



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

“NO SENIOR LEFT INSIDE” & “SENIOR DAY”

“NO SENIOR LEFT INSIDE”

Wednesday, May 13th
9:00 a.m. - 2:00 p.m.

Everything is in place for our first Open House aimed at educating elders about the benefits of spending time outside of their homes. We have invited a wide variety of exhibitors who promote healthy and active aging to participate; some who will be here include the East Longmeadow Garden Club, the Old Relics Ice Hockey and Softball Teams, Norcross House, Nordic Walking Club, Elite Muscle Mechanics, Walgreens, Western Mass Master Gardner's Association, Western Mass Flyfishermen who will demonstrate how to tie flies, and Mass Wildlife who will demonstrate spin casting. Reserve your \$2 box lunch 24 hours in advance (525-5436) and enjoy a special dessert provided by UNICO!

“SENIOR DAY”

Friday, June 19th
9:00 a.m. - 4:00 p.m.

Redstone Rehabilitation and Nursing Center and East Village Place have joined resources to host the first annual Senior Day, with the East Longmeadow Council on Aging co-sponsoring the event to celebrate our seniors! The day will start with a “Kick-off Breakfast” at 9:00 a.m. at East Village Place, 50 Benton Drive. Seniors will receive discount coupons to use at participating local merchants and businesses. Then, a “Wrap-up BBQ” will be held at Redstone Rehabilitation and Nursing Center, 135 Benton Drive from 2:00 - 4:00 p.m. with the very popular Jimmy Mazz providing live entertainment. *Please register beginning May 19th by calling East Village Place @ 525-8150.*

FRIENDSHIP CLUB EVENTS

- ◆ Thursday, May 7
Elder Law Week / MA Bar Association
- ◆ Thursday, May 14
Trivia Finals / Charlotte Roda
- ◆ Thursday, May 21
90+ Birthdays / Chorus Finale
- ◆ Thursday, May 28
10:00 a.m. Board Meeting, BINGO



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

Fuel Assistance - extended to May 15, 2009

Commodities - Just a reminder that if you have not yet received your ticket for commodities, please fill out the paperwork in the Senior Center office before the next distri-

bution date of **Wednesday, May 20th**. This will help keep things run more smoothly and efficiently - no commodities given without a ticket.

Drivers needed - We are in need of volunteer drivers to drive seniors to doctor's appointments. Please

see Janice to fill out the paperwork. Volunteers will need to pass a background check.

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

TRIAD/SALT: Next meeting will be Friday, May 1st @ 9:00 AM.

UPCOMING EVENTS

Meals on Wheels Grant - The Council on Aging has been awarded a \$5,184 grant from Meals on Wheels Association of America and the Wal-Mart Foundation. This past year, many MOW programs were forced to change or reduce their services due to severe operating constraints brought on by rising food and gas prices and the current economic crisis. This grant is intended to alleviate these burdens. "With this grant we can assure home delivery of nutritious meals to our frailest residents," said executive director, Carolyn Brennan. The East Longmeadow Council on Aging delivers more than 75 meals Monday through Friday, as well as 40 to 100 in-house meals at the Senior Center. The nutrition program relies solely on participants contributions and grants from Greater Springfield Senior Services, Panera Bread, United Way and the Berkshire Bank Foundation.

Nordic Walking Seminar Monday, May 4th, 4:30 - 5:30 p.m. Learn why walking with poles is becoming increasingly popular, not only in Europe but in the U.S. as well. The specially designed poles

and techniques will be demonstrated, and the many health benefits associated with this sport will be discussed. A class will form June 1st, limited to 12 people, cost is \$30 for a four-week course.

Mohegan Sun Trip - the Morning Glory Walkers are sponsoring a trip to Mohegan Sun on **Tuesday, May 19th**. Tickets are \$18 and include \$10 vouchers for buffet and gambling. Bus leaves the Pleasant View Senior Center at 8:00 a.m. and returns at 5:00 p.m. Call Jennie Wood for tickets, 525-2821. *Please park in the back of the building.*

Needle/Handwork Group - Our quilters are opening up their group to anyone who enjoys doing needlework or handwork, for socialization and a sharing of talents. Come by any Friday at 1:00 p.m.

