

DONORS from Page 4

good health); feel well; and weigh 110 pounds or more. Many people are disqualified because of various infections, low iron, travel, pregnancy and other factors, so if you are eligible, give it some consideration.

At the donation site, after a brief health assessment (temperature, blood pressure, iron level), you'll be able to give the gift of life to a fellow human being.

Isn't there artificial blood?

Researchers are racing to develop artificial red blood cells that could stand in for whole blood, but we're probably a decade or more away from that becoming reality. For now, there's no substitute for the real McCoy.

The parts can be greater than the whole

While you can donate whole blood six times a year, platelet donors (like Rocco) can give up to 24 times a year. This is because the donation process takes only part of your blood and returns the rest.

Platelets are tiny blood cells that form clots and stop

bleeding. For millions of Americans, they are essential to surviving and fighting cancer, chronic diseases and traumatic injuries. Every 15 seconds, someone needs platelets.

You may even be able to sign up to donate platelets to help a friend with cancer. In platelet donation and transfusion, it's generally not necessary to match blood types.

Why don't more people donate?

The number of people who donate blood has dropped about 20 percent in the last few years. Fears about safety and needles keep some people from donating. There's also the bystander effect: It's common not to take action in a situation if you think someone else will.

Does giving blood actually hurt? It can, but it's usually no worse than stubbing your toe. There's that moment when you know the needle is coming close to the vein in your arm; the best thing to do is look away or close your eyes and keep breathing until that moment passes.

There are also still myths

about who and who can't donate. In the early days of the HIV/AIDS epidemic, there were no tests to screen for HIV, so gay and bisexual men were prohibited from donating. The FDA rescinded that blanket ban in 2023 in favor of questions that assess the risk of HIV regardless of gender or gender expression.

Also, yes, you can donate if you have tattoos and piercings, as long as it was more than three months prior, you're completely healed and you took care to be inked or poked at a state-regulated facility. (That also means you can't use fear of needles as an excuse!)

Virtual reality comes to blood donation

For some people, giving blood is easy – and you get snacks when you're finished. For others, though, it can be unpleasant, and they are unlikely to become first-time donors, let alone repeat donors.

Virtual reality to the rescue, or actually a subset of VR called "mixed reality," which mingles the real and virtual worlds.

In 2023, a blood collec-

tion center let donors take their minds off the process by focusing on planting a garden – with just their eyes. Donors used the Microsoft HoloLens 2 to play Paragon, a game created by Abbott Labs and Blood Centers of America. The thinking is that a positive emotional response to blood donation will encourage folks to become repeat customers.

A blood donation truly is a unique gift that transcends gender, age, ethnic and political lines. Find a collection center or blood donor event near you, and roll up your sleeve.

Teri (Dreher) Frykenberg, a registered nurse and board-certified patient advocate, is the founder of Northshore Patient Advocates LLC (NShore). She is also founder and CEO of Nurse Advocate Entrepreneur, which trains medical professionals to become successful private patient advocates. Teri offers a free phone consultation to newspaper readers as well as to nurses interested in becoming advocates. Reach her at Teri@NurseAdvocateEntrepreneur.com.

Lenten Penance Service

LUDLOW—A Lenten Penance service will be held at St Elizabeth Parish, 191 Hubbard St, Ludlow at 6:30 p.m. on Thursday, April 3.

Please join us as several priests will be available to celebrate the Sacrament of Reconciliation. Come and receive the gift of God's mercy and love.

Lenten Parish Mission

LUDLOW—Encountering Hope: How the Catholic Church provides the anchor we need to see God's Plan for our lives.

The Mission will be held at St. Elizabeth Parish at 6:30 p.m. on March 24, 25 and 26 in the Church at 191 Hubbard Street, Ludlow.

Dr. Daniel Baillargeon, national speaker, president of Mission Driven Catholic and former Superintendent of the Diocese of Springfield will be our speaker for the three evenings. "Let us take some time to quiet our hearts and truly walk with our Lord in His Passion and Death, so we may be filled with great hope in His Resurrection. All ages are welcome.

St. Cecilia Women's Club April Meeting

WILBRAHAM – The St. Cecilia Women's Club will host their next meeting on April 8.

It will be an Evening of Reflection with Fr. Douglas McGonagle.

Liturgy is at 5:30 p.m. followed by soup & sandwiches at 6 p.m.

