

THE SENIOR SCENE ~ MAY 2022



Jammin with Jodi...

Sometimes all good things come to an end.....

May is the last month of our Grab and Go Program. It is going to be a transition for us not serving outside but the time has come. We really hope that, if you haven't joined us inside dining, that you give us a try. It is still the same great meals but it is served on a plate and it is piping hot! Beginning in June, lunch will be served 5 days a week in the Dining Room. For those of you that may not join us, please remember that we are here and available to help in your time of need.

Indoor diners, we really need your help! Many people are signing up for lunch and not showing up. We call this a "no show". Lately we have had 7-10 no shows a day. This is the biggest waste of resources. We have to monitor our budget very closely, and, if we want to keep our meal price low, we must conserve our resources. Calling at 10:30am to tell us that you are not coming does not help. Please call the day before or first thing in the morning to cancel. If you are pre-paid and are a no show, we will be unable to credit you for that day. If you continue to be a no show, you will not be permitted to sign up for lunches in advance. We are sorry to put rules in place, but again, we need to conserve our budget.

Thank you for your understanding!

VOLUNTEERS... if you are volunteering at the Senior Center, please remember to add your hours to MySenior (the check in computer) or you will not be recognized for the Volunteer Recognition. Volunteers hours are very important to our annual grant from the State and you should be recognized for all that you do. Unfortunately we cannot keep up and keep track of everyone's hours. If you do not know how to add your hours, just ask at the Front Desk. Thank you in advance, and volunteers save the date of June 29th for our Volunteer Recognition. More information to come.
Happy Mother's Day and thank you to those that sacrificed for our freedom!

Jodi Lepore

Happy to Help...

I have been very fortunate to have found such a positive and resourceful job here at the Ludlow Senior Center! I have promised Jodi I will work here 31 more years as long as she stays here with me!

Seriously, in my position as Program Coordinator, I am so lucky to be able to research and provide programs and facilitators to help with the many needs of the senior population such as grief support, memory care, and computer education. In addition, I have been through many trainings and certifications to provide support to those who are in the midst of their journey as a caregiver to those with Alzheimer's and dementia. The Savvy Caregiver workshop started on April 27th will run through June 2nd. This workshop has a waiting list of those who are looking for this information so I intend on running another workshop starting in July so please stay tuned.

If you have questions, are looking for more resources, or are overwhelmed and need one on one time with me, please don't hesitate to pull me aside! I will find time for your questions, if you need to vent, cry or if you just need to share a cup of coffee to take a break. You are not alone in your journey ~ I am here and happy to help!

skatter

Get to Know The Ludlow Senior Center

The Staff

Executive Director

Jodi Zepke
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Program Coordinator

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Receptionist

Naomi White

Clerk

Deb Borecki

Cook

Christine Toelken

Maintenance

Jorge Fialho

Dispatcher

David Snyder

Van Drivers

Jack Alves
John Garcia

Friends of the Ludlow Senior Center

Kathy Green, President

Margaret Hinkley, Vice President

Stephanie Tyburski, Treasurer

Carla Roberts, Secretary

Jackie Doyle, Assistant Treasurer

What is a Senior Center?

Senior Centers exist to help aging adults enjoy the company of their peers and participate in activities that are healthy, engaging and fun.

Recognized and funded through the Older Americans Act, (OAA) as a community focal point, **Senior Centers** have become one of the most widely used services within the Aging Services Network.

Senior Centers aren't just a place for great programs and activities. Many Centers such as the Ludlow Senior Center also offer volunteer opportunities, provide outreach for programs such as Fuel Assistance, SHINE services, Brown Bag, indoor and Grab and Go meals, exercise programs, recreational programs, and other programs to further help older adults within our communities age in place.

There are approximately 10,000 **Senior Centers** in the United States which serve more than one million older adults every day. Visit us or one of the surrounding communities today!

