



## HAVE A SAFE SUMMER

### **Prevention of mosquito-borne diseases** such as West Nile.

Mosquito-borne illness may have more serious health consequences for the elderly and very young children or anyone who has outstanding medical conditions.

Environmental protection and personal protective clothing are the most effective means. Environmental measures: keep gutters free of debris, repair damaged screens, grading of property to prevent pooling of water from rain or sprinklers, prevent formation of pools of stagnant water (e.g. empty barrels, flower pots stored outside, change water in non-circulating baby pools and bird baths every three or four days.)

Personal protective measures: Avoid (if possible) outdoor activities in the first few hours of morning light and at dusk; wearing long sleeves, socks and long pants whenever possible when engaging in outdoor activities. Use of insect repellents.

**Prevention of tick-borne diseases** (e.g. Lyme disease). If not treated, these diseases can have long term health consequences. Ticks are omnipresent in the grass and on vegetation (not restricted to woody areas); you do not necessarily need to leave Longmeadow to be bitten by ticks carrying Lyme or other tick-borne diseases. Avoid high grass. Do tick checks on exposed skin and clothing after outdoor activities. Seek medical advice for all rashes that have a "bull's eye" appearance or if experiencing prolonged fatigue and/or arthritic pain.

Use of **sunscreen** when engaging in all outdoor activities (not just sunbathing especially between 10A.M.-4P.M. Use of sunscreens minimally of 15 SPF but preferably 30 SPF or higher.

### **Observe food safety protection:**

a. When grilling, do not expose cooked foods to raw marinades or raw meat/chicken; b. Avoid displaying perishable foods at room temperature.

**Emergency Preparedness:** Expect violent weather conditions, such as severe thunderstorms. Make sure that your home has working flashlights with fresh back-up batteries, water jugs (3 day supply/pp.) and non-perishable foods.

## STORRS LIBRARY

### **Adult Summer Reading Program**

The emphasis of the adult summer reading portion of the program will be on exploring the outdoors.

The program runs from June 23 - August 8th. Participants read or listen to Storrs Library books in several different categories. There are weekly raffles and other prizes. The program concludes with a reception on August 13th. This will be an opportunity for participants to get together and talk about what they enjoyed reading. Register for the program at the Reference Desk from June 23—Aug 8th.

Special thanks to local businesses contributing gift certificates and small prizes. These businesses include: *Curves; Longmeadow Flowers and Gifts; Burrows Florist; Starbucks Coffee Co. and Barnes & Noble Booksellers (Enfield). Additional funding by the Storrs Library, the Massachusetts Regional Library Systems and the Massachusetts Board of Library Commissioners.*



# VOLUNTEER VIEWS

*Ellen Gold  
Coordinator of Volunteers*

## THE HEART OF OUR PROGRAMS

A special thank you to those who recently have done extra work at the Center. **Joanie Shea** has been wonderful providing piano music during our special lunches. Her talented performances have been a welcome addition to our programs. Thank you so much to those who have served as substitute receptionists for our Blood Pressure Clinics; **Sheila Blum, Dolores Farrell, and Jean Doyle.** **Joseph Leonard**, of the Massachusetts Bankers Association, gave an excellent presentation on debt awareness for our SALT program. Thank you to **Debbie Rothschild** and **Linda Galarneau** both of Greater Springfield Senior Services, who did wonderful presentations for the Center. Debbie spoke to our SALT group on long term care options and Linda spoke to our dining room volunteers on safe food practices. A huge thank you to **Dawn Cooke** of the **Willie Ross School** and her students who have worked in the dining room throughout the school year. We could not run our programs without the help of our volunteers and we appreciate all your hard work and dedication.

## VOLUNTEER LUNCHEON

We are eagerly anticipating our upcoming **Annual Volunteer Luncheon**. This is our opportunity to recognize and honor all of you who have worked so hard for the Center throughout the year. In addition it is your chance to sit back and socialize with your fellow volunteers. The luncheon will be held on Thursday, June

12, 2008 at 11:30 am. **Twin Hills Country Club** will again be the setting for this wonderful event. We will be honoring all our volunteers with 15 years of service. If you are a volunteer and have not received your invitation, please contact Ellen. We hope to see you there.

## DRIVERS WANTED

Since there are many of our volunteers taking vacations during the summer months, we find ourselves looking for **Meals on Wheels** drivers and **Errand Runners**. The **Meals on Wheels** route consists 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. **Errand Runners** take area residents to doctor's appointments on a very flexible schedule and you have the option of accepting or declining to drive when called. Contact Ellen at 565-4150 for further information.

## MAPLE TREE DONATIONS

The **Maple Tree Shoppe** continues to do very well. The proceeds support many Adult Center programs. We appreciate all of you who have made donations as well as our dedicated customers. In addition to our need for quality household items, we are currently in need of new or gently used women's clothing. The **Maple Tree Shoppe** is open 9 am to 3 pm, Monday through Friday for browsing or dropping off donations.