



**Richard Salter Storrs Library**  
693 Longmeadow Street  
Longmeadow, MA 01106  
(413) 565-4181

### Library Hours

Monday–Thursday 9–8  
Friday 9–5  
Saturday 9–4

## What's Happening in Adult Next Week at Storrs Library

Dates: September 24–September 30, 2023

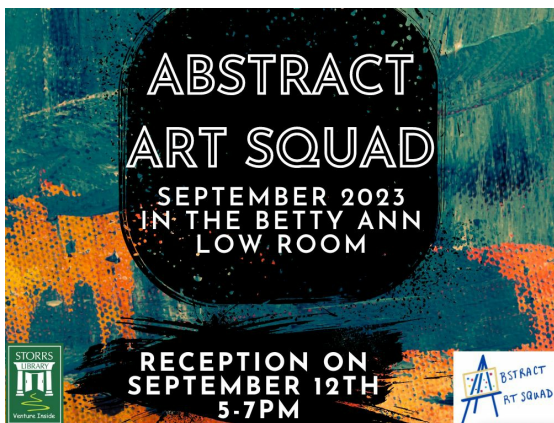


**The Library will open at 11:00 on Friday, September 29th for staff professional development.**

### Art Exhibit

#### Abstract Art Squad

Friday, September 1 – Friday, September 29



September's art show at Storrs Library will feature works by the Abstract Art Squad - four artists who met at an abstract art class three years ago and continue to meet weekly to support and inspire one another. Each artist has their own style ranging from simple geometrics to complex intuitive compositions.

Maggi Predmore - I create for the purpose of getting lost and letting my mind relax. There is no destination or final product in mind...just color explorations, lines, and forms that I find pleasing in the moment.

Nadine Shapiro - I studied Art History at Smith College and worked in museums until a diagnosis of Multiple Sclerosis early in my career shifted my interest to creating art. I work mostly with acrylics, colored pencils, pencils, and mixed media.

Roger Kellman - After many years of artistic realism, I love the freedom of painting abstracts in acrylic. With a blank canvas and

a free mind, there are so many possibilities. I love contrasts in tone and color. Always exploring.

Jean-Marie Magnier - As a math and science person, I tend to prefer doing realistic, representational paintings because I can tell when I am 'getting it right'. Abstract art pushes me out of this comfort zone and allows me to simply enjoy the experience of playing with paint.

A reception will take place on September 12th from 5-7 pm in the Betty Ann Low Room where light refreshments will be served.

## Donation Drives

### St Mary's Parish Center Clothing Drive

Friday, September 1 – Saturday, September 30



St. Mary's Parish Center has put out a call for children's clothes for the refugee children who arrived at the Chicopee homeless shelter in June. They are asking for new and gently used clothing for newborns to age 14. If you wish to donate any clothing, please drop them off in the Front Lobby of Storrs Library. The drive will end on September 30th.

### Rays of Hope Pink Scarf Collection

Friday, September 1 – Saturday, September 30



Since it was founded in 1994, Rays of Hope Walk & Run Toward the Cure of Breast Cancer has been committed to improving the breast health of people in our communities with quality and compassion. The event has grown from 500 to over 20,000 participants and has raised over \$15.7 million - all of which have been awarded locally throughout western Massachusetts.

In partnership with the Baystate Health Breast Network and Baystate Health Foundation, funding benefits research at the Rays of Hope Center for Breast Cancer Research, breast cancer programs and services, outreach and education, and awards grants to various community support programs and organizations.

Storrs Library will be collecting handmade pink scarves to donate to the Rays of Hope

Walk & Run. Scarves collected will be distributed to breast cancer survivors at the Rays of Hope Walk. All scarves should be adult-length and have some pink in them. There are no restrictions on materials or fabric. Please safety pin tags onto scarves with any special care instructions. We have patterns and pink yarn you're welcome to use, while supplies last. We certainly welcome any pink yarn donations that you'd like to share!