Council on Aging Board

Diane Peacey- Chair

Janice Grimaldi- Vice Chair

Karen Martin- Secretary

John DaCruz- Treasurer

Fred Lafayette- Member

Rosalind Forti- Member

Sheena Santolini- Member

Kara Ribeiro- Member

Helen Grabowski- Member

Frank Krzanik- Member

Debbie Johnson- Member



Mission: The Ludlow Council on Aging was created by Town of Ludlow By-Laws to act as an advocate for town citizens over 60 years old, those with disabilities, and their families and caregivers, ensuring that they are represented before the town leadership, the Senior Center Director and the greater community. The Council works to identify the changing needs of this population and advises on policy making and program design. We focus on optimizing independence and quality of life, both physically and emotionally, in a way that is accessible to all.

Dignity ~ Independence ~ Inclusion

Staff Spotlight

Naomi White ~ Receptionist

At 81 years young, Naomi has worked at the Center since 2007! Naomi started working here after working with Dominic Sarno at the Community Center before he became the Mayor of Springfield.

Naomi grew up in West Springfield, has lived in Germany and Belgium and has traveled extensively. Naomi traveled with her husband to Japan (where her son lives), Hawaii, and many of the Caribbean Islands.

Naomi loves working at the front desk where she gets to speak with those who visit the Center and enjoys helping those who call. Her favorite events at the Center are the huge holiday parties and gatherings.

Naomi has four children: Arthur, Doris, John, and William. She is a grandmother of 9 and a great grandmother of 10!

MAY ACTIVITIES...

“How do you Work this Stupid Computer?” Class

Mondays 10:00am-11:00am

You will learn how to access email, send pictures, and other functions of a computer. Each session is 2 Mondays. This class is made possible with a technology grant awarded by the State of Massachusetts. **Registration is required.**

Scrabble

Mondays at 1:00pm

Love letters? Come have fun playing Scrabble. Show off your vocabulary or learn a few new words!

Cribbage

Tuesdays at 10:00am

By popular demand! Come play this game that involves grouping cards to create points which move you further along on the Cribbage board. Let Maria know if you are willing to be a game leader.

Jewelry Class

Wednesday, May 4th, 9:30am-11:00am

Come and create your own jewelry.
\$3 plus the cost of supplies

May Craft with Sunshine Village

Wednesday, May 25th, 1:00pm

Join Sunshine Village to create a beautiful craft and painting.
This activity is limited to the first 10 people to sign up.

Lunch Bunch is BACK!

Thursday, May 12th 11:15am

Join Maria as she takes you to lunch at the Cedar Street Grill in Sturbridge. Space is limited and **sign ups begin May 2nd.**

TED TALK Hour

Thursday, May 19th at 10:00am

TED Talk is a great way to create discussions about everything from current events to everyday life situations. Jodi will lead discussions after the group watches a short TED Talk video. To ensure spontaneous conversations, the topic will not be disclosed ahead of time. **Pre-registration is appreciated**

Book Club

Thursday, May 26th 2:00pm

Love, Theodosia by Lori Anne Goldstein
June: *The Rent Collector* by Alex Finlay
NEW MEMBERS ALWAYS WELCOME!

Trivia

Fridays, May 6th and 20th at 10:30am

Join Kathy as we break into teams to answer questions ranging from current events to geography and history. If you love trivia, you will really enjoy this!

WEEKLY ACTIVITIES

Knitting Group

Mondays at 9:00am

Join the knitting group to get help with your project and start your week with good friends and a lot of laughs.

Pitch

Mondays at 1:15pm

Join us in the Game Room for many exciting games of Pitch!

Watercolor Pencil Class

Every other Monday: May 9th and 23rd at 2:00pm

Kim Lawler will show you how to color a new project each session.
Space is limited so please sign up for this activity.

Quilting

Tuesdays at 9:00am

Come create and show off your masterpiece, learn a new technique or simply enjoy time with friends.

