

## Select Board Candidates

### Q/A Forum

Wednesday, May 6 from 7 PM – 9:30 PM  
Glenbrook Middle School Auditorium

Providing an opportunity to hear from the candidates and listen to their positions regarding the important issues facing our town. The event will be televised on LCTV. Moderator, Brenda Garton. Questions will come from town citizens. Town residents are invited to submit their questions along with their name and address via email to [President@longyouthsportsCouncil.org](mailto:President@longyouthsportsCouncil.org).

## LONGMEADOW DAYS May 16th & 17th

The Longmeadow Historical Society is proud to present the 30th Annual Long Meddowe Days to occur on Saturday, May 16th, and Sunday, May 17th.

Long Meddowe Days continues on as a celebration commemorating our town history. The event takes place on our beautiful town Green. During Long Meddowe Days, the entire family will have a chance to shop for arts and crafts, take historic tours, march in the town parade, ride a pony, and enjoy musical entertainment all weekend long.

This year you can enjoy some events you've come to expect over the years as well as some new experiences.

Please save the dates and let's look forward to a wonderful family event. Watch for upcoming information here.

## MASSACHUSETTS SENIOR GAMES

The Massachusetts Senior Games (MASG) is a member of the National Senior Games Association (NSGA). The NSGA holds a National Championship every two years at selected sites around the country. The 2009 Nationals will be held in San Francisco, California. The Senior Games provide people with opportunities for competition, recreation, and camaraderie. The 18th annual Massachusetts summer games competition will be held **June 11-14, 2009** at Springfield College in Springfield, Massachusetts. Events include golf, race walking, lawn bowling, swimming, tennis archery and many more sporting events. Go online to [maseniorgames.org](http://maseniorgames.org) for details or call the number below. There are exceptions to the date and site, so please read the registration form carefully. **MASSACHUSETTS SENIOR GAMES; SPRINGFIELD COLLEGE, 263 ALDEN STREET, SPRINGFIELD, MA 01109-3797 Tel: 413-748-3810.**

### Economic Stimulus Law

Provides a one-time \$250 payment to almost everyone on Social Security, SSI, and/or Railroad Retirement Benefits, and Veterans, Disability Compensation or Pension Benefits—as long as they received a benefit in November or December of 2008, or January, 2009. These payments will be made by the first week in June. The Social Security Administration is making the payments automatically. The one-time payment will be made separately from the regular monthly benefit payments as a direct deposit, or a mailed check. These payments are not taxable income, and will not require the filing of a tax return.



*Ellen Gold*  
Coordinator of Volunteers

### IMPORTANT EMERGENCY TRAINING

The Longmeadow Adult Center will be having a very important emergency training session for all volunteers. Denise Perlaky, RN, our Health Coordinator and Jay Macsata, of the Longmeadow Fire Department, will present **Volunteers & Emergencies: What to do before the Ambulance Arrives**. This will cover any type of emergency situation from falls, to chest pain, to lacerations and any other situation that may arise. There will be ample time for questions. All Meals on Wheels drivers and Errand Runners are especially encouraged to participate in this training. Every volunteer will find it beneficial in case they encounter an emergency situation in the Center, at work, or even at home. The presentation will be held at the Adult Center on Thursday, May 14, at 1:00 pm. For information and to register contact the Center at 565-4150.

### LONG MEDDOWE DAYS

This year the Adult Center will be having a booth at Long Meddowe Days, May 16 & 17, 2009. We are looking for volunteers to help staff the booth. It will be a wonderful chance to enjoy the beautiful weather, visit with many of your friends and neighbors who may stop by and promote the Adult Center. For information please contact the Center 565-4150.

### SPECIAL THANKS

Our deepest appreciation and heartfelt thanks to **Eileen and Sharon Stockhammer** and the extended Stockhammer family for their longtime help with our Big Y bread donation program. Every other month, they would go to Big Y on Saturday mornings to pick up donated bread and dessert items and deliver them to the Adult Center. It is a wonderful service and as Eileen and Sharon move on to other opportunities, we thank them for their many years of dedication and support. We are looking for a new volunteer to fill their spot. If you are available every other month on Saturday mornings, it may be just the position for you. For information contact Ellen at the Center, 565-4150.

### OPEN HOUSE

Thank you to **Irene Kotula** for spearheading our Open House in April. The Center was spruced up, we had terrific entertainment and a delicious lunch from Chef Robert. It was a wonderful event and showcased our Center to many new friends in the community. Thanks to Irene and all the members of the committee for their hard work and commitment: **Marcia Lieber, Anamarie Friberg, Venessa O'Brien, Jean Doyle, Judy Arno, Helen Keane, Stacia Staszko, Debbie Dakers and Margaret Jenkins.**