

# Pleasant View Senior News

From the Center of it All

328 NORTH MAIN ST. EAST LONGMEADOW, MA 01028 | MON - FRI: 8 a.m. – 4 p.m. | 413.525.5436



## AUGUST HIGHLIGHTS

### REAL ID

**Wednesday, August 8th at 11:15**

A representative from the Registry of Motor Vehicles will be here to give us information on the new REAL ID and let you know if you should apply for one early. As of October 2020, everyone will need either a passport or a REAL ID in order to fly in the U.S. or to enter certain federal buildings.

### SWING FLING

**Thursday, August 30th at 1:00**

Join us as we dance the afternoon away! The O-Tones will help us do just that with their swingin' music. Refreshments will be provided.



### NATIONAL NIGHT OUT

**Tuesday, August 7th 5:00 p.m.  
at East Longmeadow High School**

Be sure to come out and say hi to us at this year's National Night Out. There will be games, free food and prizes!

Due to an increase in meal and preparation costs and a reduction in grant funding meal prices will increase to \$3.00 effective September 3rd.

## JULY IN REVIEW



827 Volunteer Hours



1059 Meals Delivered



450 Lunches Served



65 Food Pantry Visits

## RESOURCES REPORT

### DO YOU KNOW YOUR NEIGHBOR???

If you are concerned about the **Health and Welfare** of a neighbor, PLEASE contact us to make us aware. Anonymous calls are welcome and ALL will be addressed.

**Danell Tavella, COA** 525-5436  
**Officer Dan Atwater, ELPD** 525-5440  
**OR, Elder Abuse Hotline**  
1-800-922-2275  
(7days/wk , 24/hrs a day)

### SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

**Friday, August 10th 9:00 — 12:00**  
SNAP is for everyone who qualifies, including seniors. It was designed to help you buy healthy food. A representative from The Western Mass Food Bank will be at the Pleasant View Senior Center on August 10th. Please call the office at 525-5436 to sign up for a 30 minute appointment. Space is limited!

### OPEN PANTRY

This month we are looking for:

**Canned meals such as:**  
**Beef Ravioli, Beef Stew and Chili**  
**Jelly**  
**Cereal**  
**Canned Fruit**



Thank you everyone for your continued support and generous donations!

## EXERCISE

### BOSU CLASS with Lissa

Tue 8:30 A.M. *\*\*Please check with Lissa before your first class*  
 Thur 9:00 A.M.

**Card Needed**



### EXERCISE CLASS with Lissa

M/W/F 8:30 A.M.  
 Mon/Thur 10:45 A.M.

**Card Needed**



### TAI CHI HEALTH with Lissa

Tue 9:30 A.M. *\*\*Please check with Lissa before your first class*  
 Tue 10:30 A.M.

Wed 10:00 A.M.

*Sponsored by CareOne at Redstone*

### NEW TAI CHI for beginners

Thur 9:30 *starting Sept. 6th*

Please call Lissa to sign up x1407

### TAI CHI with Shay

*First Congregational Church*

Tue 9:00 A.M.

### CHAIR EXERCISE

Mon/Wed 9:00 A.M.

Fri 8:45 A.M.

No Charge

### CHAIR YOGA

with Marianne

Fri 2:00 P.M.

\$5 /Class

**No Class August 10th**

### ZUMBA GOLD & TONING

with Kelly Phillips

Mon 4:15 P.M.

\$5/Class

## FITNESS CENTER

The Fitness Center includes state-of-the-art cardio machines and weight stations. A medical clearance form is required and orientation is necessary before use. Please schedule an appointment with our nurse Lissa.

Fitness cards are 20 visits for \$10, \$15 for out-of-town residents. *Age 90+ no charge*

### CLASS PAYMENTS

An Exercise Class card may be purchased for Lissa's Exercise and BOSU classes. There are two cards available: \$5 cards for 6 classes and \$15 cards for 18 classes. All payments will need to be made at the front office. Cards will be stamped after attending a class.

