



Flu and You

Summer is over and that means that flu season will soon be here! This year's flu season is complicated by the H1N1 (Swine) Flu virus in addition to the usual Seasonal Flu. The single best way to prevent the flu is to get a flu vaccination each year. This season, there will be two vaccinations: one for the Seasonal Flu and one for H1N1 (Swine) Flu. The Seasonal Flu shot will not protect you against H1N1 and the H1N1 Flu shot will not protect you against the Seasonal Flu. The CDC has some excellent information on H1N1 vaccination guidelines http://www.cdc.gov/h1n1flu/vaccination/public/vaccination_qa_pub.htm

Prevention really is your best bet. There's no magic to preventing the spread of germs. We all know what it takes, but it bears repeating:

- Wash your hands – often
- Cover your nose and mouth with a tissue when you cough or sneeze
- Avoid close contact with people who are sick
- **Stay home from work or school when you are sick**

Longmeadow High School Building Project Forum

The Longmeadow Adult Center will be airing the public forum that was held on September 16th. Seven different options ranging from "do nothing" to building a completely new school on a different site were presented for review and comments by town residents. For those who missed this forum, please feel free to join us on Mondays in October in the Wellness Clinic waiting area starting at 10:00 AM. No airing on October 12th.



Longmeadow Fall 2009 Leaf Program

The Town of Longmeadow will be providing a curbside-bagged leaf collection program this fall. Longmeadow residents will have three options for leaf disposal: 1) use the Town PAY leaf collection program; 2) hire a contractor; or 3) purchase a Recycling Center sticker and transport leaves directly to the meadows on West Road.

Town of Longmeadow leaf bags will be available for purchase beginning Monday, October 5th at: Brightwood Hardware, Council on Aging, DPW offices on Ponds Rd during their regular hours of operation, and at the Recycling Center on Saturdays only. Cost is \$5 for 10 bags. The leaf drop-off site on West Rd will open on Oct 26th and curbside collection of the special town leaf bags will begin on Nov 9th (depending on the weather). An annual Recycling Sticker is required for residents to use the West Rd leaf drop-off site. Call 567-3400 with specific questions.

VETERAN'S SCAM WARNING

The Department of Veterans Affairs (VA) is warning Veterans not to give credit card numbers over the phone to callers claiming to update VA prescription information. Callers are misrepresenting the VA to gain personal information over the phone. They say VA recently changed procedures for dispensing prescriptions and ask for the Veteran's credit card number. Veterans with questions should contact the nearest VA medical center or call, toll-free, 1-877-222-8387.



VOLUNTEER VIEWS

Please consider joining our incredible volunteer staff at the Longmeadow Adult Center. Just a few hours a month can mean so much to the people. For information, contact Ellen at 565-4150 or stop by the office for a chat.



TREASURES FROM GRANDMA'S ATTIC

*The Adult Center's Annual Sale will be held at the center on **Friday and Saturday, October 16 & 17, 2009**. We are looking for high quality items – when you are cleaning out your closets, if you have any unwanted gifts, household items, holiday decorations or other suitable items in VERY GOOD and CLEAN condition we would appreciate your donation. Due to limited space, please call the Center at 565-4150 prior to making a donation. If you are interested in working at the sale for a three-hour shift, please call Ellen at the Center. Make sure you include our sale in your shopping plans for October; we will have some wonderful items and great bargains!!!*

SENIOR READERS

The **Senior Readers** have begun their program for the school year. Participating classes are the kindergarten, grades one and two at all three elementary schools along with two preschools at

*Ellen Gold
Coordinator of Volunteers*

Center School. **Phyllis Bogert** coordinates the program and the readers are: **Rosemary Cahill, Hilde Kmetz, Nettie Fischer, Marion Loughman, Tony Odierna, Judy Moran, Betty Schube, Sydney Torrey, and Ruth Wolk.** Substitutes are: **Joanne Urstadt, Elaine Becker, Joyce Broadbent, Helen Murphy, Marilyn Potvin, Rita Schwartz, Betty Cooley and Barbara Blinn.** We are looking for additional people to serve as substitutes. If you are interested in joining this energetic group, please contact Ellen at 565-4150.



1000 HATS FOR THE HOMELESS

Corrine Fisher, a 14 year old Longmeadow resident, has begun a wonderful project. She is working to collect 1000 winter hats for the homeless. She herself has made almost 200 hats by crocheting, knitting and loom knitting. Our Adult Center Thursday knitting group has already contributed a number of hats to her effort. If you have a new hat (handmade or store bought) you may drop it off in the Adult Center office. Corrine is also accepting donations of yarn for her to make more hats. For more information you can contact Corrine at 1000hats4homeless@gmail.com or call Ellen at the Center, 565-4150.