



OLD QUARRY TOWN ELDER

EAST LONGMEADOW COUNCIL ON AGING
328 NORTH MAIN STREET
EAST LONGMEADOW, MA 01028-1870
WWW.EASTLONGMEADOWMA.GOV



CAROLYN F. BRENNAN, DIRECTOR
8:00 A.M. - 4:00 P.M. DAILY
PHONE: 525-5436 FAX: 526-9746
CBRENNAN@EASTLONGMEADOWMA.GOV

IMPORTANT INFORMATION

RMV New Hours - In order to reduce the impact of statewide budget cuts, the RMV has instituted new hours at all branches, opening now at **9:00 a.m.** The 18 branches that close late on Thursday will now be open from **10:00 a.m. to 6:00 p.m.** The RMV will also be eliminating courtesy notices to all customers for the following services: license renewals, Mass ID renewals, license reinstatement notices, vehicle re-inspection notices, and

change of address labels. They will continue to mail vehicle registration reminders to customers. Customers should keep in mind that licenses can be renewed up to one year prior to the expiration date. Most service transactions are available online at www.mass.gov/rmv.

Inclement Weather Policy - when East Longmeadow schools are closed, there will be **no** Meals on Wheels delivered OR congregate meal

served. The Senior Center remains open for phone calls and emergencies, unless the Town Hall closes. Weather updates can be found on TV 22, 40, and 3.

Meal Cost Increase - Just a reminder that the cost of luncheon and home delivered meals will be increasing by 25 cents, effective January 1st. The congregate meal will be \$2 per person, and home delivered meals will be \$2.25 per person, per day.

A Very Special Thank You - for the wonderful response from area knitters for our Mittens n' More Tree. The items have been distributed to shelters and needy families in the area, just in time for the holidays!



DONATION ACKNOWLEDGEMENTS

Memorial Donations - Thank you to those who made donations in memory of: **Edith Wright** - Marion Cox, Dot Philbin, Horton & Marion Minor, Frank & Betty Bradley; **Hank Daniels** - Phil & Debbie Van Tassel, John J. Willer, Liza Daniels; Richard C. Emerson, Muriel Andwood.

Marguerite Pope - James Pope; **Ray St. Marie** - Don & Joan Pauly, **Woody Wiseman** - Chet Jurkowski.

General Donations - Thank you to all who have donated food for our Open Pantry, and coffee, tea, napkins and sugar for

our meal site. We also wish to thank the following for their generous monetary donations: *Women's Fellowship of the First Congregational Church, Chet Jurkowski, Berkshire Bank Foundation of Pioneer Valley, United Bank, the Senior Friendship Club and the Morning Glory Walkers.*

FRIENDSHIP CLUB EVENTS



- ◆ Thursday, Jan. 8
New Year's BINGO
- ◆ Thursday, Jan. 15
Jerry "Atric," sponsored by PeoplesBank
- ◆ Thursday, Jan. 22
Fun Company
- ◆ Thursday, Jan. 29
Winter Bingo

SPECIAL EVENTS

- ◆ Wednesday, Jan. 14
Elder Law Attorney Jennifer L. Snyder 1:00 - 2:00 PM
- ◆ Tuesday, January 20
Veteran's Coffee Hour 9:00 AM
- ◆ Tuesday, Jan. 27
Free Legal Consults with Attorney David Carlson, by appt.
- ◆ Wednesday, Jan. 28
Prescription Advantage Changes 10:00 AM
- ◆ Wednesday, Jan. 28
Mercy Hospital Blood Mobile, 10:00 - 2:00

NEWS AND SPECIAL EVENTS

Elder Law Attorney Jennifer L. Snyder will be at the Senior Center on **Wednesday, January 14th from 1:00 - 2:00 p.m.** Attorney Snyder will offer advice on how to keep your golden years golden by protecting your home and assets should you become incapacitated, in addition to other reasons why it is important to meet with an Elder Law Attorney before situations arise that could impact your life.

Life Line Screening - Stroke is the third leading cause of death in the U.S. and the second leading cause of death among women - ahead of breast cancer. It is also the #1 reason people are admitted into nursing homes. What most people do not realize is that up to 80% of strokes can be prevented. **St. Paul Lutheran Church** will be hosting a Life Line Screening event for the community on **Monday, January 19, 2009.** Life Line Screening will perform four health screenings using Dopler color flow ultra-sound. You must pre-register by calling 1-800-324-1851, or call Janet Moses, 1-860-242-1746.

Free Legal Consultations - Attorney David Carlson will offer

free legal consultations each month at the Pleasant View Senior Center, starting **Tuesday, January 27, 2009,** from 1:00 - 3:00 p.m. Attorney Carlson can provide assistance with Elder Law, Guardianships, Estate Planning, Long Term Care, and the review of legal documents. Half hour appointments must be scheduled in the Senior Center office, 525-5436.

Mercy Hospital Blood Mobile Give blood at the Pleasant View Senior Center on **Wednesday, January 28th between 10:00 AM and 2:00 PM.** Call them at **748-9406** for your appointment. Walk-ins are always welcome. The Mercy Blood Mobile will be in the back of the Senior Center parking lot - donors will receive a long sleeved tee-shirt.

