



WARE Senior Center

April 2017

**Ware Senior Center
1 Robbins Road - Ware, MA 01082
413-967-9645 (fax) 413-967-9294**

Council on Aging

**Paul Benoit
Julianne Cappe
Patricia Ranner
John Zienowicz**

**Carol Brundige
Janet Ciejka
Craig Simmons**

COA Meetings take place on the third Tuesday of every month from 9:30-10:30AM. The next meeting will be on **April 18th**. The meetings are open to the public and time for new business will be allowed near the beginning of the meeting. We only ask that people please try to contain new business to a maximum of two minutes per person.

All meetings take place at the Ware Senior Center and are open to the public.

In a Nutshell—John L. Zienowicz

It's spring right? As I am writing this I'm watching the snow fall yet again outside my window. The good news is there is a sunlight at the end of the tunnel and it won't be long before we are complaining that it is too hot outside. Ahhh, New England life. I saw an interesting quote online today from some anonymous person that pretty much sums it up.

"Is it just me or does anyone else feel like we live in a snow globe and some jerk keeps shaking it up?"

I'll let you ponder that while we wait for it to be warm enough to go outside again!

Senior Center Staff

John L. Zienowicz - Senior Center Director
Maire-Brigid Bresnahan—Outreach Coordinator
Marie Stacy - Van Coordinator
Donna DiPilato - Finance Coordinator
Patricia Ranner—Coffee Shop / Welcome Staff
Margarette Grzywacz - Welcome Staff
Michael Tourville - Welcome Staff
Ann Murphy - Welcome Staff
Beverly Anthony - Welcome Staff
Susan Tolar - Library Coordinator
Alton Davis - Chef
Sue Croft - Kitchen Assistant
Barbara Demers—Kitchen/Lunchroom Volunteer
Mickey Saladyga—Thrift Store Coordinator
Donna Comtois - Thrift Store/Kitchen Volunteer
Craig Simmons— Transportation Provider

Mission

It is the mission of the Ware Council on Aging to identify the total needs of the community's elder population, to link services to those needs and to improve the quality of life for our seniors



Brown Bag

Brown Bag will be held on **Friday** April 10th at 10:30^{am}. **Participants will have until the end of business hours (4^{pm}) on Brown Bag Friday to pick up their bags.**

Please make arrangements for pick up in advance as food will not be stored beyond Brown Bag Day .

Future Brown Bag Dates to Remember:

May 11th , June 9th , July 14th

If you would like more information on the application process or to volunteer please contact Maire Bresnahan at: 413-967-9600.

Meal Policy

Please call or stop by and **put your name on the lunch list by 12 noon the day before** the meal you wish to join us for. We can not allow walk-ins or calls on the same day.

If your plans change and you can't make it, please call or stop by and let us know. Also, **tray service is for individuals that are not able to carry the food trays to their tables.** It is not an optional service provided to all. Please be honest when asking for this service. Tray service will not be added on the day of, it must be specified in advance.

Thank You from the Ware Council on Aging

Jubilee Cupboard

The Jubilee Cupboard provides emergency food assistance and is open Thursdays from 9 AM until 12 noon. The location is 20 Park St, Ware next door to Trinity Church and directly behind the Old Ware Fire Station. Proof of residence is required. For more information please phone 413-967-3274, or e-mail Jubilee_Cupboard@trinityware.org.

Community Dinner

BE OUR GUEST! On the 3rd Tuesday of each month anyone in Ware can be our guest for a hot meal. At noon, Trinity volunteers will serve a hot lunch at the **Hillside Village** location to those in line for the Western Mass Food Bank delivery. Then at **6 PM** on the same third Tuesday, all are invited to come for a hot meal at **Trinity's Morrill Hall**. We welcome veterans and all who are hungry or in need of a warm meal.

Mobile Food Pantry

The Western Mass Food Bank in conjunction with the Bay State Mary Lane Community Benefits Advisory Committee and Stop & Shop's Our Family Foundation delivers a truck full of free fresh and non-perishable groceries directly to a community site for immediate distribution to residents. The program reaches underserved populations throughout Western Massachusetts that don't have access to healthy foods, including families, seniors and children.

There are no eligibility requirements to receive food from our Mobile Food Pantry. Anyone in need of assistance can attend. It's a good idea to arrive 10-15 minutes prior to distribution time, and bring with you boxes or bags to carry your food.

Every third Tuesday of the month rain or shine.

