

This month's Random Acts of Kindness article is a little different. First, it's a HUGE thank you to Turley Publications' now retired lead editor, Eileen Kennedy, for allowing me to pursue my vision. Then a further thank you to the editors of the Agawam Advertiser, the Chicopee Register, the Ludlow Register, which includes Indian Orchard, and the Wilbraham-Hampden Times. Some editors I've worked with for two years and others only one, but they have continued to share my monthly stories about the kindnesses you in these communities are doing.



By Barb Turcotte

In my opinion, this was Turley's Random Act of Kindness bestowed on me! Doing these stories, I have met some of the most incredible people that would never have crossed my path otherwise. During this time, it's often been suggested that I share my story so at my two-year anniversary I decided to do that.

When I first began visualizing these stories, I thought "Random" meant doing for strangers. I've since come to realize it's means offering an unexpected kind gesture to both strangers and those we know.

My desire to give back began when I was young and has continued throughout my life. Being able to share with or network people has always given me great pleasure and why I feel I've lived a 'rich' life, yet it has no financial value. Some things are priceless! I've found that giving of your time and energy are sometimes more valued than a monetary donation.

I volunteered for the Rays of Hope (the local breast cancer charity) for over 20 years wearing numerous hats and orchestrated many large events to benefit this charity. If you support a charity in any way, you are doing a Random Act of Kindness because what you offer

helps so many.

I am also very proud of a social group (not romanced focused), for singles I created and facilitated as a volunteer for 10 years called Just 'Cause. To this day over 20 years later, many of us continue with the lifetime friendships we made.

After retiring, I'm privileged and love working per diem at an Independent/Assisted Living facility. While at lunch with some residents, a young couple paid for the table's meals (amazing!), and that inspired me to create a monthly Random Act of Kindness basket. With its proceeds, we in turn do various Random Acts of Kindness on behalf of the facility. I was so excited to be able to coordinate nine florists within the towns where I'm published, to donate over 700 flowers that the residents gave away to shoppers at two different malls. Such a united effort of Random Acts of Kindness, it created so many smiles!

Many years ago, I was the recipient of someone unexpectedly paying for my groceries. It was such a surprising experience and confirmed my belief there are truly many more kind and caring people than not. And so began my personal goal of doing Random Acts of Kindness for others. I've bought flowers and given them to strangers or those buy one-get-one sales, I've always managed to find someone who could use the second one. I've bought gift cards at a store I'm shopping and then given them to unsuspecting customers. I'm assuming

these things made their day better, I know it did mine, just envisioning them enjoying that surprise.

I had a friend ask if I would help her sell her products at a Vendor Day, and I readily agreed. It was a wonderful experience, and at her suggestion, I brought the monthly Random Act of Kindness basket with us. I loved a particular hand-made, hand-painted table ornament one of the vendors

had done and was going to buy it for my next basket. When I went to purchase it, he inquired if I was going to use it for a basket and when I admitted I was, he loved the concept of what we were doing and donated it! My friend also donated an item!

And the best, though I didn't win, was the Salute to Heroes created by three local Hyundai dealerships; someone nominated me! I must say I was shocked and absolutely feel like I won just in the fact that someone thought I was worthy of such an honor. Congrats to comedian Jess Miller who has done some amazing work through her comedy shows to benefit various local charities!

I hope you all continue to extend niceties to one another because doing Random Acts of Kindness truly does make a wonderful difference in all our lives. It starts with us as individuals doing one thing at a time by spreading positivity! Be contagious in a good way!

I'd love to hear from you about your gestures or perhaps you'd like to tell me about someone you think should be recognized for the good things they do. Please contact me at bdt514@aol.com or 413-788-7514, who knows, you might see your story in this column, 'Just 'Cause' you witnessed, did or received something nice being done. Next month I'll be telling your incredible Random Acts of Kindness stories again. Thank you for reading!

CAMPUS NOTES

Wilbraham students graduate from the University of Hartford

WEST HARTFORD, CT -- Congratulations to the following Wilbraham students who graduated as part of the University of Hartford Class of 2023! Lea Kuselias and Katie Shea.

Elms College Summer 2023 Graduates

CHICOPEE -- College of Our Lady of the Elms congratulates the following Wilbraham students who graduated after the conclusion of the summer 2023 semester.

Alba Albo, Bachelor of Arts in Education Studies

Molly O'Donnell, Master of Science in Applied Behavior Analysis

Nicholas Taylor, Master of Science in Nursing
They were among 75 students who received their degrees this summer.

Wilbraham students named resident advisors at WNEU

SPRINGFIELD -- The following Wilbraham students have been named Resident Advisors for the 2023-2024 academic year at Western New England University. They are among 43 resident advisors.

