

LONGMEADOW LINES

Meet Senator Candaras' Aide

Janice Hassett

Monday, July 7th, 10:30 – 11:30 AM
Longmeadow Adult Center

LONGMEADOW ADULT CENTER VAN FOR LOCAL TRIPS

\$1.00 each way
565-4150



Tuesdays Around Town
July 8th—10-Noon
July 22nd—10-Noon

ENFIELD SQUARE MALL

LONGMEADOW CELEBRATES

225TH BIRTHDAY—October 17th, 2008

Did you know that Longmeadow was the first community to be incorporated into the Commonwealth of Massachusetts immediately following the Revolutionary War? October 17, 2008, marks the 225th anniversary of that incorporation into the newly formed Commonwealth of Massachusetts. For those who are interested a **timeline** of Longmeadow history can be found on the Longmeadow Historical Society website. A **brief history** of the Town of Longmeadow is also available online. Plans are currently under-way for a celebration of Longmeadow's heritage, spearheaded by the **Longmeadow Historical Commission**, the **Longmeadow Historical Society** and **interested citizens**. For information please contact the Longmeadow Historical Society at 567-3600 or visit <http://www.longmeadow.org/celebration>.

BayPath Summer Sunset Concert Series

sponsored by
Longmeadow Parks and Recreation

Tuesdays at 6:30 pm Rain or Shine
Come enjoy the outdoors and gather with friends and family on the "Longmeadow Green". In case of rain, concerts will be held in the Community House. Bring some lawn chairs, your blanket and a picnic supper lunch and enjoy a wonderful array of soft, family oriented music. Refreshments will be available for purchase. Come and relax and enjoy the sounds of music during the summer. Concerts are FREE!

"Yankee Notions"

Acoustic Folk Music - July 8th
Sponsored by PeoplesBank

This high spirited group will perform traditional and contemporary music. Gather you memories and tap your shoes to the music and stories from the past.

Jon O'Neill, Children's Performer - July 22nd

Sponsored by Northern Tree
Jon is Longmeadow Parks & Recreation's most popular performer. Jon provides music for the young at heart. Be prepared to sing and reminisce as you listen to favorite children's songs from the past and present.

"A Ray of Elvis" - August 5th

Sponsored by AAA Insurance
Put on your "blue suede shoes" for a night of dancing to the oldies from the 50's and 60's when the King of Rock and Roll entertained all ages.

Griffin & Sean McMahon, Pop Rock and Jazz - August 19th

Sponsored by Hampden Bank
Griffin and Sean live in Longmeadow and will entertain on the keyboard with their own original music along with favorite

Stay Cool During Hot, Humid Weather

Keeping Cool

Clothes

- * Wear light colors and light materials such as linen and cotton. Materials such as rayon and polyester tend to trap heat close to the skin.
- * Wear loose fitting clothing;
- * Wear a hat with a wide brim;

Home

- * Stay indoors during hot weather;
- * Lower shades, blinds, or close drapes on the east side of your home during the morning hours and the west side during the afternoon to keep your home as cool as possible. Use a fan in the rooms where windows are covered;
- * If you do not have air conditioning in your home, go to your local Council on Aging/senior center, mall, movie theater or library to stay cool.

Outdoors

- * Wear sunscreen SPF of 30 or higher;
- * Wear a wide-brimmed hat or take an umbrella to block the sun;
- * Schedule outdoor activities before 10am or after 6pm;
- * Avoid strenuous activity;
- * If outside, take breaks in shaded area;
- * Avoid crowded places.

Keeping Hydrated

Fluids

- * Drink plenty of water, even if you are not thirsty, in order to stay hydrated;
- * Avoid drinks with caffeine;
- * Avoid alcoholic beverages;
- * Drink sports drinks with added minerals that your body loses when it sweats.

Food

- * Keep frozen treats such as ice cream and pop-sicles in the freezer that can help you keep cool during hot weather;
- * Eat cold foods such as sandwiches and salads;
- * Fresh fruits and vegetables are also another way to keep hydrated.

For further tips visit the Massachusetts Emergency Management Agency's website at: www.mass.gov/mema

SALT NEWS

HIPPA – What's All the Fuss About? DATE CHANGE

Learn more about HIPPA, patient confidentiality and patient's rights. Attorney Ali Bers, from Western Massachusetts Legal Services, will be with us on Monday July 14, 2008 at 1:00 p.m. Note that this is a change in the previously announced date. Attorney Bers is an expert in HIPPA and patient's rights and will be able to address your questions and concerns. Please call the Adult Center to register at 565-4150.

DONATE CELL PHONES

We are in need of used cell phones in good working condition for our emergency cell phone program. These donated phones will be given seniors for them to use to call 911 in emergency situations. To donate a phone, bring your used cell phones 7 charger to the Center office. Phones are distributed the third Tuesday of each month. Call The Center at 565-4150 for an appointment.

Federal Economic Stimulus Rebates

To help boost the economy, Congress passed the Economic Stimulus Act of 2008 which provides tax rebates to consumers. These rebates began to be distributed on April 28. Be wary of retailers encouraging you to spend your rebates on special offers and discounts. These special offers may seem like a good idea, **but there are risks involved:** gift cards could get lost or stolen; the retailer could go out of business; or gift cards could expire. Use your stimulus payment to save, invest, or pay down debt and expenses.