notice an increase in the amount of bruising, especially in areas of your body that are protected by clothing, seek an evaluation by your health care provider.

As a society, we seem obsessed with wrinkles! Rather than accepting them as a sign of maturity and wisdom, we worry about them! As we age, our skin becomes less elastic. This can be worsened by prolonged exposures to ultraviolet light from the sun and from smoking. Gravity causes the skin to droop and crease in new patterns. Weight loss may not always allow skin to return to its tighter or firmer profile. There are products and procedures aplenty that claim to address this issue. Some may help, others may not. If you are concerned, seek the advice of a trained health care professional, specifically one trained in the specialty of dermatology, to learn what safe options are available to you.

Age spots or what used to be called "liver spots" are as a result of years of sun exposure. They appear on parts of the body that are/were sun exposed. They present as flat brown spots that may increase in size. Use of sunscreen with a SPF (sun protection factor) of 15, or higher and that indicates "broad spectrum" on the label can prevent these from getting worse. Most importantly, be screened yearly by a skilled health care provider to monitor changes in your skin and for early recognition of skin cancers.

In general, Make the most of the skin you are in!

Limit your time in the sun

Protect your skin by wearing sunscreen on exposed areas, reapply at intervals suggested on the product

Wear protective clothing, wide brimmed hats, sunglasses

Avoid tanning by natural or artificial means

Check your skin often, seek professional evaluation of questionable areas

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

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.

Donations continue to come in and we're very, very pleased with the support from residents and businesses in Wilbraham and surrounding communities. If you haven't contributed yet, there's still time to donate and show your support for our seniors and the new senior center.

Important date change: Our plaque manufacturer has agreed to extend their deadline so name recognition plaques can be displayed for the grand opening in late March (weather permitting).

Deadline to have major sponsor names engraved on the 4'x5' plaque which will appear in the reception area, plus all other name recognition plaques (i.e. rooms, benches, patio bricks, windows, TVs, fire extinguishers, etc.) is now:

January 10, 2024

Donations received after that date will be greatly appreciated, and we will do our best to install these personalized plaques as soon as possible. Contact me if you have any questions - Friends01095@gmail.com.

In case you aren't aware, there will be a professional bocce court that's adjacent to the rear patio. Bocce is a fun leisure game, and is be played by families and people of all ages.



For illustrative purposes

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

Matt Villamaino President, Friends of Wilbraham Seniors, Inc.



Gold Sponsor, Pioneer Valley Financial Group, proudly displays a ceremonial check for \$20,000 to support the Capital Fundraising Campaign for the new Senior Center. (L to R) Kelly Haber, Chief Operating Officer, Ed Sokolowski, CEO, Karen Nogueira, Director of Client Relations



50/50 WINTER RAFFLE

SPONSORED BY FRIENDS OF WILBRAHAM SENIORS INC.

NOW THRU MARCH 26TH!

Our popular 50/50 Winter Raffle is now underway. Pick up a flyer and coupons at the Senior Center or call Judy Cmero 599-0462 - Tickets are only \$5 for 1 or \$10 for 3. All proceeds to benefit the Friends Senior Assistance Fund.



Turley Photo Kristina Rivers

Our Annual Holiday Bazaar was the most successful one ever! But wait until you see what's in store next year when we have it in our *New Senior Center*. Thank you everyone for your ongoing support at our Friends fundraising events.

SAVE THE DATES

- 50/50 Winter Raffle - Now thru March 26
- General Membership 2024 Meeting Dates
April 24 (1:30 Senior Center); July 24, and Oct. 23

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

RSV (Respiratory Syncytial Virus)

It's that time of year again flu, cold season.

Now we have RSV (respiratory syncytial virus) to join the list.

What is RSV?

Respiratory syncytial virus is a common respiratory virus that affects the lungs and breathing passageways. It typically causes mild, cold-like symptoms. Like COVID and the flu, RSV is highly contagious. It spreads in two main ways: By coming into contact (via mouth, nose, or eyes) with droplets from another person's cough or sneeze. By directly touching a surface that has the virus living on it (e.g., a door handle), and then touching your face.

While most people recover from RSV within a week or two, some are more likely to develop serious illness and complications. This includes older adults and infants age 6 months or younger.

