

CALENDAR OF EVENTS

E-mail items to journalregister@turley.com or mail to Calendar Editor, Journal Register, 24 Water St., Palmer, MA 01069, for receipt by Monday of week for publication.

The Journal Register encourages readers to contact event coordinators and organizers for updated event times. Have an event to promote? Email the information (in sentence form and as a Word doc or plain email text – no PDFs or flyers, please – to journalregister@turley.com.

UPCOMING

WING MEMORIAL HOSPITAL AUXILLIARY SHOP

40 Wright St., Palmer

DECEMBER VENDORS

- Dec. 9: Crystal Clear Emotions
- Dec. 10: Hobbit Hollow Herbs
- Dec. 11: Cork Elegance Plus
- Dec. 15 Generations of Cokies
- Dec. 17: Wicked Good Treats
- Dec. 19: Shannon Bacon
- Dec. 22: Generations of Cookies
- Dec. 23: Geriations and Sew on
- Dec. 24: Patty Cakes

WALES PUBLIC LIBRARY

- Dec 1-23 Gift Wrapping Station
- Dec 6: ASL 12 p.m.
- Dec 7: Wreath Fundraiser \$45 at WES 3 p.m.
- Dec 9: Mom’s Morning 10:30 a.m.
- Friends Meeting 4:30 p.m.
- Dec 10: Wales Tales Story Time 12:15 p.m.
- Dec 13: Author Visit: Santa Bill Barnsley author of, “If Mice Pulled the Sleigh” fundraiser \$25/family/book receive autographed book. Holiday Tea Party 1 p.m.
- Dec 17: Wales Tales Story Time 12:15 p.m. Kids Holiday PJ Party 4 to 6 p.m.
- Dec 24 & 25: Closed
- Dec 29: Book Buddies 11 a.m. Holiday Party
- Dec 31: Closed

Public notices

COMMONWEALTH OF MASSACHUSETTS THE TRIAL COURT HAMPDEN, Div. Prnbate & Family Court Dept. HD25E0045PP

To Adam F Padykula of Palmer, Hampden County, and to all other persons interested.

A petition has been presented to said Court by Richard R. Padykula, Jr., of Deltona Florida, Volusia County, representing that they hold as tenants-in-common in an undivided part or share of land lying in Palmer, in the County of Hampden, setting forth that they desire that all of said land may be sold at private sale or public auction for not less than Three Hundred Thousand (\$300,000.00) Dollars, and praying that partition may be made of all the land aforesaid according to law, and to that end that a commissioner be appointed to make

such partition and be ordered to make sale and conveyance of all, or any part of said land which the Court finds cannot be advantageously divided either at private sale or public auction, and be ordered to distribute the net proceeds thereof after full adjudication of the equitable claims contained in said petition and supplemental memorandum filed with the Court.

If you desire to object thereto, you or your attorney, should file a written appearance in said Court at Springfield before ten o'clock in the forenoon on the **seventh day of January 2026**, the return day of this citation.

Witness, BARBARA M. HYLAND, Esquire, First Justice of said Court, this 6th day of November 2025.

Rosemary A. Saccomani, Register
11/27, 12/04, 12/11/2025

Dec. 5, 4 to 7 p.m., Dec. 6 & 7, 10 a.m. to 3 p.m., Dec. 13 & 14, 10 a.m. to 3 p.m.
Christmas Tree and Wreath Festival: The annual Tree & Wreath Fest is here. To participate/donate, find the forms at the link. <https://www.facebook.com/share/p/1PQqa4AoZd/?mibextid=wwXlfr>

December 7

Holiday Music Worship Service: Melodies of joy and hope for the season. Sun., Dec. 7, 2025, 10 a.m. St. Paul’s UU Church of Palmer, 1060 Central St., Palmer. Seasonal readings and carols featuring the Berkshire Hills Music Academy Woodwind Ensemble; service led by Wes Hunter. Free; all welcome. Info: StPaulsPalmer.org.

December 13

Breakfast with Santa and Mrs. Claus: at the Three Rivers Fire Station! Saturday, December 13, 8 a.m. to 11 a.m. Breakfast includes pancakes, sausage, coffee, hot chocolate and orange juice. Cost - Adults \$7. Children ages 4 to 12 \$4, under 4 free. Sponsored by the Three Rivers Firefighters -Ladies Auxiliary

December 28, 6 p.m.

Santa and the Wicked Wazoo Christmas Play and Dance Showcase. Let’s stay in the Christmas spirit with this festive performance of Santa and the Wicked Wazoo. Some wonderful Christmas dance routines will also be showcased. Advanced tickets are \$8 for children 12 and under and \$10 for teens/adults! Door sales are \$2 more. Doors open at 5:30 p.m. Pizza & Concessions.