## HEALTH AND WELLNESS (525-5436)

### BLOOD PRESSURE

by appointment. with  
 Lissa Fontaine, R.N.  
 Ext. 1407

### HEARING SCREENING

Free Screening by  
 Baystate Hearing Center  
 Call 525-5436 for Appt.  
 August 22nd

### FACIALS

by appointment 525-5436  
 Diane Neil, Reg. Esthetician  
 Cost is \$30  
 August 1st

### MANICURES

by appointment 413-335-7422  
 Cathy Rasid, LM  
 August 9th and 23rd

### FOOTCARE/PEDICARE

by appointment 525-5436  
 Cost is \$29, Home Visit \$50  
 August 14th

### MASSAGE THERAPY

by appointment  
 Christina Conti, LMT  
 413-348-8370  
 August 13th and 27th

### Alzheimer's/Dementia Caregiver Support Group

The support group meets monthly to provide emotional, educational and social support for caregivers who have a loved one living with dementia. The meeting is held at The Pleasant View Senior Center. Please call Lissa at 525-5436 ext. 1407 for more information.

The August meeting will be held on the 22nd.

## MOVIES AND DOCUMENTARIES (MON. and TUES. 12:45 P.M.)



**Weird Wonders  
of the World:  
Episode 5**  
August 6th 51mins



**The Music of Silence**  
August 7th  
1 hr 55mins  
2017 TV-PG



**Weird Wonders  
of the World:  
Episode 6**  
August 13th 49 mins



**Nights in Rodanthe**  
August 14th  
1 hr 36mins  
2008 PG-13



**Weird Wonders  
of the World:  
Episode 7**  
August 20th 50 mins



**Finding Neverland**  
August 21st  
1 hr 41 mins  
2004 PG



**Weird Wonders  
of the World:  
Episode 8**  
August 27th 50 mins



**The Greatest  
Showman**  
August 28th  
1 Hr 46mins  
2017 PG

## RECREATION



### ART CLASS

Fridays 10:00 A.M. \$15

### ASK A LIBRARIAN

Will resume in September

### BEAN BAG BASEBALL

Fridays 9:30 A.M.

### BILLIARDS

Mon–Fri 8:00 A.M. to 4:00 P.M.  
Free Instruction Thursdays 10:00

### BOCCE

Mon–Fri 8:00 A.M. to 4:00 P.M.  
Group Play Spring thru Fall  
Wednesdays 10:00 A.M.

### BOOK CLUB

Will resume in September



### **The Liars' Club**

By Mary Karr

### BREAKFAST CLUB

Tuesdays 8:00 A.M.—10:00 A.M.

### CHAIR VOLLEYBALL

Wednesdays 1:00 P.M.

### CHESS INSTRUCTION

call the office to schedule

### COMPASSION AND KINDNESS

August 10th 1:00 P.M.

### COMPUTER CLASS

Will resume in September

### FRENCH CLUB

Wednesdays 11:00 A.M.

### JEWELRY CLASS

Will resume in September  
\$3/class + materials

### KNITTING CLASS

Will resume in September

### LINE DANCING

Fridays 4:00 P.M. \$3

### MORNING GLORY

### WALKERS

Mon/Wed/Fri 8:00 A.M.

### MUSIC LESSONS

Call office to schedule  
\$7 per 30 minute lesson

### NEEDLEWORK

Fridays 1:00 P.M.

### TRIVIA

Thursdays 10:00 A.M.

### CARDS AND GAMES

*Canasta* Thur 12:00 P.M.  
*Cribbage* Wed/Fri 10:00 A.M.  
*Dominoes* Fri 1:00 P.M.  
*Mah-jongg* Tue/Fri 12:30 P.M.  
*Pitch* Mon 12:30 P.M.

### SUMMER THURSDAYS

**August 2nd** \$5 Bingo

**August 9th** Bingo

**August 16th** Bingo and Prizes

**Redstone will be here at 10:30 with  
information on Pulmonary Rehab and you  
will have the chance to spin their prize  
wheel** Sponsored by Redstone

**August 23rd** \$5 Bingo

**August 30th** Swing Fling at 1:00



# AUGUST SPECIAL NOTES



**HERBAL SUPPLEMENTS**  
**Wednesday, August 1st**  
**11:15**

Anna Gavel, a student at Western New England College of Pharmacy, will be here to discuss herbal supplements and how they interact with medications.

