



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

WHAT'S GOING ON?

"NO SENIOR LEFT INSIDE"

We are very excited to launch a new initiative developed by the Council on Aging staff to encourage elders in our community to get outside! It is our belief that leaving the house increases an elder's ability to remain in the house independently for a longer period of time. The benefits of engaging our bodies both physically and mentally are endless and the Senior Center offers an abundance of programs and activities that decrease dependency and enhance overall wellness. We encourage all elders to spend time if they are able, outside of the house. Caregivers are encouraged to assist frail elders to open the door if the weather is mild and enjoy a few minutes of sunshine. For more active elders, the COA will be kicking off our initiative this spring with a, "**NO SENIOR LEFT INSIDE**" Open House. This will replace our traditional Health Fair this year. Exhibitors will be invited with the focus on outdoor gardening, patio gardening for those living with disabilities, travel agencies, mobility assistance, outdoor adventure programs, healthy habits, and more. Continue to watch the Newsletter and newspaper for other events that will focus on "**NO SENIOR LEFT INSIDE.**" We hope that elders will participate and experience the benefits of joining a social group, exercise program, along with taking advantage of educational opportunities to increase a healthy aging lifestyle.

FRIENDSHIP CLUB EVENTS



- ◆ Thursday, March 5
E. L. High School
Jazz Band, sponsored
by PeoplesBank
- ◆ Thursday, March 12
St. Patrick's Day
with Lisa Pernice
- ◆ Thursday, March 19
Lemon Pie and
Sandwich Luncheon,
BINGO, prizes sponsored
by PeoplesBank
- ◆ Thursday, March 26
10:00 AM Board
Mtg., Candidate's
Day

OUTREACH - JANICE MICHAELIS, B.S, MONDAY - FRIDAY, 8 AM TO 4 PM, 525-5424,
JMICHAELIS@EASTLONGMEADOWMA.GOV

The first months of the new year have been difficult financially for those needing to pay a deductible for their Part D coverage. So many more are affected this year due to changes in Prescription Advantage benefits. So here's something that will offer relief to homeowners and

renters (excludes any renters receiving a rental subsidy) — The Circuit Breaker Tax Credit. You must complete a State Income Tax Form to receive this credit. Maximum tax credit for tax year 2008 is \$930.

Having trouble paying for winter heating? You still have

time to apply for Fuel Assistance. Call Janice @ 525-5424 to schedule your appointment.

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

TRIAD/SALT: Next meeting will be Friday, April 3rd @ 9:00 AM.

UPCOMING EVENTS

Creative Writing Course - For all with an unfulfilled interest in writing as well as those who have been writing "forever," *Adventures in Writing* offers a relaxed, writer-friendly opportunity to experiment. Facilitated by Donna Bailey-Thompson, an experienced writing coach, the six-week session begins **Thursday, March 12th** from 1:30 - 3:30 p.m. at the Pleasant View Senior Center. Cost is \$60, \$50 for seniors age 60 and over. This is not an academic course, but a non-stressful way to develop, enliven, and sharpen your own style. Early sign-up is recommended.

Financial Solutions Presentation presented by "Financial Services Professionals," Michael Damon and Doug Price, will take place on **Wednesday, March 18th @ 1:30 p.m.** at the Pleasant View Senior Center. Topics to be covered include recent changes and new rules and format for IRA distributions for 2009 retirees; guaranteed investments with no stock market risks; and a brief summary on protecting your assets. This will be a half hour presentation followed by a question and answer period.

Free Legal Consultations - Attorney David Carlson will continue to offer *free* legal consultations each month at the Pleasant View Senior Center. The next date is **Tuesday, March 24, 2009**, from 1:00 - 3:00 p.m. Half-hour appointments can be scheduled in the Senior Center office.

Golf Lessons at Fenway - Bob Lake will again be offering golf lessons at Fenway Golf Range in East Longmeadow. Classes will be from 1:00 - 2:00 p.m., dates are as follows: April 15 - May 20 (rain dates May 27 & June 3); June 10 - July 15 (rain dates July 22 & July 29); August 12 - September 16, (rain dates TBD). Call Bob directly to schedule your lessons at 330-1578.

St. Patrick's Day Luncheon - Make your reservation now for our special St. Patrick's Day luncheon on **Tuesday, March 17th @ 12 noon**. The menu will include Corned Beef w/Cabbage, Potato & Carrots, and Irish Soda Bread (\$3).

Collette Tours and the Pleasant View Senior Center are offering two multi-day trips: the first is to South Dakota, the Black Hills & Badlands, from Aug. 13 - 19, 2009.

Reservations, with a deposit for this trip need to be booked by April 5, 2009. The second trip is to Tuscany, Italy from March 18 - 27, 2010, with reservations and deposits made by August 15, 2009. Brochures and details are available in the Senior Center office. Any questions, please feel free to contact Sandy Grabierz at 525-5439.

Lemon Pie and Sandwich Fundraiser - The Friendship Club will be holding a Lemon Pie and Sandwich Luncheon on **Thursday, March 19th** offering a choice of Ham, Tuna, or Egg Salad. Tickets are \$4 each and will be on sale Thursday, March 5th and March 12th during lunch. For tickets or information, call Gloria Hogan @ 734-2044, or Rosalie Hart @ 525-3734. *BINGO prizes sponsored by PeoplesBank.*

Memorial Donations were made to our Senior Center in memory of: Edith Wright, Hank Daniels, Ray St. Marie, Blaine Nelson & William Speight by *Harry & Dorothy Weyner*; Rosalind Clark, Hank Daniels, Angie Leone, Edith Wright & Ray St. Marie by *Reggie Rivenburgh*.



