

## PRESCRIPTION ADVANTAGE BENEFIT CHANGE FOR 2010

Due to cuts in the state budget, Prescription Advantage will no longer help members pay their Medicare prescription drug plan **premium**. Members affected by this change were notified by mail. Prescription Advantage will continue to pay for prescription drugs when members reach the “donut hole” gap in Part D coverage. And for members in the S5 category, Prescription Advantage will still pay for covered prescription drugs once members reach their out-of-pocket spending limit of \$3,250. **NOTE:** Your Medicare drug plan will be sending you a premium bill each month. It is very important that you pay the bill or you could lose your Medicare prescription drug benefits!

### Longmeadow H1N1 FLU SHOT

Between last April and mid November it is estimated that there were 47 million cases of the H1N1 flu resulting in more than 200,000 hospitalizations and 10,000 deaths. Unlike the “seasonal” flu, the vast majority of H1N1 deaths occurred in pediatric patients and individuals under age 65. There is plenty of vaccine available. H1N1 activity is expected to continue for months and we should prepare now for the possibility of another wave of a high incidence of new H1N1 infections.

### H1N1 Flu Clinic:

**Fri, Feb 5, 9:30-11:00A.M., Greenwood Ctr**

Available for any resident three years of age or older (individuals under age 18 must be accompanied by a parent). Individuals should be immunized against H1N1 even if they experienced flu-like illness last spring, summer or fall as it cannot be verified whether the individual had H1N1 flu or some other viral illness.

RESERVATIONS ARE REQUIRED. Call the Longmeadow Board of Health (565-4140) or email BHirschhorn@Longmeadow.org indicating your name and telephone number in the message. All reservations must be confirmed. **NO FEE FOR AN H1N1 SHOT.**

## WINTER HEALTH TIP

Temperatures are getting chillier, and many people are spending more time indoors to keep warm.

When you have to stay inside, it's important to make sure the air you're breathing is clean. Unclean air can make you feel dizzy and nauseated, or have headaches. It can also trigger allergy symptoms for some people.

Here are some tips from Medicinenet.com to ensure that you have fresh air inside your home during these cold months.

- ❖ When using chemicals, either to clean or when painting a room, make sure to open the windows to bring fresh air inside.
- ❖ Use a humidifier or dehumidifier to keep the moisture level in your house or apartment between 30 percent and 50 percent. Make sure to clean the humidifier every day to avoid mold.
- ❖ Vent laundry machines outside.
- ❖ Use exhaust fans in the kitchen.
- ❖ Clean frequently to remove dust particles.
- ❖ If your carpet or rugs get wet, make sure to clean and dry them quickly to avoid mold.



# VOLUNTEER VIEWS

*Ellen Gold*  
Coordinator of Volunteers

## FOOD BASKETS

Once again this year, the Adult Center provided holiday baskets to our Meals on Wheels recipients. These baskets served two purposes – to cheer the homebound seniors during the holiday season and to provide a supply of food items for emergency situations when we are unable to deliver their Meals on Wheels. We had a dedicated group of volunteers filling the baskets in addition to those who delivered them. Our appreciation to all our volunteers who participated in this necessary project: **Deanna Yeager, Jeanne Mango, Sandy Tieman, Judy Sachs, Debbie Dakers, Taylor Dakers, Hilary Tatum, Vicki Kiss, Linda Arthur, David Arthur, Mona Swanson, Joanna Krol, Anamarie Friberg, Marilyn Hurst, Margaret Jenkins, and Fred Wilochka.** Our meals recipients join us in thanking you for your time and effort.

## ACCOLADES

Congratulations to **Jim Nodurf** for receiving one of the Reminder Publication's **Hometown Hero Awards**. Jim is one of our Meals on Wheels drivers and is a dedicated volunteer at Boland Elementary School in Springfield. He will be one of 14 heroes honored at an awards ceremony on February 4<sup>th</sup> at the Log Cabin. For more information contact *Reminder Publications* at 525-6661 ext.110.

## SENIOR READERS

The **Senior Readers** program is a wonderful intergenerational program where our volunteers read to children in the town's three elementary schools once a week. The program is coordinated by **Phyllis Bogert** and has been ongoing for 15 years. We are still looking for several energetic volunteers to join our group as either a permanent reader or a substitute. Call our volunteer coordinator, Ellen Gold, at 565-4150, if you are interested in participating in this wonderful program.

## DRIVERS WANTED

Since there are many of our volunteers taking vacations during the winter months, we find ourselves once again looking for **Meals on Wheels** drivers and **Errand Runners**. The **Meals on Wheels** route consist of approximately 20 homes in Longmeadow and requires about 2 hours to complete, from 10:30 a.m. – 12:30 p.m. We ask for a commitment of one day per month and offer a very flexible schedule. Substitute drivers are available for backup in emergencies and bad weather. **Errand Runners** take Longmeadow residents to doctor's appointments on a very flexible schedule and you have the option of accepting or declining to drive when you are called. Please contact Ellen at 565-4150 for further information.