

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

GIVING THANKS

We have been overwhelmed by the outpouring of generosity and support from the community for our Food Pantry and our Mitten Tree. Our pantry shelves are now fully re-stocked to assist the needy in our town, and the many knitted items and socks will be delivered to a local shelter to distribute to men, women and children. To all of you, and to those who made monetary donations, we give our heartfelt thanks.

We are grateful as well to the many organizations who made generous monetary donations to our Nutrition Program and Senior Center: Lions Club, Morning Glory Walkers, Panera Bread, Webster Bank, East Longmeadow Fire Association, Knights of Co-

lumbus, PeoplesBank, New Alliance Bank, Baystate Deaf Seniors, E. L. Public Library, E. L. High School, Birchland Park Middle School, and the Women's Fellowship of the First Congregational Church.

From Lissa Fontaine, R.N.: Many thanks to our volunteers who helped with our Flu Vaccine Clinic we held on November 17th. The RN volunteers I want to thank are Barbara Matthews, Marilyn Richards, Ann Griswold, Bev Premo, Barbara Ferrell, Nancy Orquiola, Brenda Slate, and Ed Stankiewicz. Also, thanks to Toni McCann who checked everyone in and helped direct them to receive their vaccine. A huge thank you goes to Dr. Mi-

chael Lemanski for helping organize and run the clinic. We were able to give over 350 shots on the 17th thanks to all of our above great volunteers!

Inclement Weather Policy - when East Longmeadow schools are closed, there will be **no** in-house meals served or Meals on Wheels delivered. The Senior Center remains open for phone calls and emergencies, unless the Town Hall closes. Weather updates can be found on TV stations 22, 40, & 3.

Holiday Closings - The Senior Center will be closed on the following dates: JAN 1st (New Year's Day), and JAN 18th (Martin Luther King's Birthday.)

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

Medicare's Open Enrollment JAN 1 - MAR 31: Medicare's Open Enrollment Period allows beneficiaries to make a change in the coverage choice they made during the Annual Election Period of November 15 - December 31. This change must be a "lateral"

change and **does not** allow a beneficiary to add Part D coverage. The lateral move can be from Original Medicare Plans, as well as Medicare Advantage Plans, and with or without prescription coverage. You may also enroll in a Medigap plan, as those

plans have continuous open enrollment. For more information, please call Janice to make an appointment.

SHINE: 2nd TUES of each month by appointment, with John McGreal. Call 525-5436.

EVENTS, INFORMATION AND MEMORIAL DONATIONS

Jewelry Class: First MON of each month @ 9:30 a.m. with Sandy Merrill. \$3 instructor fee and cost of supplies. Next 2 dates: **JAN 4th & FEB 1st.**

Beginner Acrylic Painting: Instructor Barbara Gordon will guide students in drawing from picture or still life display. No portraits. Emphasis will be placed on drawing, color mixing, and shading. Cost for the 8-week course is \$80 (2 hour classes). Cost of supplies is extra. Classes begin **Tuesday, FEB 2nd, 2:00 - 4:00 PM.** Please sign up in the Senior Center office. *Minimum of 10 people needed to hold the course.*

Memory Writing Workshop: The public is invited to attend a free interactive workshop offered by writing coach Donna Bailey-Thompson entitled, **"Sharing our Memories,** on **THURS, JAN 14th at 1:00 PM.** When we write about what we know better than anyone else - our precious memories - we may spend more time writing about a memory than we did living it. Sharing our written memories with others who share theirs enriches everyone within

earshot. Memoir writing is non-fiction that has benefited from re-visiting a memory. **Register by calling 525-5436.**

Rockies by Rail Presentation: This exciting trip runs from SEP 30th to OCT 8th, 2010. Per person double rate is \$2,899. Come hear a tour agent from Collette Vacations detail the highlights of this 9-day trip on **JAN 19th from 2:00 to 3:00 PM.** Call 525-5436 to register.

"Turning Stone" and "Joseph" Trips Presentations: A representative from Tours of Distinction will be here on **TUES, FEB 9th @ 10:00 AM** to share information and highlights from these two upcoming trips (see below).

Our Upcoming Trips: The COA is excited to sponsor new trips for 2010: first is a one-day bus trip to Providence for the annual **Spring Flower & Garden Show** at the Rhode Island Convention Center on **Feb. 19th, 2010.** Price of \$92 includes a delicious luncheon at the Johnson & Wales Inn, deluxe motor coach transportation and all gratuities. Next is a

two-day bus trip to **Turning Stone Resort & Casino, April 6 & 7, 2010.** Cost is \$148 pp double; \$138 pp triple, \$219 single. Then, **Pennsylvania Show Tour, June 7 - 9, 2010,** \$379 pp double; \$369 pp triple, \$479 single. Includes 2 nights lodging at a full service hotel, deluxe motor coach transportation, & gratuities.

