



H1N1 UPDATE

The distribution of the vaccine and the target group for the vaccine when distributed is based on scientific observation of the pattern of H1N1 illness. The data thus far collected on population groups tracking which groups experienced illness related to H1N1 infections indicate that individuals 65 years and older are the least likely age group to have contracted H1N1. Seniors are believed to comprise about 1.5 % of probable H1N1 cases. By comparison the age group 5-18 comprises 63% of all probable cases and the median age of probable H1N1 cases is age 14.

It has been suggested that seniors may have had exposures to related viruses earlier in their lives which provide some partial immunity to the H1N1 virus. Based on this data, The U.S. Centers for Disease Control and the Mass. Dept. of Public Health, the agencies responsible for the distribution of the H1N1 vaccine, will not be distributing vaccine for administration to seniors until all other population groups have been given an opportunity to be vaccinated.

The Longmeadow Board of Health following federal and state guidelines is planning to hold multiple H1N1 vaccination clinics for seniors; given current guidelines we do not expect that any clinics targeting individuals 65 and older will be scheduled before **January 1**.

The H1N1 will be free to Medicare B subscribers; a nominal charge will be charged to individuals who are not Medicare B subscribers. Consult next month's newsletter, the town website, and local newspapers for further updates on the dates and times of H1N1 Clinics for Individuals 65 years and older.

Longmeadow Fiscal Year 2010 Preliminary Tax Bill

Please note that on June 29th 2009 residents were mailed Preliminary Real Estate and Personal Property Tax bills. The bill contained two payment coupons. One coupon was for the 1st Quarter due August 3, 2009 and the other one was for the 2nd Quarter due November 2, 2009. Your receipt portion was at the top.

Medicare's Open Enrollment Nov. 15 - Dec. 31

Each year plans change what they cost and what they cover. The next general open enrollment starts on November 15, 2009. During this time, people with Medicare can add, drop or change their prescription drug coverage. They can also select a health plan for their 2010 coverage. Resources are available to compare the cost or benefits of Medicare health plans in your area. Get answers to your Medicare questions. Learn how to lower health care costs and stay healthy. Call 1-800-MEDICARE (1-800-633-4227) TTY users should call 1-877-486-2048 or contact the Longmeadow Adult Center to make an appointment with a local SHINE Counselor – 565-4150.

FUEL ASSISTANCE

Longmeadow residents should be aware of the income guidelines for this winter season:

Family Size: One person—\$29,125; two: 38,087; three—\$47,049.

Please contact Linda Collina at 565-4150 if you have any questions or would like assistance with processing an application or Valley Opportunity Council at 552-1548.



VOLUNTEER VIEWS

Ellen Gold
Coordinator of Volunteers

FLU CLINIC

The flu clinic was held on Wednesday, October 7th. Even though the turnout was overwhelming and we ran out of the flu vaccine, our volunteers were organized and efficient and helped everyone with a smile. Our dedicated volunteers included: **Mary Bailey, Barbara Corrigan, Paula Davitt, Kit Dennis, Liz Hammett, Maureen Julian, Phyllis LaFleur, Dorothy McNamara, Sally Mooradd, Pat Pasini, Belle Perrone, Susan Sumner, Elsie Haroshevsky, Judy Sachs, Sandy Tieman, Marilyn Hurst, Mimi Odentz, Dorothy O'Brien, Alana Hoffman, Margaret Jenkins, Cindy D'Arrigo, Anamarie Friberg, Venessa O'Brien, Claudette Grzywacz, Debbie Dakers, Mary Jean Ryan, Jean Doyle, Kathy Gonzales, Shirley Marcil and Irene Kotula.** We would not have been able to serve the community without the help from each and every volunteer. For information on additional clinics, watch the newspapers and Longmeadow web site for announcements.



FOOD PANTRY

The **Longmeadow Food Pantry** has begun operation and is available for any Longmeadow resident who is in need of food. We have just begun food distribution and are happy to be stocking the shelves for so many residents. Distribu-

tion hours are Tuesdays from 10 am – noon and 6:30 pm – 7:30 pm. If you are unable to visit the pantry during that time, other arrangements can be made. We are pleased with the support from all the community members who have donated to the pantry. Jean Robert, resident service coordinator at Emerson Manor, organized a food drive and the residents at Emerson donated several boxes of food to the pantry. There is also a donation box in the Adult Center. For further information contact Ellen at 565-4150.

CHALLENGE WALK

The **Challenge Walk** with the East Longmeadow Senior Center took place on Tuesday, October 6, 2009. We had several top finishers among our group. For the three mile walk, **Winnie Hopfe** took first place and **George Krol** came in second place. In the one mile walk, **Venessa O'Brien** was the second place finisher. Other walkers included, **Shirley Wright, Elsie Haroshevsky, Lorraine Thomas and Ray Thomas.**

SENIOR READERS

The **Senior Readers** program is a wonderful intergenerational program where our volunteers read to children in the town's three elementary schools once a week. The program is coordinated by **Phyllis Bogert** and has been ongoing for 15 years. We are looking for several energetic volunteers to join our group as either a permanent reader or a substitute. For information contact Ellen at 565-4150.