

JOIN IN ON PROGRAMS AT THE
ADULT CENTER FOR
Mind Aerobics

1. Exercise regularly

Aerobic activity—walking, dancing, biking, for at least 20 minutes three times a week—increases blood flow and the delivery of oxygen, sugar (as glucose) and nutrients to the brain. **Join the Adult Center's Gentle Exercise, Strength Training, Aerobics, Fitness Corner & Wii!**

2. Stick to a healthy diet— Avoid sugar and saturated fat. And eat lots of antioxidant-rich fruits and vegetables: blueberries, spinach & beets. **Join us for Lunch.**

3. Learn something new- Mastering activities you've never done before, such as playing the piano or learning a foreign language, stimulates neuron activity. **Check the VOICE calendar!**

4. Get enough sleep

Too little sleep impairs concentration.

5. Devise memory strategies

Make notes or underline key passages to help you remember what you've read. Invent mnemonics—formulas to help you remember things.

6. Socialize—Conversation, especially positive, meaningful interaction, maintains brain function. **We have Discussion Group, Collating, Volunteering & more!**

7. Get organized

Designate a place for important items such as keys and checkbooks. Keep checklists.

8. Turn off the tube

Too much TV weakens brain power.

9. Jot down new information

Writing helps transfer items from short- to long-term memory.

**GUIDED TOURS AT THE
STORRS HOUSE**

The Longmeadow Historical Society announces that the Storrs House will be opened for docent-guided tours on Sunday July 20th, and August 17th, from 1 to 3 pm. Richard Salter Storrs was the second pastor of the First Church in Longmeadow. His house was built in 1786 on ministerial property and stood on land in front of the present library. When the present library was built in 1930, the Storrs House was moved to its current location. A bedroom and kitchen on the east side of the house were removed, leaving a bedroom doorway upstairs to nowhere! Many of the items in the home are original to the Storrs family. A number of the items belonged to the family of Reverend Stephen Williams, first pastor of First Church, who kept a diary throughout the pre-Revolutionary War period. Reverend Williams was the famous "boy captive of Deerfield". The Historical Society's archives contain many original maps, diaries, account books, old photographs, documents and family histories of Longmeadow's earliest families. Genealogical research is available by appointment. Also in the collection are Rev. Storrs' beautiful cherry desk, Rev. Williams' snow shoes and Mrs. Williams' unique painted chest of drawers, as well as period clothing, samplers, tintypes, early newspapers and much more. See the rare "Poets Album", which was gathered as a fundraiser during the Civil War and contains original compositions by Longfellow, Holmes, Whittier, Lowell, Bryant, Emerson, Greeley and many others written in their own hand. For information, call 567-3600 or www.longmeadowbiz.com



**VOLUNTEER
VIEWS**

Ellen Gold
Coordinator of Volunteers

**HIPPA—SALT MEETING
CHANGE OF DATE**

Learn about HIPPA and patient confidentiality at our next SALT meeting. The corrected date is **Monday, July 14th** at 1:00 p.m. For further details see page 9.



DINING ROOM DYNAMOS

What would our wonderful lunches be like without the smiling faces of our Kitchen Dynamos? Everyone enjoys Chef Robert's delicious meals and we would not be able to serve the meals without the help of our volunteers in the kitchen and dining room. These dedicated and helpful men and women assist Chef Robert in preparing and packing up all the food for our Meals on Wheels as well as our terrific dining room lunches. They also set tables, organize the freezers and do dishes as well as serve the food and clean up the dining room. Our thanks to all of you who have helped weekly and as a substitute in the Adult Center: **Betty Rochford, Paul Philbin, Alice DeVecchio, Nancy Caputi, Camille Dupre, Amparo Moran, Evelyn Lak, Marcia Lieber, Dolly Amadeo, Rosemarie Langlois, Al Sommer, Charlie Paquette, Rose Troiano, Carolyn Gaffney, Nancy Cole, Claudette Grzywacz, and Juanita Demos.** In addition, a huge Thank You to **Dawn Cooke** and her **Willie Ross** students for their work in the dining room every week.



**ANNUAL RECOGNITION
LUNCHEON**

Our Annual Volunteer Luncheon was held June 12th at Twin Hills Country Club. It was terrific to be able to chat with our fellow volunteers and see everyone all in their finest. It was especially rewarding to be able to honor and show our appreciation to all our volunteers. We don't always stop to acknowledge our gratitude to all of you and enjoy the opportunity to thank everyone at the luncheon. David Ernst, Aide to Rep. Mary Rogeness, Janice Hasset, Aide to Sen. Gale Candaras and Patricia Camerota, Chair of the Council on Aging Board, presented citations and gifts to the following volunteers who have 15 years of service to the Adult Center: **Emmie Grimes, John Harland, Dean Kavanagh, Irene Kotula, Rudy Lachut and Paul Philbin.** You are all special for the time, effort and support you give to the Adult Center and the seniors of Longmeadow.