

Refuse Collection

January 4-8, 2009, the Town will allow each resident to put out 2 barrels or 2 bags of refuse up to 40 lbs. for each of these weeks. Any additional refuse must be in approved Longmeadow refuse bags.

Residents are reminded that there will be no refuse and recycling collection on New Year's Day, Friday, January 1, 2010. Refuse and recyclable material collection for Friday will be delayed by 1 day.

Christmas Tree Pick-Up

The Department of Public Works (DPW) will pick up Christmas trees the week of January 4th and January 11th, 2010. Longmeadow residents are asked to place their Christmas trees on the tree belt in front of your house. The trees will be picked up by voter precinct (precinct A=Monday, precinct B=Tuesday, etc.)

MAPLE TREE GIFT SHOPPE

Have you received gifts you don't know what to do with? Have you made purchases and lost the receipts? The volunteers at the Maple Tree Gift Shoppe, at Greenwood Center will be happy to accept your donations. The shop sells new or slightly used items in clean and tip-top condition and is stocked with greeting cards, women's clothing, decorations and gift items. The Shoppe is open 9 am—3 pm, Monday-Friday for browsing or dropping off donations. Call 565-4150 for more information. All profits go directly to the Longmeadow Senior Center.

What else can I do to save energy?

1. Lower your heat thermostat to 55 when you are going away for several days.
2. Avoid running water continuously while doing dishes, washing up, brushing teeth or shaving.
3. Wrap the hot water pipes coming out of your water heater with insulation. Wrap pipes nearest the heater first for greatest savings.
4. Keep your freezer tightly packed, adding bags of ice to fill space.
5. Load washers and dryers to capacity, but don't overload. Overloading can reduce efficiency.
6. Don't peek in the oven as you cook. Every time the door is opened, a lot of heat escapes.
7. As your home settles, gaps can open along the doors and windows. Installing and/or replacing the weather stripping around doors/windows can solve this.
8. Close open fireplace dampers.
9. Make sure your appliances and heating and cooling systems are properly maintained.
10. Look for ways to daylight, reduce the time the lights are on and replace incandescent bulbs and fixtures with compact or standard fluorescent lamps.



VOLUNTEER VIEWS

A Happy and very Healthy New Year to you and all your families. May you all your hopes and aspirations for the coming year be realized.

FOOD PANTRY

The Longmeadow Food Pantry has gotten off to a terrific start. We have received many donations from area organizations including, **Longmeadow Fire Department, Longmeadow High School, Blueberry Hill School, Center School, UNICO, Boy Scouts, Brownies, LHS Girls' Soccer teams, LCTV, Emerson Manor and Genesis House.** In addition, we received many food items dropped off at the Center as well as cash donations so we can buy requested household supplies. We thank everyone for their support and generosity.

With the high cost of heating this winter, you may be one of the many families who need to choose which bills to pay. To ease the strain on your finances, we encourage anyone who may have problems meeting their grocery needs for the month to come and utilize the Food Pantry. There is no income restriction to participate in the Food Pantry. The only requirement is that recipients must be Longmeadow residents. Please stop by during our regular hours on Tuesdays from 10 am – noon and 6:30 pm – 7:30 pm. If special arrangements are needed for additional hours or delivery to the homebound, please call the Center at 565-4150.

*Ellen Gold
Coordinator of Volunteers*

We have had many people giving their time to help get the Food Pantry up and running. Some of the many volunteers include: **Renee Vila, Jim Moran, Marcia Lieber, Richard Camerota, Sr., Beverly Parker, Carol Brookmeyer, Marilyn Feldman, Judi Wilson, Susan Choquette, Linda Arthur, David Arthur, and Jean McCorry.** We thank you for your hard work and dedication.

KITCHEN ASSISTANCE

We are in need of some energetic volunteers who are interested in helping in the **kitchen and dining room** one day per week from approximately 9:30 am – 12:45 pm. In this position, you would assist the chef in the meal preparation, help package the Meals on Wheels, serve the noon meal in the dining room and assist with clean-up. Additional help is needed on a more flexible schedule as a substitute and for special dinners. It is a very rewarding opportunity and terrific for friendly people who would like to chat with those here for lunch. Call Ellen at 565-4150.

WELCOME VOLUNTEERS

We are pleased to welcome some volunteers who have begun working with us in the past few months. Helping with some of our food preparation for special events has been **Athene Zaleski.** Our new German Instructor is **Hartmut Karottki.** We also have several new volunteers for Meals on Wheels delivery, **Mark Pohlman, Julie Pohlman, and James Miller.** Thanks to you all for your time and effort.