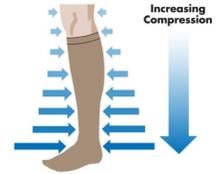


**CAPTION CALL**  
**Thursday, August 2nd**  
**10:00**

Caption Call will have a table set up in the auditorium with information on phones designed to help with hearing loss.



**BIG Y NUTRITION EVENT**  
**Thursday, August 9th 9:00**  
**Big Y in East Longmeadow**  
Join us at Big Y in East Longmeadow as Susan Mazrolle, MSRD, LDN, shows us how to have meals "Low in Sodium, High in Flavor." We will have healthy snacks and a chance to win a gold coin will be offered! Please call 525-5436 to sign up.



**LEG DAY**  
**Friday, August 10th**  
**11:00**

Join us as Kyle from Sigvaris returns to The Pleasant View Senior Center to inform us about more ways to have healthy legs and how compressions can be of aid.



**FLYING HIGH DOGS**  
**Sunday, August 26th**  
**6:00 pm at Center Field**

The East Longmeadow Recreation Department will be hosting a Flying High Dogs Show at the East Longmeadow Center Field. Come join the fun! There will be food and vendors.



**DIABETES PREVENTION AND MANAGEMENT**

**Friday, August 31st 11:00**  
Join us as The Food Bank of Western Massachusetts holds a presentation on preventing and managing diabetes. Come learn about diabetes. Reading food labels, managing blood sugar levels, counting carbohydrates and more.



**GOLF INSTRUCTION**

Bob Lake, PGA Pro, will offer a series of golf lessons for seniors at Fenway Golf in East Longmeadow. Lessons are Wednesdays from 11:00-12:00. The cost is \$89 for a six week session. Please call Bob directly at 413-330-1578  
*Session III September 5-October 10*



**NEW! TAI CHI FOR BEGINNERS**

Lissa will be starting a new Tai Chi for beginners class in September. Classes will be held on Thursday's at 9:30 beginning on September 6th. Please call Lissa at 525-5436 x1407 for more information or to sign up for the class.



**SAVE THE DATE**  
**2018 Household Hazardous Waste Collection Day**  
**Saturday, September 15th 9:00-12:00**  
(Residential Waste Only)

Location:  
Minnechaug Regional High School  
621 Main Street, Wilbraham  
Watch the papers for more information!

Be sure to stop by and see what trips we are offering this year! Sicily, Maine, Lancaster PA, Historic Hyde Park and More!

**Effective July 1, 2018**  
**ELCAT has a new**  
**Channel 193**

## ESSENTIAL SERVICES (525-5436)

**LEGAL CONSULTATION**

by appt. with  
Dave Carlson, Attorney  
Will resume in  
September

**LICENSE RENEWALS**

First-time online  
renewals only  
(ages 55-74)  
Will resume in  
September

**SHINE**

**COUNSELOR**  
Medicare Assistance  
by Appt. with Jackie  
August 9th and 16th

**VETERANS AGENT**

John Comerford  
413-267-4140  
Office hours  
Tue and Thur  
10:00 a.m. to 12:00 p.m.

# THANK YOU

Thank you to **The Reserve** for sponsoring our June's *Dinner at the View*. On June 27th over 90 seniors enjoyed an affordable night out with a delicious dinner prepared by **The Reserve**. We would also like to thank all of our volunteers who helped make this event so successful. We appreciate all you did to help this event run so smoothly!



We had so much fun being in the town's 4th of July Parade this year celebrating our 60th Anniversary!

Thank you to all who came out to the parade and thank you to those who have and continue to serve our great country.



## SPONSORS

**THE REAL ESTATE MARKET CENTER**

Never overpay to sell your home with my 3% and/or 4% Commission Plan!  
**www.3or4plan.com**

Michael Robie, Real Estate Broker 413-575-7236

**DAVID G. CARLSON**  
ATTORNEY AT LAW  
*Estate Planning • Wills & Trusts • Probate of Estates  
Elder Issues*

200 NORTH MAIN STREET • SUITE 6  
EAST LONGMEADOW, MA 01028  
Tel. (413) 525-1313 Fax (413) 525-7272

 **FARMINGTON BANK®**

Visit our East Longmeadow branch at 61 North Main St.