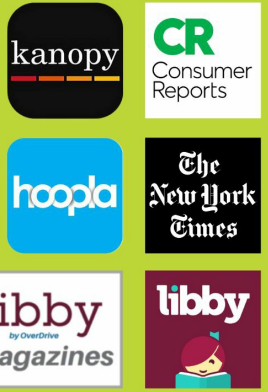
Scarves will be collected in the front lobby starting September 1st.

## Adult Programs

### Tech Tuesdays

Tuesday, September 26, 9:00–12:00

**TECH**  
Tuesdays  
**9-12**



Need help with your device? Bring it to the Library for assistance!  
Having trouble with email? Come to the Library to get help!  
Want to learn about the Library's digital offerings? Drop in every Tuesday, 9-12!

Remember to bring your device, your library card and any passwords you may need to access your accounts.

### Dementia Prevention: Using Your Head to Save Your Brain Discussion

Tuesday, September 26, 5:30–7:00

Emily Clionsky MD and Mitchell Clionsky PhD present

**Dementia Prevention: Using Your Head to Save Your Brain**

September 26th  
5:30 - 7 pm  
in the Betty Ann Low Room

Please register in advance

The complex block contains promotional information for a discussion. It features the title of the discussion, the presenters' names, a book cover for 'Dementia Prevention: Using Your Head to Save Your Brain', the date and time of the event, the location (Betty Ann Low Room), and a request to register in advance. A small photo of the two presenters is also included.

[Read More/Register](#)

Most everyone knows or has known someone with dementia. And most people fear that they, too, will develop memory problems as they age. As much as many of us joke about it, dementia is a frightening idea. Whether we call it Alzheimer's disease, Vascular Dementia, Frontotemporal Dementia, Lewy Body Disease, or several others, the progressive loss of our ability to remember, think, make decisions and communicate scares us more than almost any other aging condition. Polls show that more than 80% of Americans worry about dementia.

But what if half of all dementias could be avoided? Half of all dementia nursing home beds emptied? Half of all caretakers are freed up to lead more enriching lives with parents and spouses who still "have it?" What suffering could be avoided and what staggering healthcare costs could be saved? And what if this was not the result

of taking some pill, eating some superfood, playing some mind game, or holding your fork in the left hand instead of your right? What if it was a matter of understanding the existing science and applying that knowledge to yourself? What if you could keep thinking like you are 50 when you become 80?

Two experts in brain preservation, Emily Clionsky MD and Mitchell Clionsky PhD will show you how to stack the dementia deck in your favor by reading and following the prescription in *Dementia Prevention: Using Your Head to Save Your Brain*, (John Hopkins University Press; April 4, 2023). Available in hardcover, paperback, Kindle, Apple iTunes, and Audiobook. Paperback copies are also available for checkout here at Storrs Library.

EMILY CLIONSKY, MD, completed residencies in internal medicine and in psychiatry and is a diplomate of the American Board of Psychiatry and Neurology. MITCHELL CLIONSKY, Ph.D., is a board-certified neuropsychologist who specializes in evaluating and treating patients with cognitive impairment, dementia, ADHD, and traumatic brain injury. A husband-and-wife team, they have a combined 70 years of professional and clinical experience in medicine and neuropsychology and have treated nearly 20,000 patients. They partner at a private practice, Clionsky Neuro Systems, Inc., based in Springfield, Massachusetts. They are experienced public speakers, podcast guests, and workshop presenters for general and professional audiences.

Please register in advance.

## **Bocce on the Lawn**

Wednesday, September 27, 11:00–12:00



Join us for Bocce on the Lawn this summer! Every Wednesday morning at 11:00. This program is for adults. No Experience Necessary.