The event takes place in the parking lot at Hillside Village 17 Convent Hill Road Ware, MA.

From 1:00-2:00PM

Upcoming dates: April 18th , May 16th , June 20th

Van Policy Changes

The Ware Council of Aging and the Staff of the Ware Senior Center want make you aware of the Van Services that are available to you. This includes service for shopping and medical visits. **COA Van Services** normally operate from 9:00 am to 1:00 pm Monday, Thursday & Friday. Destinations are limited to within the Town of Ware. The Suggested Donation is \$1.00 per trip. Lift service is available. Ask the Van Coordinator for policies for van use. For further information or to schedule a ride please contact the Van Coordinator at 413 967 9645.

COA Van Policies

All rides must be scheduled **48 hours** in advance

Patrons are limited to two stops per day (example : after pick up, a ride to Big Y followed by a ride to CVS; or a ride to one business and then the Senior Center then a return home)

In cases of inclement weather, for safety reasons, the Van may only operate for medical appointments (blood tests, Dr.'s appointment and counseling) No shopping. Determination on van use on such days will rest with the Senior Center Director after consultation with Van Coordinator and driver scheduled that day

Medical appointments take priority over all other trips

Patrons must designate a specific pick up and drop off time when making the appointment

Drivers will not go in to stores to shop for patrons

Patrons are limited to what they can carry on and off the Van in one trip or they may request assistance. Riders needing assistance must request such assistance when making your ride appointment. Drivers are only allowed to assist with up to 3 standard sized bags with a combined weight not exceeding 25 lbs. Patrons are responsible for any extra bags etc.

Patrons requiring use of lift must do so in advance.

The lift may be used by anyone. The patrons need for assistance or use of lift will be added to patron information with the permission of the patron.

Policy Effective April 3, 2017.

Alternative Transportation Options

If you are planning on visiting the Senior Center and you live in Valley View Apartments, Highland/Hillside Apartments, or Ware Brook Village, the **PVTA Shuttle** now makes regular, daily, scheduled stops in the Ware Senior Centers' parking lot allowing you to get to and from the Senior Center. The shuttle schedule now allows riders to participate in afternoon activities. Schedules are available at Front Desk or on the Senior Van.

The **Quaboag Connector** is also available for transportation to surrounding communities outside of Ware. For more information or to make reservations for rides, please call 1-413-544-3401 or visit www.rideconnector.com



Van Report

For February 1st—February 28th

Round Trips	46
Total Trips	97
Days on the Road	11
Mileage	357.4
Big Y Pick ups	11
Closed/Holidays	9
Van Escorts	0
Donations	\$90.00

***Funds to operate the van are provided in part from the Older Americans Act through a grant from WestMass Eldercare, MAEOEA & FACL**

Senior Services Available

*SHINE Counseling

Medicare A

Medicare B

Medicare D

Masshealth

Social Security/Disability/Retirement

Food Stamps (SNAP)

Fuel Assistance

Housing Application Assistance

Marie Hastings Grant

Wellness Checks and Home Visits

Contact Maire Brigid Bresnahan at 413-967-9645 x502 to
make an appointment

HERITAGE HEARING CARE OF NEW ENGLAND

Wednesday

April 19th 11:30-2:30^{PM}

Hearing Screening/Hearing aid check and clean or service (any brand)

Able to check ears for wax build up with a video otoscope

Hearing aid batteries available for \$3.00 package of four

TROUBLE HEARING ON THE PHONE?

Free Phone to those that are eligible-Display available stop by for more details.

**To learn more about hearing loss prevention stop by
or call senior center to schedule an appointment**

413-967-9645

**For screenings and service a sign up with time and
what needs seems to work best.**

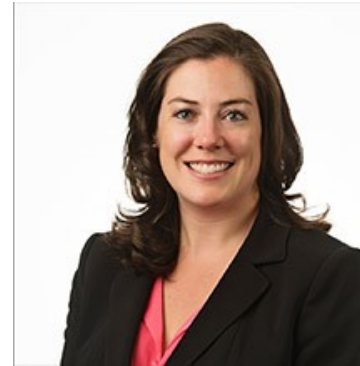
Tuesday April 25th

11:45AM

Katie Bagdis Esq.

