

New Website for Benefits CheckUp

To assist people who need help paying for food, the National Council on Aging has enhanced BenefitsCheckUp with a new Web-based service that provides easy access to information about the Supplemental Nutrition Assistance Program (SNAP, the new name for the federal Food Stamp Program), in all 50 states plus the District of Columbia. Check out the website at <http://www.benefitscheckup.org/snap.cfm>.

Survey Shows 40% of Broadcast TV Stations Have Turned Off Analog Signal

Although the deadline for the switch from analog to digital television (DTV) has been changed to June 12, many seniors may have been among 6.5 million households with dark TVs on February 18. New statistics show that 40% of broadcast television stations turned off their analog transmissions on or before Feb. 17, the original deadline for a switch to DTV.

To find out which stations are ending analog transmissions before June 12, visit the National Council on Aging's (NCOA) new online community, Senior Centers Online for DTV Transition <http://www.ncoa.org/dtv>



A few small steps can make an important difference in safeguarding lives and protecting the environment.

Follow your medication prescriber's instructions and use all medications as instructed. If you do not use all of your prescribed or over-the-counter medication, you can take a few small steps to make a huge impact in safeguarding lives and protecting the environment

DO NOT FLUSH unused medications and DO NOT POUR them down a sink or drain **

- Be Proactive and Dispose of Unused Medication In Household Trash. When discarding unused medications, ensure you protect children and pets from potentially negative effects:
- Pour medication into a sealable plastic bag. If medication is a solid (pill, liquid capsule, etc.), crush it or add water to dissolve it.
- Add kitty litter, sawdust, coffee grounds (or any material that mixes with the medication and makes it less appealing for pets and children to eat) to the bag.
- Seal the bag and put it in the trash.
- Remove and destroy ALL identifying personal information (prescription label) from all medication containers before recycling them or throwing them away.

Consult your pharmacist with any questions.

**Note: The FDA advises that the following drugs be flushed down the toilet instead of thrown in the trash:

Actiq (fentanyl citrate)
Daytrana Transdermal Patch (methylphenidate)
Duragesic Transdermal System (fentanyl)
OxyContin Tablets (oxycodone)
Avinza Capsules (morphine sulfate)
Baraclude Tablets (entecavir)
Reyataz Capsules (atazanavir sulfate)
Tequin Tablets (gatifloxacin)
Zerit for Oral Solution (stavudine)
Meperidine HCl Tablets
Percocet (Oxycodone and Acetaminophen)
Xyrem (Sodium Oxybate)
Fentora (fentanyl buccal tablet)
Additional Note: Patients should always refer to printed material accompanying their medication for specific instructions.



Ellen Gold
Coordinator of Volunteers

NATIONAL VOLUNTEER WEEK

This year National Volunteer Week will be held April 19 – 25, 2009. The theme, "Celebrating People in Action", captures the meaning behind this signature week – honoring the individuals who dedicate themselves to taking action and solving problems in their communities. All our volunteers are valuable to us and essential to the success and operation of the Adult Center. During this time of national recognition we would like to offer all of you our thanks for your dedication and efforts in serving the community and the Center.

PROGRAM ASSISTANTS

We are sending a heartfelt thank you to all of our wonderful volunteers working with our Program Department. We would not be able to offer the variety of programs without these talented volunteers coordinating programs and teaching many of our courses. Our deep appreciation to the following for lending their expertise and time to our Center: Ed Edler, Therese Eiff, Miriam Odentz, Saul Finestone, Joyce Hastings, Bill Morey, Sheila Potter, and Jane Dziekonski. In addition we want to thank the following individuals for serving on our Adult Focus Group: John Bowen, Eleanor Tyson, Jim Jones, and Ray Marr. We could not for-

get Hilde Kmetz who is retiring as our German instructor. Thank you to Hilde for all her energy and patience in teaching at our Center for these past years.

ENERGY SAVINGS

Along with the Massachusetts Municipal Association, the Adult Center SALT Council is presenting a Home Energy Saving Seminar. It will be held Wednesday, April 29, 2009 at 1:00 pm at the Center. For further information see page 2.

VOLUNTEER TRAINING

*If you ever wondered what to do in an emergency situation while you were volunteering, we have the answer. Denise Perlaky, RN, our Health Coordinator and Jay Macsata, of the Longmeadow Fire Department, will present **Volunteers & Emergencies: What to do before the Ambulance Arrives.** This will cover any type of emergency situation from falls, to chest pain, to lacerations and any other situation that may arise. There will be ample time for questions. All Meals on Wheels drivers and Errand Runners are especially encouraged to come to this training. Every volunteer will find it beneficial in case they encounter an emergency situation in the Center, at work, or even at home. The presentation will be held at the Adult Center on Thursday, May 14, at 1:00 pm. For further information and to register contact The Center at 565-4150.*