



# WARE. Senior Center

**August 2017**

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

## 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

*"If they don't give you a seat at the table, bring a folding chair".*

*—Shirley Chisholm Late NY Congresswoman  
Contributed by Carol Brundige*

## Senior Services Available

\*SHINE Counseling

Medicare A, B, D

MassHealth/Social Security/Disability

Retirement

Food Stamps (SNAP) /Fuel Assistance

Housing Application Assistance

Maria Hastings Grant

Wellness Checks and Home Visits.

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

## Senior Center Staff

**John L. Zienowicz** - Executive 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  
**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

## Council on Aging

**Paul Benoit**  
**Julianne Cappe**  
**Craig Simmons**  
**John Zienowicz**

**Carol Brundige**  
**Janet Ciejka**  
**Cindy Wloch**

COA Meetings take place on the third Tuesday of every month from 9:30-10:30AM. There will not be a meeting in August. The next meeting will be on **September 19<sup>th</sup>**

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.**

## Meet with your Representatives

Have an issue for your state legislators to tackle?

Meet their staff here!

**Wednesday August 9<sup>th</sup> 11-12<sup>PM</sup>** -Tyler Wolanin, District Director for Senator Anne Gobi



## Brown Bag

Brown Bag will be held on **Friday August 11<sup>th</sup>** at 10:30<sup>am</sup>. **Participants will have until the end of business hours (4<sup>pm</sup>) 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:

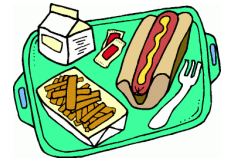
September 8<sup>th</sup>, October 13<sup>th</sup>, November 10<sup>th</sup>.  
If you would like more information on the application process or to volunteer please contact Maire Bresnahan at: 413-967-9645 x502.

## 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 Ware Senior Center. This shuttle schedule now allows riders to participate in afternoon activities. Schedules are available at Front Desk or on the Senior Van. The **PVTA** also offers para-transit service to seniors and people with disabilities who need transportation for shopping, work, banking, medical purposes, day programs, etc. across the Pioneer Valley call 1-866-277-7741 to schedule a ride.

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](http://www.rideconnector.com)

## 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 available 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



## Pet Food

### Distribution Policy

The Ware Senior Center accepts donations of pet food to assist seniors in feeding their pets. Due to limited donations and a demand that exceeds supplies, the Council of Aging has agreed on the following policies for distributing resources to provide food for pets of seniors.

- Food will be distributed for the family pets of seniors only.
- Food will not be given for use of pets of other family members.
- Food will not be given for feral (wild) animals
- The Senior Center Director will designate a single person to oversee distribution of the pet food. No other staff or volunteers will be allowed to distribute the food.
- Food will distributed bi-monthly on Wednesday's between 11:00 and 11:30.

Approved by the Council on Aging

## COA “Van Go” Service

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 Go “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.



### **Van Report**

For June 1<sup>st</sup>—June 30<sup>th</sup>

<b>Round Trips</b>	<b>22</b>
<b>Total Trips</b>	<b>61</b>
<b>Days on the Road</b>	<b>10</b>
<b>Mileage</b>	<b>506.9</b>
<b>Big Y Pick ups</b>	<b>17</b>
<b>Closed/Holidays</b>	<b>10</b>
<b>Van Escorts</b>	<b>0</b>
<b>Donations</b>	<b>\$37.00</b>

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

## 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.



## Can you spot a SCAM when you see one?

Learn to protect yourself and  
your assets.

Join us on **August 2<sup>nd</sup> at 11<sup>AM</sup>**

**Officer Bertini** of the Ware Police Department , will be presenting some facts and fiction when it comes to SCAMS and how you can be better prepared to deal with these thieves. The presentation is free and lunch will follow immediately.



WARE  
**Senior  
Center**

Friends of Ware  
Seniors Inc.

### Help us Grow!

The Friends of Ware Seniors Inc. are selling sponsorships to help support the expenses of the Ware Senior Center such as; entertainment, health programs, furniture and equipment upgrades, food program, and of course the famous parties and raffles.

The Friends of Ware Seniors Inc. is the fundraising partner of the Ware Senior Center. The Friends raise money to donate directly to or purchase items for Senior Center activities for the benefit of the senior citizens of Ware.

Your name will be listed on the Friends Tree Mural at the Ware Senior Center (if you choose).

Letters will be mailed to all 55+ citizens in Ware in August with more details and forms will be available at the Senior Center front desk .