Rail and Sail Trip - The Council on Aging is sponsoring a 2-day trip to the Adirondack Mountains and Vermont White Mountains on August 18 & 19, 2009. Cost is \$321 pp, double; \$311 pp triple; \$411 single. For information and reservations, please contact Sandy at the Senior Center, 525-5436.

Free Legal Consultations with Atty. Dave Carlson will be on the following Tuesdays from 1:00 to 4:00 p.m. in half hour increments: May 19 and June 16. Call 525-5436 for an appointment.

Pancake Breakfast - The East Longmeadow Lions Club will be holding its annual Pancake Breakfast on Saturday, May 16th, 2009 from 8:00 to 11:00 a.m. at the East Longmeadow High School cafeteria. Proceeds from the breakfast are used to support Lions Community Projects in East Longmeadow. For information and tickets, call Mark Beglane at 525-4463. Tickets are \$5 for adults and \$3 for children under ten years of age, and can be purchased at the door. Menu includes pancakes, sausage, juice or cider, milk, coffee, or tea.

Memorial Donations were made to our Senior Center in memory of: Elizabeth Bruce by *Hilda Parker*, *Hoket Rebekah Lodge #189*, *Sandy & Ron Burns*, *Shirley Tashjian*, *Dorothy Weyner*; Madeline Brooks by *Hilda Parker*; Grace Muscolo by *Dorothy Weyner*; Mary Zimmer by *the Morning Glory Walkers*.



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Heritage Office Park

382 North Main Street, Suite 101
East Longmeadow, MA 01028

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

May is American Stroke Month

Why not take this month as a time to learn the warning signs and your risk factor of stroke? Anyone can have a stroke, it does not favor any gender or age. Consequences from a stroke affect not only the patient but also the family members, so it is important to educate yourself. Risk factors you can modify include high blood pressure, smoking, obesity, and excessive alcohol use.

Early intervention can be the difference between survival and having permanent disability after a stroke, so it's important to know the warning signs. These are - sudden numbness or weakness of the face, arm or leg, especially on one side, sudden

confusion, trouble speaking or understanding, sudden trouble seeing in one or both eyes, sudden trouble walking, dizziness, loss of balance or coordination, or sudden, severe headache with no known cause. For more information, go to www.americanheart.org and click on American Stroke Association.

Maintain Your Brain: How to Live a Brain Healthy Lifestyle, Wed., May 27th, 12:45 - 1:45 p.m.

This one hour interactive workshop features scientifically-rooted nutritional and lifestyle advice, interactive exercises and activities, and materials to take home for further reading. The program is for adults who want to learn more about staying fit

from the neck up! Presented by Ginny Sinkowski. Please call 525-5436 to register.

Lissa Fontaine, R.N.: available for BP screenings Monday, Wednesday, and Thursday mornings. No appointment necessary.

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 Thursday of each month by Wingate Nurses, 11:00 a.m. to noon.

Footcare/Pedicare by appt: 2nd TUES/month, *American Legion hall, 3 Legion CT off of Crane Ave.* \$28



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

- Armchair Fitness:** Debbie Perry - 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. May's reading is *Nineteen Minutes* by Jodi Picoult.
- Chorus:** MON, 10:00 AM
- Cribbage:** FRI, 10 AM.
- Dance Aerobics w/**
- Legal Consultations:** TUES, 1:00 - 4:00 PM, April 21, May 19, June 16. Free, by appt. 525-5436
- Mah Jongg:** TUES, 1 PM
- Morning Glory Walkers:** MON/WED/FRI, 8 AM, Meeting 2nd MON/mo, 9 AM.
- Needlework / Handwork:** FRI, 1 PM.
- Pitch:** MON, play begins @ 12:30 PM sharp.
- Pool:** FRI, 1 PM.
- Pinochle:** WED/FRI, 9:30 AM.
- Race Walk:** SAT, 8 AM, Springfield College.
- Scrabble:** MON, 1 PM.
- Scrapbook:** TUES, 1 PM.
- Square Dance Lessons:** SUN, 6 PM (ends May 17)
- 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 Representative:** George Herrick, 525-5400.
- Double Dominoes:** FRI, 1 PM.
- Exercise:** MON/WED/FRI, 9 AM. Suggested donation is \$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.

