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Please use this form for your convenience in making a gift that will enhance the lives of mature adults in our community today and tomorrow. The individual or families of those you have honored will be notified of your gift. Your contribution is greatly appreciated.

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**A WALK IN FREEZER, PLASMA TV, ASSISTIVE LISTENING DEVICES,  
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FRIENDS OF LONGMEADOW OLDER CITIZENS ASSOCIATION, INC.

(FOLOCA) IN SUPPORT OF

The Longmeadow Adult Center—231 Maple Road, - Longmeadow, MA 01106  
A LIVING MEMORIAL/HONOR/GRATITUDE FOR SERVICES & PROGRAMS

I/We have enclosed \$ \_\_\_\_\_ (Make Check Payable to FOLOCA)

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Of Longmeadow

FEBRUARY 2012

**FEBRUARY CELEBRATIONS**



**VALENTINES DAY LUNCHEON  
Tuesday, February 14th, 11:30 AM**

**&  
MAKE YOUR OWN SUNDAE PARTY  
12:15—1:00 pm**

Celebrate Valentine's Day & Margaret Knight's birthday with a make-your-own-sundae party. Margaret Knight (1838-1914) invented the machine to make square bottom paper bags, in Springfield. Register 565-4150.



**LEAP YEAR  
BIRTHDAY CELEBRATION  
Wednesday, February 29th, 11:30 AM**



**Chair  
John Bowen**

**Adult Center**

**Karen Neiman Michelman  
Director**

"A Branch of Community Support"  
at Greenwood Park Center  
231 Maple Road, Longmeadow, MA 01106  
Monday—Friday 9—3 PM

**Telephone & TDD  
413-565-4150**

**www.Longmeadow.org**

**Minibus: 739-7436  
or 1-866-277-7741**

- 110 million roses, the majority red, will be sold and delivered within a three-day time period.
- California produces 60 percent of American roses, but the vast number sold on Valentine's Day in the United States are imported, mostly from South America.
- 15% of U.S. women send themselves flowers on Valentine's Day.
- About 1 billion Valentine's Day cards are exchanged each year. That's the largest seasonal card-sending occasion of the year, next to Christmas.
- Conversation Hearts: In 1866, candy manufacturer NECCO made the first "Conversation Hearts" — then called "Motto Hearts." According to NECCO, eight billion of these little candies are sold.
- More than 35 million heart-shaped boxes of chocolate will be sold for Valentine's Day.
- The Italian city of Verona, where Shakespeare's lovers Romeo and Juliet lived, receives about 1,000 letters addressed to Juliet every Valentine's Day.
- About 3% of pet owners will give Valentine's Day gifts to their pets.

## LONGMEADOW LINES

### Senator Candaras' Aide Christopher Dunn

Monday, February 6th  
11:00—11:45 AM

### Representative Brian Ashe's Aide Daniel Zwirko

Monday, February 13th  
11:00—11:45 am



### Enfield MALL TRIP

Thursday, February 23rd!  
\$3

Reservations—565-4150

### Senior Circuit Breaker Credit Information Session Wednesday, March 7th

The Department of Revenue will present information for eligible taxpayers 65 and older about the benefits of the Senior Circuit Breaker Tax Credit.

For tax year 2011, the credit is worth as much as \$980 for eligible taxpayers 65 and older who either own or rent their home. The credit is refundable, meaning that if a taxpayer does not have an offsetting state tax liability, or has a liability that is smaller than the credit, they receive a check from the Commonwealth for either the entire credit or for the portion left after taxes are paid. Seniors who live in public or subsidized housing are not eligible for the credit.

In tax year 2009, 80,566 taxpayers received \$61.1 million in tax credits, an average of \$759 per taxpayers. Call 565-4150 to register. Time to be announced. See page 8 for more details.



