



WARE. Senior Center

January 2018

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

When Winter Weather Hits!

Just a reminder for all of our visitors and patrons, that when inclement weather hits, the Ware Senior Center follows the Ware Public School system policies. If there is no school, there is no Senior Center, two hour delays etc. Of course if the Governor declares a state of emergency then all Town offices are closed.

Tune in to any of the local Springfield Television News channels on ABC, CBS, FOX or NBC and check for updates on the bottom of the TV screen.

Stay Safe!

Senior Center Staff

- John L. Zienowicz** - Executive Director
- Maire-Brigid Bresnahan**—Outreach Coordinator
- Marie Stacy** - Van Coordinator
- Donna DiPilato** - Finance Coordinator
- Patricia Ranner**—Activity Leader-BINGO
- Margarette Grzywacz** - Welcome Staff
- Michael Tourville** - Welcome Staff
- Ann Murphy** - Welcome Staff
- Beverly Anthony** - Welcome Staff
- Alton Davis** - Chef
- Meghan Guimond** - 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 | Carol Brundige |
| Julianne Cappe | Janet Ciejka |
| Craig Simmons | Cindy Wloch |
| John Zienowicz | |

COA Meetings take place on the third Tuesday of every month from 9-10AM. The next meeting will be on Tuesday **January 16th**.

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 1/10 11-12^{PM}

Tyler Wolanin, District Director
for Senator Anne Gobi



Brown Bag

Brown Bag will be held on **Friday January 12th** 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:
February 9th, March 9th, April 13th

If you would like more information on the application process or to volunteer please contact Maire Bresnahan at: 413-967-9645 x502.



The Ware Senior Center is now a Regional SNAP Provider for the Department of Transitional Assistance.

SNAP applications can be processed directly here cutting the response time nearly in half.

If you or someone you know in the vicinity needs access to the SNAP program have them make an appointment with Maire Brighid Bresnahan at the front desk or by calling 413-967-9645 x502

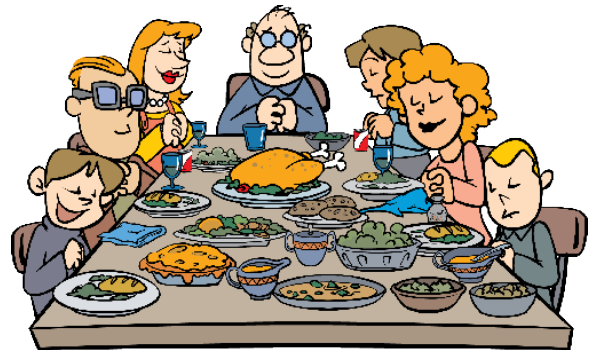
Free Ware Community Dinners

Come and join your neighbors and converse over a hot meal for free.

BE OUR GUEST! Three days each month anyone in Ware can be our guest for a hot meal. At noon on the third Tuesday of the month , Trinity Church volunteers will serve a hot lunch at the **Hillside Village** location to those in line for the Western Mass Food Bank delivery. Then at 5:30^{PM} on the same 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.

Other sites include:

Ware Senior Center— 2nd Wednesday of every month from 5:30-6:30^{PM}



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-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 November 1- 30th

Round Trips	32
Total Trips	65
Days on the Road	11
Mileage	353.4
Big Y Pick ups	10
Closed/Holidays	3
Van Escorts	0
Donations	\$40.00

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

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

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



Hearing better is sweet!

Wouldn't you like to hear those sweet nothings whispered in your ear?

Enjoy Valentine's Day again have your hearing checked.

Wednesday February 14th 9:30-11^{AM}

@ the Ware Senior Center

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

Able to check ears if wax build 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.

Stop by or call the senior center to schedule an appointment 413-967-9645



Professional Foot Care

By Diane DeWan LPN

Care includes: Assesments, Toenail trimming, corn and callus sanding, gentle massage and plans for problem areas.

February 21st 9:30-1:130^{PM}

Ware Senior Center

Call the front desk for an appointment

Jubilee Cupboard

The Jubilee Cupboard provides emergency food assistance and is open Thursdays from 9-12^{PM}. 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.

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.


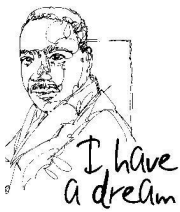
There are no eligibility requirements to receive food from our Mobile Food Pantry. Anyone in need of assistance can attend. It's a good idea to arrive 10-15 minutes prior to distribution time, and bring with you boxes or bags to carry your food.

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 From 1:00-2:00PM

Upcoming dates: January 16th, February 20th, March 20th

January 2018 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 Happy New Year!  Closed	2 Macaroni & Cheese Turkey Kielbasa Stewed Tomatoes Ice Cream Cups	3 Baked Ziti Tossed Salad Mandarin Oranges	4 Jambalaya Hot Potato Salad Peaches	5 Grilled Cheese w/ Tomatoes, Bacon French Fries Ice Cream
8 BBQ Chicken Candied Yams Corn on the Cob Peaches	9 Sloppy Joes Veggie Salad Ice Cream Sandwich	10 Brunch Blueberry Pancakes Scrambled Eggs Sausages Orange Juice Sliced Apples	11 Roast Pork Loin Oven Potatoes Broccoli Applesauce Cake	12 Baked Fish White Rice Carrots Fruit Cup
15 Closed MLK Day! 	16 Shepard's Pie Tomato Soup Cup cakes	17 Stuffed Peppers Soup Corn Peaches	18 Chicken ala King over Noodles Macaroni Salad Sliced Apples	19 Salmon Boats Scalloped Potatoes Green Beans Pie
22 Meatball Sub Tossed Salad Cookies	23 Ham Pineapple Casserole Italian Peas Mixed Fruit	24 Birthday Party! South of the Border Chili over Rice Dill Cucumber Salad Mandarin Oranges *Special Guest – Doug the Country Singer	25 Hot Turkey Sandwiches Mashed Potatoes Mixed Veggies Jello	26 Baked Fish Au Gratin Potatoes Carrots Pudding
29 Beef Stew over Rice Pineapples	30 Grilled Burgers w/ all the fixins French Fries Ice Cream	31 Meatloaf Baked Potatoes Corn on the cob Pears	*Menu Subject to Change	

Lunch Facts: For the month of November 2017 The Ware Senior Center served 563 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.

January 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 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	9AM Scat 9:30AM Exercise @ Valley View 10AM Line Dancing 10AM Knit-Crotchet– Laugh 11:30AM Lunch 1PM Pitch Chess 2:30PM Art Class 5:30PM BINGO	9AM Scat Tai Chi 11:30AM Lunch 1PM WHIST 6PM Pitch* *Registration starts @5pm

Notable January Events

Wednesday 10th 11-12^{PM}—Tyler Wolanin—

District Director for Senator Anne Gobi

Wednesday 10th 5:30-6:30^{PM}—Free Community Dinner

Friday 12th 10:30-4^{PM} - Brown Bag Program

Tuesday 16th 9-10^{AM}—Council on Aging Meeting

Tuesday 16th 1-2^{PM} - Mobil Food Pantry - @Hillside Village 17 Convent Hill Rd. Ware, MA

Wednesday 24th 11:30^{AM}— **January Birthday**

Party

Wednesday 31st 11-11:30^{AM}—**Ed Wloch Lecture Series**