

DECEMBER 2017

THE SENIOR SCENE

Ludlow Senior Center

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○ Phone Number:

(413) 583-3564

○ Address:

37 Chestnut Street
Ludlow, MA 01056

○ Email Address:

COA@Ludlow.ma.us

○ Website:

Ludlow.ma.us

○ Fax Number:

(413) 583-5658

○ Office Hours:

Monday - Friday
8 a.m. to 4 p.m.

JAMMIN' WITH JODI

Happy Holidays! I hope that you will each take a few minutes and wish each other happy holidays. This time of year can be difficult for many people and a simple gesture could really make someone's day. Slow down and enjoy the end of the year. 2018 is going to be busy and exciting.

Thank you to my staff, the volunteers, and all of you for making 2017 a memorable one. Keep reading. We have a ton going on this month and you do not want to miss a thing. Merry Christmas, Happy Hanukkah, Happy Kwanzaa and Happy New Year.

Jodi Lepke

Friends of the Ludlow Senior Center's January 2018 Calendar Fundraiser

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1 \$250	2 \$50	3 \$50	4 \$50	5 \$50	6 \$50	7 \$50
8 \$50	9 \$50	10 \$50	11 \$50	12 \$50	13 \$30	14 \$50
15 \$50	16 \$50	17 \$50	18 \$50	19 \$50	20 \$50	21 \$50
22 \$50	23 \$50	24 \$50	25 \$50	26 \$50	27 \$50	28 \$50
29 \$50	30 \$50	31 \$250				

The Friends of the Ludlow Senior Center Holiday Fundraiser continues until Friday, December 29. This year we are selling a one-month lottery calendar for \$10.00 each. For each day of January 2018 one lucky winner will be drawn.

These calendars make great holiday gifts or stocking stuffers. Winning calendar numbers will be drawn at lunchtime at the Senior Center. Holiday and weekend winners will be drawn the Friday before they occur. Checks will be mailed to the winners.

WELLNESS SERVICES

The Ludlow Council on Aging is not responsible for last minute cancellations by these providers

PEDICURE WITH TOWN NURSES

Every Tuesday

Pedicures are for Ludlow residents only. Diabetics are required to provide a note from their doctors, before a pedicure can be given. Pedicures are \$10. Appointments are required. They may be made by calling the center.

DROP-IN WITH A NURSE

Every Thursday From 10 a.m. - 11:30 a.m.

Stop by the Wellness Clinic to have your blood pressure checked, File of Life filled out, or ask the nurse a question.

HEARING CLINIC

Deb Stroetzel: Tuesday, December 26

Deb Stroetzel, MA, CCC-A, provides answers to questions you have regarding your hearing. Appointments are required. They may be made by calling the center.

MASSAGE THERAPY

Meaghan Murphy: Mondays & Wednesdays

15 Minutes of massage for \$10 or 30 minutes of massage for \$20. Appointments are required. They may be made by calling the center.

BLOOD PRESSURE CHECKS

Tuesday afternoon from 1 p.m. - 2 p.m.

Blood pressure checks are provided by volunteers. Please call the center to verify that a nurse is on-site.

FACIALS

Diane Neill: Wednesday, December 27

Diane Neill, MA licensed esthetician, provides facials and additional skin care services. A one-hour facial starts at just \$30. Appointments are required. They may be made by calling the center.

MEETINGS & SUPPORT GROUPS

FRIENDS OF THE LUDLOW SENIOR CENTER

Wednesday, December 13, at 10 a.m.

The Friends play a very important role at the Ludlow Senior Center by financially supporting services and activities. Stop in the second Wednesday of each month and find out what you can do to help.

CAREGIVER SUPPORT GROUP

Tuesday, December 12, at 10 a.m.

This group meets the second Tuesday of each month. The group is open to all caregivers. Signing up is appreciated, but not mandatory.

STATE SENATOR LESSER OFFICE HOURS

Thursday, December 14, at 10:30 a.m.

