



# WARE Senior Center



**February 2024**



**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

## Council on Aging

**Irene Eskett      Cheryl Haigh      SK Robinson  
Ginger Ziglar-Thomas      Walter Lahair Sr.  
John Zienowicz**

COA Meetings take place on the third Tuesday of every month from 9-10AM. The next meeting will take place on **February 20<sup>th</sup>** at the Ware Senior Center. The meetings are open to the public and if recognized please try to contain comments to a maximum of two minutes per person.

## Coming Soon to Ware Seniors in 2024!

### **Digital Literacy Classes**

Have you noticed that everything is done online?



Social Security, Fuel Assistance, Telehealth, Banking, Shopping, Social

Media, have all slowly migrated to online platforms. Would you like to learn how to become tech savvy?

Well, we are proud to announce that FREE Classes will begin soon at the E2E (Education to Employment) center on Main St. Classes will be taught by members of the IT Department of Country Bank and equipment will be provided. Learn how to use laptops, tablets and the internet safely so you too can be connected with everyone and everything!

\*We are hoping for a February start, just waiting for the equipment to arrive. Stay Tuned!

## Senior Center Staff

**John L. Zienowicz** - Executive Director  
**Janine Leis**—Social Services Coordinator  
**Holly Orzech**—Finance Coordinator  
**Alton Davis** - Chef  
**Jim Walker**—Custodian  
**Marie Stacy** - Welcome Staff/Pitch Night Organizer  
**Beverly Anthony** - Welcome Staff  
**Josie Drziergowski** —Welcome Staff  
**Janet Lussier**—Welcome Staff  
**Irene Eskett**—Welcome Staff  
**Eileen Brisebois**—Welcome Staff  
**Julie Cappe**—Welcome Staff  
**Bettyann Lloyd** —Welcome Staff  
**Betty Lussier**—Kitchen Staff  
**Raffel Lowe**—Kitchen Staff  
**Barbara Demers**—Kitchen/Lunchroom Volunteer  
**Lois Ciejk**a— Kitchen/Lunchroom /Pitch Night Organizer  
**Sue LaBarge**—Thrift Store/WHIST Organizer  
**Donna Comtois** - Thrift Store/Kitchen Volunteer  
**Diane Davis**— Thrift Store/Kitchen Volunteer  
**Elaine Nixon**—Thrift Store/Kitchen Assistant  
**Eileen Swett**—Thrift Store/Welcme Staff  
**Roxy Vermette**—Coffee Bar Volunteer  
**Cheryl Haigh**—Coffee Bar /Lunchroom Volunteer/Pet Food  
**Craig Simmons**— Transportation Provider  
**Paul Benoit** - Pitch Night Organizer



## Collaborating Partners



**PUBLIC HEALTH INSTITUTE  
OF WESTERN MASSACHUSETTS**  
PARTNERS FOR HEALTH EQUITY



**The Alliance for Digital Equity**



### **The Thrift Store at the Senior Center!**

The Thrift Store is open Monday through Friday from 9am to 12pm.



**To set up a donation time or for information about donating please contact Sue LaBarge at 413-544-1574.**

Men's Large and X-Large shirts and sweatshirts are needed.

**The Friends of Ware Seniors Inc. would like to thank**

**Irene Eskett**

**for knitting socks and donating money to the**

**Thrift Store**

### **At the Ware Senior Center February 9th!**

Call Now! **413-967-9645** to make an appointment

#### **Mobile Dental Hygiene Services of Western Mass, LLC**

Mobile Dental Hygiene Services of Western Mass is now at the Ware Senior Center and looks forward to assisting you with your dental needs. You may already be receiving dental care at your own dental office. If so, we recommend you continue with that care. If you do not have a dentist you see on a regular basis this is an opportunity for you to receive dental hygiene care.

Mobile Dental Hygiene Services of Western Mass is an on-site dental health service. The services offered are blood pressure screenings, dental screenings, oral cancer screenings, dental education, teeth cleaning and polishing, removable appliances (dentures) inspected and cleaned in an ultrasonic bath, fluoride treatments and assistance with finding a dental office.