Toll-Free 877-376-BANK | farmingtonbankct.com Member FDIC. Equal Housing Lender

**HAMPDEN HEARING CENTER**

200 North Main Street • North Building • Suite 103  
East Longmeadow, MA 01028  
413-525-7979 www.hampdenhearing.com

**Wealth Preservation Group, Inc.**  
John G. Dee, *President*

 Find out how to spend your children's inheritance and have them love you for it!  
*Call for a free, no-obligation consultation today!*  
1-800-679-2771

**THE MASSACHUSETTS SENIOR LEGAL HELPLINE**  
*Are you 60+ and in need of legal help?*  
**(800) 342-5297**

The helpline is a project of the Volunteer Lawyers Project of Boston. They provide free legal information and referral services to Massachusetts residents who are 60 years old or older. The helpline is open Monday through Friday 9:00am - 12:00pm.

## Meal Calendar August 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>\$2.50 Lunch Donation is Appreciated</b></p> <p><b>Lunch Begins at Noon</b></p> <p><b>**Menu Subject to Change**</b></p>	<p><b>**Please reserve lunch 24 hours in advance by calling 525-5436**</b></p> <p><b>**1% Milk and whole grain bread or rolls served daily unless otherwise noted**</b></p>	<p><b>1</b> Chicken Breast with Butter and Mushroom Sauce</p> <p>Carrots and Cabbage</p> <p>Quinoa</p> <p>Peaches</p>	<p><b>2</b> Meatloaf with Gravy</p> <p>Mashed Potatoes</p> <p>Vegetable Medley</p> <p>Pears</p> <p>Chocolate Pudding</p>	<p><b>3</b> Breaded Pollack with Tartar Sauce</p> <p>Baked potato</p> <p>Cauliflower &amp; Steamed Baby Carrots</p> <p>Sliced Apples</p>
<p><b>6</b> Stuffed Shells with Meat Sauce</p> <p>Italian Vegetable</p> <p>Pineapple Chunks</p>	<p><b>7</b> Hearty Beef Stew With Potato, Peas and Carrots</p> <p>Romaine Lettuce with Tomato</p> <p>Apple Crisp</p>	<p><b>8</b> Salmon Filet with Artichoke Hearts and Spinach</p> <p>Rice Pilaf with Sautéed Cabbage</p> <p>Fruit Bar</p>	<p><b>9</b> Hungarian Chicken Breast</p> <p>Summer Squash and Red Peppers</p> <p>Egg Noodles</p> <p>Fruited Jell-O</p>	<p><b>10</b> Crustless quiche with Broccoli</p> <p>Fruit</p> <p>Vanilla pudding</p>
<p><b>13</b> Chicken Sausage Garlic Pasta Primavera</p> <p>Roasted Root Vegetables (carrots, potatoes and squash)</p> <p>Peaches</p>	<p><b>14</b> Stuffed Cabbage with Pork, Peppers, Quinoa and Marinara Sauce</p> <p>Artichokes</p> <p>Apple Sauce</p>	<p><b>15</b> Grilled Chicken Breast</p> <p>Scalloped Potatoes</p> <p>Wax Green Beans</p> <p>Mandarin Oranges</p>	<p><b>16</b> Roasted Turkey with Gravy</p> <p>Cranberry Sauce</p> <p>Butternut Squash</p> <p>Mashed Potatoes</p>	<p><b>17</b> Cold Plate Tuna Salad on a Roll</p> <p>Potato Salad</p> <p>Beet Salad</p> <p>Fresh cantaloupe</p>
<p><b>20</b> Roasted BBQ Pulled Pork on a Sandwich Roll</p> <p>Chuck Wagon Corn with Roasted Red Peppers and Onion</p> <p>Fresh Watermelon</p>	<p><b>21</b> Parmesan Chicken Breast w/Marinara Sauce and Ziti</p> <p>Italian Vegetables</p> <p>Garlic Bread</p> <p>Butterscotch Pudding</p>	<p><b>22</b> Fish &amp; Chips with Tartar Sauce</p> <p>Coleslaw</p> <p>Potato Wedges</p> <p>Pineapple</p>	<p><b>23</b> Shepherds Pie</p> <p>Mashed Potatoes</p> <p>Peas &amp; Carrots</p> <p>Cinnamon Apples</p>	<p><b>24</b> Macaroni &amp; Cheese with Chicken Sausage</p> <p>Stewed Tomatoes</p> <p>Green Beans</p> <p>Mixed Fruit</p>
<p><b>27</b> Roast Turkey Breast Sandwich with Gravy</p> <p>3-Bean and Tomato Salad</p> <p>Banana Pudding</p>	<p><b>28</b> Salisbury Steak with Gravy</p> <p>Egg Noodles</p> <p>Peas &amp; Mushrooms</p> <p>Mandarin Oranges</p>	<p><b>29</b> Eggplant Parmesan with Meat Sauce and Penne</p> <p>California Vegetables</p> <p>Pineapple Tidbits</p>	<p><b>30</b> Chicken Legs and Thighs with Button Mushrooms</p> <p>Brown Rice</p> <p>Zucchini, Squash and Red Peppers</p> <p>Dried Craisins</p>	<p><b>31</b> Cold Plate Ham and Egg Salad on a Hot Dog Roll</p> <p>Cucumber and Tomato Salad</p> <p>Peaches</p>

