

## SPRINGFIELD PUBLIC FORUM Symphony Hall 2007 Speakers:

### Michael Beschloss

September 26, 2007 - 7:30 p.m.

"Presidential Courage: Brave Leaders  
and How They Changed America:  
1789-1989"

### Robert Shrum

October 3, 2007 - 7:30 p.m.

"No Excuses:  
Confessions of a Serial Campaigner"

### Paul Rusesabagina

October 18, 2007 - 7:30 p.m.

"Hotel Rwanda:  
Lessons Still Not Yet Learned"

### Robert Satloff

October 24, 2007 - 7:30 p.m.

"Among the Righteous:  
Lost Stories from the Holocaust's Long  
Reach Into Arab Lands"

## DO NOT CALL

Q: I'm registered on the National Do Not Call Registry, yet I'm flooded with phone calls from 800 numbers. How can I stop these unwanted calls?

A: The Do Not Call Registry is good for five years. If you were among the first to sign up with the registry in June 2004, you will need to re-register by next June. You can verify that your number is still on the list at [www.donotcall.gov](http://www.donotcall.gov) (or call 1-888-382-1222) and report the name or phone numbers of violators to the Federal Trade Commission at the same website. Certain groups are exempt from the list—political operations, charities, telephone surveys and businesses that have an existing relationship with you.

## TIPS FOR HEALTHY EATING

\*Buy vegetables that are easy to prepare such as baby carrots and ready-cut lettuce.

\*Stock up on frozen vegetables for quick and easy cooking in the microwave.

\*Choose low sodium products.

\*Keep a bowl of fruit on the table or in refrigerator for easy access.

\*Fruits may be fresh, frozen, canned or dried.

## WEBSITE OF THE MONTH

[www.grandtimes.com](http://www.grandtimes.com)

It's worth checking out – the informative online magazine for mature adults touches on: Cooking: Finance & Law: Health & Science: Sports: Travel: Grandparenting. It's a senior-savvy site that can keep you in the know on all the world news, favorite pastimes & more!

## GAIA ROOTS CONCERT

**Saturday, October 6th, 1 PM**

Come to a fun, interactive, FREE world music event with the ladies of Gaia Roots at the Longmeadow Community House!! Gaia Roots has been traveling, studying, and performing together for more than ten years. They have collected a sizable repertoire of songs, dances, stories, and traditional instruments. Inspired by the roots of folkloric music from around the world, including Caribbean, Brazilian, and West African, the women of Gaia Roots blend vocal harmonies with percussive rhythms creating a unique weave of traditional music and original creations.



# VOLUNTEER VIEWS

Ellen Gold  
Coordinator of Volunteers

*Please consider joining our incredible volunteer staff here at the Longmeadow Adult Center. Just a few hours each month can mean so much to the people you are sharing it with. For more information, contact Ellen at 565-4150.*

**TREASURES FROM GRANDMA'S ATTIC**  
A reminder that the **Adult Center's Annual Sale** will be held at the center on **Friday and Saturday, October 12 & 13, 2007**. Make sure you include our sale in your shopping plans for October; we will have some great bargains!!!

## DRIVERS

With the retirement of several of our drivers, we have openings for **Errand Runners** and **Meals on Wheels** drivers. Our staff arranges for **Errand Runners** to take area residents to doctor's appointments on a very flexible schedule and you have the option of accepting or declining to drive when you are called. **Meals on Wheels** drivers deliver the noon meal to approximately 20 homes in Longmeadow. We ask for a commitment of one day per month from 10:30 a.m. until 12:30 p.m., but the schedule is very flexible. Please contact Ellen at 565-4150 for further information.

## ALL OUR THANKS

Everyone enjoys getting our newsletter to keep up on all our monthly activities. Mailing our newsletter would not be possible without the effort of our monthly collators. Thank you to all those who give

up their Tuesday morning once a month to put **The Voice** together; **Ann Bellas, Jim Bellas, Helen Blount, Theodore Bouffides, Louis Bouffides, Charlotte Burke, Debbie Dakers, Mackenzie Dakers, Taylor Dakers, Carolyn Dillon, Polly Felici, Cathy Ferrero, Joe Flanagan, Anamarie Friberg, Ann Gilman, Jean Glantz, Kathy Gonzales, Claudette Grzywacz, Clem Grzywacz, Salma Haddad, Joyce Hastings, Marilyn Hurst, Diana Kannavos, Marie Kozlowski, Marion Lachut, Louise Lopardo, Kathy Luty, Beverly Morgan, Shirley Nichols, Fran O'Brien, Mary Raschi, Mary Jean Ryan, Mary Ricco, Rita Soter, Bob Stirton, Terry Stirton, Eleanor Stolar, and Rose Troiano**. Even with this long list we can always use new collators to join us. Please call Ellen for more information.

## DAY OF CARING

On Friday, September, 7<sup>th</sup> we were fortunate enough to be able to participate in the United Way's Day of Caring, where employees from area businesses volunteer in an organization for a day. We had groups from **Mass Mutual** and the **Holyoke Credit Union** at the Adult Center donating their time. They did a wonderful job sprucing up the center and painting two of our meeting rooms. The volunteers worked long and hard and the results are terrific!! Thanks so much to our hardy group: **Kathy Adomaitis, Andrea Mason, Adrienne Scott, Barb Baran, Jennifer Bastos, Rich Sormanti, Krishia Sutt, Carrie Gabelle, and Shirley Smiley**. We appreciate all their time and effort.