Talk with State Senator Eric Lesser's district director. Joel McAuliffe visits the center the second Thursday of each month.

BROWN BAG PROGRAM

Tuesday, December 19, from 1 p.m. - 3 p.m.

Offered through the Food Bank of MA, Brown Bag helps those older than 55, who meet income guidelines. Applications are available at the Senior Center. Pickup is the third Tuesday of each month.

COUNCIL ON AGING BOARD MEETING

Wednesday, December 20, at 4:30 p.m.

Held the third Wednesday of every month, this meeting is open to the public, unless there's an executive session.

TRIAD

Wednesday, December 27, at 10:00 a.m.

Held the fourth Wednesday of every month, this group works toward making our community a safer place. Come in and find out how you can make a difference.

VETERANS AGENT OFFICE HOURS

Wednesday, December 27, at 10:30 a.m.

Veterans Agent Eric Segundo will be holding office hours at the center for all veterans' issues.

MEN'S BREAKFAST CLUB

Friday, December 29, at 8:30 a.m. in Wilbraham

Breakfasts are held on the last Friday of every month. Sites alternate between Ludlow and Wilbraham.

SENIOR CENTER TRIPS

Sign-up with Sarah beginning December 1 at 8 a.m. by calling 583-3564.
You may sign-up yourself and your spouse. You may not sign-up a friend or relative.

Evergreen Walk & Buckland Hills

December 7

Cost: \$2.00

Departure: 9:15 a.m.

We'll spend a few hours at Evergreen Walk before heading over to the Buckland Hills stores. Lunch is on your own. Store directories are at the front desk.
The snow date is December 11.

Some Notes Regarding Trips

- After the first day of sign-ups, the trip book is located at the Front Desk. **If you need to sign-up, cancel or check your status on the wait list for a trip, contact the Front Desk.**
- In cases of bad weather, we will most likely wait until the morning of a trip to determine if it is safe enough to go. In these cases, a member of the Senior Center will call those on the trip list to let them know the trip has been cancelled.
- A quick reminder of the rules while riding the van: You must wear your seatbelt and remain in your seat when the van is in motion. You may not eat or drink in the van.

Holyoke Mall

December 19

Cost: \$2.00

Departure: 9:30 a.m.

Drop off spots are Macy's and The Christmas Tree Shop. Lunch on your own and is not included in the price of the trip.
The snow date is December 21.

TRANSPORTATION SERVICES

Important Details

- Pickup times are a 30-minute window.
- Van service is available for in-town rides only.
- Rides to the center must be arranged by 9:00 a.m.
- Appointments to other Ludlow locations must be arranged 24 hours in advance by calling the center
- The latest appointments we can accommodate is 2:30 p.m. as the van makes its last trip around 3:30 pm.

Our Fees (One Way Fares)

To the Senior Center: \$.50

To other Ludlow locations: \$.75

Monthly Shopping Trips

Eastfield Mall, or Stop & Shop

Monday, December 4

Cost: \$2.00

Departure: 12:30 p.m. Return: 3:00 p.m.

When you make your reservation, please include which stop you prefer.

Big Y, or Randall's

Every Tuesday & Thursday

Departure: 11:00 a.m. & 1:00 p.m.

When you make your reservation, please include which stop you prefer.

CONTINUING ACTIVITIES

Monday

8 a.m. Fitness Room
9 a.m. Knitting
9:30 a.m. Massage
 Appointments
10 a.m. YMCA
 Boomer Boot Camp
10 a.m. Dominos
12 p.m. Lunch
12:30 p.m. Donors 9-Ball
 Round Robin Billiards
1 p.m. Pitch
1:15 p.m. Movie

Tuesday

8 a.m. Fitness Room
8:30 a.m. Pedicure Appts
9 a.m. Ceramics
9 a.m. TRX Fusion
9 a.m. Quilting
10 a.m. Bean Bag
 Baseball
12 p.m. Lunch
12:30 p.m. Men's
 Round Robin Billiards
1 p.m. Bingo
1 p.m. Bridge
1 p.m. Blood Pressure