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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

March is National Nutrition Month - the American Dietetic Association says to focus on eating right at any age. Achieving and maintaining a healthy weight can contribute to your overall health and well-being, and it's never too late to take steps to a healthy lifestyle. During this month and beyond, follow these tips to make healthy changes in your lifestyle - make a plan, focus on your food, make calories count, increase physical activity, play it safe with food, and be aware of special dietary needs. Visit the ADA @ www.eatright.org.

Keeping Your Balance - Have you ever wondered, "Why am I tripping? Why is my balance getting worse?" If so, come and listen to Physical Therapist Jim Biron explain how balance systems work and why

it can go awry, on *Monday, March 9th at 10:00 a.m.*

Oral Health Screening - Stop by the Pleasant View Senior Center on *Thursday, March 19th from 10:30 a.m. - 1:30 p.m.* for a free oral health screening for oral cancer. This service is being provided in collaboration with the Dept. of Public Health, Executive Office of Elder Affairs and Harvard School of Dental Medicine. Free oral health supplies will be given out to participants. *Please call 525-5436 to register.*

Shedding Light - an important new option. Psychotherapist Reed Schimmelfing will be hosting a presentation on using bright light as a wellness tool on *Wednesday, March 25th @ 12:30 p.m.* "Bright Light" is a medication-free tool to

treat a variety of ailments from seasonal affective disorder, hormone imbalances, and sleep disturbances. *Please call 525-5436 to register.*

Lipid Profile - Life Lab will be here on *Monday, March 30th at 8:00 a.m.* for a **fasting** lipid profile. Cost is \$12, fasting glucose is an additional \$5. Please have nothing to eat or drink 12 hours before blood work. *Call 525-5436 to sign up.*

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 Screenings: 3rd THURS/mo by Wingate Nurses, 11:00 AM - noon.

Footcare/Pedicure by appt: 2nd TUES/month. \$28

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.

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

Creative Writing: THURS, March 24th for

six weeks, 1:30 PM. \$60, or \$50 for age 60 plus.

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*)

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, 9 AM - 11:00 AM, Mar. 17, April 21. George Herrick, Veterans Representative, 525-5400.

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

MARCH 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
2 Chicken Cacciatore w/Penne AARP by appt. Walkers 8:00 Exercise 9:00 Jewelry Class 9:30 \$3 Pitch 12:30 Scrabble 1:00 Ballroom Dance 1:30 Container Recycle	3 BBQ Pork Chop 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	4 Tomato & Cheese Sandwich w/Soup Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00	5 Beef Pot Pie w/ Biscuit Trivia 10:00 Friendship Club 12:00 "E. L. High Jazz School Band," 12:30 <i>(sponsor is PeoplesBank)</i>	6 Fish and Chips Walkers 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Dominoes, Pool, Quilting 1:00 Line Dancing 4:00
9 Cheese Ravioli AARP by appt. Walkers 8:00 Exercise 9:00 "Dizziness, What Can I Do About It?" 10:00 Pitch 12:30 Chorus 1:00 Scrabble 1:00 Paper Recycle	10 Turkey ala King SHINE Footcare/Pedicare/Appt. COA BOARD MTG. 9:00 Tai Chi 9:00 Mah Jongg 1:00 Scrapbooking 1:00 Tap Dance, 6:15, 7:00, 8:00	11 Baked Fish Florentine Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00	12 Roast Pork w/ Gravy Trivia 10:00 Friendship Club 12:00 "St. Patrick's Day with Lisa Pernice," 12:30 Creative Writing 1:30	13 Broccoli Chowder & Tuna Melt Walkers 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Dominoes, Pool, Quilting 1:00 Line Dancing 4:00
16 Veal Scaloppini AARP by appt. Walkers 8:00 Exercise 9:00 Pitch 12:30 Scrabble 1:00 Ballroom Dance 1:30 Container Recycle	17 Corned Beef w/ Cabbage \$3 Veteran's Coffee Hour 9:00 AM Tai Chi 9:00 Chorus 1:00 Mah Jongg 1:00 Scrapbooking 1:00 Tap Dance, 6:15, 7:00, 8:00	18 Macaroni n' Cheese w/Peas Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00 "Financial Services Professionals" 1:30	19 Baked Chicken Trivia 10:00 Wingate Nurses 11:00 Oral Health Screening 10:30 - 1:30 Friendship Club 12:00 "Lemon Pie and Sandwich Luncheon and BINGO," 12:30, <i>(sponsor is PeoplesBank)</i> Creative Writing 1:30	20 Roast Beef Wrap, Veg. Soup Walkers 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Dominoes, Pool, Quilting 1:00 Line Dancing 4:00
23 Baked Cod AARP by appt. Walkers 8:00 Exercise 9:00 Pitch 12:30 Chorus 1:00 Scrabble 1:00 Paper Recycle	24 Chicken Teriyaki Tai Chi 9:00 Attorney David Carlson, 1:00 - 3:00 by appt. Mah Jongg 1:00 Scrapbooking 1:00 Tap Dance, 6:15, 7:00, 8:00	25 Cheeseburg Pie Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00 "Shedding Light" 12:30	26 Seafood Newburg Trivia 10:00 Board Meeting 10:00 Friendship Club 12:00 "Candidate's Day," 12:30 Creative Writing 1:30	27 Tortellini 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
30 Beef Stroganoff Life Lab 8:00 AARP by appt. Walkers 8:00 Exercise 9:00 Pitch 12:30 Container Recycle	31 Turkey Broccoli Tai Chi 9:00 Book Club 10:30 Mah Jongg 1:00 Scrapbooking 1:00 Tap Dance, 6:15, 7:00, 8:00	***Indicates high sodium 1% Milk served daily Whole Wheat Bread will be offered daily unless otherwise specified	<div style="text-align: center;">  <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> </div>	