December 28

Santa and the Wicked Wazoo Christmas Play and Dance Showcase at PHCC. Let’s stay in the Christmas spirit with this festive performance of Santa and the Wicked Wazoo. Some wonderful Christmas dance routines will also be showcased. Event begins at 6 p.m., doors open at 5:30 p.m. Advanced tickets are \$8 for children 12 and under and \$10 for teens/adults! Door sales are \$2 more. Pizza and concessions will be available.

ONGOING

THURSDAYS - WESTERN LINE DANCE CLASSES
6:30 to 7:30 p.m. and 7:30 to 8:30 p.m. \$10 for one lesson or both. Brimfield Winery at 35 Main Street in Brimfield. Check brimfieldwinery.com for any variations.

CRAFTERNOONS: Drop in 2 to 4 p.m. daily at the Holland Public Library, 23 Sturbridge Road to learn or practice different crafts. There are new crafts every Wednesday. For more information, call 413-245-3607.

KEEP HOMESTEAD MUSEUM: Located at 35 Ely Rd., Monson, nature trails are open daily until dusk for hiking, snowshoeing and cross-country skiing. Trail maps can be found in the parking lot. For more information call 413-267-4137, email khn@keephomesteadmuseum.org or visit keephomesteadmuseum.org.

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tient Advocacy Conference, which I hosted at Ascension University in Worcester in October. And she got me to thinking about the power of music to soothe and connect with dementia patients.

A 2018 study found that music activates parts of the brain that are more resistant to diseases like Alzheimer’s, including the prefrontal cortex. Other research has consistently found that memories of music, along with the ability to play music, are often preserved longer than language and other memory skills. Yes, the brain works in mysterious ways.

Music therapy is widely recognized as a valuable non-drug therapy that can help manage many dementia symptoms, such as depression, agitation, apathy and anxiety. It can also encourage speaking and social interaction and even improve cognitive function. Family members and caregivers also enjoy the benefits of music therapy because it may make their jobs a bit easier.

There are some 8,000 licensed music therapists

around the country who work with people of all ages and abilities, including those with physical and cognitive challenges. Whether or not a music therapist is on staff, some memory-care facilities incorporate music into their care of dementia patients.

Over a decade ago, residents at the Coler Memory Care Unit in New York were given iPods with personalized playlists. Results showed a decreased use of antipsychotic medications, reduced falls and fewer physical altercations, they reported. Not incidentally, staff morale improved and the approach was shown to be highly cost-effective.

There are two main types of music therapy.

- Active: Playing an instrument – even simple percussion instruments – and singing appear to be most effective for reducing depressive symptoms and improving cognition.
- Receptive: Just listening to music seems to reduce agitation and may be more suitable for patients in advanced stages of dementia.

While a structured music therapy program may involve

weekly lessons, art activities and guided listening, you don’t need to be a music therapist to try music to help a loved one with dementia.

Here are some recommendations and caveats:

Results may vary. Dementia patients are all individuals, and they may not respond in the same way to music. The stage of their disease, personal preferences and cultural background can impact a patient’s receptivity.

Introduce it gradually. Experiment with an hour of music at different times of the day. You may find that evening or bedtime is best because many patients experience “sundowner” syndrome, which tends to increase agitation and anxiety.

Personalization seems to provide the best outcomes. Did your loved one play an instrument? You could see if their muscle memory will let them play it. Otherwise, think about the kinds of music they enjoyed before their illness and prepare playlists just for them. Some baby boomers today may enjoy some soft rock more than classical.

Be wary of loud or fast-paced music. This can

increase the agitation that you’re trying to reduce.

Observe the effects. Music may prompt a loved one to reminisce, improving their sense of self.

Remember that, as of yet anyway, there’s no cure for Alzheimer’s and other forms of dementia. All you can hope for, really, is a calmer, happier loved one who is perhaps reliving some fond memories or emotions.

As Randi said, “If it were not for her music, my mom would have just been another lost little old lady.”

Teri (Dreher) Frykenberg, R.N., a registered nurse and board-certified patient advocate, is the founder of www.NurseAdvocateEntrepreneur.com, which trains medical professionals to become successful private patient advocates. A Monson, MA resident, she is the author of “How to Be a Healthcare Advocate for Yourself & Your Loved Ones” and her new book, “Advocating Well: Strategies for Finding Strength and Understanding in Health Care,” available at Amazon.com. Contact her at Teri@NurseAdvocateEntrepreneur.com to set up a free phone consultation.

2026 QUABBIN HISTORY CALENDAR by J.R. Greene

Great Gifts!
ON SALE AT:
THORNDIKE:
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or email: jrg01331@webtv.net

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Turley Publications offers two types of obituaries.

One is a free, brief **Death Notice** listing the name of deceased, date of death and funeral date and place.

The other is a **Paid Obituary**, costing \$275, which allows families to publish extended death notice information of their own choice and may include a photograph. **Death Notices & Paid Obituaries** should be submitted through a funeral home to: obits@turley.com.

Exceptions will be made only when the family provides a death certificate and must be pre-paid.