Fr. McGonagle will be our guest speaker following mass and a light supper. Hope you can make it.

Please bring children's clothing to this meeting for infants and toddlers in need.

DEATH NOTICE

George R. Sicard, Sr.
Died March 13, 2025
Visiting hours
March 19, 2025
Funeral services
March 20, 2025
Ludlow Funeral Home

The Ludlow Register
OBITUARY POLICY

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.

NOTICES

LUDLOW PLANNING BOARD LEGAL NOTICE SITE PLAN

The Ludlow Planning Board will hold a public hearing in Ludlow Town Hall, Selectmen's Conference Room on **Thursday, March 27, 2025, at 7:45 p.m.** on the application of Mel O'Leary CEO: Meredith-Springfield Associates, Inc., for the property located at **321 Moody Street, Ludlow, MA (Assessors' Map 3, Parcel 109)** for the purpose of **to construct a new 30,200 sq ft warehouse.**

If for any reason this hearing is cancelled, it will be rescheduled to Thursday, April 10, 2025.

Raymond Phoenix
Chairman

03/12, 03/19/2025

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Hampden Probate and Family Court
50 State Street
Springfield, MA 01103
(413)748-7758
Docket No. HD15P2300EA
Estate of:
Alberta May Bernardo
Date of Death: 08/26/2015
CITATION ON PETITION FOR ORDER OF COMPLETE

SETTLEMENT

A Petition for Order of Complete Settlement has been filed by **James Gelinias of Chicopee, MA** requesting that the court enter a formal Decree of Complete Settlement including the allowance of a final account and other such relief as may be requested in the Petition.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this court before: 10:00 a.m. on the return day of 04/17/2025.

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

WITNESS, Hon. Barbara M. Hyland, First Justice of this Court.

Date: March 11, 2025

Rosemary A. Saccomani
Register of Probate

03/19/2025

LEGAL NOTICE

Ludlow Special Town Meeting of October 7, 2024 Case #11577

Warrant Articles 9 and 10 were approved by the Attorney General's office accordingly.

****see full context of text in Town Clerk's office.**

Posted in all 6 polling locations and at the Ludlow Town Hall.

Precinct 1

Harris Brook Elementary School

Precinct 2

Paul R. Baird Middle School

Precinct 3

Ludlow High School

Precinct 4

East Street School

Precinct 5

First Church in Ludlow

Precinct 6

Paul R. Baird Middle School

03/12, 03/19, 03/26/2025

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.



Cemetery Memorials + Markers
Granite Benches
Religious Statuary + Outdoor Display
RAY HALUCH INC.
1014 Center St | Ludlow, MA | 583-6508

Church **DIRECTORY**

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

584 West St., Ludlow
413-583-8454
S Sunday services
Sacrament Meeting 10- 11 A.M.
Sunday school for adults, Young single adults(18-30) and teens (11-18) - 1st & 3rd Sunday of the month from 11-12 noon
Adult Religious/Marriage and Parenting for Women- 2nd & 4th Sunday of the month from 11-12 noon
Adult Religious/Marriage and Parenting for Men- 2nd and 4th Sunday of the month from 11-12 noon
Classes for Single Adults(18-30)- 2nd & 4th Sunday of the month -11- 12 noon
Classes for Young Men (11-18)- 2nd & 4th Sunday of the month 11-12 noon
Classes for Young Women (11-18)- 2nd & 4th Sunday of the month - 11-12 noon
Children's classes: Sunday school & singing time every Sunday(3-10) 11- 12 noon
Nursery provided for ages 18 month- 3 yr

CHRIST THE KING CHURCH

41 Warsaw Ave., Ludlow
413-583-2630
Pastor Rev. Raymond A. Soltys
Saturday Vigil Masses – 5 p.m. and 6:30 p.m.
Sunday Masses – 7:30 a.m.; 8:45 a.m. (Polish); 10 a.m. and 11:15 a.m.
Sunday Evening Mass – 5:30 p.m.

IMMACULATE CONCEPTION CHURCH

25 Parker St, Indian Orchard,
413-543-3627
Very Rev. Piotr Calik
Office Hours: Monday, Tuesday, Wednesday, Thursday, 9 a.m. –1 p.m.
CLOSED FRIDAY
MASS SCHEDULE
Monday 8:00am
Tuesday 8:00am
Wednesday No Mass
Thursday 6:00pm
Friday 6:00pm
Saturday 4:00pm
Sunday 8:30am (English) 10:15am (Polish)
Confessions: Saturday - 3:15-4 p.m.