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

MAY 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
 <p>Jewish Geriatric Services Inc. <i>A Promise of Caring. A Tradition of Excellence.</i></p> <p>770 Converse Street, Longmeadow, MA (413) 567-6211 www.jewishgeriatric.org</p>			<p>***Indicates high sodium</p> <p>1% Milk served daily</p> <p>Whole Wheat Bread will be offered daily unless otherwise specified</p>	<p>1 Cheese Ravioli w/ Alfredo Sauce</p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Pool, Dominoes, Needlework 1:00 Line Dancing 4:00</p>
<p>Menu subject To change</p> <p>Container Recycle</p>				
<p>4 Chicken Breast w/Wild Rice Stuffing (\$3 lunch)</p> <p>Walkers 8:00 Exercise 9:00 Jewelry Class 9:30 Chorus 10:00 Pitch 12:30 Scrabble 1:00 Ballroom Dance 1:30</p> <p>Paper Recycle</p>	<p>5 Mild Chili w/ Tomato Basil Rice</p> <p>Tai Chi 9:00 Mah Jongg 1:00 Scrapbooking 1:00 Dance Aerobics 3:30 Tap Dance, 6:15, 7:00, 8:00</p>	<p>6 Roast Pork w/ Gravy</p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00</p>	<p>7 Baked Cod w/ Lemon Butter Sauce</p> <p>Trivia 10:00 Friendship Club 12:00 "Elder Law Week, Mass. Bar Association" 12:30</p>	<p>8 Egg Salad Sandwich w/Veg. Soup</p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Pool, Dominoes, Needlework 1:00 Line Dancing 4:00</p>
<p>11 Italian Sausage w/Baked Ziti</p> <p>Walkers 8:00 MGW Meeting 9:00 Exercise 9:00 Chorus 10:00 Pitch 12:30 Scrabble 1:00</p> <p>Container Recycle</p>	<p>12 Asian Beef & Broccoli</p> <p>SHINE Footcare/Pedicare/Appt. COA BOARD MTG. 9:00</p> <p>Tai Chi 9:00 Mah Jongg 1:00 Scrapbooking 1:00 Tap Dance, 6:15, 7:00, 8:00</p>	<p>13 Boxed Lunch Turkey Sandwich on roll, lett & tom, chips, fresh fruit</p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00 "No Senior Left Inside" 9:00 - 2:00</p>	<p>14 Veal Patty w/ Mushroom Gravy</p> <p>Trivia 10:00 Friendship Club 12:00 "Trivia Finals," 12:30</p>	<p>15 Ham & Potato Gratin</p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Pool, Dominoes, Needlework 1:00 Line Dancing 4:00</p>
<p>18 Baked Chicken</p> <p>Walkers 8:00 Exercise 9:00 Chorus 10:00 Pitch 12:30 Scrabble 1:00 Ballroom Dance 1:30</p> <p>Paper Recycle</p>	<p>19 BBQ Pork Ribs</p> <p>Tai Chi 9:00 Atty. Carlson by appt. Mah Jongg 1:00 Scrapbooking 1:00 Dance Aerobics 3:30 Tap Dance, 6:15, 7:00, 8:00</p>	<p>20 Mac n' Cheese w/ Stewed Tomato</p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00 Commodities 1:00</p>	<p>21 Meatloaf w/ Gravy</p> <p>Trivia 10:00 Board Meeting 10:00 Friendship Club 12:00 "90+ Birthdays/Chorus Finale," 12:30 Dance Aerobics 3:30</p>	<p>22 Pier 17 Fish</p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Pool, Dominoes, Needlework 1:00 Line Dancing 4:00</p>
<p>25 CLOSED FOR MEMORIAL DAY</p>  <p>Container Recycle (one day late)</p>	<p>26 ***Baked Kielbasa w/sauerkraut</p> <p>Tai Chi 9:00 Book Club 10:30 Mah Jongg 1:00 Scrapbooking 1:00 Dance Aerobics 3:30 Tap Dance, 6:15, 7:00, 8:00</p>	<p>27 Crispy Chicken Breast</p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00</p>	<p>28 Roast Beef Rollup</p> <p>Trivia 10:00 Board Meeting 10:00 Friendship Club 12:00 "BINGO," 12:30 Dance Aerobics 3:30</p>	<p>29 Baked Pork Chop w/braised cabbage and apple</p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Pool, Dominoes, Needlework 1:00 Line Dancing 4:00</p>