**We look forward to having you help our tree grow!**

Thank you from the Friends,

Sue LaBarge, George Staiti, Mary Gage, Paul Orszulak,  
Marge Grzywacz, Gwen Kirkham, Maggie Sorel, Denise  
Blodgett, Lorraine Fulton, Bev Kivior



Please join this complimentary seminar/  
discussion sponsored by Westfield Financial  
Management Services located at Westfield  
Bank.

Stanley Szlachetka and Gillian Szlachetka  
Dubay of Szlachetka Dubay, P.C. Attorneys and  
Counselors at Law will speak on the following  
topics that concern all of us.

**DATE: AUGUST 23, 2017**

**TIME: 11:00AM**

### **PLANNING YOUR ESTATE**

What is estate planning? Is it necessary for everyone or just the rich? Do I really need a will? How can a Power of Attorney save my family significant expense if I become disabled? What is a living will? What are the benefits of having a revocable living trust? This course will explore these questions and more.

### **ASSET PROTECTION PLANNING**

If I need a nursing home, how will I pay for it? Will Medicare cover the cost? Will I lose my entire "nest egg", including my home? What is Medicaid and what will it pay? If I give away my assets, can I still qualify? What is Medicaid Estate Recovery?

### **PROBATE AND THE ADMINISTRATION OF AN ESTATE**

When is probate necessary? How can I avoid probate? What happens if I die without a will? What steps are necessary to administer an estate? What are my duties as an executor? Will I be entitled to a fee for my services? Will the estate have to pay taxes?

**The presentation is free. Lunch will follow  
along with Q&A.**



# August 2017 LUNCH MENU



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Chicken Broccoli Casserole Cucumber Salad Ice Cream Sandwich	<b>2 Brunch</b> French Toast Hash Browns Sausages Orange Juice Melon	<b>3</b> Veal Parmigiana w/ Spaghetti Tossed Salad Sugar Free Jello	<b>4</b> Tuna Sandwiches w/ Lettuce & Tomatoes Macaroni Salad Tomato Soup Pineapple Slices
<b>7</b> Baked Fish Spanish Rice Broccoli Diced Pears	<b>8</b> Hot Dogs w/ Baked Beans Coleslaw Brown Bread Diced Peaches	<b>9</b> Chicken Parmigiana w/ Pasta Tossed Salad Mandarin Oranges	<b>10</b> Seafood Salad Three Bean salad Potato Salad Cookies	<b>11</b> Lazy Golumbki's Turkey Kielbasa Pickled Beets Fruit Cups
<b>14</b> Fish Sticks French Fries Carrots Cantaloupe	<b>15</b> Hot Turkey Sandwich Tossed Salad Mashed Potatoes w/ Gravy Pineapples	<b>16</b> Stuffed Peppers Corn Pudding	<b>17</b> Pork Roast Scalloped Potatoes Mixed Veggies Sherbet	<b>18</b> Spaghetti w/ Meatballs Tossed Salad Diced Pears
<b>21</b> Baked Chicken Macaroni & Cheese Stewed Tomatoes Sliced Peaches	<b>22</b> Meatloaf Baked Potato Peas Sugar Free Jello	<b>23 Birthday Party!</b> BBQ Chicken Corn on the Cob Baked Potato Ice Cream	<b>24</b> American Chop Suey Green Beans Mixed Fruit	<b>25</b> Grilled Burgers w/ all the fixins Waffle Fries Cookies
<b>28</b> Italian Chicken Rice Peas Sherbet	<b>29</b> Taco Bar w/ Toppings Sliced Apples	<b>30 Senior Party!</b> Swedish Meatballs Terriyaki Wings Baked Potato w/ Chili Macaroni Salad Juice Watermelon	<b>31</b> Baked Low Sodium Ham Oven Potatoes Veggie Blend Cookies	<b>*Menu Subject to Change</b>

Lunch Facts: For the month of June 2017 The Ware Senior Center served 652 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.

## August Activities

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

### Notable August Events:

Wednesday 2<sup>nd</sup> 11-11:30<sup>AM</sup> - **Officer Bertini—SCAMS and Frauds, how to spot them and protect yourself.**

Wednesday 9<sup>th</sup> 11-12<sup>PM</sup> - **Tyler Wolanin** - District Director for Senator Anne Gobi

Friday 11<sup>th</sup> 10:30-4<sup>PM</sup> - Brown Bag Program

Tuesday 15<sup>th</sup> 1-2<sup>PM</sup> - Mobil Food Pantry - @Hillside Village 17 Convent Hill Rd. Ware, MA

Wednesday 23<sup>rd</sup> 11:30<sup>AM</sup>— **August Birthday Party**

Wednesday 30<sup>th</sup> 11-11:30<sup>AM</sup>—**Ed Wloch Lecture Series**

Wednesday 30<sup>th</sup> 11:30-12<sup>PM</sup>—**Senior Party**