Bingo

Tuesdays at 1:30pm

Try your luck at this fun game of chance! Prize Bingo on the 24th!

Gardening Club

Wednesdays 8:00am –10:00am with Rain Days on Fridays

New members always welcome to come help keep the Ludlow Senior Center beautiful. Bring your gloves, cutters, and green thumb!

Ceramics

Wednesdays at 9:00am and Fridays at 1:00pm

You can bring your own piece or order one from us. Mike is available to help and will put your creation in the kiln. Cost of the class is free except for what your order.

Opera

Every other Wednesday: May 4th & 18th at 10:00am

Janice Grimaldi will guide you through the stories and music that make up the genre of Opera.

Dominos

Thursdays at 10:00am

Join us for a friendly game of Mexican Train! No experience necessary.

Mahjong

Thursdays at 1:00pm

Come join us for a fun and lively game of Mahjong. New players welcome!

Fishing Club Returns

Thursday, May 5th at 1:00pm

If you are interested in local fishing, come to this first of the season meeting. New and seasoned members welcome!

Senator Lesser’s Office—Thursday, May 12th 10:30-11:30am

Jennifer Metsch from Senator Lesser’s office will be visiting the Center. Feel free to stop and talk with Jennifer about topics you feel are important to your community.

EXERCISE...

Exercise Room

Monday—Friday 8:00am—3:00pm

Fitness Room Instruction Wednesdays 8-10am by Appointment

The exercise room contains treadmills, recumbent bikes and an elliptical. You must have your medical provider sign a new medical form prior to utilizing the equipment. There is a \$10 lifetime fee. If you paid it at the old building, you are all set.

PLEASE NOTE ...YOU MUST BRING CLEAN SNEAKERS WITH YOU TO USE THE NEW EQUIPMENT!

Walking Club

Monday-Friday 7:00am and 8:00am

Now meeting in the rear of the parking lot of the new building. It is a great way to start your day, meet new friends, and get some exercise! Join us and enjoy the spring air! New members always welcome.

Boomer Bootcamp

Mondays at 10:00am & Fridays at 8:45 and at 10:00 am

Have fun while using weights and light aerobic exercise to increase tone and endurance. Thanks to a generous donation to the Friends of Ludlow Senior Center from The Joseph and Anna Dias Family Foundation designated for exercise programs we are able to offer this class for \$1 or punch from your punch card.

Sign ups are required for Boomer Bootcamp

Please call ASAP and cancel if you cannot make class so that someone else can enjoy class! Thank you!

Line Dancing Class

Tuesdays at 9:00am

Lynn Connolly provides instructions and music for this fun and active class! Free Class thank you to a grant from the Office of Elder Affairs.

MEETINGS...

DECORATING COMMITTEE

Tuesday, May 3rd at 1:00pm

Do you enjoy decorating large areas and dining rooms or creating centerpieces? If so, join us as we plan for upcoming events. New members always welcome.

VETERANS' SERVICES

Tuesday, May 17th at 10:00am

Meet with Eric Segundo, Director of Veterans' Services, to discuss any issues concerning benefits and/or services.

Gentle Yoga

Tuesdays at 10:30 am

This gentle practice incorporates the principles of Hatha Yoga and provides approaches of slow, gentle movements with breathing, mindfulness, and stress release. **Please bring your own mat.** \$1 or punch from your punch card per class.

Country Dancing

Tuesdays at 1:00pm

Switching it up to Country Dancing! This is an easy two-step dance class for beginners danced to many genres of music. Bring a partner, or we will have one for you. Try something new and have some fun! This is **FREE!**

Zumba Gold

***Mondays at 2:30pm & Wednesdays at 10:00am**

A modified Zumba class for active older adults with easy-to-follow choreography to music that focuses on balance, range of motion, and coordination. \$1 or punch from your punch card per class.

NEW CLASS ADDED

Belly Dancing is Back!