MassHealth Dental Insurance will be billed for services provided when applicable. All billing will be at the end of the day that treatment was provided. All patients will receive a treatment sheet indicating what services were provided and for what value. Private pay patients must make payments at the time of service by cash or checks payable to Mobile Dental Hygiene Services of Western Mass, LLC.

**This service is for seniors and veterans .** Accepting Mass Health and private pay only. Fee schedule available upon request.

**RIDE CONNECTOR**  
Community Transportation for ALL



### **Ware "Van Go" Senior Van Service**

This program is partly funded by public dollars under Title IIIB of the Older Americans Act. There is no fee for service; however, a **voluntary** confidential donation of \$2.00 per trip is requested and greatly appreciated. **413-544-3401**

Your donation helps support the continuation of this needed service for elders.

The **Quaboag Connector** is also available for transportation to eight surrounding communities outside of Ware. For more information or to make reservations

for all rides, please call **413-544-3401**

**We strive to provide a safe and inclusive experience for all of our patrons.**

If you feel we did not meet your expectations, please contact the Dispatch Coordinator at 413-667-7196 or the Town Manager 413-967-9648 x100, depending on the nature of the grievance, may be included after the initial complaint. Resolutions to grievances are sought with all parties involved. An "Employee Warning Notice" system may be part of the required corrective action process.

If your concern was not addressed to your satisfaction, you may contact WestMass ElderCare at 413-538-9020 for information regarding filing a written complaint. WestMass ElderCare has established formal Grievance Procedures for individuals who are dissatisfied with or denied services under Title III of the Older Americans Act. You must file your complaint within twenty (20) business days of the adverse action.

### **The handmade card workshop**

**Tuesday, February 20<sup>th</sup>, from 5:30-8:00<sup>pm</sup>**

Interested Crafters will learn to make two cards All supplies are provided, no previous knowledge of stamping needed. The cost is \$10. Pre-registration with an RSVP to me is encouraged and appreciated. This will help me to prepare the materials for each crafter. Please leave your name and phone number so I can return your call.

**413.668.8271** - Thanks! Joann Bradley

## Where's the party at?

Right here at 1 Robbins Road!

**Birthday Party**

**Tuesday — February 6th 11-12:30<sup>pm</sup>**

**Music by: Lori Brooks**

Desserts—Raffle Prizes — 50/50—Entertainment—Ice Cream and Cake provided by the Friends of Ware Seniors Inc.

**St. Valentine's Day Party\***

**Tuesday, February 13th 11-12:30<sup>pm</sup>**

**Music by: Memory Lane**

**\$5—Non— Refundable tickets purchased in advance  
from 2/5-2/9**

Desserts—Raffle Prizes — 50/50—Entertainment—Ice Cream and Cake provided by the Friends of Ware Seniors Inc.

## 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 the local Springfield Television News channels on ABC 40, or NBC 22 and check for updates on the bottom of the TV screen.

## Meet with your Representatives

Have an issue for your state legislators to tackle?

Talk directly with their staff!

**Donna Farmer**

Chief of Staff—Rep Don Berthiaume

**Ann Gaudreau**

Chief of Staff— Sen. Peter Durant

**Monday February 5<sup>th</sup> 9-9:45<sup>AM</sup>**

Ware Senior Center—Walk ins welcome

Professional Podiatry Clinics

& Home Visits

**Serenity Nursing Care**

**Allison Williams, LPN**

774-353-8827

**Professional Foot Care Services**

**All Visits Include: Assessment, Toenail Trimming,  
Sanding Corns/Calluses, Gentle Massage, Plan  
of care for any problem area.**

**Podiatry Clinic \$28.00**

**Home Visit \$55.00**

**First Monday, Tuesday and Wednesday of every  
month at the Ware Senior Center 9-2pm**

**\*Expanding to 3 Days Starting in February\***

**Call 413-967-9645 for an appointment**



**Leap into better hearing!**

Schedule your **FREE HEARING SCREENINGS** and or have your ears checked for wax.

**Thursday February 29<sup>th</sup> 1:30-3:30<sup>PM</sup>**

Time to have your hearing aids checked or cleaned ?

