



# WELLNESS CENTER

*Denise Perlaky, RN*  
Health Coordinator  
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Social Services Coordinator

## WELLNESS CLINIC

at the Longmeadow Adult Center  
Mondays, 10:00 to 11:45 AM.

**NO CLINIC OCT. 13<sup>th</sup>, COLUMBUS DAY**

Come and have your blood pressure checked! Health counseling on other matters is also available with the nurses.

**WELLNESS CLINIC at Emerson Manor**  
Tuesday, October 14<sup>th</sup>, 10-11AM.

We will now resume the monthly clinics. All older adults welcome.

## BLOOD SUGAR SCREENING

Wednesday, October 8<sup>th</sup>-10 AM.

Please fast for 10-12 hours before the test. Donation of \$1.00 for supplies.

## LIVING WELL Chat Group

Friday, October 10<sup>th</sup>, 10-11 AM

**“Lessons Learned: Getting the Best Health Care for Self and Others.”** Discussion will feature older adults who have successfully navigated a complex healthcare system. They will share some techniques that worked for them. Discussion about *advocacy* will be facilitated by Denise Perlaky, RN. Candid questions will be OK - such as “Do I have to go out of town for specialists?” & “How can I achieve a collaborative relationship with my physician?” & “What should I do when I encounter ageism?”

## Upcoming LIVING WELL Chat Group:

Friday, November 14<sup>th</sup>, 10-11:30AM

**“Food Safety and Quality Explained”**

with Kathryn Kotula, Ph.D.,  
Investigative Food Sciences, Storrs, CT.

Consumers, whether they realize it or not, hold the greatest amount of responsibility for the safety and quality of their food, and are the last line of defense against some nasty and very preventable illnesses. Come “meet” the microorganisms responsible, and learn what you can do, in your home and community, to ensure your foods are safe.

**Pre-register for Chat Groups - 565-4150.**

## FLU CLINIC!

Weds, November 19<sup>th</sup>, 10AM-1PM

Greenwood Center Gym

Details about the Flu Clinic will be available in the November *Voice*. Flu vaccine can also be given to frail or homebound 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.

## PNEUMONIA VACCINE

Vaccine is available for those who meet the medical criteria. Call the Board of Health if interested: 565-4140.

## FOOTCARE

Friday, Oct. 17<sup>th</sup>, 9:00 AM -3:00 PM

Call 565-4150 for an appointment.

## HEALTH INSURANCE COUNSELOR

Weds, Oct. 8<sup>th</sup> & Mon., Oct. 20<sup>th</sup>

9:00 -Noon. Appointments 565-4150.

## FUEL ASSISTANCE

Eligibility is based on GROSS yearly income. Family size one, \$20,800; two, \$28,000; three, \$35,200. For info call Linda Collina, 565-4150.

## COMPUTER CLASS FOR BEGINNERS

Weds, Oct 29<sup>th</sup> – Dec 10<sup>th</sup> – 10:00 -11:30

Ed Edler will again conduct a much requested introductory computer class for beginners. Those who have taken the course and feel the need to repeat it may. No class Nov 26<sup>th</sup>. \$12 . Register at 565-4150.

## NEW FITNESS PROGRAM

**GET MOVING!**

Mon, Weds & Fri, 9:30—10:30

Do you want more energy? Do you want better balance? Do you want more flexibility? Do you want to get stronger? Performance Rehab at 80 Denslow Rd. has a spacious multi-use facility that allows exercise throughout the year in a safe and comfortable setting. Classes incorporate stretching, strengthening, balance work and walking intervals lead by a Wellness Coordinator. You may drop in at will. \$3 per session. Information at 565-4150.

## TAP DANCING

Fridays at 11:30 & 12:15 PM

Diane will resume the Advanced Tap at 11:30 and Beginners Tap at 12:15. All are welcome to a fun group. Register at 565-4150.

## “WILD ALASKA” FILM

Thursday, November 6<sup>th</sup> @ 1:00 PM

Planning a trip to Alaska? Or would you like to just enjoy viewing an award-winning DVD film produced by Princess Cruises? The best time to make this journey is between May and September, but this is the time to start planning. There will also be a raffle of two copies of this DVD.

## SPRINGFIELD SYMPHONY

LUNCH CONCERT

Friday, November 7<sup>th</sup> -12:30

Save the above date to attend the fall symphony. We will have details for you in the

office or in the next newsletter. Our van is reserved and holds 10 people. \$12.50 per ticket, \$3 for van, \$7.50 for lunch. 565-4150

## PLEASE JOIN US.....

**GREENWOOD READERS:** Nov. 4<sup>th</sup>-Story of Edgar Sawtelle by David Wroblewski

**VETERAN CIRCLE:** Andrew Simkiewicz, a Reentry Counselor Therapist for the Veterans Administration, will be our speaker.

**JEWELRY:** 1st & 3rd Mondays, \$3

**FRENCH:** Tuesdays, October 7<sup>th</sup> @ 11:00

**DISCUSSION GROUP:** Tues, Oct. 21st 1:00

**TABLE TENNIS-**Thurs, 1:00 PM

## LONGMEADOW TRAVEL

### “AS TIME GOES BY”

Monday, October 27<sup>th</sup>

Come aboard our musical journey as tribute is paid to the past 75 years of music from the Great American Songbook. A 20 piece orchestra, 20 singers and dancers will recreate the music from the past. Depart-10:00. Lunch and facility are reported to be great. Register with payment of \$72.

## MOHEGAN SUN CASINO

Thursday, November 6<sup>th</sup>

Almost a “free” day of fun with a package of a \$10 Food Coupon in any restaurant or a Free Buffet & \$15 Keno play. Transportation \$20. Depart 9:30. Register with payment.

## DAN KANE SINGERS – CHEZ JOSEF

Sunday, December 7<sup>th</sup>

These talented singers will mesmerize you with their heart-warming music and harmony, while entertaining you with your favorite classic holiday tunes with style and flair. Always a wonderful lunch – Chicken Florentine with Bananas Foster for Dessert. Departs at 10:15. Returns at 3:30. \$65 for all.