



Denise Perlaky, RN

Health Coordinator  
Linda Collina  
Social Services Coordinator

### WELLNESS CLINIC

**Mondays, 10:00 to Noon**

Come and have your blood pressure checked! Brief health counseling is also available with our nurses.

**WELLNESS CLINIC at Emerson Manor  
Tuesday, October 9th, 10-11AM.**

All seniors are welcome.

### BLOOD SUGAR SCREENING

**Wednesday, October 10, 9-10 AM.**

Please fast for 10-12 hours before the test. Donation is \$1.00 to cover the testing supplies. **GLUCOSE METER TUNE-UP!** By appointment on Wednesday, October 10<sup>th</sup>, 9—10:00 AM with Judson Graham of *Neighborhood Diabetes*. Bring your blood glucose monitor. Meter will be cleaned (inside and out), batteries replaced and all functions checked for accuracy. Call 565-4150 to sign-up.

### HEALTH INSURANCE COUNSELOR

**Wednesday, October 10<sup>th</sup> & 24th  
9:00—Noon**

Questions about your health insurance coverage or bills? Call 565-4150 for an appt.

### LIVING WELL Chat Group

**Friday, October 12th, 10 - 11 AM.**

Come for coffee, a healthy snack and conversation about living well. Topic: *Shingles and Shingles Vaccine: What You Should Know*. Opportunity to learn & socialize with Denise Perlaky, RN.

**PNEUMONIA VACCINE** – Vaccine is still available for those who meet the medical criteria. Call the Longmeadow Board of Health if interested - 565-4140.

### MANAGING YOUR CHOLESTEROL Postponed

You will learn what cholesterol is, how it affects your health and how to manage (screenings, diet, exercise, medications) your blood cholesterol levels.

### FOOTCARE

**Friday, October 19th, 9:00 - 3:00 PM**  
Call 565-4150 for an appointment.

### FLU CLINIC

**Wednesday, November 28<sup>th</sup>, 10 – 1 PM  
Greenwood Center Gym,**

Flu vaccine can be given to frail or home-bound Longmeadow residents (and their care providers) in their homes. Please call **NOW** and register if you need a home visit for the flu vaccine – 565-4150.

### Fuel Assistance

Fuels Assistance is a federally funded program that assists income eligible households in paying for home heating costs. This years guidelines are: for one-person household, \$20,420; for a two-person household, \$27,380. Applications will be available at the Longmeadow Adult Center. For more information or to make an appointment to fill out an application, call Linda Collina at 565-4150.

### CALLIGRAPHY INSTRUCTION Weds, November 7<sup>th</sup>, 14<sup>th</sup>, 28<sup>th</sup>, & Nov. 5<sup>th</sup> 9:00 – 11:30 AM

Jamie Risley Hall has agreed to conduct a workshop on the fundamentals of the hand lettering of this ancient method of gracious writing. Just in time for Holiday messages. We will use the traditional dip pen and ink. Supplies may be purchased from her to make it easier; boards to work on, pens, nibs and ink if you need them. Jamie is known for her beautiful, award-winning work. \$32 for four 2 ½ hour classes. Must register at 565-4150.

### GIRLS DAY OUT 2007

**Thursday, November 8<sup>th</sup> – 10:00 to 3:00?**

Mark your calendar for our annual special day of fun for the girls. We are planning a great morning presentation with Christine Dupont who will introduce us to the ancient Japanese art of **Jin Shin Jyutsu** which can be applied to ourselves, by ourselves. It is an Art practiced by placing the fingertips (over clothing) on designated areas to facilitate the reduction of tension and stress which accumulate through normal daily living. It is a simple and powerful self-healing tool, available to all while watching TV or sitting, etc. Enjoy some **Pizza** and a fun game of **Bingo** followed by a **Make Your Own Sundae**. Reservations requested - 565-4150. If you have amusing stories or jokes, bring them along.

### ADDITIONAL PROGRAMMING:

**Book Club:** Tuesday, Oct. 2<sup>nd</sup> @ 1:00

PM: "Dust"-Martha Grimes: Tuesday, Nov. 6<sup>th</sup>: "Water for Elephants"-Sara Gruen

**Veterans:** Wednesday, Oct 3<sup>rd</sup> @ 1:00 PM: Call ahead for lunch reservations.

**German:** No German: Oct. 18<sup>th</sup> & 25<sup>th</sup>

**One-on-One Computer :** 1<sup>st</sup> Tues of the month. Call.

### ATTY. HYMAN DARLING RETURNS Tuesday, November 13<sup>th</sup> – 10:00 AM

As promised in response to requests, Attorney Darling will return to bring us up to date on the status of Elder Law in Massachusetts. An expert on this subject, he will provide us with an update on Taxes and Medicaid. If you have a specific topic you would like him to touch on, call Norice at 565-4150. Please sign up, as he brings handouts for you.

### We are looking for someone to organize a BOWLING TEAM .

### LONGMEADOW TRAVEL

### OCTOBER FOLIAGE CRUISE

**Thursday, October 11<sup>th</sup>, 10:30 AM**

Enjoy the beautiful fall foliage while relaxing on the "Lady Bea" for a smooth narrated cruise on the Connecticut River out of Brunelles Marina in South Hadley. We'll lunch on our own at the Dockside Restaurant on the water. We can pool rides. Sign up soon. \$12 for the cruise. Depart about 10:30 – boat ride at 12:00. Lunch follows. 565-4150.

### SPRINGFIELD SYMPHONY ORCHESTRA:

**A CURRIER & IVES CHRISTMAS  
Sunday, December 2<sup>nd</sup> – 3:00 PM**

Over the river and through the woods for a Christmas Concert inspired by Currier & Ives prints. A traditional New England concert with the orchestra and chorus performing the favorites and an audience sing-along, etc. at 3:00 PM. It will showcase a selection of prints from the Spfld. Museum of Fine Arts, home of the country's only permanent museum gallery devoted to the work of these famous "printmakers to the people." Van seats 10. Sign up early. Senior group rate and van transportation: \$49.25.

*We are working on the 2008  
Travel Schedule. Watch your newsletter.*