



WELLNESS CENTER

Denise Perlaky, RN
Health Coordinator
Linda Collina
Social Services Coordinator

WELLNESS CLINIC

Mondays, 10:00 to 11:45 AM.
NO CLINIC on September 7th – Labor Day.
Blood pressure check!

HEALTH INSURANCE COUNSELOR
Weds, Sept 9th & 23rd, 9:00 -Noon

WELLNESS CLINIC at Emerson Manor
Tuesday, Sept 15th, 10:00 to 11:00AM.
Blood pressure checks and health counseling are available. All are welcome.

BLOOD SUGAR SCREENING
Wednesday, September 16th, 9-10 AM.
10-12 hour fast. Donation of \$1.00.

HEARING SCREENING
Thursday, September 17th, 9:00AM-12
Megan Allen Schneider, M.A., CCC-A, Certified Audiologist, *Audiology & Hearing Services of Longmeadow*, will do hearing screenings for six pre-registered clients at no charge. Screening results are given immediately. **Call 565-4150.**

FOOTCARE: Fri, Sept 18th, 9:00 -3:00 PM
Call 565-4150 for an appt. Next clinic Oct 23rd.

LIVING WELL PROGRAM
Friday, September 18th, 10:00-11:00AM.
“Older Adults and Annual Physicals: What Should Be Happening?”

Carolyn Brown, MD, Board Certified in Internal Medicine, has practiced medicine in the Pioneer Valley for over 25 years in the areas of urgent care, primary care and rehabilitation. She currently practices medicine at Jewish Geriatric Services, Longmeadow. She will discuss the components (and value) of the annual physical exam. **Please pre-register at 565-4150.**

TOTAL LIPID PROFILES
Total Cholesterol, HDL, LDL & Triglycerides
Wednesday, September 23rd, 8-9AM

Test will be done by *Life Labs* on a first come, first served basis (except those on the way to work will be taken first). Fasting for 9 - 12 hours. Cost is \$15.00. **Call 565-4150 to register.**

PNEUMONIA VACCINE CLINIC
Thursday, September 24th, 4:30-5:30PM
Clinic open to LONGMEADOW RESIDENTS. Targeted group: persons age 18-64 who have asthma, smoke cigarettes, have chronic diseases or are immune compromised. It is important during the H1N1 outbreak for “at risk” individuals to be protected because pneumonia is a common complication of influenza infections. Older adult are welcome. The pneumonia vaccine does not need to be administered annually. Usually it is given one time to persons 65 years of age or older. Revaccination is the exception and the client must meet all criteria: over age 65 years now, 5 years since the last dose, under 65 at the time of the previous dose and revaccination is only done *once*. The cost is \$3.00. **A reservation for pneumonia vaccine is required. Call the Longmeadow Board of Health at 565-4140.**

ANNUAL FLU VACCINE CLINIC
Wednesday, October 7th, 10:00-1:00PM
Greenwood Ctr Gym, 231 Maple Rd
Longmeadow residents’ clinic for those over 18 but targeting those over 65 and individuals who are pregnant, immune compromised or have chronic illnesses. Flu shots are free to persons with Medicare B. Please bring Medicare and secondary insurance cards. \$4.00 for others. A small flu clinic will be held in the Health Rm of the Longmeadow Adult Ctr, Tues, Oct 13th, 4:00-6:00PM. **Those Longmeadow residents who for the first time need a home visit for the flu vaccine need to call 565-4150 and reserve a slot with Denise Perlaky, RN.** Those who have received a home visit in the past will be contacted.

JEWELRY with Sandy
Starting Monday, Sept 21st, 1:00 PM
Design a piece or repair a piece of jewelry. Supplies provided. \$3. No need to register. Meets the 1st & 3rd Mondays.

JOURNEY TO JAZZ
Tuesday, September 22, 1:00-2:30 pm
The incomparable local jazz singer, **ETHEL LEE**, kicks off our new season with her CD ‘An Evening in September’ recorded live in Springfield. This music reveals Ethel Lee’s skillful ability to interact beautifully with the talented musicians in the band. **Ms. Lee will appear LIVE at the Center!**

COMPUTER FOR BEGINNERS
Wednesdays, Sept 23rd – 10:00 am
A 6 week class designed especially for beginners. Helps you with the operations of a computer, an introduction to windows. \$12 for the six classes. In addition there will be classes on Nov 4, 11 & 18 devoted to Email and Dec 2, 9 & 16—Internet. Register—565-4150

TIME FOR THE BIG E AGAIN!
Thursday, September 24th, 9:30—2 PM
Pick up a flyer and see all of the things going on at the Big E. The 24th is Massachusetts Day. Buy your ticket for \$10 at the gate. \$3 for transportation. Register—565-4150.

ANNUAL CHALLENGE WALK
Tuesday, October 6th, 9:00 AM
Join us for our Annual Challenge Walk between Longmeadow and East Longmeadow. A one and three mile walk are included. Breakfast to follow at East Longmeadow Skilled Nursing Center. RSVP—565-4150.

“THE HEALING POWER OF HUMOR”
Wednesday, October 21st -1:00 pm
Doug Foresta, Psychologist, Social Worker and student of the Theater, will give a presentation focusing on the benefits of adding hu-

mor and playfulness as coping skills and stress reducers. Details in the October issue.

THE LITTLE BLACK DRESS RETURNS
Thursday, October 22nd – 1:00 pm
Yvonne is going to revisit us with demonstrations of ways to create stunning, inexpensive outfits for the Holidays or everyday occasions.

AARP DRIVER SAFETY PROGRAM
Tuesday, October 27th -9:30-2:30
New program is now only 4 hours long with an hour between for lunch. If you want to dine here at 11:30-12:30, call a day before.

ON-GOING PROGRAMS:
Greenwood Readers: Sept. 1st: *The Devil in the White City* by Erik Larson-Murder, Magic & Madness at the Fair that changed America.
Veterans Meeting: Sept. 2nd: 1:00 pm. Jerry Nolet and Merton Peck will each speak.
Wii Video Games: Weds. 1:00-2:45 –Great for bowling, golf, tennis and sport enthusiasts.
Discussion Group: 3rd Tues - 1:00 pm
Gentle Fitness: 10:30 on Tues. and Thurs.
One-on-one Computer: 1st Tues, 10:00 AM.
Italian: Summer schedule thru Sept. Adv class resumes Sept 8th; Beg class, 10:30 in October.
Massages: 2nd & 4th Thurs-1-3:00; 15 or 30 min.

LONGMEADOW TRAVEL

FALL FOLIAGE MYSTERY TRIP
Thursday, October 8th
The most spectacular time of the year in New England is the middle of October when the weather is cooler and the leaves are in color. You are invited to dine with us at three restaurants. We will stop at one for an appetizer, another for dinner and finally as we head home, dessert will be served at the third restaurant. Order off the menu. Minimal walking. Sightseeing from the bus. \$28 for transportation. 9:00am – 6:00 pm. Limited seating-565-4150.

MOHEGAN SUN CASINO
Wednesday, November 18th
The slots, tables, shopping, choice of food at buffets or restaurants. A \$15 coupon toward lunch and three \$5 free bets. \$20 for transportation. 565-4150.