Wednesday

8 a.m. Fitness Room
8 a.m. Open Billiards
9 a.m. Ceramics
9:30 a.m. Massage
 Appointments
10 a.m. YMCA
 Boomer Boot Camp
12 p.m. Lunch
1 p.m. Pitch
1 p.m. LGSC Bingo

Thursday

8 a.m. Fitness Room
9 a.m. Ceramics
9 a.m. Tai Chi
9:30 a.m. Women's
 Billiards
10 a.m. Drop-In Nurse
10 a.m. Yoga
12 p.m. Lunch
12:30 p.m. Donors 8-Ball
 Round Robin Billiards
1 p.m. Choral Group
1:15 p.m. Classic Movie

Friday

8 a.m. Fitness Room
8 a.m. Open Billiards
9 a.m. TRX Fusion
10 a.m. YMCA
 Boomer Boot Camp
12 p.m. Lunch
1 p.m. Coloring Club
1 p.m. Cribbage
1:15 p.m. Chair Volleyball

DECEMBER MOVIE SCHEDULE

The Book Of Henry
 (PG-13, 105 Min)
 December 4

Starring: Naomi Watts. With instructions from her genius son's carefully crafted notebook, a single mother sets out to rescue a young girl from the hands of her abusive stepfather. (IMDB)

Greater
 (PG, 130 Min)
 December 11

Starring: Neal McDonough. The story of Brandon Burlsworth, possibly the greatest walk-on in the history of college football. (IMDB)

The Glass Castle
 (PG-13, 127 Min)
 December 18

Starring: Woody Harrelson. A girl comes of age in a dysfunctional family of nonconformist nomads with an alcoholic father who would stir the children's imagination with hope as a distraction to their poverty. (IMDB)

CLASSIC MOVIES

Take Me Out To The Ball Game
 (1949, 93 Min)
 December 7

Starring: Frank Sinatra. Two turn-of-the-century baseball players run into trouble with their team's new female owner and a gambler. (IMDB)

The Court Jester
 (1955, 101 Min)
 December 14

Starring: Danny Kaye. A performer masquerades as the court jester as part of a plot against an evil ruler who has overthrown the rightful king. (IMDB)

Gypsy
 (1962, 143 Min)
 December 21

Starring: Natalie Wood. Based on the Broadway hit about the life and times of burlesque dancer Gypsy Rose Lee and her aggressive stage mother. (IMDB)

Who Done It?
 (1942, 77 Min)
 December 28

Starring: Abbott & Costello. Two soda jerks dream of writing mysteries. When they try to pitch an idea at a radio station, they end up in the middle of a real murder.