### ABSENTEE BALLOT APPLICATION

Absentee ballot applications are available at the Town Clerk's Office for the 2012 election cycle. Applications must be filed annually regardless of whether there is one on file from previous years. The application is for use by:

A registered voter who will be unable to vote at the polls on Election Day due to: absence from your city or town during normal polling hours; or physical disability preventing you from going to the polling place; or religious belief; A non-registered voter who is: a Massachusetts citizen absent from the state; or an active member of the armed forces or merchant marines, their spouse or dependent; or a person confined in a correctional facility or a jail, except if by reason of felony conviction.

If there are any questions, please feel free to contact the Town Clerk at 413-565-4103.



### Income Tax Preparation

AARP Tax-Aide is the nation's largest free, volunteer run tax assistance and preparation service. It is available to resident taxpayers with low - and moderate-incomes 60 years or older.

Longmeadow residents should contact the Adult Center for an appointment: 565-4150. Appointments will offered on Thursdays, beginning February 2nd through Thursday, April 5th, from 9 AM —1 PM.

### Pneumonia Shots Available Year-Round From The Longmeadow Board of Health

Vaccine is available year – round for immunization to high-risk target individuals which is recommended for individuals in the following high risk groups: Individuals over age 65 and individuals of any age who have chronic diseases of the heart, kidney, or pulmonary (respiratory) system, diabetics or other individuals who are immuno-suppressed, those who smoke cigarettes and Individuals who have asthma.

Pneumonia infection is a significant risk for individuals who get the flu. Pneumonia infections secondary to flu infections can lead to serious and even life-threatening illness.

Kindly note, that unlike flu shots, **pneumonia shots provide long-term immunity. In general, a pneumonia shot administered at age 65 or older confers immunity for the remainder of one's lifetime.** If an individual received an initial pneumonia shot between ages 60-65, it is not necessary to be revaccinated until 5 years have elapsed from the first shot . For individuals who were under age 60 when they received their first pneumonia shot, revaccination is performed sometime on or after the 65<sup>th</sup> birthday. If there is no record of prior immunization for an individual within a high risk group, the recommendation is to vaccinate.

Please call the Community Health Nurse, Carol Steiner, R.N (565-4154) for your pneumonia shot.

This immunization is free for individuals who have Medicare Part B insurance and for individuals under age 65 who are subscribers of most Massachusetts health insurance plans; the fee for all other individuals is \$10.00.

### Mindfulness Matters *Can Living in the Moment Improve Your Health?*

At some point in your life, someone probably told you: "Enjoy every moment. Life is short." Maybe you've smiled and rolled your eyes at this well-intentioned relative or co-worker. But the fact is, there's something to it. Trying to enjoy each moment may actually be good for your health.

The idea is called mindfulness. This ancient practice is about being completely aware of what's happening in the present—of all that's going on inside and all that's happening around you. It means not living your life on "autopilot." Instead, you experience life as it unfolds moment to moment, good and bad, and without judgment or preconceived notions.

Studies suggest that mindfulness practices may help people manage stress, cope better with serious illness and reduce anxiety and depression. Many people who practice mindfulness report an increased ability to relax, a greater enthusiasm for life and improved self-esteem.

Finding time for mindfulness in our culture, however, can be a challenge. We tend to place great value on how much we can do at once and how fast. Still, being more mindful is within anyone's reach.

You can practice mindfulness throughout the day, even while answering e-mails, sitting in traffic or waiting in line. All you have to do is become more aware—of your breath, of your feet on the ground, of your fingers typing, of the people and voices around you.

So, before you roll your eyes again, take a moment and consider mindfulness.

### What is the Circuit Breaker Tax Credit?

The Circuit Breaker Tax Credit is a state income tax credit for eligible Massachusetts residents age 65 or older who paid rent or real estate taxes during the tax year. Even though the credit is based on property taxes, the state government, not the city or town, pays the credit. The credit is for senior homeowners and renters who meet income limits and other eligibility requirements. Homeowners may claim the credit if they paid more than 10% of their total income for real estate taxes, including water and sewer debt charges. Renters can count 25% of their rent as real estate tax payments.

You must file a state income tax return to claim the Circuit Breaker Credit, whether or not you have to file otherwise. If your credit is greater than the amount of income taxes you owe, the state will give you a refund for the difference. The maximum credit for tax year 2011 is \$980.