# Activities Calendar August 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>* By Appointment</p>	<p><b>1</b> <b>Facials*</b> 8:00 Rail Trail, Walkers 8:30 Exercise Class 9:00 Chair Exercise, 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 11:00 French 11:15 <b>Presentation on Herbal Supplements</b> 1:00 Chair Volleyball</p>	<p><b>2</b> 9:00 Bosu Class 10:00 Billiards Lesson, <b>Caption Call</b>, Trivia 10:45 Exercise Class 12:00 Canasta 12:30 \$5 Bingo</p>	<p><b>3</b> 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class, Cribbage 12:30 Mah-jongg 1:00 Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing</p>
<p><b>6</b> 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:45 Exercise Class 12:30 Pitch 12:45 Documentary 4:15 Zumba Toning</p>	<p><b>7</b> 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi 10:30 Tai Chi 12:30 Mah-jongg 12:45 Movie 5:00 <b>National Night Out at EL High School</b></p>	<p><b>8</b> 8:00 Rail Trail, Walkers 8:30 Exercise Class 9:00 Chair Exercise, 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 11:00 French 11:15 <b>Presentation on The New Real ID</b> 1:00 Chair Volleyball</p>	<p><b>9</b> <b>Manicures*, SHINE*</b> 9:00 Bosu Class, <b>Big Y Nutrition Event</b> 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 12:00 Canasta 12:30 Bingo</p>	<p><b>10</b> <b>SNAP Appointments*</b> 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class, Cribbage 11:00 <b>Healthy Legs Presentation</b> 12:30 Mah-jongg 1:00 <b>Compassion and Kindness</b>, Dominoes, Needlework 4:00 Line Dancing Class</p>
<p><b>13</b> <b>Massage Therapy*</b> 8:00 Walkers 8:30 Exercise Class 9:00 <b>MGW Meeting</b> 10:45 Exercise Class 12:30 Pitch 12:45 Documentary 4:15 Zumba Toning</p>	<p><b>14</b> <b>Pedicare*</b> 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi 10:30 Tai Chi 12:30 Mah-jongg 12:45 Movie</p>	<p><b>15</b> 8:00 Rail Trail, Walkers 8:30 Exercise Class 9:00 Chair Exercise, 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 11:00 French 1:00 Chair Volleyball</p>	<p><b>16</b> <b>SHINE*</b> 9:00 Bosu Class 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 11:00 <b>Eric Lesser Rep.</b> 12:00 Canasta 12:30 Bingo and Prizes</p>	<p><b>17</b> 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class, Cribbage 12:30 Mah-jongg 1:00 Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing Class</p>
<p><b>20</b> 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise, 10:45 Exercise Class 12:30 Pitch 12:45 Documentary 4:15 Zumba Toning</p>	<p><b>21</b> 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi 10:30 Tai Chi 12:30 Mah-jongg 12:45 Movie</p>	<p><b>22</b> <b>Hearing Screening*, Support Group</b> 8:00 Rail Trail, Walkers 8:30 Exercise Class 9:00 Chair Exercise, 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 11:00 French 1:00 Chair Volleyball</p>	<p><b>23</b> <b>Manicures*</b> 9:00 Bosu Class 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 11:00 <b>Brian Ashe Rep.</b> 12:00 Canasta 12:30 \$5 Bingo</p>	<p><b>24</b> 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class, Cribbage 12:30 Mah-jongg 1:00 Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing Class</p>
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## SWAP PROGRAM