Wednesdays at 1:30pm

Jolenne will be here in May and June to teach this beginners class which includes core moves, combinations and isolations. No experience necessary. This class is **FREE** of charge thanks to a grant from the Office of Elder Affairs.

Tai Chi

Thursdays at 9:00 am

This class leads you through exercises of slow, flowing movements to help improve concentration, coordination, flexibility and balance while relaxing the mind. **Free Class! A Beginner's session is available on May 5th at 10:00am ~ Please register.**

Active Yoga (Intermediate Practice)

Thursdays at 2:30pm

This class provides poses and a flow of postures with emphasis on body awareness, alignment and coordination of breath and movement. **Please bring your own mat.** \$1 or punch from your punch card per class.

FRIENDS OF THE LUDLOW SENIOR CENTER

Thursday, May 12th at 10:30am

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

COUNCIL ON AGING BOARD MEETING

Wednesday, May 18th at 4:30pm

Held the third Wednesday of every month, this meeting is open to the public. Come see what the COA is all about!

FUN LUNCHES...

Mother's Day Lunch!

Friday, May 6th

Moms, fur-moms, aunts and all ladies, join us as we celebrate you with our Mother's Day lunch! Richie Mitnick will be here to sing us some tunes!



Birthday Lunch!

Thursday, May 19th

Calling all May Birthdays! Join us Thursday, May 19th for our monthly Birthday lunch. Let us know your birthday is in May and lunch is on us!



Memorial Day Lunch!

Friday, May 27th

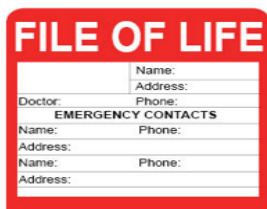
Join us as we honor those who have died in American wars and welcome the beginning of summer. Dave Colucci will entertain us with patriotic songs!

WELLNESS...

BLOOD PRESSURE CHECKS AND FILE OF LIFE

Tuesday afternoons from 12:30pm-2:00pm

Christine is here to check your blood pressure, update your File of Life or complete a new one for you. A File of Life is a document with your medical information for emergency personnel just in case you are not able to provide it in an emergency. Update it for 2022!



FOOT CARE WITH ANGELA KRAMER, RN, BOH
Thursdays by Appointment

Foot Care has returned. Pedicures are \$20 and comprise a foot soak and nail trim (no polish). Appointments are required and can be made by calling the Center. Diabetics are required to provide a note from their doctors before foot care can be given.

A mask is required at your appointment.

Sign ups for May appointments begin May 2nd



MASSAGE THERAPY

Meaghan Murphy: Mondays, May 9th and 23rd

Enjoy a 30 minute massage for just \$25. Appointments are required. At this time, appointments are limited to once per month. Please wear a mask to your appointment.

Sign ups for May appointments begin May 2nd



FACIALS WITH DIANE

Diane Neill: Wednesday, May 25th

Diane Neill, MA Licensed Esthetician, provides facials and additional skin care services starting at \$35. Light therapy and waxing services available. Appointments are required.

June appointments are available beginning May 2nd

OUTREACH...

Why do I need Prescription Advantage?

"Why do I need Prescription Advantage?" This question is often asked. Many say, "I don't need it. I already have a Medicare Part D plan" or "I have coverage from my former employer." Even with Part D or other coverage, **there are many reasons to join Prescription Advantage, including:**

- It does not replace your existing coverage, it supplements it;
- It can lower your co-pays if you reach that coverage gap, also known as the "donut hole";
- It allows you to change your Medicare plan outside of Medicare's open enrollment;

- At certain income levels it's FREE!

Prescription Advantage also provides benefits for individuals age 65 and older who are not eligible for Medicare, as well as those under age 65 with a qualified disability.