What are the symptoms of RSV?

RSV symptoms in adults usually start within four to six days after getting infected with the virus. Signs of infection are similar to those of a common cold and may include:

Fever, Runny nose, Congestion, Sore throat, Sneezing, Wheezing / barking cough, Loss of appetite

How effective is the RSV vaccine?

The RSV vaccines are reported to be highly effective in preventing severe RSV infection. A single dose of vaccine protects against RSV disease in adults age 60+ for at least two winter seasons. In trials, both RSV vaccines were 83%-89% effective in preventing RSV-related lung infections during the first RSV season after vaccination.

How do you prevent RSV naturally?

In addition to getting vaccinated, there are smart steps you can take every day to reduce your chances of an RSV infection:

Wash your hands thoroughly and frequently.

Cover sneezes and coughs (with a tissue or sleeve, not your hands).

Avoid touching your face before washing your hands.

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

A NEW YEAR, A NEW START

Amazingly, it is that time. A new year is here right on schedule — again. This is the time of year so many of us start making resolutions to change a certain area, or multiple areas in our lives. Maybe we have some extra pounds to shed. New Year’s resolutions range from simple desires to seemingly full proof plans for extensive life change. What we all have in common is the hope that something will change, and life will be different (and better) in the year ahead.

Some ideas to try for the New Year.

Start a Gratitude Journal. Reflecting on the things you're thankful for can improve both mental and physical health. Make it a daily practice by keeping a daily gratitude journal—you'll be amazed at how it can transform your mindset!

Cook something new each week. Everyone wants to eat healthier in the new year, but you should also try to eat more diverse foods. After all, variety is the spice of life. This year, choose an easy dinner recipe you've never tried before at least once a week.

Read more books. January is the perfect time of year to snuggle up with a new book. To keep yourself accountable all year long, why not link up with friends and peers to connect over the best pages you've read?

Become a plant owner. Swing by the garden center and pick up a plant. Just the presence of indoor plants can lower human stress levels, research shows, and one study found that actively caring for plants calmed the autonomic nervous system and lowered blood pressure.

You will enrich your life immeasurably if you approach it with a sense of wonder and discovery, and always challenge yourself to try new things.

Quote of the month

“You are never too old to set another goal or to dream a new dream.” —C.S. Lewis

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.

Alzheimer’s Support Group

1st Wednesday of every month 6pm
Orchard Valley
2387 Boston Road Wilbraham

A support group provides an opportunity to learn more about different stages of this progressive disease and offers tips on ways to cope. Join the educational discussions and have the opportunity to learn and share with others who understand.

Please RSVP to Stephanie Zelazo at 413 596 0006 or email szelazo@benchmarkquality.com

COMMUNITY NEWS

RED HAT YA YA SISTERHOOD OF WILBRAHAM

Our **Annual Christmas Party** was held at the Villa Rose on December 8th. The generous donations of a laptop quilt from Linda and a scarf and hats from Krystyna, enabled us to hold a raffle and will now purchase a commemorative brick at the new WSC. The winners were Liz C., Dianne, Ronnie, and Krystyna!!

Our January **Let's Do Lunch** event will be held at the Mandarin Restaurant from 12-3 on Friday, January 19th. If you have not signed up yet, please call me to make a reservation. Mark your calendars for Friday, February 9th. We will be holding a **PJ Party and Luncheon** at the WSC from 12-2. Also, in March we are going to the North Hadley Sugar Shack for a **Pancake Breakfast** and in April **MGM and Red Rose Pizzeria**. More information will be sent out soon.

Please fill out our events survey. If you need one, email or call me.

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. Please like our Wilbraham Veterans Services Page on Facebook



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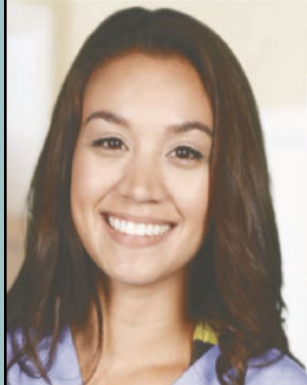
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The Wilbraham Senior News is mailed monthly by the Friends of Wilbraham Seniors, Inc. for the Council on Aging. Typed contributions accepted by the 8th of each month & mailed to:

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