Financial Seminar: John Dee, President of the Wealth Preservation Group, will speak at the Pleasant View Senior Center on **TUES, JAN 26th @ 1:00 PM.** The presentation will discuss the **"Greatest Financial Dangers Retirees Face."** Learn how to build a bridge to safely guide your assets to your loved ones avoiding Probate Court, nursing home spend down and unnecessary taxes. John will present a broad overview of many estate planning topics that you will not want to miss! Please call 525-5436 to register.

Memorial Donations: *Thank you to the following for remembering our Senior Center with donations in memory of:* Ruth Wescott: *Sally Teel, Joan Pauly, Karleen & Steve Chase, Robert & Margaret Arnold, and Janice Michaels.*



THE **DEBBIE TAYLOR** TEAM
OF PROFESSIONAL REALTORS

OFFERING THE BEST REAL ESTATE
SERVICES IN "OUR TOWN"
413-748-8946 Coldwell Banker Residential Brokerage

Hampden Hearing Center East

Hearing Care by Doctors of Audiology

200 North Main Street
North Building • Suite 103
East Longmeadow • 525-7979

DAVID G. CARLSON
ATTORNEY AT LAW

*Estate Planning • Wills & Trusts • Probate of Estates
Elder Issues*

200 NORTH MAIN STREET • SUITE 6
EAST LONGMEADOW, MA 01028
Tel. (413) 525-1313 Fax (413) 525-7272



Jewish Geriatric Services inc. *A Promise of Caring.
A Tradition of Excellence.*

770 Converse Street, Longmeadow, MA
(413) 567-6211 www.jewishgeriatric.org

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

Capuano Care will offer free blood pressure, glucose and total cholesterol screening the first FRI of each month from 8:00 - 9:00 AM. *Next date is JAN 8th.*

Performance Rehabilitation is offering stretching exercises every second MON of each month @ 8:00 AM. Come stretch before you walk with the Morning Glory Walkers!

Alzheimers/Dementia Support Group: Third TUES/mo from 3 - 4 PM in our new Wellness Center, **JAN 19th/next meeting.** Other support groups are 1st THURS/East Village Place @ 6

PM; last TUES/Mary Lyon Nursing Home in Hampden @ 7 PM.

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

How to Buy a Bra that Fits: Cynthia Lydiard, Certified Form Fitter from Helen's Bra Clinic will speak about the benefits of a properly fitting bra, an important health and comfort issue on **JAN 11th @ 9:30 AM.** Please call 525-5436 to register.

Bra-Fitting Clinic on JAN 20th: Call 525-5436 for your appointment for an individual bra

fitting with Cynthia from Helen's Bra Clinic.

Understanding Osteoarthritis: Ross Davis from Gentiva Health Care will be here on **JAN 27th** to talk about what osteoarthritis is and how to manage it. Please call 525-5436 to register.

RESCHEDULED: Berkshire Healthcare will present a talk about cholesterol. What do those numbers mean and how can you control them? **FEB 18th @ 1 PM.** Please call 525-5436 to register.

Blood Pressure Screening: with Lissa Fontaine, R.N., 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

Acrylic Painting: TUES, 2:00 - 4:00 PM. Begins FEB 2nd - class contingent on 10 person enrollment.

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

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

Baystate Deaf Seniors: WED, 10 AM.

Book Club: Last TUES each mo, 10:30 AM, "The Other Boleyn Girl," by Philippa Gregory.

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, (Cancer House of Hope.)

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

Line Dancing: FRI, 4 PM

Legal Consultations: 3rd TUES/mo, 1:00 - 4:00 pm. Free, by appt. Call 525-5436.

Mah Jongg: TUES, 1 PM

Memory Writing: New writing course (see p. 2.)

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

Needlework: FRI, 1 PM.

Pitch: MON, play begins @ 12:30 PM - playing experience necessary

Pinochle: WED & FRI, 9:30 AM.

Race Walk: SAT, 8 AM, Springfield College.

Scrabble: MON, 1 PM.

Scrapbooking: TUES @ 1 PM.

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

Tap Dance: TUES, 6 PM Beg; 7 PM Intrmed; 8 PM, Adv. For more information, call Diane Shields, 413-218-2375.

Trivia: THURS, 10 AM.

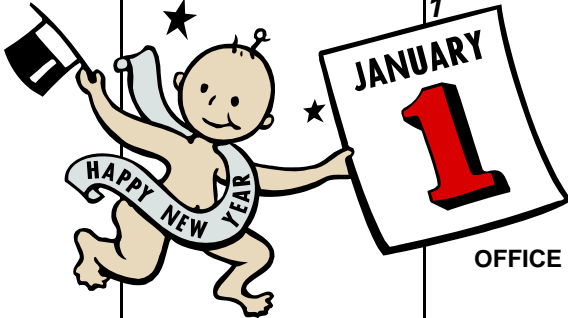

Veterans Coffee Hour: TUES, Jan. 19th @ 9:00 AM w/George Herrick.