Find out how Prescription Advantage can help you by **calling 1-800-243-4636** or visiting www.prescriptionadvantagemma.org

Prescription Advantage is administered by the Commonwealth of Massachusetts Executive Office of Elder Affairs.

SUPPORT...

GUIDANCE BY LI

Comfort and Support After Loss

Friday, May 27th 1:00-2:00pm

Losing a loved one can be one of life's hardest challenges. While it is inevitable that we all face loss, society has not done a great job teaching us how to work through all of the emotions that are associated with grief.

Owner and Founder of Guidance By Li, Liane Smola, will join us monthly to discuss topics such as the nature of grief, managing difficult emotions, self-care, remembering the person who has passed, coping with the stress of change, handling special occasions, reaching out for support, and sharing ideas how to support others in your life who also may be faced with grief.

Share the story of your lost loved one and receive soft guidance and support for your continued grief journey.

Please register for this session

Sponsored by the Executive Office of Elder Affairs

FORGET- ME-NOT CAFÉ

Welcoming Place for People with Memory Challenges and their Care Partner

Monday, May 23rd, 1:30-3:00pm

A calm and welcoming meeting place where those with memory challenges and their caregivers can enjoy a change of scene and routine. Meet other care partners, learn about resources and experience respite and renewal in your role of caregiver.

Each month we will enjoy pleasant activities to improve senses and evoke good memories and create unique conversations.

This program is supported by a grant from WestMass ElderCare and the Older Americans Act.

BROWN BAG PROGRAM

Tuesday, May 17th 1:00pm-3:00pm

Offered through the Food Bank of Western Massachusetts, Brown Bag helps those older than 55, who meet income guidelines. Pickup is the third Tuesday of each month.

Call the Center for more information and application.



MOVIES...

May 4th at 1:00pm

Coda 1 hr 51 min

Gloucester, MA a 17 year old hearing member in a deaf family finds romance and a latent talent in her high school's choir club.

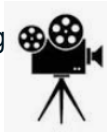
2022 Oscar Winning Movie

May 10th at 1:00pm

Eyes of Tammy Faye 2:21hr

In the 1970s, Tammy Faye Bakker and her husband, Jim, rise from humble beginnings to create the world's largest religious broadcasting network and theme park.

2022 Oscar Best Actress



May 18th at 1:00pm

Belfast 1 hr 38 min

Documentary drama follows a boy and his blue-collar family through the late 1960's tumult in Northern Ireland. 2022

Oscar Winning Screenplay

May 25th at 1:00pm

Spencer 1 hr 51 min

Starring Kristen Stewart, the film depicts a troubled Princess Diana and her decision to end her marriage to Prince Charles.

2022 Oscar Nominated Actress

WE NEED YOUR HELP!

- **LUNCH NO SHOWS...** We have many people who are **not cancelling their reservation for lunch. PLEASE cancel if you cannot join us! We are so cautious with our budget and no shows use valuable resources. We would like to keep our lunch price low but the NO SHOWS are threatening the cost.**
- We all have accidents and it is ok. If you notice an accident or have an accident in the bathroom, please let a staff person know right away. We are trying to keep the building as healthy and clean as we can. Thanks!
- Please refrain from having food in rooms. If you bring in

food, please consume it in the Café or dining room. Again we are trying so hard to keep the building clean and healthy. Thank you in advance!

- If you don't have a PINK card, please let us know. When you sign in, please be sure to mark everything you are coming in for. Numbers are so important for funding and grants. If you do not know how to use the kiosk at the front desk, just ask!
- Balloons....who doesn't love balloons! Well our alarm company doesn't like balloons. If a balloon gets loose and heads for the high ceilings, we cannot set the alarm in the building. We are sorry but please no balloons.
- If you have suggestions, please leave them at the Front Desk. Let's keep it as suggestions and not criticism. Thx!

FRIENDS OF THE LUDLOW SENIOR CENTER

Who are "The Friends"?

