

LONGMEADOW ADULT CENTER HEALTH COORDINATOR'S (Nurse) ROLE

This position focuses on health promotion through assessment, education, counseling, coordination of services and advocacy. Specifically, the nurse is available to provide these functions in the Center or via a home visit. The majority of the nurse's time is spent providing health counseling at the Center. Home visits are geared toward connecting clients with appropriate services and are generally not intended to continue on a long-term basis. Ongoing home visits requiring skilled nursing (reimbursable under Medicare and other health insurance) are referred to certified home care agencies.

The nurse plans and supervises ongoing health programs: Wellness Clinics (weekly), Blood Sugar Screenings, Total Lipid Screenings, and Hearing Screenings. The nurse manages the Medical Loan Closet and RxWise, the computerized medication checking system. She promotes the File of Life and other personal emergency response items such as Lifeline and Knox boxes. She researches information for and facilitates the monthly Living Well Chat Group. She arranges health lectures by guest speakers several times a year on topics of interest identified by survey.

The nurse is responsible for maintaining and training staff on the use of the portable First Aid Kit, CPR and the AED (defibrillator).

The Health Coordinator works closely with the Longmeadow Board of Health. These activities include TB Case Management, Flu Vaccine Clinics, Pneumonia Vaccine Clinics, Tuberculin Testing of all new employees and TB contacts and Hepatitis B administration to at-risk employees. She makes joint home visits with the Board of

Health Director when older adults are living in unsafe environments and assists the Health Director with a plan of action.

The nurse is involved in emergency preparedness work for the Town of Longmeadow particularly in planning the operation of an Emergency Dispensing Site. The Health Coordinator also participates in the Medical Reserve Corps in Longmeadow.



LONGMEADOW PNEUMONIA CLINIC Weds, September 26th, 10—Noon

The clinic is open to LONGMEADOW RESIDENTS ONLY who are 65 years of age or over, or are over 18 years of age and have a chronic illness – such as cardiovascular, pulmonary, kidney or liver disease, diabetes, etc. The pneumonia shot is NOT administered annually. Routine **revaccination** is not advised. If your physician does recommend revaccination for you, keep in mind that revaccination is done **once, 5 years after the 1st dose on persons who are greater than 65 now and were under 65 at the time of their previous dose.** The vaccination is free for individuals who have Medicare B and for Medicare Part B HMO subscribers (e.g. Blue Care 65, the Tufts Health Plan (Secure Horizons), and the Harvard Pilgrim Plan (First Seniority). Please bring your health insurance cards to the clinic. The charge for all other individuals is \$3.00. Call the Longmeadow Board of Health at 565-4140 to make a reservation.



VOLUNTEER VIEWS

Ellen Gold
Coordinator of Volunteers

TREASURES FROM GRANDMA'S ATTIC

The **Adult Center's Annual Sale** will be held at the center on Friday and Saturday, October 12 & 13, 2007. If you are interested in working at the sale for a three-hour shift, call Ellen at 565-4150.

FOLOCA BOARD

The Friends of Longmeadow Older Citizen's Association (**FOLOCA**) is the fund-raising arm of the Adult Center.

FOLOCA provides funding to purchase some of the equipment in the Center as well as absorbing the cost of the monthly newsletter. We are looking for additional members for the **FOLOCA** board. Aside from monthly meetings, the time commitment is flexible. For information call Ellen at 565-4150.

A HEARTY THANK YOU

We have many volunteers who do their work behind the scenes with no recognition or accolades. **Charlie Paquette, Eileen and Sharon Stockhammer** handle the bakery pick-ups from **Big Y** on Saturdays. It is because of their effort and the donations from **Big Y** that we have the variety of bread and pastries available for our lunch program. Our grocery deliveries are done by **Tom Keane, Joanna Krol, and Eunice Kavanagh**. They pick up groceries at Armata's and deliver them to homebound community residents. **Jean McCorry** and **Millicent Sacks** coordinate our cell

phone program. Many community residents are safer and feel more secure because of their efforts. **Mike and Karla** are our wonderful "Mr. & Mrs. Fixit" who handle many small home repairs for our seniors. We applaud you all and all our volunteers for your hard work and dedication.

COMPUTER INSTRUCTORS

The Center would like to increase our computer instruction in the fall and we are looking for volunteers to teach the classes. You need not be an expert, just knowledge of the subject, a pleasant manner and willing to donate a few hours to the Center. The schedule is flexible and depends on your availability. We are looking to hold classes in the following areas, Adobe Photoshop, CD write instruction, and a session on file management and the use of Microsoft Office. If interested, call Norice at 565-4150.

VOLUNTEER OPPORTUNITIES

We are looking for some energetic volunteers for our **kitchen and dining room**. Duties would be assisting the chef in the preparation of the noon meal; packaging meals for delivery, serving in the dining room and assisting with clean up including washing dishes. The hours would be one day per week from approximately 9:30 am – 12:30 pm. For those who would like a more flexible schedule, help for special meals and as a substitute is also needed. Please contact Ellen at