#### Am I eligible?

The Circuit Breaker Tax Credit is for low and moderate income seniors whose real estate tax payments are greater than 10% of their income. Homeowners and renters can claim the credit.

To qualify:

- you or your spouse must be age 65 or older by the end of the tax year
- if married, you must file jointly
- you cannot be the dependent of another taxpayer
- you must rent or own a home in Massachusetts that is your principal residence
- if you are a homeowner, your property's assessed value cannot be greater than \$729,000 on January 1, 2011
- if you are a renter, you cannot be getting a federal or state rent subsidy (such as Section 8), and your landlord must pay property taxes
- you must meet the income limits  
*the amount you paid for real estate taxes must be greater than 10% of your total income*

### CIRCUIT BREAKER TAX CREDIT:

#### What are the income limits?

Your total income cannot be greater than these limits for the 2011 tax year:

- \$52,000 single
- \$65,000 head of household
- \$78,000 married filing jointly

"Total income" includes some types of non-taxable income, such as social security, retirement, pensions and annuities, cash public assistance, tax-exempt interest and dividends, and certain other income. For details, see the list of [specific items included in total income](#) and [specific items excluded from total income](#) on the [DOR](#) web site.



#### Spring in New York & 9/11 Memorial

Our trip in April will include time in New York City followed by a visit to the 9/11 Memorial at Ground Zero. Trip is April 21<sup>st</sup>. Visit [www.LPRD.net](http://www.LPRD.net) for additional information and registration.

#### U.S. Passport Issuance

Longmeadow Parks and Recreation now has the ability to allow you to apply for a U.S. Passport Book or a U.S. Passport Card at the Community House! Additional passport forms such as renewals and name change forms are also available in our office. Please call 565.4160 for any additional information or visit [www.travel.state.gov](http://www.travel.state.gov).



# VOLUNTEER VIEWS

*This month we celebrate Valentine's Day, a holiday where we remember our family and loved ones. While thinking of those close to us we also should think of others in our community, and share our love with those who may need us. There are many ways to help through volunteering at the Longmeadow Adult Center. For more information, contact Ellen Gold, our Volunteer Coordinator at 565-4150.*

### COMMUNITY GROUPS LEND A HAND

Many local organizations have been helping the Adult Center Projects this month. The **Longmeadow High School Key Club** has helped with both our newsletter collating and our December Birthday Bash. Thanks to the following Key Club members for their assistance: **Mary McDonald, Ashley Cunningham, Ezra Kaim, Chris Grogan, Zara Mahmood, Kulsoom Rizvan, Marissa Schwartz, Christine Li, Limberly Nguyen, Chrissy Maloney, Taryn Amatrua, Katie Knight, Melanie Feen, and Jake Armatruda.** Several boys from the **Longmeadow High School Community Service Class**, Seamus, Jake R. Connor and Jake L., conducted a "Pennies for the Pantry" fundraiser for the Food Pantry. In addition **Caroline Kusiak** of the **Longmeadow High School National Honor Society** coordinated a food drive for the Pantry. Other organizations conducting food drives for the Pantry include; **Longmeadow UNICO**, the **Wolf Swamp School Girl Scouts** under leader **Anita**

*Ellen Gold  
Coordinator of Volunteers*

**Hurwitz**, the **Wolf Swamp School Girl Scouts** under leader **Dina Ditmar**, and **Mrs. Mendoza's** fourth grade class at **Blueberry Hill School**. Thanks to all those individuals and organizations that have given their time and energy over the past few months to help our Center. We appreciate all their hard work and support of our projects.

### VOLUNTEER OPPORTUNITIES

If you are a giving person and would like to help others in the community we have several different volunteer positions available. Most only require a few hours each month and some offer flexible schedules.

