



# WELLNESS CENTER

## Community Health Nurse, Patricia Barkman

Hi, my name is Pat Barkman. It is my pleasure to introduce myself as the "new nurse". I have worked as an RN since 1977 in a variety of nursing specialties. Please feel free to stop by the Health Room any time. I value your input and look forward to servicing your health needs. Please feel free to call 565-4150 with any questions or concerns. I Look forward to meeting you!

## WELLNESS CLINIC

at Longmeadow Adult Center  
Mondays, 10:00 to 11:45 AM.

**NO clinic on February 15th**

Come and have your blood pressure checked! Health counseling on other matters is also available with the nurses.

WELLNESS CLINIC at Emerson Manor  
TUESDAY, February 9th, 1:00 PM

## BLOOD SUGAR SCREENING

Wed, February 10th, 9:15—9:45 AM

Please fast for 10-12 hours before the test.  
\$1.00 requested to cover supplies.

## LIVING WELL—"Chat with Pat"

Friday, February 12th, 10:00 AM

Stop by to meet the NEW Community Health Nurse and share your ideas for future Living Well talks.

## FOOTCARE

Friday, February 19th, 9:00 AM -3:00 PM

Call 565-4150 for an appointment.

## HEALTH INSURANCE COUNSELOR

Weds, Feb 10th & 24th, 9:00 -Noon

Call 565-4150 for an appointment.

Patricia Barkman, RN  
Community Health Nurse

Linda Collina  
Social Services Coordinator

## Board of Health Board Advisory

IT IS NOT TOO LATE TO GET  
"SEASONAL" or H1N1 FLU SHOTS

It is a critical time in our campaign to protect our residents from either H1N1 or "Seasonal" Influenza. Fortunately we are currently experiencing a decrease in new H1N1 cases and a delay in the onset of the "seasonal" flu season. However, this low level of flu activity at this time should not be interpreted as a reason for individuals to neglect to receive either vaccination; rather these upcoming weeks would be viewed as a window of opportunity to protect themselves.

## "SEASONAL" FLU SHOTS

"Seasonal" flu activity extends through March and, in some years, even into April. Individuals who receive "seasonal" flu shots usually develop full immunity within two weeks of the injection.

### Upcoming "Seasonal Flu" Clinics:

**Weds, Feb 3, 4:30-5:30 P.M. Greenwood Ctr;** Seasonal flu clinics are open to all Longmeadow residents 18 years of age or older. CLINIC RESERVATIONS ARE REQUIRED. Call the Longmeadow Board of Health (565-4140) or email BHirschhorn@Longmeadow.org. Please indicate your name and phone number. The receipt of all reservations will be confirmed by telephone message or email.

The fee for the shot is \$4.00. The shot is free for individuals over age 65 who are subscribers of Medicare, Part B and for individuals under age 65 who are covered by Massachusetts health insurance plans. All individuals should bring their health insurance cards with them for insurance verification. CLINIC RESERVATIONS ARE REQUIRED for Feb 3rd. All reservations must be confirmed. *Walk in Seasonal Flu Clinics at Greenwood Ctr: Feb 11th, 18th & 25th, 1—2 PM.*

## Longmeadow H1N1 Dates:

Please see page 8.

## SPECIAL EVENT: DURHAM CALDWELL

Wednesday, February 24 12:30 p.m.

Durham Caldwell was News Director at Channel 40 from 1962 to 1988. *Tumultuous Affairs, uncertain politics and unlikely romance during a turbulent time 1964-1975*, a fictional treatment of the City of Riverbridge, will sound familiar to those from Springfield during that time. Register 565-4150.

## COMPUTER TROUBLE-SHOOTING

Wednesdays, Feb 24, March 24 1:30 p.m.

Tom Johnson will continue his instruction for those who want to keep their computer out of trouble by deleting unwanted programs, dealing with security and privacy issues, and finding out about social networking sites. Bring your questions. *Not for beginners or Mac users.* Register—565-4150.

## ZUMBA—NEW SESSION

Wednesday, March 10th, 4:00 PM

6 wks—\$25, Register—565-4150

## GET READY FOR GOLF!!

Wednesday, March 10 9:00 a.m.

Whether you are a beginner, in need of a refresher course, or just have a weakness in your game, you will benefit from Bob Lake's golf instruction. 6-week course for \$89. Register at 565-4150.

## ON-GOING PROGRAMS:

**French Classes:** Tuesdays at 11:00 am.

**Italian Classes:** Tuesdays—Beginner 10:30am; Inter-med. 11:00am, Adv. 12:00 noon

**German Classes:** Thursdays at 10:30 am.

**Pitch:** Tuesdays, 12:30 pm

**Mah Jong:** Fridays, 12:30 pm

**Bridge:** Duplicate on Mondays and Fridays at 12:30; Rubber Bridge Thursdays at 12:30 pm.

**Knitting Group:** Thursdays, 10:00-11:30 am

**Book Club:** Tues, Feb 2nd, 1:00 p.m. *Sarah's Key* by Tatiana de Rosnay

**One-on-One Computer Help:** First Tues., 9:30 am. By appointment—Call 565-4150.

**Wii Video Games:** Wednesdays. 12:30-2:45 pm.

Great for bowling, golf, tennis and sport enthusiasts.

**Discussion Group:** 3rd Tuesday - 1:00 pm

**Jewelry:** No Jewelry class in February!

**Artist's Studio:** Tuesdays 1:00 pm.

**Tap Dancing:** Fridays—Adv. 11:30am; Beg. 12:15pm

## LONGMEADOW TRAVEL in 2010

### METROPOLITAN OPERA PRESENTS:

#### HAMLET

Saturday, March 27<sup>th</sup> at 1 p.m.

Telecast live and in high definition at the Showcase Cinemas in West Springfield, *Hamlet* features Simon Keenlyside and Natalie Dessay as two of Shakespeare's unforgettable characters. Dessay as the volatile Ophélie has an extended mad scene that is among the greatest in opera. Louis Langrée conducts. Only \$22 and only 12 seats available. Reserve today.

### THE SPRINGFIELD SYMPHONY

#### LUNCHTIME CONCERT

Friday, April 30 11:45 (concert at 12:30)

Beethoven's first and ninth symphonies, Kevin Rhodes, Conductor. \$21 for ticket and transportation. Call 565-4150 to reserve a seat.

### JERSEY BOYS

Thursday, May 13 10:30-6:00

In cooperation with the Parks Dept, this trip to the Providence Performing Arts Center will include lunch at the Calabria Ristorante in Millbury on the way. Jersey Boys is the story of 4 blue-collar kids who became one of the greatest successes in pop music history with hits *Sherry; Big Girls Don't Cry; Oh, What a Night; and Can't Take My Eyes Off of You.* Cost \$122.

### ANNIE GET YOUR GUN

Thursday, May 27 (10:00-6:00)

In cooperation with the JCC, this trip to the Goodspeed Opera House will include lunch at the Griswold Inn in nearby Essex, CT. Based on Annie Oakley, this show includes *The Girl That I Marry; Anything You Can Do, I Can Do Better; You Can't Get a Man with a Gun; and There's No Business Like Show Business.* Cost \$110.