Alexandra Karpinski is working toward a BSBA in Accounting.

Noah Love-Walsh is working toward a BSE in Mechanical Engineering.

Alexander Armitage named peer advisor for 2023-2024 academic year

SPRINGFIELD -- Wilbraham resident, Alexander Armitage, has been named a peer advisor for the 2023-2024 academic year at Western New England University.

Peer advisors are a group of highly selected and comprehensively trained students dedicated to helping first-year and transfer students throughout their transition to Western New England University. Peer Advisors undergo more than 150 hours of training to better support first-year and transfer students.

Healthcare scams after personal information

Healthcare scams are as varied as just about any con out there, according to the Better Business Bureau. The fraudster often poses as a government authority to persuade you to provide personal information related to your Medicare or Medicaid account for identity theft. In other cases, the con artist is after your health insurance, Medicaid or Medicare information to submit fraudulent medical charges.

How the scam works:

The scam typically starts with an email, text message or phone call that appears to be from a government agency. Con artists use a variety of stories. In one common version, the "agent" tells you that he or she needs to update account information to send a new medical card. In another version, the scammer

asks for your account number in exchange for free equipment or services. A third version involves a threatening robocall purporting to be from HealthCare.gov or the Health Insurance Marketplace. You're told you must buy health insurance or face a fine. Sure enough, you're soon asked to provide personal information. A more recent version has reported Medicare recipients receiving notices that new Medicare cards with microchips will be sent out and further verification is required.

Tips to avoid this scam:

Don't trust a name or number. Con artists use official-sounding names or mask their area codes by spoofing to make you trust them. Don't fall for it.

Hang up and go to official websites. You can enroll or re-enroll in

Medicare at Medicare.gov or a marketplace health plan at Healthcare.gov.

Never share personally identifiable information with someone who has contacted you unsolicited, whether over the phone, by email, or on social media. This includes banking and credit card information, your birthdate, Social Security or Social Insurance number, and, of course, your health insurance number.

Guard your government-issued numbers. Never offer your Medicare ID number, Social Security number, health plan info, or banking information to anyone you don't know.

Know the signs. Medicare will never contact you via email, text message, or phone, asking you to verify personal information.

PUBLIC NOTICES

WILBRAHAM PLANNING BOARD

The Wilbraham Planning Board will hold a Public Hearing on **Wednesday, November 8, 2023, at 5:45 PM** in the Town Office Building, 240 Springfield Street, on the application of Diana McIntyre, for a Special Permit as required under sections 3.9.2.15 and 4.10 of the Wilbraham Zoning By-Law to allow construction of an addition to the existing McIntyre residence located at 7 Oldwood Road to be used as an accessory apartment as shown on information on file in the Planning Office and posted for public viewing on the Planning Board page of the Town of Wilbraham website at www.wilbraham-ma.gov/123/Planning-Board. Both in person and virtual participation

are available. To participate virtually go to <https://meet.goto.com/387039565> or call 866-899-4679 (Access Code: 387-039-565).

John McCloskey
Chair

10/19, 10/26/2023

PUBLIC NOTICE

This ad is pursuant to MA Gen. Law Ch.255, Sec. 39A as of **November 3, 2023** the following motor vehicle will be for sale to satisfy a garage keepers lien:

Vehicle: 2007 Honda Accord
VIN: 1HGCM66597A063675
COLOR: White
LKO: Jason Barrios
3041 Hellerman St
Philadelphia PA

R & S Assoc. Inc.
Wilbraham MA
413-596-4374

10/19, 10/26, 11/02/2023

HCC fall session III classes start Oct. 30

HOLYOKE - Prospective students have one more chance to sign up for classes at Holyoke Community College for the fall 2023 semester.

Fall session III classes begin Monday, Oct. 30, and run for seven weeks. All fall semester classes conclude by Dec. 21.

Students who enroll for HCC's flexible fall start dates have the opportunity to take a variety of courses both on campus and online in anthropology, biology, business administration, communication, culinary arts, economics, English, English as a Second Language, geography, human services, Latinx Studies, law, management, marketing, math, nutrition, music, psychology, sociology, Spanish, and veterinary and animal science.

To see a full list of courses and sections, please visit hcc.edu/flex-fa23

Registration for Wintersession classes and Spring 2024 classes opens Monday, Oct. 30. Wintersession classes start Dec. 29 and run for two weeks. The Spring 2024 semester begins Jan. 16.

The HCC Admissions and Advising offices are located on the first floor of the HCC Campus Center and are open Monday through Friday from 8:30 a.m. until 5 p.m. (4:30 p.m. on Fridays).

For more information, please contact HCC Admissions at 413-552-2321 /admissions@hcc.edu or visit online at hcc.edu

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