

HEALTH from page 6

Other conditions that might affect cognition are cancer treatment, Parkinson's, depression, heart failure, brain tumor, sleep disorders and substance abuse disorders.

Now, though, you don't have to wait for a doctor's appointment to get a general assessment of your cognitive abilities or those of a loved one. The neurologist who developed the MoCA, Dr. Ziad Nasreddine, last year created XpressO, a quick and

fun digital self-assessment designed for anyone to use on their own desktop computer, tablet or smartphone. (Laptop screens aren't large enough.)

Once all the tasks are completed, you will receive a clear and simple report stating low or elevated risk of cognitive decline. You can monitor your cognition over time and share the results with your health-care provider.

XPressO requires registration and creation of a password. Learn more at

MoCAcognition.com, or you can download the XPressO app from the Apple and Google Play app stores.

Dementia and cognitive decline, already a reality for millions, are a source of fear and anxiety for millions of others. Using this simple tool might put your mind at rest, or it may signal that you need to be talking to your doctor.

Teri (Dreher) Frykenberg, is a registered nurse and board-certified patient advocate and founder of www.

NurseAdvocateEntrepreneur.com, which trains medical professionals to become successful private patient advocates. Teri offers a free phone consultation to Turley Newspaper readers as well as to nurses interested in becoming advocates. Reach her at Teri@NurseAdvocateEntrepreneur.com

Are you having difficulty communicating with your partner, struggling with boundaries, and healthy relationships?

We invite you to join us Friday afternoons from 1-2:30 pm to explore these topics and more.

This group will be held in zoom, is educational, confidential, and free.

Please contact Pat James 413-726-8661.

PUBLIC NOTICES

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Hampshire Division
Docket No.
HS25P0539EA
Estate of:
Carolyn Marie Zobka
Also Known As:
Carolyn Marie Nunes
Date of Death: June 6, 2025
INFORMAL PROBATE PUBLICATION NOTICE

To all persons interested in the above captioned estate, by Petition of Petitioner Linda J. Ugraz of Three Rivers, MA a Will has been admitted to informal probate.

Linda J. Ugraz of Three Rivers, MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory

and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

10/16/2025

PUBLIC NOTICES ARE NOW ONLINE

- 1 Email all notices to notices@turley.com
- 2 Access archives and digital tear sheets by newspaper title.
- 3 Find a quick link to the state of Massachusetts' public notice web site to search all notices in Massachusetts newspapers.

Public notice deadlines are Friday at 3 p.m.
visit www.publicnotices.turley.com

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BUSINESS & SERVICE DIRECTORY

AUTO BODY

REECE AUTO BODY Complete Auto Body, Paint & Repair" auto glass, computerized paint matching, also routine car maintenance. Free estimates. Old Springfield Road, Belchertown. 413-323-6664.

HAIRDRESSER

COUNTRY STYLIST, 171 Federal St., Belchertown. 413-323-6012. Great cuts for men and women. A full service hair salon. Open Tue-Sat., evening hours available.

OUTDOOR POWER EQUIPMENT

BOYDEN & PERRON INC. Sales and service, Toro, Wheel Horse, Scag, Jonsered, Residential and Commercial. 41 South Whitney Street, Amherst, since 1956. Call today. 253-7358.

WELDING

AMHERST WELDING, INC. Snow plows, sanders, sales & service, hydraulic hoses & repairs, trailer hitches, trailer repairs, welding, fabrication, lawnmower repairs. 330 Harkness Road, Amherst 413-253-4867.

COMPUTERS

ALIX & SONS COMPUTER CENTER. PC/Macs, Laptops, Screen Repairs. New Computer Sales and Accessories, PC Diagnostic Repairs and Upgrades, On Site Work, Home or Office. 40 Daniel Shays Highway. 413-323-1122. John Alix, Owner.

INSURANCE

BELL & HUDSON INSURANCE AGENCY INC., 19 North Main St., Belchertown, MA 01007. Tel. 413-323-9611, 800-894-9591. Fax 413-323-6117. Home, auto, life, commercial, group health.

ROOFING

ROBERTS ROOFS CO., INC. Trusted name since 1982. Commercial, industrial, residential. Specializing in shingles, slate copper work, historical restoration, flat roofing. Snow Removal. Fully licensed. Free estimates. 413-283-4395
www.robertsroofsinc.com

★★★★★

Let's Hear It for Our Best Local Businesses

Please check the accuracy of your legal notice prior to submission (i.e., date, time, spelling). Also, be sure the requested publication date coincides with the purpose of the notice, or as the law demands. Thank you.

TO ADVERTISE ON THE BUSINESS & SERVICE DIRECTORY PLEASE CALL 283-8393

Send Us Your Holiday Event Information

Turley Publications will print your holiday calendar listings FREE OF CHARGE in our Holiday Dazzler Supplement which publishes Nov. 19th.

Deadline for submissions is October 20th

Community Holiday Events

Event Should Be Non-Profit & Open to the Public

FREE Calendar Listings Reaching over 200,000 Readers in the Pioneer Valley

Event Name _____

Date/Time _____

Location _____

Description _____

Cost _____

Contact name & phone number for more information _____

Please specify if you would like your name and number printed in the paper.

CLIP OUT AND MAIL TO:
Turley Publications, Attn: Jamie Joslyn, 24 Water Street, Palmer, MA 01069
or email* them to: jamie@turley.com
*Be sure to indicate "Holiday" in the subject line of your email.