

LONGMEADOW LINES

Meet Senator Candaras' Aide

Janice Hassett

Monday, August 6th, 10:30 – 11:30 AM

Longmeadow Adult Center

Janice Hassett from Senator Gale Candaras' office will be visiting the Longmeadow Adult Center monthly to listen to concerns and to enlighten members on the information from the State House.

Storrs Library

Adult Summer Reading Program

The reading program will run through August 15th. Patrons 18 and over are welcome to participate. To participate:

- Read or listen to a book checked out from the Storrs library. The book can be in any format or genre.
- Share your reading by submitting a brief review slip.
- Place the slips in the pail on the summer reading program table. The completed slips will be drawn in raffles held throughout the program. Prizes include gift certificates to book stores and businesses.

FALL SPECIAL TOWN MEETING

A Fall Special Town Meeting is anticipated to be held in November. In order to accommodate notice and publication schedules, below is the schedule for submission of articles:

Forms and instructions to be used for petition articles are available in the Select Board's office and online on the Select Board page at www.longmeadow.org. All petitions are due in the Select Board's

LONGMEADOW ADULT CENTER VAN FOR LOCAL TRIPS AUGUST 2007

\$1.00 each way

Reservations accepted one week prior to date of trip—565-4150

AROUND TOWN SHOPPING, ERRANDS, MOVIE, LUNCH AT THE CENTER! Thursdays in AUGUST

Visit a friend, run an errand, go to the library come to lunch at the Adult Center!

ENFIELD SQUARE MALL Tuesday, August 21st, 10—1 PM Tax Free Day Shopping in Connecticut

GET UP AND GO Longmeadow Adult Center Van!



We get mail.....

Dear Karen,

Four of the residents from Genesis House including myself took the van to the Enfield Mall on Wednesday, July 18th. We had a great day. I want to say thank you for giving us the opportunity to have the transportation, and we certainly appreciate your endeavor and the volunteer who made it possible. Our driver was certainly most capable and concerned with our safety.

Thank you....

DRIVING TIPS

Severe Thunderstorms and Lightning

- *Tune in to your radio to stay informed of approaching storms.
- *Turn on your headlights (low beams) and slow down. Many states require the use of headlights during rain.
- *Allow extra distance for braking.
- *Do not drive unless necessary.
- *Pull safely onto the shoulder of the road away from any trees that could fall on the vehicle.
- *Stay in the car & turn on the emergency flashers until the heavy rains subside.
- *An automobile provides better insulation against lightning than being in the open.
- *Avoid contact with any metal conducting surfaces either inside your car or outside.
- *Avoid downed power lines.
- *Check your windshield wipers and tires regularly to insure that they are ready for severe weather.
- *Approach intersections with caution.
- *Treat traffic lights at intersections as stop signs.

HAIL STORMS

Treat them like a thunderstorm but use these extra precautions:

- *If possible, pull into a garage, parking garage, or under a shelter to minimize hail damage.
- *After the storm, thoroughly evaluate your vehicle for damage.
- *If you find glass damage, carefully remove any glass from the interior of your vehicle and cover the damaged area to prevent further water damage to your interior.

SALT NEWS

D.A.S.H. SENIOR SAFETY

Our next SALT meeting will be held Monday, September 24 at 1 p.m. We will feature the Defending Against Strangers Harm – DASH – program presented by law enforcement officers Shane Blain and Jay Gearing along with Roberta Page, of Page One Productions. The program will cover general practice, common sense information and strategies to help make seniors less vulnerable in potentially harmful situations. It includes safety issues with respect to driving, walking, telephone calls, shopping, observation, and identity theft. The presentation is compiled with the support of a grant from Hampden Bank. Please call the Center at 565-4150 for a reservation.

REFLECTIVE HOUSE NUMBERS

The EMTs, Police and Fire Departments recommend that residents post reflective house numbers on the exterior of their homes. The numbers are available for sale at the Adult Center.

TIPS FOR HEALTHY EATING

- *Buy vegetables that are easy to prepare: baby carrots and ready-cut lettuce.
- *Stock up on frozen vegetables for quick and easy cooking in the microwave.
- *Choose low sodium products.
- *Keep a bowl of fruit on the table or in refrigerator for easy access: Fruits may be fresh, frozen, canned or dried.