

# PROGRAM PICKS

NORICE SMITH  
Program Coordinator

**UPDATE ON ADULT FOCUS ON LCTV**  
For the month of June, Longmeadow Community Television will air the second part of the panel's interview with Health Dept. Director Beverly Hirschhorn, concerning The Medical Reserve Corps. The corps is composed of volunteer medical professionals and non-professionals for public health response in the event any town emergencies. Ms. Hirschhorn explains the function of the Corps and the need for more volunteers of ALL ages. Airs on Sundays at 10:30 and Tuesdays at 9:30 AM and 6:30 PM on Channel 12. Suggestions or questions call Norice at 565-4150. For July, Parks and Recreations Dept. Director Bari Thomas will be our guest.

## GREENWOOD READERS Tuesday, June 2<sup>nd</sup> @ 1:00 pm

Our Reading Group continues through the summer and our selection for June 2<sup>nd</sup> is *A Thousand Splendid Suns* by Khaled Hosseini. July's book is *The Guernsey Literary Potato Peel Pie Society* by Mary Ann Shaffer and Annie Barrows. Everyone is welcome to join our informal, but fun group.

## LONGMEADOW MIDDLE SCHOOLS JAZZ ENSEMBLE Thursday, June 4<sup>th</sup> @ 12:30 – 1:15 pm

Dan Albert, Middle Schools Music Director, has kindly included our Center on the annual tour of the Jazz ensembles of Glenbrook and Williams Schools. There will be about 35 – 40 students participating and we would like them to know seniors are interested in their activities. 565-4150

## THERAPEUTIC MASSAGE Thursday, June 11 & 25

Many people were impressed with the messages that were given at our pen house. Wendy Wong will begin on-going ½ hour or 15 minute sessions twice a month starting at 1:00-3:00 pm. She is experienced and holds a diploma in the Chinese art of TuiNa. \$15 for 15 min. & \$25 for ½ hour. Call 565-4150 for an appointment.

## NORDIC WALKING Wednesday, June 17<sup>th</sup> @ 1:00

Western MA is helping to popularize this great activity that originated in and is sweeping Europe (and Longmeadow.) A certified instructor will give us a free seminar including the use of the specially designed Nordic Walking Poles. This method of walking helps to strengthen the whole body and makes for a wonderful summer exercise.

## MASTER GARDENER LARRY KING RETURNS!

Thursday, June 18<sup>th</sup> @ 1:00 pm

During his last visit, Mr. King had so much information to share with us that he ran out of time. By popular demand, he will return and share his wealth of knowledge about summer gardening. Among other topics he will discuss perennials, annuals, dividing and cutting of perennials and other suggestions. Please register at 565-4150.

## AFTERNOON MOVIE "DOUBT" Friday, June 19<sup>th</sup> @ 12:30 pm

Set in 1964, 'Doubt' centers on a nun who confronts a priest after suspecting him of abusing a student. Superb performances by Meryl Streep and Philip Seymour Hoffman.

# OVER SIXTY CLUB

## END OF THE YEAR GATHERING NOTE TIME CHANGE

Thursday, June 4<sup>th</sup>, 11:30 pm.

Over 60 Club members will meet at the above date and time for our annual Pizza Party to celebrate a successful club year. Reservations must be made ahead by calling Kay at 567-3598 before June 2<sup>nd</sup>. Pizza, dessert and coffee will be served. A \$2.00 donation will be appreciated. A happy summer to all and hope to see more of you at our September meeting.

## HEALTH TIP

According to the [American Stroke Association](#), each year roughly 795,000 Americans suffer a new or recurrent [stroke](#). The good news is that everyone can take steps to prevent the chance of stroke. Here are a few tips:

- \* **Regulate your beat:** An irregular heartbeat known as [atrial fibrillation](#), can cause clots and lead to a stroke. If you have been diagnosed with this condition, make sure you are getting treatment.
- \* **Snuff the butt:** As if you needed one more reason to [quit smoking](#), consider that doing so will reduce your chances of having a stroke in later years.
- \* **Work up a sweat:** Moderate exercise five times a week helps prevent strokes and promotes overall health. The [Centers for Disease Control and Prevention](#) (CDC) recommends a variety of [programs](#) to keep exercise fun.

# DONATIONS

The Friends of Longmeadow Older Citizens Association would like to *thank* the following individuals for their donations during the month of April:

**Rogers Memorial Studio, New Alliance Bank, Weldon Hearing Center, Tazzini Funeral Home, Frances Galligan, Forastiere-Smith Funeral Home, Berkshire Bank, Guy D'Antonio, Betty Rochford.**

## Quick Help Available If You Need Proof Of Social Security Income

Unfortunately, the paperwork requirements of life do not suddenly disappear when you stop working. There still may be times when you will need proof of income, such as when you apply for a car loan or a mortgage, or if you want to apply for assisted housing or state or local benefits.

Because it is such a common need, we try to make getting proof that you are receiving income from Social Security as easy as possible. You can visit the Social Security website at [www.socialsecurity.gov/onlineservices/](http://www.socialsecurity.gov/onlineservices/) and request a "Proof of Income" letter. This letter is sometimes called a "budget letter," a "benefits letter" or a "proof of award letter."

Your Proof of Income letter will arrive in the mail in about 10 days after you request it.

**If you need proof sooner, you can contact your local Social Security office.**