We are an IRS 501c3 nonprofit organization created in 1984. Our goal is to financially assist the Ludlow Senior Center by raising funds which are used to supplement programs at the Center for our community.

Johnson cont.

~Sharon Clark
~Gloria and Norman Strader
~Susan Moffett
~Etta Brockney
~Steve and Joan Haney

In memory of Norman Bourdeau:

Virginia Bourdeau

In memory of Christine Mucha:

Jacqueline Kolodziej

In memory of Olga Lozyniak:

Deborah and Karen Ordynowicz

DONATIONS HAVE BEEN MADE:

In memory of Bill Johnson:

~William and Mary Sarad
~Cheryl Orszulak
~Beverly Feicha
~Edith Tipton
~Leonard and Jacqueline Nadeau
~Susan Costa
~Barbara Casey
~Ada and John Cameron
~Debbie Chadwick
~Marie Matera
~Beverly Zull
~John Gilroy
~Cynthia and Lawrence Jasak
~Judy Dobek
~Bill, Sue, Billy and Catherine Bond
~Amanda and Ben McCormick
~Dolores Douville
~Miriam Stone
~Bob and Kathy (Green) Radowski
~Christine Peabody
~Walter and Marion Tuareg
~Richard and Jeannette Reopel
~Todd and Lisa Kellaheer
~Fran and Dorothy Simonds
~Joyce Kenyon

~Patricia Gregoire
~Jackie Doyle
~Hal and Esther Brown
~Betty Colby
~Antonia Cote
~Thomas and Betsey Mokal
~Susan and Martin Getchell
~Theresa Detka
~Karla Provost
~Wally Provost
~Victorina Robbins
~Ruth Pancotti
~Jeanette Nolan
~Harvey Fontaine
~Ella Holbrook
~Helen Duquette
~Mary Storm
~George and Susan Jessmer
~Linda Leveille
~Clovia and Bill Enos
~Joan Coyne
~Mary and Lenny Gagnon
~Peg Hinkley
~Joseph Adamczyk & Willie Ostrowski
~Janet Reynolds

DONATION to the "FRIENDS OF THE LUDLOW SENIOR CENTER"

Donation from _____

Address _____

(Circle one) Contribution in Memory / Honor of:

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

Donation Amount _____ Check here to remain anonymous _____

Please make check payable to:

Friends of the Ludlow Senior Center

228 State Street, Ludlow MA 01056

Phone (413) 583-3564

The Friends are a non-profit 501(c)(3)

Thank you to the families that think of us when requesting memorial contributions. Please know we appreciate this and are pleased that the memory of your loved one will live on at the Ludlow Senior Center.



THE SENIOR SCENE

PLACE
STAMP
HERE

LUDLOW SENIOR CENTER ~ 228 STATE ST., LUDLOW, MA 01056



The Big Y at Fresh Acres on Wilbraham Rd in Springfield has selected The Friends as the May recipient of the Community Bag Giving Program. For the month of May, we will get \$1 from every bag sold in that store!

Corner Café Happenings!.....

~**Cinco De Mayo!**....Join us Thursday, May 5th at 10:30am to celebrate Cinco de Mayo in the Café! Nachos, “margaritas” and more!



~**National BBQ Month!**...Tuesday, May 17th at 10:30am, join us in the Café for BBQ sauce sampling! Sweet, spicy and all in between!

Craft Supplies Fill-a-Bag

Thursday, May 4th at 1:30pm

The Center has a large number of craft supplies. Join us and we will give you a bag to fill. Please don't ask what we have, just come and check it out!



FREE Drive Thru SHREDDING EVENT



Wednesday, May 18
1:00 PM 'til 3:00 PM
Ludlow Senior Center,
228 State St., Ludlow MA

Our Seniors, their friends and families are invited to securely dispose of private info

Limit 5 bags/boxes per car



Sponsored by The Friends of Ludlow Senior Center

All shredded material will be recycled