For batteries or supplies call to schedule your free check up today! We are able to check your ears for wax build up with a video otoscope . Hearing aid batteries available for \$3.00 package of four .

To learn more about hearing loss prevention call the senior center to schedule an appointment .

**413-967-9645**

## MEDICARE & SHINE

(Serving Health Insurance Needs of Everyone)

\*First time enrollees for SS & Medicare **MUST** call Social Security to enroll

Contact **Janine Leis** at 413-967-9600 or:

SHINE counselors are available at:

Springfield SHINE office (413) 750-2893

MassOptions (800) 243-4636

WMEC (413) 538-9020

To review Medicare plans go to:

**[www.medicare.gov/plan-compare](http://www.medicare.gov/plan-compare)**

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



SNAP applications can be processed here, for all

Ages above 18, 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 **Janine Leis** by calling 413-967-9600

### WM Food Bank Brown Bag Program

Brown Bag will be held on **Friday, February 9<sup>th</sup>**. **pick up is from 10—4<sup>pm</sup>**. Food will not be stored beyond Brown Bag Day .

Future Brown Bag Dates to Remember:

March 8<sup>th</sup>, April 12<sup>th</sup>, May 10<sup>th</sup>, June 14<sup>th</sup>

The Brown Bag program is for people over the age of 55 who meet certain residence and income guidelines. **If you would like more information on the application process or to apply** call The Food Bank at (413) 247-9738 or 800-247-9632. Or get an application at the front desk.

## Get your tickets Here!

### New Party Policy



**For our big party events! (not birthday)**

Starting in February 2024 with the St. Valentine's Day Party, non-refundable tickets to our special events will be sold for one week in advance.

Due to space and seating limitations, special events will be limited to 100 tickets and you must present your ticket to be eligible for the door prize.

Special events will be noted as such in the newsletter and on the monthly menu.

This policy was approved by the Ware Council on Aging

### **Over 60? Need help with?**

Grocery pick-up, prescription pick-up

small errands, library pick up/drop off, post office, make a copy etc.

### **FREE PROGRAM**

Short term or long term. We can help!

Quaboag Valley CDC, 23 W. Main Street, Ware, MA

**All Workers are CORI Checked**

Please **call Carol at 413-497-4407**




**M-F after 9am**

This is not a ride service, they will pick up and deliver to you



# February 2024 LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday
<b>*Menu Subject to Change</b> <b>All meals \$3.50 unless otherwise noted</b>			<b>1</b> Hot Dogs w/ Baked Beans Coleslaw Dessert of the Day	<b>2</b> Baked Fish Au Gratin Potatoes Veggie of the Day Dessert of the Day
<b>5 Breakfast Sandwich</b> Egg-Sausage-Cheese -Lettuce Tomato CB Hash Dessert of the Day	<b>6 Birthday Party</b> Baked Meatloaf Mashed Potatoes w/ Gravy Veggie of the Day *Dessert & Entertainment Courtesy of the Friends of	<b>7</b> Lazy Pierogi Polish Kielbasa Green & Gold Salad Dessert of the Day	<b>8</b> Chicken Stir Fry over Rice Caesar Salad Dessert of the Day	<b>9</b> Texas Toast Sloppy Joe Sandwich Potato Chips Tossed Salad Dessert of the Day
<b>12 Brunch</b> Blueberry Pancakes Scrambled Eggs Sausage Links Dessert of the Day	<b>13 Valentine's Party</b> Baked Haddock Rice Pilaf Baby Carrots <b>\$5 ticket must be purchased in advance 2/5-2/9 - limit 100</b> *Dessert & Entertainment Courtesy of the Friends of	<b>14</b> Grilled Cheese w/ Tomato Tomato Soup Potato Salad Dessert of the Day	<b>15</b> Spaghetti w/ Meatballs Tossed Salad Dessert of the Day	<b>16</b> Fish Sandwich Onion Rings Coleslaw Dessert of the Day
<b>19 Closed</b> 	<b>20 Brunch</b> French Toast Scrambled Eggs Bacon Hash Browns Dessert of the Day	<b>21</b> Grilled Reuben Sandwich French Fries Caesar Salad Dessert of the Day	<b>22</b> Chicken Parmigiana w/ Spaghetti Carrot/Raisin Salad Dessert of the Day	<b>23</b> Baked Fish Cucumber Salad Dessert of the Day
<b>26</b> Mac & Cheese Stewed Tomatoes Chef Salad Dessert of the Day	<b>27</b> BBQ Chicken Baked Potato Corn Dessert of the Day	<b>28</b> American Chop Suey Greek Salad Dessert of the Day	<b>29 Boston Burger</b> Swiss Cheese-Lettuce-Tomato-Onion-Banana Peppers French Fries Dessert of the Day	