ST. ELIZABETH PARISH

191 Hubbard St., Ludlow
413-583-3467
Pastor – Rev. Msgr. Homer P. Gosselin
In Residence – Rev. Norman Bolton
Deacons: Normand Grondin, Thomas Rickson, Keith Davies
Office Hours: Monday - Friday 8 a.m. - 4 p.m.
Visit our website at www.stelizabethludlow.org
Like us on Facebook Check out our Parish App

Wed., March 19 – Daily Mass – 7:30 a.m. (C), Holy Mother Choir 5:15 p.m. (C), Scouts 6:30 p.m. (FLBH/JR)
Thurs., March 20 – Daily Mass - 7:30 a.m. (C)
Fri., March 21 – Daily Mass - 7:30 a.m.(C), Stations of the Cross 7:00 p.m. (C)
Sat., March 22 – Confessions 2:30-3:30 p.m. (C), Saturday Mass - 4 p.m. (C)
Sun., March 23 – Sunday Mass - 7:30 a.m. (C), Sunday Mass - 9:15 a.m. (C), Sunday Mass - 11 a.m. (C), Sunday Mass - 5 p.m. (C), Take & Eat – 8:00 a.m. (FLBH), Faith Formation -10:15 a.m. (All Rooms/FLBH)
Mon., March 24 – Daily Mass – 7:30 a.m. (C), Faith Formation 6:00 p.m. (JR/ZR), Lenten Parish Mission - 6:30 p.m. (C)
Tues., March 25 – Mass - 7:30 a.m. (C), St. Rita's Choir, 2:30 p.m. (C), Middle School Youth Ministry 3:00 p.m. (ER), Lenten Parish Mission - 6:30 p.m. (C)

OUR LADY OF FATIMA PARISH

438 Winsor St., Ludlow
413-583-2312
Father Pedro DeOlivera
Office hours: Monday - Thursday 9:00 a.m. to 5:00 p.m., closed 1:00 p.m.-2:00 p.m.
Sunday Masses – 9 a.m. (Portuguese); 11 a.m. (English)
Monday and Wednesday Morning Masses – 8:30 a.m. (Portuguese)
Tuesday and Friday Masses – 5:30 p.m. (Portuguese)
Saturday Vigil Mass – 4 p.m. (English)
First Saturday of the Month – 8:30 a.m.
For more information, visit ourladyoffatimaparish.org.

FIRST CHURCH IN LUDLOW

859 Center St. Ludlow
413-583-3339
Reverend Darcy Borden, Pastor
Office hours Monday & Wednesday 10 am to 2 pm
Available by appointment at other times
Sunday worship at 10 am alternating weekly with Grace Union Church, Wilbraham
Call or check Facebook or the website for the schedule of worship and events
Service live-streamed at 10 am on Facebook <https://www.facebook.com/firstchurchludlow>
Website: www.ludlowfirst.com

ORCHARD COVENANT CHURCH

95 Berkshire Street
Indian Orchard, MA 01151
413-543-4204
Revs. Karen and Nick Munn, pastors
Sunday School for all ages, 9:45 a.m.
Worship in person, 11 a.m.
Or watch our livestream.
See our website for more information: orchardcovenant.org.

FAITH COMMUNITY CHAPEL

A Church of the Nazarene
485 East St., Ludlow, MA 01056 413-583-7875
Email: FCCLudlow@GMail.com
Lead Pastor: Reverend Lisa Morrison
Associate Pastor: Gary Coombs
Discipleship Groups 9:45 a.m. Worship Service 11 a.m.
OTHER PROGRAMS
MONDAYS at 6:30 p.m. H.O.P.E. Meeting Recovery Meetings for those with addictions, anxiety, and grief
SMC. Call 413-519-4591
TUESDAYS at 7 p.m. ZOOM Bible Study
RIDAYS Children's After School Club (pre K through teens) 5-6:30 p.m.

STS. PETER AND PAUL UKRAINIAN CATHOLIC CHURCH

45 Newbury St.
Ludlow, MA 01056
Phone: 413-583-2140
Pastor: Father Andriy Krip
Liturgy schedule:
Wednesday 9 a.m., Friday 9 a.m.
Rosary for Peace in Ukraine on Wednesday at 6 p.m.

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