DECEMBER ACTIVITIES CALENDAR

Ludlow Senior Center • (413) 583-3564 • www.ludlow.ma.us

Monday	Tuesday	Wednesday	Thursday	Friday
WINTER STORM CLOSINGS				
If the Ludlow Schools are closed or delayed, the Ludlow Senior Center is also closed or delayed. Be sure to check channels 22 or 40 before you leave to come to the Center when there is bad weather. In the case of a delay, any activities that were scheduled during the delayed opening time frame will be cancelled. Let the Front Desk know if you want a phone call letting you know the Center is closed or has a delayed opening.				
4 LUNCH & LEARN 12:00 Lunch & Learn: Aging In Place 12:30 p.m. Eastfield Mall, Or Stop & Shop Trip 1:15 p.m. Movie: The Book Of Henry (PG-13, 105 Min)	5 1 p.m. Decorating Group	6 1:30 p.m. RMV Near Me	7 9:15 a.m. Evergreen Walk And Buckland Hills Trip 1:15 p.m. Classic Movie: Take Me Out To The Ball Game (93 Min)	8 11:15 a.m. Horse Races
11 1:15 p.m. Movie: Greater (PG, 130 Min)	12 10 a.m. Caregiver Support Group	13 9:30 a.m. Jewelry Class 10 a.m. Friends Meeting 2 p.m. Trivia	14 *New Yoga Session* 10:30 a.m. State Senator Lesser Office Hours 1:15 p.m. Classic Movie: The Court Jester (101 Min)	15 HANUKKAH 10:30 a.m. Hanukkah Celebration In The Lounge
18 LUNCH & LEARN 12:00 Lunch & Learn: Pharmacy 101 1:15 p.m. Movie: The Glass Castle (PG-13, 127 Min)	19 *TRX session ends* 9:30 Holyoke Mall Trip 1 p.m. Brown Bag	20 BIRTHDAY LUNCH 9 a.m. - 11 a.m. File Of Life 10:30 a.m. New Senior Center Update 11:30 a.m. Chorus Performs 4:30 p.m. COA Board Meeting	21 1:15 p.m. Classic Movie: Gypsy (143 Min)	22 CHRISTMAS LUNCH *No Exercise Classes* 11 a.m. Joe Cadena Performs In The Dining Room
25 CLOSED FOR HOLIDAY	26 1 p.m. Hearing Appointments	27 8:15 a.m. Facials 10 a.m. TRIAD 10:30 a.m. Veterans Agent Office Hours	28 1:15 p.m. Classic Movie: Who Done It? (77 Min)	29 NEW YEARS EVE LUNCH *No Exercise Classes* 8:30 a.m. Men's Breakfast In Willbraham 11 a.m. T-Bone Stankus Performs In The Dining Room

DECEMBER LUNCH CALENDAR

Ludlow Senior Center • (413) 583-3564 • www.ludlow.ma.us

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4 LUNCH & LEARN Fish & Chips Coleslaw	5 Taco Salad	6 Kapusta Kielbasa Over Egg Noodles	7 Beef Stew Biscuit	8 Hot Dogs Baked Beans Home Fries
11 Macaroni & Cheese Stewed Tomatoes	12 Ranch Chicken Mashed Potatoes Green Beans	13 Shaved Steak & Cheese Grinder Carrot Raisin Salad	14 Chef Salad	15 Baked Cod Rice Mixed Vegetable
18 LUNCH & LEARN Shepherds Pie	19 Cold Cut Grinder Onion Straws	20 BIRTHDAY LUNCH Stuffed Chicken Breast Rice Pilaf Broccoli	21 Tuna Noodle Casserole	22 CHRISTMAS LUNCH Pot Roast Mashed Potatoes Glazed Carrots
25 CLOSED FOR HOLIDAY	26 BBQ Plate: Pork, Chicken, Baked Beans, Corn Bread	27 Ham & Cheese Frittata Seasoned Fries	28 Asian Chicken Salad	29 NEW YEARS EVE LUNCH Roast Pork Au Gratin Potatoes Corn

SPECIAL EVENTS

Lunch & Learn: Aging In Place

Monday, December 4, at Noon.

The Occupational Therapy Assistant students from Springfield Technical Community College (STCC) will be presenting on the topic of "Aging in Place." The goals of aging in place are to enhance the safety and quality of life for seniors who plan to stay and live independently in their homes as they age. The STCC students will discuss some of the normal effects of aging, potential barriers and hazards in the home and some simple changes and modifications that can help seniors maintain their overall safety and independence as they age in place.

Lunch & Learn: Pharmacy 101

Monday, December 18, at Noon.

Ever wonder why some tablets are so large? Or why one month your tablet is pink and the next it is white even though it is the same drug? And what does ER, CR and XR all mean? Join Kara Zeysing, pharmacist at Walgreens in Ludlow, for a discussion about the basics of medications.

Lunch & Learn participants are served lunch from our kitchen before regular diners and eat during the presentation. **You MUST register for Lunch & Learn at the Front Desk or by calling 583 - 3564 in order to attend the event.**

Decorating Group

Tuesday, December 5, at 1:00 p.m.

Do you enjoy decorating large dining rooms or creating center pieces? If you answer "yes", join us as we pick colors and plan for the upcoming months.