If you have any special dietary needs or allergies, please ask the front desk for the dietary needs form to give to our chef and he will do his best to accommodate you however we do not make substitutions.

## Meal Policy

Please call or stop by the front desk 413-967-9645 **BY 12 NOON ON THE BUSINESS DAY BEFORE you wish to join us and put your name on the lunch list**. We can not allow walk-ins or calls on the same day or additions after the noon deadline. If your plans change and you can't make it, please call or stop by and let us know. We also provide financial relief from the cost of the meal. To apply, simply fill out an application at the front desk and provide proof of monthly income. You will be notified by mail of the result. Thank You.



## February Activities



Monday	Tuesday	Wednesday	Thursday	Friday
9AM Tai Chi 10AM Scat 11:30AM Lunch 6PM *Whist Party 2/12 & 2/26 *Normally the second and fourth Monday of every month unless a holiday is involved	9:00AM Exercise @ Valley View Housing 10AM Scat 11:30AM Lunch 5:30PM Scrapbooking# 6PM Pitch** # \$3 per class **Registration starts @5pm	9AM Tai Chi 9:30AM Quilting Club 10AM Scat 11:30AM Lunch 1PM Knit-Crochet-Laugh	9:00AM Exercise @ Valley View Housing 9:00AM Walking Club 9:30AM Line Dancing for begin- ners 10AM Line Dancing Scat 11:30AM Lunch 2:45PM Art Class	9AM Tai Chi 10AM Scat 11:30AM Lunch 1PM Chair Yoga 6PM Pitch** **Registration starts @5pm



### Notable February Events

Monday 5<sup>th</sup>—9-9:45<sup>AM</sup>—Donna Farmer, Chief of Staff—Rep. Berthuiame & Ann Gaudreau , Chief of Staff—Sen. Durant

Monday 5<sup>th</sup>—9-3<sup>PM</sup>—Foot Nurse—Allison Williams—Call 413-967-9645 for an appointment

Tuesday 6<sup>th</sup>—9-3<sup>PM</sup>—Foot Nurse—Allison Williams—Call 413-967-9645 for an appointment

Tuesday 6<sup>th</sup>—11-12:30<sup>AM</sup>—Birthday Party—Music by Lori Brooks

Wednesday 7<sup>th</sup>—9-3<sup>PM</sup>—Foot Nurse—Allison Williams—Call 413-967-9645 for an appointment

Friday 9<sup>th</sup>— 10:30-4<sup>PM</sup> - Food Bank of Western MA Brown Bag Program

Tuesday 13<sup>th</sup>—11:30<sup>AM</sup>— St. Valentine's Day Party— Music by Memory Lane—\$5 Non-Refundable tickets available 2/5-2/9

Wednesday 14<sup>th</sup>—10-11:30<sup>AM</sup>—Kirsten Krieger - Quabbin Region DPH Nurse— Office Hours

Monday 19<sup>th</sup>— **CLOSED**— President's Day

Tuesday 20<sup>th</sup>—9-10<sup>AM</sup>— Council on Aging Meeting

Tuesday 20<sup>th</sup>— 1-2<sup>PM</sup> - Food Bank of Western MA Mobile Food Pantry - @Grenville Park Ware, MA

Wednesday 28<sup>th</sup>—10-11:30<sup>AM</sup>—Kirsten Krieger - Quabbin Region DPH Nurse— Office Hours