Prescription Advantage - On January 28th at 10:00 AM, SHINE Regional Director Alicia Germain and a representative from Prescription Advantage will be at the Pleasant View Senior Center to explain the changes happening to Prescription Advantage Coverage. Seniors who have this program will have received their letters in De-

cember explaining the changes. Questions will be welcomed at this informational session. Please sign up in the Senior Center office if you plan to attend this seminar.

AARP Tax Aide volunteers will be providing free tax return preparation at Pleasant View Senior Center on Monday mornings, beginning **February 2nd and ending on April 13th,** by appointment only (*we will be closed on February 16th, President's Day*). Appointments are at **9 AM, 10 AM, 11 AM, and 12 noon;** please call 525-5436. This service will be strictly for East Longmeadow residents ONLY at this site. Alternate sites are as follows: Jewish Community Center, 739-4715; Longmeadow Council on Aging, 565-4150; The Good Life Center, 787-6785.

Veterans Coffee Hour - Local veterans can meet at the Pleasant View Senior **Tuesday, January 20th from 9:00 - 11:00 AM.** George Herrick, local veterans representative conducts monthly meetings with guest speakers and various topics of interest for veterans. Check the Reminder for more information on meeting agendas.



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Heritage Office Park

382 North Main Street, Suite 101
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OUTREACH - JANICE MICHAELIS, B.S, MONDAY - FRIDAY, 8 AM TO 4 PM, 525-5424, JMICHAELIS@EASTLONGMEADOWMA.GOV

Let's all start the New Year with renewed energy and a resolution to be kinder to others. In the words of Maya Angelou, *"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."*

FILE OF LIFE - One never knows when an emergency will happen, and information contained in the FILE OF LIFE can be vital to those responding to your emergency. Don't forget to update yours, or if you don't have one on your refrig-

erator, come into the Senior Center to get one.

SHINE: 2nd TUES/mo, by appt. w/John McGreal, 525-5436.

TRIAD/SALT: 1st FRI of each month, 9:00 AM.

HEALTH AND WELLNESS - LISSA FONTAINE, R.N., MON/WED, 8 AM TO 2 PM, THURSDAY, 8 AM TO 3 PM, 525-5436, LFONTAINE@EASTLONGMEADOWMA.GOV

January is Glaucoma Awareness Month - Glaucoma is an eye disease that has no warning signs. An estimated 2.2 million people in the U.S. have glaucoma. It causes vision loss when left untreated, but when diagnosed in the early stages, treatment can delay progression of the disease. If you're over 60, or African American and over 40, you are at high risk for glaucoma. The only way to de-

tect it is through a comprehensive eye exam. See your eye care professional every 2 years. For more information visit www.healthyvision2010.org.

Alzheimer's Support Groups: 1st THURS/mo, East Village Place; 6 PM; Last TUES/mo, 7 PM, Mary Lyon's Nursing Home in Hampden.

Blood Pressure Screening: 3rd

THURS/mo by Wingate Nurses, 11:00 AM - noon.

Footcare/Pedicure by appt: 2nd TUES/mo at the American Legion Hall off of Crane Avenue. \$28

Mercy Hospital Blood Mobile: Wednesday, January 28th from 10:00 AM - 2:00 PM in the Senior Center parking lot. *Donors will receive a long sleeved tee-shirt.*

ACTIVITIES AND PROGRAMS - SANDY GRABIERZ, PROGRAM AND VOLUNTEER COORDINATOR MONDAY - FRIDAY, 8 AM TO 4 PM, 525-5439, SGRABIERZ@EASTLONGMEADOWMA.GOV

Armchair Fitness: TUES/THURS, Quarry Hill, 9:00 AM; SAT, Inward Commons, 10 AM.

Ballroom Dancing: 1st and 3rd MON/mo, 1:30 PM, \$2.50.

Baystate Deaf Seniors: WED, 10 AM.

Book Club: Last TUES each month, 10:30 AM.

Bridge: TUES, 12:30 PM (St. Mark's Episcopal Church)

Chorus: 2nd & 4th MON and 1st & 3rd TUES, 1:00 -

3:00 PM, Jan., Feb., Mar.

Cribbage: FRI, 10 AM.

Double Dominoes: FRI, 1 PM.

Exercise: MON/WED/FRI, 9 AM. \$3 per month or .50 per class.

French: WED, 11 AM, (Cancer House of Hope, Plumtree Road.)

Jewelry Class: 1st MON each month, 9:30 AM, \$3.

Line Dancing: FRI, 4 PM, \$3 per class.

Mah Jongg: TUES, 1 PM.

Morning Glory Walkers: MON/WED/FRI, 8 AM, Meeting 2nd MON/mo, 9 AM.

Pitch: MON, play begins @ 12:30 PM sharp.

Pool: FRI, 1 PM.

Pinochle: WED/FRI, 9:30 AM.

Quilting: FRI, 1 PM.