Zumba: New session begins MON, Jan. 4th, 4 PM to 4:45 PM, 8 weeks for \$25 w/certified Zumba instructor Donna Gendron.

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

JANUARY 2010

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>***Indicates high sodium</p> <p>Menu subject To change</p> <p>Paper Recycle</p>	<p>1% Milk served daily</p> <p>Whole Wheat Bread will be offered daily unless otherwise specified</p>		 <p>OFFICE CLOSED</p>	
<p>4 Cheese Lasagna</p> <p>Walkers 8:00 Exercise 9:00 Jewelry Class 9:30 Pitch 12:30 Scrabble 1:00 Ballroom Dance 1:30 Zumba begins 4:00</p> <p>Container Recycle</p>	<p>5 Roast Pork w/ Gravy</p> <p>Tai Chi 9:00 Mah Jongg 1:00 Scrapbooking 1:00 Tap Dance 6:00, 7:00, 8:00</p>	<p>6 Cold Cut Sub, Chicken Noodle Soup</p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00 French 11:00 (<i>Cancer House of Hope</i>)</p>	<p>7 Meatloaf</p> <p>Trivia 10:00 Friendship Club 12:00 Merle Safford, Norcross House 12:30</p>	<p>8 Pier 17 Fish</p> <p>Walkers 8:00 Capuano Care 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Needle work 1:00 Dominoes 1:00 Line Dancing 4:00</p>
<p>11 Chicken Cordon Bleu</p> <p>Stretching 8:00 Walkers 8:00 Walkers Meeting 9:00 Helen's Bra Clinic 9:30 Exercise 9:00 Pitch 12:30 Scrabble 1:00 Zumba 4:00</p> <p>Paper Recycle</p>	<p>12 Stuffed Peppers</p> <p>SHINE/Appt. Footcare/Pedicare/Appt. COA Board Meeting 9:00 Tai Chi 9:00 Mah Jongg 1:00 Scrapbooking 1:00 Tap Dance 6:00, 7:00, 8:00</p>	<p>13 Baked Macaroni n'Cheese</p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00 French 11:00 (<i>Cancer House of Hope</i>)</p>	<p>14 Roast Beef w/ Gravy</p> <p>Trivia 10:00 Friendship Club 12:00 Harmoni-Cats 12:30 Creative Writing Preview 1:00</p>	<p>15 Ham with Pine- apple</p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Dominoes 1:00 Needle work 1:00 Line Dancing 4:00</p>
<p>18 - Closed -</p> <p>Martin Luther King Holiday</p>  <p>Container Recycle</p>	<p>19 Spaghetti w/ Meatballs</p> <p>Veterans Coffee Hour 9:00 Tai Chi 9:00 Mah Jongg 1:00 Scrapbooking 1:00 Rockies by Rail Presenta- tion 2:00 Atty. Dave Carlson/appt. Alzheimer's Support 3:00 Tap Dance 6:00, 7:00, 8:00</p>	<p>20 Salisbury Steak</p> <p>Walkers 8:00 Exercise 9:00 Bra Fitting Clinic 9 - 1 (appointments necessary) Pinochle 9:30 Deaf Seniors 10:00 French 11:00 (<i>Cancer House of Hope</i>)</p>	<p>21 Baked Chicken</p> <p>Trivia 10:00 Friendship Club 12:00 The New Good Time Singers 12:30 (sponsored by PeoplesBank)</p>	<p>22 Broccoli Cheese Fish, Clam Chowder</p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Dominoes 1:00 Needle work 1:00 Line Dancing 4:00</p>
<p>25 Baked Cannelloni</p> <p>Walkers 8:00 Exercise 9:00 Pitch 12:30 Scrabble 1:00 Zumba 4:00</p> <p>Paper Recycle</p>	<p>26 Turkey Pot Pie</p> <p>Tai Chi 9:00 Book Club 10:30 Mah Jongg 1:00 Scrapbooking 1:00 John Dee 1:00 Tap Dance 6:00, 7:00, 8:00</p>	<p>27 BBQ Ribs</p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00 French 11:00 (<i>Cancer House of Hope</i>) Understanding Osteoarthritis 1:00</p>	<p>28 Shepherd's Pie</p> <p>Trivia 10:00 FC Board Meeting 10:00 Friendship Club 12:00 Winter BINGO 12:30</p>	<p>29 Sweet n' Sour Chicken</p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Dominoes 1:00 Needle work 1:00 Line Dancing 4:00</p>