- **Gift Shop** – Volunteers are needed to join our substitute list for sales staff in the Maple Tree Shop. The hours are either 9 am – noon or noon – 3 pm and the schedule is very flexible. When we need coverage, we will call and you can either accept or decline for the day.
- **Errand Runners** – Help is needed to take town residents to doctor's appointments. The scheduling is extremely flexible depending on the needs of the senior. Again, it is your choice to accept or decline the request.
- **Van Drivers** – Volunteers are needed to drive the van on short trips to the Enfield Mall or special events. It is a mid-size van, seating ten, and is not difficult to drive. For the special events, you have the added benefit of a complimentary ticket to attend the event.

For more information on these or other volunteer opportunities we have at the Adult Center, please call our volunteer coordinator, Ellen Gold, at 565-4150.



# PROGRAM PICKS

Kathleen Grady  
Program Coordinator

## VETERAN'S CIRCLE

**Wednesday, February 1 12:15 – 1:30 pm**  
Gerald Carney, a SHINE Counselor, will talk about Medicare, supplemental plans and Part D (prescription) insurance. Come and bring another veteran with you! Call 565-4150 to reserve lunch at least a day ahead.

## BOOK CLUB

**Tuesday, February 7 12:30 – 1:30 pm**  
The book selection for February is *The Greater Journey* by David McCullough. New members are always welcome.

## NEW!! USING YOUR iPad

**Tuesdays, Feb 7, 14, 21 1:30-2:30 pm**  
Santa brought Tom Johnson an iPad and he is ready to show us his discoveries. Bring your iPad or just come and observe to see if you want one. \$9 for 3 classes.

## NEW!! SPANISH CLASS

**Fridays beginning Feb 10 10-11:00 am**  
Maria Pritchard, a native of Ecuador, will be teaching a new Spanish class for beginners, people who need a refresher and travelers who need some words and phrases. Come by and make our 5<sup>th</sup> language class a success. Call 565-4150. No charge.

## New Class! INTRO TO E-BAY

**Mondays, Feb 13 & 27 10:00-11:00 am**  
In this two-session course, Tom Johnson is going to demonstrate how to buy and sell things on e-bay. There will be an emphasis on how to use this and other internet sites safely. Designed for people who have little or no experience on e-Bay. \$6 for the 2 classes.

## \*\*\*\*\*HAPPY BIRTHDAY\*\*\*\*\*

### MARGARET KNIGHT & VALENTINE'S DAY PARTY

**Tuesday, February 14 12:15-1:00 pm**  
Celebrate Valentine's Day & Margaret Knight's birthday with a make-your-own-sundae party. Margaret Knight (1838-1914) was the inventor of the machine to make square bottom paper bags in Springfield. Register 565-4150.

## NEW!! PERSPECTIVE DRAWING MADE EASY

**Tuesdays, Feb 14, 21, & 28 1:00-2:00 pm**  
Getting some perspective can be a challenge for artists of any level of proficiency. David Spencer, artist and retired architect, will give three lessons on perspective drawing. The course will demonstrate simple drawing techniques to create realism with 3-dimensional sketches. Bring your sketch pad or plain paper, pencils/pens and a soft rubber eraser. No charge. Everyone welcome. Register—565-4150.

## MOVIE AFTERNOON THE IDES OF MARCH

**Thursday, February 16 12:30-2:15 pm**  
During the frantic last days before a heavily contested Ohio presidential primary, campaign press secretary finds himself involved in a political scandal that threatens to upend his candidate's shot at the presidency. 4 Golden Globe nominations. No charge.

## NEW!! SIMPLE WORD PROCESSING Weds, Feb 22—Mar 28 10:00-11:00 am

Word Pad is a free program included in every edition of Windows. It allows you to write notes, letters and other documents using the

## A Small Investment With Big Returns

Have you ever forgotten to pay a credit card bill on time and were shocked to receive a costly finance charge? Have you ever received a call from an irate creditor or a cancellation notice from your insurance company?

For some of our frail elderly clients, this can be a common occurrence that threatens their ability to live independently. You can help by spending just a few hours a month with an older person to set up a household budget, put bills in order, write checks, keep track of income and expenses.