RMV Near Me

Wednesday, December 6, 1:30 p.m. - 3:30 p.m.

Ludlow Senior Center staff provide five common transactions at the Senior Center. We can't take pictures for identification photos, but we can assist in filling out and submitting forms for identification cards, licenses, and registrations.

Horse Races

Friday, December 8, at 11:15 a.m.

Join us in the Dining Room for a game of chance. Pick your horse and if you win, pick a prize from the prize table.

Jewelry with Sandy Merrill

Wednesday, December 13, at 9:30 a.m.

Come and create your own jewelry. The class is \$3.00 plus the cost of your supplies. Please pre-register at the front desk, as this class fills quickly.

Trivia

Wednesday, December 13, at 2:00 p.m.

We're back to our original type of trivia. We'll break into teams and answer questions ranging from current events to visual puzzles.

Hanukkah Celebration

Friday, December 15, at 10:30 a.m.

Stop by the Lounge for some potato latkes made by Director, Jodi Zepke. Stay to play some dreidel and listen to some Hanukkah tunes.

New Senior Center Update

Wednesday, December 20, at 10:30 a.m.

Join Director, Jodi Zepke, in the lounge as she shares updates on the progress of a potential new Senior Center.

File Of Life

Wednesday, December 20, from 9:00 a.m. - 11:00 a.m.
Cost: Free

Volunteers, including those who speak Portuguese and Polish, will be on hand to fill out two File of Life documents. One fits in a wallet or purse and one attaches to your refrigerator at home. Bring in either a bag with all your medications, or a list (including the dose) of your current medications. No appointment is needed.

File of Life allows first responders to immediately begin the best possible treatment, notify loved ones, and pass this vital data on to awaiting physicians at the emergency room.

You're Getting A New Medicare Card!

Cards will be mailed between April 2018 - April 2019

Between April 2018 - April 2019, Social Security numbers will be removed from Medicare cards and each person will be mailed a new card. This will help keep your information more secure and help protect your identity.

You'll get a new Medicare Number that's unique to you, and it will only be used for your Medicare coverage. The new card won't change your coverage or benefits. You'll get more information from Medicare when your new card is mailed.

Here's how you can get ready:

- Make sure your mailing address is up to date. If your address needs to be corrected, contact Social Security at sss.gov/myaccount or 1-800-722-1213. TTY users can call 1-800-325-0778.
- Beware of anyone who contacts you about your new Medicare card. The government will never ask you to give personal or private information to get your new Medicare Number and card.
- Understand that mailing everyone a new card will take some time. Your card might arrive at a different time than your friend's or neighbor's.

FUEL ASSISTANCE APPLICATIONS 2017 - 2018

Fuel assistance started November 1, 2017 and you can apply through April 2018.

Application assistance will be by **APPOINTMENT ONLY** on Monday, Wednesday, and Thursday.

Appointments will only be made for residents of Ludlow who are age 60 or older.

If you have any questions, or wish to make an appointment with Debbie, call 583-3564.

You must bring **all** the following paperwork to your appointment in order for your application to be completed and ready to be mailed:

- **Proof of Fixed Income:** Social Security, pension, IRA, annuity.
- If working – **4 consecutive pay stubs prior to your application date.**
- **Unemployment – most recent 4 week period** check stubs.
- 2017 heating bill. The **complete bill** showing the account number is needed.
- 2017 electric bill. The **complete bill** showing the account number is needed.
- 2017 telephone bill. The **complete bill** showing the account number is needed.
- 2017 sewer/water bill **OR** tax bill **OR** house insurance bill.
- If renting – landlord name, address and telephone number.

FRIENDS OF THE LUDLOW SENIOR CENTER

○ Purpose:

To seek donations and/or corporate gifts, to financially assist the Ludlow Senior Center in providing services to, and otherwise advance the welfare of, senior citizens in the Town of Ludlow.