Mountain Dearborn LLC

How to Cover your Assets



Join us for an informational yet informal presentation on the pros and cons of Estate Planning and why this may be something you should consider sooner than you think

**This event and delicious goodies are provided through
the generosity of:**

Quabog Rehabilitation & Skilled Care Center

47 East Main St.

West Brookfield, MA 01585

Chat with you State Officials

Thursday 13th 11-12^{PM} - **Tyler Wolanin** -
District Director for Senator Anne Gobi

Tuesday 25^h 11-12^{PM} —**Donna Farmer**—
Chief of Staff—Rep. Don Berthiame's
Office



April 2017 LUNCH MENU



Monday	Tuesday	Wednesday	Thursday	Friday
3 Meatloaf Mashed Potatoes w/ Gravy Peas/Carrots Sliced Apples	4 Baked Lasagna Tossed Salad Garlic Bread Pears	5 Beef Stew over Rice Carrots Mandarin Oranges *Davis Bates show starts at 11AM	6 Sausage, Pepper & On- ion Subs Potato Wedges Mixed Fruit	7 Fish & Chips Coleslaw Corn Chowder Chocolate Pudding
10 Chicken Pot Pie Spinach Cookies	11 Hamburger w/ all the fixins' Sweet Potato Fries Tomato Soup Pineapples	12 Easter Party! Baked Ham Au Gratin Potatoes Mixed Veggies Pears	13 Chicken Nuggets Corn French Fries Mandarin Oranges	14 Baked Salmon Roasted Potatoes Baby Carrots Pudding
17 BRUNCH Pancakes Sausages Hash Browns Orange Juice Mixed Fruit	18 Sweet & Sour Pork over Rice Asian Veggies Fortune Cookies Peaches	19 Roasted Chicken Boiled Potatoes Carrots Pie	20 Swedish Meatballs over Noodles Corn Mandarin Oranges	21 Stuffed Shells Tossed Salad Italian Bread Ice Cream
24 Kielbasa Cabbage Buttered Noodles Tapioca Pudding	25 Grilled Cheese Tomato Soup Potato Soup Brownies	26 Birthday Party! BBQ Chicken Potato Salad Broccoli Cake	27 Roast Pork Boiled Potatoes Carrots Brownies	28 Filet of Fish Tater Tots Mixed Veggies Pineapples
*Menu Subject to Change				**30th Saturday 911 Memorial Fundraiser Breakfast 9-11am

Lunch Facts: For the month of February 2017 The Ware Senior Center served 500 lunches.

Required: Call 413-967-9645 Call by noon the day before to put your name on the lunch list.

If you have any special dietary needs, please ask the front desk for the dietary needs form to give to our chef and he will do his best to accommodate you.

April Activities

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9AM Scat Tai Chi 11:30AM Lunch 1PM Poker Yoga 4:45PM BINGO	9AM Scat 9:30AM Quilting Club Exercise @ Valley View 11:30AM Lunch 1PM Cribbage Chess 6PM Pitch* *Registration starts @5pm	9AM Scat Tai Chi 11:30AM Lunch 12:30PM BINGO 6PM SCAT* *Registration starts @5pm	9AM Scat 9:30AM Exercise @ Valley View 10AM Line Dancing 10AM Knit-Crochet- Laugh 11:30AM Lunch 1PM Pitch Chess 2:30PM Art Class 4:30 PM Zumba 6:00PM BINGO	9AM Scat Tai Chi 11:30AM Lunch 1PM WHIST 6PM Cribbage* *Registration starts @5pm

Notable April Events:

Wednesday 5th 11-12^{PM} - **Davis Bates—Musician/Storyteller**

Wednesday 12th 11:00^{AM}—Easter Party

Thursday 13th 11-12^{PM} - **Tyler Wolanin** - District Director for Senator Anne Gobi

Friday 14th 10:30-4^{PM} - Brown Bag Program

Tuesday 18th 9:30-10:30^{AM} - COA Meeting

Tuesday 18th 1-2^{PM} - Mobil Food Pantry - @Hillside Village 17 Convent Hill Rd. Ware, MA

Wednesday 19th 11:30-2:30^{PM}—Heritage Hearing—Screenings—Sign up at front desk

Tuesday 25^h 11-12^{PM}—**Donna Farmer**—Chief of Staff—Rep. Don Berthiame’s Office

Tuesday 25th 11:45-12:30^{PM} - **Katie Bagdis**— Estate Planning Law

Wednesday 26th 11^{AM} —Deputy Fire Chief **Ed Wloch**—Fire Safety Lecture Series

Wednesday 26th—April Birthday Party

Sunday 30th - 9-11:00^{AM}— 911 Memorial Fundraiser Breakfast—Sponsored by the WFD