Race Walk: SAT, 8 AM, Springfield College.

Scrabble: MON, 1 PM.

Scrapbook: TUES, 1 PM.

Square Dance Lessons: SUN, 6 PM.

Tai Chi: TUES, 9 AM, (First Congregational Church.)

Tap Dance: TUES, 6:15, 7 PM, 8 PM. Diane Shields, 413-218-2375.


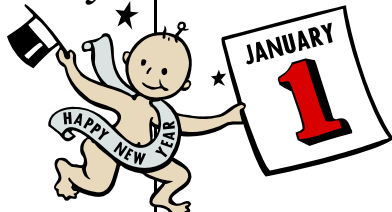

Trivia: THURS, 10 AM.

Veteran's Coffee Hour: TUES, Jan. 20, 9 AM. George Herrick, Veterans Representative, 525-5400.

Please reserve lunch 24 hours
in advance, call 525-5436.
Served 12 noon.

JANUARY 2009

To reserve van, call 739-7436 or 866-
277-7741. \$2.50 each zone/20
ticket pkg, \$47.50, sold in our office.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Paper Recycle  <p><i>A Promise of Caring. A Tradition of Excellence.</i></p> <p>770 Converse Street, Longmeadow, MA (413) 567-6211 www.jewishgeriatric.org</p>	<i>Whole Wheat Bread will be offered daily unless otherwise specified</i>	<p>***Indicates high sodium</p> <p>1% Milk served daily</p>	1 Closed for New Year's Day 	2 Closed
5 BAKED ZITI & SWEET SAUSAGE Walkers 8:00 Exercise 9:00 Jewelry Class 9:30 \$3 Pitch 12:30 Scrabble 1:00 Ballroom Dance 1:30 Container Recycle	6 SWEET N' SOUR CHICKEN Tai Chi 9:00 Bridge 12:30 (St. Mark's) Chorus 1:00 Mah Jongg 1:00 Scrapbooking 1:00 Tap Dance, 6:15, 7:00, 8:00	7 MEATLOAF Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00 Sign Language 3:30	8 BEEF STEW Trivia 10:00 Friendship Club 12:00 "New Year's BINGO," 12:30	9 VEGETABLE SOUP & TUNA SANDWICH Walkers 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Dominoes, Pool, Quilting 1:00 Line Dancing 4:00
12 LEMON HERB CHICKEN Walkers 8:00 Walkers Meeting 9:00 Exercise 9:00 Pitch 12:30 Chorus 1:00 Scrabble 1:00 Paper Recycle	13 SHEPHERDS PIE SHINE Footcare/Pedicare/Appt. COA BOARD MTG. 9:00 Tai Chi 9:00 Bridge 12:30 (St. Mark's) Mah Jongg 1:00 Scrapbooking 1:00 Tap Dance, 6:15, 7:00, 8:00	14 SCALLOPED POTATO & HAM CASSEROLE**** Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00 Lunch n' Learn 1:00, Elder Law Attorney Snyder Sign Language 3:30	15 ROASTED TURKEY \$3 Trivia 10:00 Wingage Nurses 11:00 Friendship Club 12:00 "Jerry "Atric," 12:30, (sponsored by PeoplesBank)	16 CORN CHOWDER & BAKED FISH SANDWICH Walkers 8:00 TRIAD 9:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Dominoes, Pool, Quilting 1:00 Line Dancing 4:00
19 Closed for Martin Luther King Day  Ballroom Dance 1:30 Container Recycle	20 PEPPER STEAK Veteran's Coffee Hour 9:00 AM Tai Chi 9:00 Bridge 12:30 (St. Mark's) Chorus 1:00 Mah Jongg 1:00 Scrapbooking 1:00 Tap Dance, 6:15, 7:00, 8:00	21 CHICKEN L'ORANGE Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00 Sign Language 3:30	22 VEAL PARMESAN Trivia 10:00 Friendship Club 12:00 "Fun Company" 12:30	23 CREAM OF BROCCOLI SOUP & CHICKEN SALAD SANDWICH Walkers 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Dominoes, Pool, Quilting 1:00 Line Dancing 4:00
26 STUFFED CABBAGE Walkers 8:00 Exercise 9:00 Pitch 12:30 Chorus 1:00 Scrabble 1:00 Paper Recycle	27 CHICKEN CHOW MEIN Tai Chi 9:00 Book Club 10:30 "Grace," by Richard Paul Evans Bridge 12:30 (St. Mark's) Mah Jongg 1:00 Scrapbooking 1:00	28 BAKED FISH FLORENTINE Walkers 8:00 Exercise 9:00 Pinochle 9:30 Prescription Adv. 10:00 Mercy Blood Mobile 10:00 Deaf Seniors 10:00 Sign Language 3:30	29 SPAGHETTI & MEATBALLS Trivia 10:00 Friendship Club 12:00 (10:00 Board Meeting) "Winter BINGO," 12:30	30 MINESTRONE SOUP & HOT ROAST BEEF SANDWICH Walkers 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Dominoes, Pool, Quilting 1:00 Line Dancing 4:00