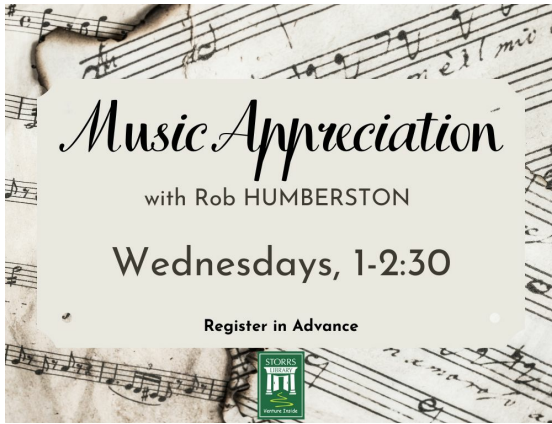
Register in advance!  
(Bocce will be cancelled if it rains)

[Read More/Register](#)



## Music Appreciation with Rob HUMBERSTON

Wednesday, September 27, 1:00–2:30



[Read More/Register](#)

Following the completion of a year of his Music Appreciation program, Rob Humberston returns for another year of musical listening and exploration by way of his personal collection of recordings built over five decades. One unique aspect of his collection is the inclusion of recordings based on historically informed performance practices, often utilizing instruments - both original and in reproduction - appropriate to the time of the composition.

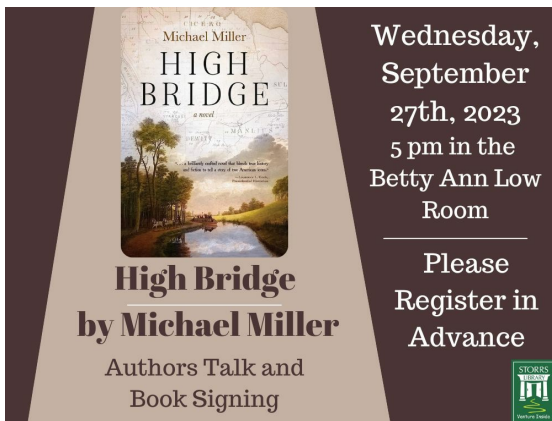
As in the last program, he will take a chronological approach to choosing different topics for listening and discussion, beginning in the Fall with the Middle Ages and Renaissance. Topics will include: musical forms; chant; historical musical instruments; specific genres of music; geographical considerations; and selected composers.

Also as in previous years, December will highlight the music of Christmas through the ages, and the New Year will begin with the Baroque Era and continue to the 20th Century. Please join us for another year of beautiful music among collegial participants. There will be new programs beginning in January so please check the calendar.

Please Register in Advance. This program is intended for adults.

## Author Talk – Michael Miller's High Bridge

Wednesday, September 27, 5:00–7:30



[Read More/Register](#)

Upstate New York in the mid-19th century is a cauldron bubbling with the lure of fast fortunes, religious zealotry, and battles for civil liberties. This fervor centers on the Erie Canal, which successfully supports scores of villages brimming with opportunity. One such village, Fayetteville, shapes the lives of two future American leaders.

*High Bridge* tells the stories of a young newlywed, the only child of freethinking abolitionists, and a prankster lad who grows up in the large family of an austere reverend. Despite their different childhoods and worldviews, they form an unlikely friendship. Can they combine their skills to solve a mystery and vindicate a Black man accused of murder?

Michael Miller was born in a small town in

New Jersey similar to Fayetteville, NY. He played baseball, delivered the daily newspaper, and tramped through the woods. Through small-town life in his childhood and later living near Fayetteville, he learned to respect people regardless of their backgrounds and appreciate the gifts each person brought to the world. Miller continues to get great joy from his family, exploring the outdoors, and his volunteer community service.

## Weekly Writers Group

Thursday, September 28, 9:30–11:00



You're invited to join the Weekly Writing Group!

The Writers Group is a welcoming place to share and grow as a writer while being listened to and supported. Each week members share a page or two of their writing from that week and then join in a ten minutes writing exercise with sharing and discussion afterwards.

The Writers Group meets every Thursday at 9:30 am on the second floor of the library. This group is intended for adults.

## Cornhole on the Lawn

Friday, September 29, 11:00–12:00



Join us for Cornhole on the Lawn every Friday morning at 11:00. No experience is necessary.

This program is intended for adults.

Please register in advance!

Cornhole will be canceled if it rains.

[Read More/Register](#)

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