○ Next 50/50 Raffle:

Wednesday, December 20

○ Items Needed:

Coffee
Decaf Coffee
1 Ounce Chip Bags

DONATIONS RECEIVED:

- Coffee Crew
- Fitness Room
- Alice's Boutique
- Country Bank
- Center Street Cumberland Farms
- Maria G. Gibeau - Napkins
- Nancy & Lonnie Cavin - Coffee & Napkins
- Sandy Merrill - Jewelry
- Tina Vicencio - Napkins
- Yoga In The Park
- Dorothy Iellamo
- Monday Pitch Players
- James Bernard (BF)
- Susan Piwowarczyk - Coffee & Napkins

DONATIONS RECEIVED IN MEMORY OF:

Peter Pouloupoulos:

Claire Bachand (BF)

Table 10 (BF)

Naomi White (BF)

Debbie Thompson (BF)

Anne Sands:

Barbara Green (BF)

Joanne Martin:

Norman & Virginia

Bourdeau (BF)

Stephanie Tyburski

A Trivia Buddy

FLOWERS RECEIVED IN MEMORY OF:

James J. Szlosek

Timothy Collins

Frank Carter

Joanne Martin

Matthew Burek

Donations for the New Building Fund are shown with a (BF) following the name

DONATIONS to the "FRIENDS OF THE LUDLOW SENIOR CENTER"

Your tax deductible gift/donation to the "Friends" will help to enhance elder services in our community today and tomorrow. Your support is always appreciated.

Donation from _____

Address _____

(Circle one) Contribution in Memory / Honor of:

Send acknowledgement to (kindly indicate name, address & relationship):

Donation amount _____

Please make check payable to:

Friends of the Ludlow Senior Center

37 Chestnut Street, Ludlow MA, 01056

Please use donation for the following programs:

New Building Fund

General Need

Other: _____

Check here if you would prefer to remain anonymous

If no area is specified, the funds will be designated to general need.

THE SENIOR SCENE

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Ludlow Council on Aging

○ Chairman:

Fred Lafayette

○ Vice Chairman:

Frank Krzanik

○ Secretary:

Lucille Carneiro

○ Treasurer:

Helen Grabowski

○ Members:

Nancy Pauze

John DaCruz

Albert LeMay

Rosalind Forti

Frank Krzanik

Diane Goncalves

Sheena Santolini

Janice Grimaldi

SPECIAL LUNCHES

Birthday Lunch

Wednesday, December 20
at 11:30 a.m.

Those born in December
have their meal on us.
Simply tell us it's your
birthday when you sign up
for lunch.

Christmas Lunch

Friday, December 22
at 11:00 a.m.

Join us for Joe Cadena's
premier at the Ludlow Senior
Center. Joe comes from
Hartford and has been singing
for more than 50 years!

New Years Eve Lunch

Friday, December 29
at 11:00 a.m.

T-Bone Stankus comes to
us from Connecticut with
rave reviews. You won't
want to miss his show filled
with songs to bring in a
great new year.

Center Hours

Monday - Friday 8:00 a.m. - 4:00 p.m.

March- September open Tuesday's until 7:30 p.m.

Alice's Boutique

Monday - Friday 10:00 a.m. - 1:00 p.m.

The boutique accepts donations of gently
used or new clothing and merchandise.
Drop off donations at the Front Desk.

Fitness Room

Monday - Friday 8:00 a.m. - 4:00 p.m.

To join: \$10 sign-up fee, completed
doctors form, and a one time orientation
on equipment and room standards.

Senior Center Staff

- Jodi Zepke, Executive Director
- Carla Roberts, Program Coordinator
- Debbie Johnson, Outreach Coordinator
- Sarah Gmeiner, Activities Director
- Kathy LoFland, Cook
- Matt Pszeniczny, Dispatcher
- Joaquim Alves, Full Time Van Driver
- John Garcia, Part Time Van Driver
- Betty Harackiewicz, Bookkeeper
- Jorge Fialho, Maintenance
- Naomi White, Receptionist

The Ludlow Senior Center reserves the right to utilize photos or videos
of participants for publicity purposes. Participants not wanting their
image used must notify the Center in writing.