



LD 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

SUMMER EVENTS

First Night - Don't miss East Longmeadow's annual "First Night" on Aug. 4th, the first Tuesday in August, starting at 5:30 p.m. at the E. L. high school athletic field. There will be a car show, and a demonstration of public safety departments handling a mock accident, and a possible landing by a Life Star helicopter. Last year over 2,000 people attended this event - don't miss it!

"Over the Top: The Ballroom Dance Project" - On Thursday, Aug. 27th, at 12:30 p.m., we will host a very special performance of

Ballroom Dance technique, performed by Springfield public school children. Husband and wife team, George and Allyson Gouzounis started the program in 2005 after seeing the movie, "Mad Hot Ballroom," and many of their students continue to perform and compete. Call us to reserve your seat for this exciting performance! 525-5436.

BINGO Party! We are hosting another BINGO Party on **Tuesday, Aug. 25th from 1:00 - 3:00 p.m.** Pre-registration is required at a cost of \$8. This will include Bingo

Cards, prizes, and refreshments. Please sign up early in the Senior Center office as seating will be limited.

History of Brass Musical Instruments - David Neill and other musicians will give a performance at the Pleasant View Senior Center on this interesting topic. This event is free and open to the public. Date and time: Sept. 8th, 6:00 - 8:00 PM. The players will give a history on certain instruments and then play a song on each. Sponsored by:



AT A GLANCE

- ◆ *WED, Aug. 12th* Stroke Prevention discussion by Life Line Screening, 12:30 PM
- ◆ *THURS, Aug. 13th* Protect Yourself from Identity Theft 1:00
- ◆ *WED, Aug. 19th, Commodities Distribution 1:00 (w/ticket)*
- ◆ *THURS, Aug. 20th* Friendship Club Summer Reunion 12:30
- ◆ *TUES, Aug. 25th* BINGO Party, 1:00
- ◆ *THURS, Aug. 27th* "Over the Top: The Ballroom Dance Project," 12:30

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

Commodities Distribution will be on **WED, August 19th from 1:00 - 3:00 PM.** No commodities will be given without a ticket. Sign up in the Senior Center office if you have not already done so. Households that participate in the following programs are eligible: Food

Stamps/SNAP, AFDC, WIC, Welfare, Medicaid, Supplemental Security Income, Head Start, Fuel Assistance or Veterans Aid. Income Eligibility Guidelines have changed. Annual income cannot exceed \$20,036/household of 1; \$26,955/household of 2; \$33,874/household

of 3; \$40,793/household of 4; \$47,712/household of 5; \$54,631/household of 6; \$61,550/household of 7; \$68,469/household of 8. Each additional member, add \$6,919.

SHINE: TUES, August 11th, by appt. w/John McGreal, 525-5436.

UPCOMING EVENTS AND MEMORIAL DONATIONS

Protect Yourself from Identity Theft - Identify theft is a growing, serious crime committed against anyone no matter their age, sex, race, lifestyle or career status. Identify theft can cost you years of worry, ruin your credit history, and be an expensive financial loss. Webster Bank will be at the Pleasant View Senior Center on **Thursday, August 13th @ 1:00 p.m.** for a *free* educational Identity Theft presentation. The presenter will show you how to deter, detect, and defend yourself from becoming a victim. Please call the Senior Center to register, 525-5436.

Household Hazardous Waste Collection Day - a regional household hazardous waste collection day will be held on **Saturday, September 12, 2009 from 9:00 a.m. to 1:00 p.m.** at the East Longmeadow Fire Station, 150 Somers Rd. (Rt. 83). The participating communities include East Longmeadow, Hampden, Longmeadow, Ludlow, and Wilbraham. Each town has a limited number of slots for its residents, and appointments will be made on a first-come, first-served basis. Pre-registration is

required and will take place in each town beginning Sept. 8th, the day after the Labor Day holiday. Residents are asked to save the date. *Please note: Latex paint is not a hazardous waste and will not be accepted.*

Real Estate Tax Exemption: If you think you may be eligible for a \$500 tax exemption on your real estate taxes (Clause 41C - 41D), you must get an application from the Assessor's office, and file it within 3 months after receiving your real estate bill. Eligibility requirements are as follows:

- **Age:** an individual must be 70 years of age or older, or be a joint owner with a spouse 70 years or older as of July 1 of the tax year.
- **Ownership & Domicile:** in addition to owning and occupying the property on July 1 of the tax year, you also must have been continuously domiciled in Massachusetts for the 10 years preceding the application and have owned and occupied the property or other property in Massachusetts for 5 years. To satisfy ownership

requirements you must own your home solely, as joint owner or as a tenant in common. However, if ownership is joint or a tenancy in common with someone other than a spouse, the exemption amount is reduced to that proportion of \$500. The holder of a life estate satisfies the ownership requirement. If the domicile is held in a trust, a person can only satisfy the ownership interest if he/she is a trustee or co-trustee of that trust AND is a beneficiary of that trust (Declaration of Trust must be included in your application if applicable.)

- **Income and Asset Limits:** Single - \$25,469 in income and \$50,936 in assets; Married - \$38,203 in income and \$70,037 in assets.
- Anyone needing help in completing the form, call Janice at 525-5424.

Memorial Donations were made to our Senior Center in memory of: Sue McCormack by Gloria Guerra.



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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

Health Presentation, WED, August 12th @ 12:30 PM - Stroke Prevention discussion by Leah Santello, Health Service Coordinator for Life Line Screening. Leah will discuss risk factors for a stroke as well as Life Line's non-invasive screening methods available to detect potential problems which might lead to stroke. Please call to register, 525-5436. *Join us in our new Health Center here at the Senior Center!*

Blood Drive, THURS Aug. 13th: Baystate Medical Center Blood Mobile will be in the COA parking lot from 11:00 AM - 3:00 PM.

