

## HEALTH TIP

As temperatures turn frigid this winter, make sure you and your loved ones are guarding against the cold.

Older adults are especially susceptible to hypothermia, a condition that occurs when the body temperature drops below about 95 degrees. Hypothermia can make your organs and nervous system stop working properly and can eventually lead to death if left untreated, according to the Mayo Clinic.

Common symptoms include shivering, confusion, lack of energy, weak pulse or low blood pressure and slurred speech. Following these tips can help you avoid the problem:

- **Bundle up.** Wearing warm, loose-fitting layers helps keep your body temperature up. Loose clothing traps in the warm air. When you go outdoors, outer layers should be water and wind repellent, and inner layers should be wool, silk or polypropylene—these fabrics hold heat best.
- **Stay nourished.** If you're not eating well, you might not have enough fat under your skin to keep you warm.
- **Keep dry.** Stay as dry as you can. This means quickly changing out of wet clothing and avoiding strenuous activities that make you sweat. Wetness combined with cold weather is a recipe for heat loss.
- **Turn up the heat.** The U.S. National Institutes of Health recommends setting your thermostat to at least 68 to 70 degrees. Programs such as the Low Income Home Energy Assistance Program can help foot the bill if you qualify.

You can get more information about hypothermia from the U.S. National Institutes of Health.

## Medicare's Open Enrollment Nov. 15 - Dec. 31

Each year plans change what they cost and what they cover. The next general open enrollment starts on November 15, 2009. During this time, people with Medicare can add, drop or change their prescription drug coverage. They can also select a health plan for their 2010 coverage. Resources are available to compare the cost or benefits of Medicare health plans in your area. Get answers to your Medicare questions. Learn how to lower health care costs and stay healthy. Call 1-800-MEDICARE (1-800-633-4227) TTY users should call 1-877-486-2048 or contact the Longmeadow Adult Center to make an appointment with a local SHINE Counselor – 565-4150.

## FUEL ASSISTANCE

Fuel Assistance is available for some help with your heating bills during the heating season thru April 30, 2010. Longmeadow residents should be aware of the income guidelines for this winter season:

Family Size: One person—\$29,125; two: 38,087; three—\$47,049.

Please contact Linda Collina at 565-4150 if you have any questions or would like assistance with processing an application or Valley Opportunity Council at 552-1548.

## FOOD STAMPS

As of 2009 the program is expanding to help those in a higher income bracket, who have high cost of housing and high medical expenses. Assets are no longer considered for those whose income falls within certain guidelines. Please call Linda if you think you qualify. 565-4150.



# VOLUNTEER VIEWS

*Ellen Gold*  
Coordinator of Volunteers

## ANNUAL SALE

Our Treasures From Grandma's Attic Sale did very well. We had large crowds on both Friday and Saturday and raised over \$1200. Thank you especially to **Venessa O'Brien** for her dedication and to all the other hardworking volunteers: **Shirley Burke, Andrea Lucia, Lorraine Thomas, Shirley Nichols, Dorothy O'Brien, Barbara Wojcik, Margaret Jenkins, Gloria McCauley, Barbara Testori, Marci Lieber, Milton Lieber, Miriam Lowell, Esther Dogon, Vivian Poisson, Justine Rioux, Pearl Campbell, Elizabeth Woods, Anamarie Friberg, Pat Camerota, Miriam Odentz, Irene Kotula, Rosemarie Langlois, Bobbi Broomfield, Statia Staszko, Jeanne Mango, Shirley Marcil, Patty Heathcote, and Rose Morace.**

## GRANDPALS

The **Grandpals** have begun their penpal program for the school year with a reception at Center School hosted by **Rosanna Rushbrook's** third grade class. **Grandpals** is a great program both for the students, who learn letter-writing skills as well as communication with adults, and for the seniors who enjoy connecting with their students and playing an important part in the lives of the youngsters. This year's **Grandpals** are: **Evelyn Baron, Ruth Brenner, Anamarie Friberg, Beverly Gray, Margaret Kirby, Hilde Kmetz, Kathy Luty, Shirley Nichols, Marion Pava, Mary Smith, and Meredith Wheaton.** We thank you all for participating in this wonderful program.

## VOLUNTEER OPPORTUNITIES

As always, we are looking for new drivers for the winter months. The **Meals on Wheels** drivers deliver the noon meal to homebound community residents and is a once-a-month commitment from 10:30 a.m. – 12:30 p.m. You choose the day that is convenient for you. The **Errand Runners** drive seniors to doctor's appointments and is a great volunteer opportunity for those who would like a flexible schedule. In addition, the Center is looking for some new **Van Drivers**. The operation of the van is similar to driving a car. Please call Ellen for further information.

## MANY THANKS

Due to the demand for vaccination clinics, the Adult Center and the Board of Health have held several clinics. We appreciate the extra help from our volunteers in staffing these clinics and greeting all who came with a smile and pleasant disposition, even under very stressful circumstances. Our terrific volunteers include: **Debbie Dakers, Sandy Tieman, Mary Jean Ryan, Meredith Wheaton, Alana Hoffman, Kathy Gonzales, Anamarie Friberg, Carol Slasinski, Marilyn Sutton, Lorraine Thomas, Vivian Poisson, Mary Bailey, Barbara Corrigan, Phyllis LaFleur, Sally Mooradd, Susan Sumner, and Pat Pasini.**

## HAPPY HOLIDAYS

*I want to wish each and every one of you and your families a most happy holiday Season and a happy New Year. Thanks to all of you who give of your time to help keep The Center running smoothly.*