Volunteers must have good budgeting and financial skills, reliable transportation, and enjoy being with older adults. Volunteers receive 1-2 hours initial training and have regular contact with the Money Management program staff for ongoing support and training. All volunteers are CORI checked.

Call 413-781-8800 ext.163 for more information. The Money Management program is cosponsored by AARP, and the Executive Office of Elder Affairs.



## STORRS LIBRARY USED BOOK DONATIONS

The Friends of Storrs Library (FOSL) are now accepting your USED BOOK DONATIONS for the May 2012 Book Sale! Bring your gently used books, childrens books, and DVDs to Storrs Library. Please, no magazines, textbooks, religious texts, or moldy books. Books can be dropped off in the entry vestibule of the library during regular library hours. All proceeds from the FOSL Book Sale support library programming and materials. For more information about the Friends or about the book sale, visit [friendsofstorrslibrary.com](http://friendsofstorrslibrary.com).

# DONATIONS

The Friends of Longmeadow Older Citizens Association would like to *thank* the following individuals for their donations during the month of **December: Marcia Soja, Judith Arno, Tom & Kathy Kucab, Pauline Sample, Dave Powell, Maryann Sedran, Center School PTO, Miriam Odentz, Jennie Rubin, Margaret Jenkins, Mass.-Conn. Interstate Cribbage Club.** In addition, *we'd like to give thanks to the many generous donors who gave in response to the Friends of Longmeadow Seniors Annual Appeal.*

## OVER SIXTY CLUB

Thurs. February 9<sup>th</sup> 12:30 pm. Enjoy 7-year-old Benjamin Buck, piano player who won first place in the 2011 YAPC piano competition at Westfield State last April. He warmed everyone's heart at the warming center after the October storm.

## MATERNAL CLUB

**1:00 PM Tuesday February 7, 2012  
Show and Tell**

This program is always a favorite. Members will be speaking about their special interests and hobbies. There are always an exciting and wide variety of topics presented.



# WELLNESS CENTER

*Carol Steiner, RN*  
Community Health Nurse  
413-565-4154  
*Linda Collina*  
Social Services Coordinator

**WELLNESS CLINIC:**  
at the Longmeadow Adult Center  
**Mondays, 10:00 to 11:45 AM**  
*no screening, February 20th*  
Have your blood pressure checked!

**BLOOD SUGAR SCREENING**  
**Wednesday, February 8th**  
**9:30– 10:00AM**

It is not necessary to “fast” prior to being tested. Donation of \$1.00 is requested.

**FOOTCARE**  
**Friday, February 17th, 9:00- 3:00 PM**  
Call 565-4150 for an appointment.

**HEALTH INSURANCE COUNSELOR**  
**Wednesdays, February 8th & 22nd**  
**9:00 am - Noon**  
The SHINE (Serving the Health Information Needs of Elders) Program provides health insurance counseling services to elderly and disabled adults.

**LIVING WELL**  
“National Heart Month”  
**10:00 AM, Friday, February 10th**  
Speaker Liz Hammett, RN ( Board Certified in Cardiovascular Nursing) will discuss heart disease, heart attack signs and when to call 911. Heart attack symptoms can be subtle. Learn the critical signs that are a red alarm to get help. Please call 565-4150 to register.

**LIVING WELL**  
“Staying Healthy as a Diabetic”  
**March 9th, 10:00 am**  
Maryann Hayes, MS, RD, CDE, LDN a Diabetic Educator and Registered Dietitian at Baystate Medical Center will talk about self care and staying healthy. Register—565-4150.

**LIVING WITH ARTHRITIS**  
“Tips for Living with Arthritis”  
**Wednesday, February 15th, 12:30 PM**  
We will be having a great discussion on how people with Arthritis can keep healthy and strong during the coldest month of January. Join Debbi Hirshfield, Volunteer New Northeast and National Arthritis Foundation.

**FUEL ASSISTANCE**  
If you received fuel assistance in the past year, your recertification forms will be mailed. New income guidelines are as follows: one--\$31,218; two--\$40,824; three--\$50,429; four--\$60,035. Call Linda Collina, 565-4150 for assistance. Make copies of all the papers prior to mailing.