### The Town of East Longmeadow is accepting applications for positions under the Senior Tax Work-Off Abatement Program

The Town of East Longmeadow is currently accepting applications for 20 positions under the Senior Work-Off Abatement Program (SWAP) for abatement on the fiscal year 2020 (July 1, 2019 to June 30, 2020) property tax bill. Basic requirements are: taxpayers must be 60 years of age prior to January 1, 2019, must be an assessed owner of property in East Longmeadow, and must have owned and occupied a home in East Longmeadow for at least five years.

The compensation will be calculated at the state minimum wage of \$11 per hour, and the maximum allowable abatement is \$1,375 per property. As a result, seniors will need to work 125 hours (as voted at the May 2015 Annual Town Meeting) to receive the full abatement of \$1,375 (less federal income tax and Medicare deductions). Seniors will complete the hours from January 1, 2019 to November 30, 2019.

Positions being offered this year include: clerical, data entry, gardening, and general maintenance. Seniors have an opportunity to lower their property tax bill, and taxpayers are benefiting from the superior talent and work experience seniors bring to the job at a very low cost to the town.

Interested senior residents can pick up applications and information packets at the Senior Center at 328 North Main Street or print it at home from our website by following: [www.eastlongmeadowma.gov](http://www.eastlongmeadowma.gov). Applications should be submitted to the Senior Center, Attention: Alicia Smith, COA Volunteer Coordinator, no later than October 1, 2018.

## TROLLEY



The Tri-Town Trolley is available Mon. thru Fri. 9:00 A.M. – 3:00 P.M. for East Longmeadow, Longmeadow, and Hampden Seniors. Cost is \$1 each way for in-town transportation and \$2 each way for out-of-town transportation.

Every Tuesday an additional van is run for shopping. Coverage is for grocery, banking, and other store shopping in East Longmeadow or to Allen & Cooley Street in Springfield.

**\*\* All shuttle transportation is**

**\$1 each way for in town transportation and \$2 each way for out-of-town transportation\*\***

48-72 hour notification is required for booking any transportation. ***For medical appointments we recommend calling as soon as you schedule your appointment.*** Please call 525-5412.

## COA LIAISONS

### Police Department



Daniel Atwater  
413-525-5440

### Fire Department/Fire and Life Safety



Chris Beecher  
413-525-5430

## PLEASANT VIEW STAFF AND CONTACTS

**Carolyn Brennan**  
*Executive Director*

**Alicia Smith**  
*Program And Volunteer  
Coordinator  
Ext. 1406*

**Terry Glusko**  
*Transportation  
Coordinator  
Ext. 1410*

**Grace Busto**  
*Chef*

**Lissa Fontaine, R.N.**  
*Health Educator  
Ext. 1407*

**Sharon Giordano**  
*Bookkeeper  
Ext. 1405*

**Barbara Fenney**  
*Dispatcher  
Ext. 1410*

**Margit Daley**  
*Kitchen Assistant,  
Dishwasher*

**Danell Tavella**  
*Community Services  
Ext. 1402*

**Meralee Kratovil**  
*Office Manager  
Ext. 1404*

**Leah Weaver**  
*Administrative Assistant  
Ext. 1404*

**Sandy Bell**  
*Meal Site  
Coordinator*

**MON - FRI: 8:00 a.m. – 4:00 p.m. | 413-525-5436**