Alzheimer's Support Groups: Beginning September 15th, Support

Group to be held at COA in our new Health Center, **3rd TUES of the month from 3 - 4 PM.** Other support groups are: 1st THURS/mo, East Village Place, 6 PM; last TUES/mo, 7 PM, Mary Lyons Nursing Home in Hampden.

Volunteers: It's never too early to start planning our annual Flu Clinic. If you are interested in volunteering we are doing a few things differently this year. You will need to fill out an application, leave a copy of your current nursing license, and be approved by the medical director. Any questions, please call Lissa Fontaine, RN at the COA, 525-5436.

Summertime - According to the

U.S. National Institute on Aging, older adults have a more difficult time adapting to the heat. If you are at risk for a heat-related illness, stay in a cool place on hot, humid days, rest, and drink plenty of fluids (water, fruit or vegetable juice), shower or bathe with cool water, or apply a cool, wet washcloth to your wrists and/or neck. Watch the weather forecast to be prepared.

Footcare/Pedicare by appt: 2nd TUES/month in our new Health Center here at the Senior Center, \$28.

Blood Pressure Screening: available with nurse MON, WED, THURS, 8 AM - 2 PM.

ACTIVITIES AND PROGRAMS - SANDY GRABIERZ, PROGRAM AND VOLUNTEER COORDINATOR MONDAY - FRIDAY, 8 AM TO 4 PM, 525-5436, SGRABIERZ@EASTLONGMEADOWMA.GOV

Armchair Fitness: to direct our senior chorus. TUES/THURS, Quarry Hill, 9:00 AM; SAT, Inward Commons, 10 AM. Please call Carolyn Brennan @ 525-5436.

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

Baystate Deaf Seniors: WED, 10 AM.

Book Club: Last TUES each month, 10:30 AM. Reading for September 29th is *World Without End* by Ken Follett.

Chorus: MON, 10:00 AM, resumes in September. We are still in need of someone

Cribbage: FRI, 10 AM.

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, resumes in September.

Jewelry Class: 1st MON each month, 9:30 AM, \$3, no regular classes July, Aug, Sept. *Watch for special class in September.*

Line Dancing: FRI, 4 PM continuing through summer.

Legal Consultations: TUES, 1:00 - 4:00 pm. Free, by appt. 525-5436. Resumes in September.

Mah Jongg: TUES, 1 PM *New people always welcome!*

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

Needlework / Handwork: FRI, 1 PM, resumes in September.

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, resumes in September.

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

Tap Dance: TUES, 7 PM Intermediate; 8 PM, Advanced. Diane Shields, 413-218-2375.

Trivia: THURS, 10 AM.

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

AUGUST 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
3 Baked Cannelloni Walkers 8:00 Exercise 9:00 Pitch 12:30 Scrabble 1:00 Ballroom Dance 1:30 Container Recycle	4 Pot Roast Tai Chi 9:00 Mah Jongg 1:00 Tap Dance 7:00, 8:00	5 Baked Chicken Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00	6 Hearty Beef Soup, Pizza Bagel Trivia 10:00	7 Tuna Salad Sandwich w/lettuce & tomato Walkers 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Pool, Dominoes 1:00 Line Dancing 4:00
10 Sweet n' Sour Chicken Walkers 8:00 MGW Meeting 9:00 Exercise 9:00 Pitch 12:30 Scrabble 1:00 Paper Recycle	11 Stuffed Peppers SHINE Footcare/Pedicare/Appt. Tai Chi 9:00 Mah Jongg 1:00 Tap Dance 7:00, 8:00	12 Roast Pork w/ Gravy Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00 Stroke Prevention 12:30	13 Catfish w/ Tomato Salsa Trivia 10:00 Blood Drive 11:00 Protect Yourself from Identity Theft 1:00	14 ****Vegetable Soup, Ham/Cheese Sub Walkers 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Pool, Dominoes 1:00 Line Dancing 4:00
17 BBQ Chicken Walkers 8:00 Exercise 9:00 Pitch 12:30 Scrabble 1:00 Ballroom Dance 1:30 Container Recycle	18 Veal Cutlet w/ Onion Gravy Tai Chi 9:00 Mah Jongg 1:00 Tap Dance 7:00, 8:00	19 Garden Salad, Lasagna Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00 Commodities 1:00	20 Hamburger, Baked Beans, Potato Salad Trivia 10:00 Friendship Club 12:00 Summer Reunion 12:30	21 Turkey Pot Pie Walkers 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Pool, Dominoes 1:00 Line Dancing 4:00
24 Corn Chowder, Egg Salad Sandwich Walkers 8:00 Exercise 9:00 Pitch 12:30 Scrabble 1:00 Paper Recycle	25 Spaghetti and Meatballs Tai Chi 9:00 BINGO Party 1:00 Mah Jongg 1:00 Tap Dance 7:00, 8:00	26 Chicken Fajita Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00	27 Hot Roast Beef Sandwich \$3 Trivia 10:00 "Over the Top" Dance 12:30	28 Catch of the Day Walkers 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Pool, Dominoes 1:00 Line Dancing 4:00
31 Ravioli w/ Alfredo Sauce Walkers 8:00 Exercise 9:00 Pitch 12:30 Scrabble 1:00 Container Recycle	1% Milk served daily Whole Wheat Bread will be offered daily unless otherwise specified	***Indicates high sodium Menu subject To change		