**LIFELINE DISCOUNT**  
Lifeline is a nationwide program, Mercy Hospital is the satellite office in our area and the program’s goal is to help the community live safely in their homes. Lifeline Medical Alert System is offering a free 60 day trial period. If you wish to know more about this offer, contact Linda Collina at 413-565-4150 or Mercy Home Care Philips Lifeline at 413-533-5361.

fundamentals of word processing. Easier than Microsoft Word and compatible. \$18 for 6 sessions. Register—565-4150.

\*\*\*\*\*MAJESTIC MEMORIES\*\*\*\*\*  
**Wednesday, February 22 12:30-1:30 pm**  
Remember when you went to the movies Saturday afternoons to see adventure movies that were based on radio shows, like The Shadow and Captain Marvel? Longmeadow resident Holland Low has put together a fast-paced nostalgic look at those shows, including clips and commentary. In addition to a fascination with radio and movies, Holland is a magician and is featured in one of the clips of the Ted Mack Amateur Hour. Enjoy the memories. No charge. Register.

**New class!! CHAIR YOGA**  
**Thurs, Feb 23-March 29 12:30–1:30 pm**  
Get fit where you sit! Benefits of Chair Yoga include greater flexibility, balance and coordination, improved digestion, reduced stress, increased lung capacity and more joy!! Please bring a supportive pillow each week. \$39 for 6 classes. Call 565-4150 to register.

**WATER AEROBICS AT GLENMEADOW**  
**Mon or Fri, Feb 27-April 6 11-12:00 pm**  
Choose either a Monday or a Friday for this gentle exercise program. 6 classes for \$30. Call 565-4150 to register.

**GENEALOGY – Changed to 4<sup>th</sup> Tuesday!**  
**Tuesday, February 28 1:00-2:30 pm**  
Family historians at all stages of research meet once a month to begin and continue their work. Computers and advice are available. Join us. No charge.

**JOURNEY TO JAZZ: BENNY GOODMAN**  
**Tuesday, February 28 1:00-2:30 pm**  
More tunes played by the great Benny Goodman Orchestra in 1938 at Carnegie Hall

The highlight is a 12-minute rendition of *Sing Sing Sing*. For those who love swing, it doesn’t get better than that!!

**NEW!! LIVE SENIOR THEATER**  
**Wednesday, February 29 12:30 pm**  
Meet Steve Henderson who will be the creative director of our new Live Senior Theater. If you like theater, if you have ever been on the stage (yes, 6<sup>th</sup> grade counts) or if you are just curious, please come to meet him. We have big plans and need your help! This is something brand new for the Longmeadow Adult Center, supported by the Longmeadow Cultural Council. Register 565-4150.

**RED HAT LUNCHEON**  
**Wednesday, March 14 12:30 pm**  
The Red Hats will have lunch at the Storrowton Tavern. 565-4150 for reservations.

**TRAVEL**  
**\*\*\*FIDDLER ON THE ROOF\*\*\***  
**Wednesday, June 20 10:00 am – 6:00 pm**  
Based on the stories of Sholom Aleichem, *Fiddler on the Roof* has been lauded by critics again and again and won the hearts of people around the world. Lunch at the Cork ‘n Hearth on the way to Barrington Stage. These tickets are going fast. \$85 for Longmeadow residents or JCC members; \$95 for the general public.

**\*\*\*TANGLEWOOD\*\*\***  
**BOSTON POPS - BERNADETTE PETERS**  
**Sunday, July 8 10:30-5:30**  
Broadway superstar Bernadette Peters returns to Tanglewood with her singular style, presenting selections such as *Let Me Entertain You, Fever, and Some Enchanted Evening*. Lunch before the show is at the fabulous Cranwell in Lenox, and it will be an elaborate sandwich and salad buffet. Cost (which includes the bus, lunch, and shed tickets) is \$95 for Longmeadow residents and JCC members, \$105 for the general public.