

LONGMEADOW LINES

**Meet Senator Candaras' Aide**  
**Janice Hassett**  
 Monday, May 4th, 11- 11:45 AM

**LONGMEADOW ADULT CENTER VAN**  
**VAN AROUND TOWN**  
**Don't Forget to VOTE!**  
 Tuesday, May 12th, 10—Noon

**ENFIELD SQUARE MALL**  
 Friday, May 29th  
 10—1 PM



**Town of Longmeadow**  
**Preliminary Town Election**  
**May 12, 2009**  
**Select Board – Three year**  
**Vote for Two**

- Kathleen E. Grady**,  
 35 Roseland Terrace,  
 Candidate for re-election
- Palmerino P. Santaniello**,  
 179 Edgewood Ave, Candidate for re-election
- Robert H. Aseltine, Jr.**,  
 1001 Williams Street
- Roy R. Johansen**,  
 85 Western Drive
- Richard A. Marchese**,  
 128 Hazardville Road
- Eleanor M. Stolar**,  
 29 Meadow Road

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**ANNUAL TOWN ELECTION**  
**June 9th Select Board (1-Year) Seat**  
**Vote for One Candidate:**  
 Mark Gold or Steve Kennedy

**.Shredded Paper is Valuable!**

Shredded paper is recyclable and valuable! Tossing personal information containing social security numbers, bank account numbers, or other personal information into the trash could be an invitation for identity thieves. By following a few easy steps, you can recycle your shredded paper into new paper, boxboard or game boards. It is good for the environment.

**What kinds of papers should be shredded?**

Here's a brief list of documents:

- Obsolete financial records, including loan applications
- Personal medical records or physician statements
- Correspondence and tax preparation worksheets
- Bank statements
- Credit card statements
- Cancelled checks
- Investment transactions
- Pay stubs
- Any documents that may contain Social Security numbers, birth dates, your mother's maiden name and any account numbers or online passwords

**On Saturday, May 2<sup>nd</sup>** a FREE REGIONAL paper-shredding event will be offered to area residents and small businesses in western Massachusetts. ProShred's shredding unit will provide confidential destruction of documents. Participants can deliver up to two full recycling bins of documents to be safely recycled. NO Pre-registration. The events will be held at the Longmeadow High School student parking lot (off of Bliss Road) 10AM-1PM.

**TOWN OF LONGMEADOW**  
**MEMORIAL DAY CELEBRATION**  
**Sunday, May 17th, Noon**  
**Town Green**

We invite you to join with us as we continue the custom originating about 1870 when a small group met on Longmeadow Green for a Memorial Service to honor those who fought for Our Country.

**Honorary Chair: Domenic A. Pellegrino**  
 MSgt U. S. Army & Air Force  
 Survivor of the Bataan Death March

**In Memoriam**

- Colonial Wars** Lt. Nathaniel Burt
- Revolutionary War** Lt. Arran Steel
- Civil War** James Bliss – Carlo Brown – Dorr Bruce – Lt. Howard Burham – Edward Burt – George Cook – Ellas Coomes – James Comes - George Dines – James Donoghue – Samuel Erving – Asahel Gage Jr. – Elisha Gross – Michael Harris – Alford Hitchcock – Nathaniel Knox – Ethan Lathrop – George Miller – Timothy Mullen – John Shea – William Smith – Frank Stebbins – Myron Taylor – Nathaniel Taylor – James Twiss – Edmund Warner – Levil Warner
- World War I** George A. Beal – Lt. R. McNair – Albert T. Wood
- World War II** Thomas Balise – Marshall Gebeau – Richard Hale – Charles Hinkson – Charles Hitchinson - Harold Leveille – Ben Loving – John Munroe – Albert Picket – Whitney Russell – Erwin Schott – Richard Thomas – Edwin Voorhees Jr. – Morgan Wesson – Edward Wilkin, *Winner of the Congressional Medal of Honor* – William Willard Jr. - Ronald Zundell
- Korean War** Gerald W. Potts
- Vietnam War** Ralph H. Hines – Thomas K. Kamp – John Sickles

**Sponsored by Longmeadow Historical Society**

**Older Americans Month-continued page 1** can prevent or control chronic disease by adopting healthy habits such as exercising, and maintaining a healthy diet.

The benefits of regular physical activity include weight control; healthy bones, muscles and joints; arthritis relief; reduced symptoms of anxiety and depression; and more. Exercise does not have to be strenuous and is safe for people of all age groups. In fact, it's healthier to exercise than eliminate it altogether. Older Americans can greatly benefit from a regular exercise routine that includes strength, balance, stretching and endurance exercises.

In addition to a regular exercise routine, good nutrition is vital in maintaining good health. Improving older Americans' diets can reduce the occurrence of chronic diseases, but most older adults over age 65 do not maintain a healthy diet. Reducing saturated fats and eating a balanced diet can get older Americans on the track to staying healthy.

While it's important for older Americans to have good physical health, it's important to maintain good mental health. Nearly 20% of Americans age 55 and older experience depression and anxiety disorders.

Studies have shown that engaging in social activities can improve mental health. In fact, research has demonstrated a strong relationship between volunteering and mental health and that volunteering provides older adults with greater benefits than younger volunteers. Benefits include improved mental and physical health, greater life satisfaction, lower rates of depression and lower mortality rates.

Americans of all ages can celebrate Older Americans Month. Contact the Longmeadow Adult Center at 565-4150 for information about adult services in your community. By working together, we can improve the health and well being of older adults and pave the way for better health as we age.