



MARCH 2019

News From the View

Pleasant View Senior Center-The Center of it All

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



MARCH HIGHLIGHTS

MUSIC IN OUR SCHOOLS MONTH

Enjoy two nights of music performed by the students of Birchland Park Middle School and East Longmeadow High School.

Where: East Longmeadow High School

When: 3/20 Instrumental
3/27 Chorus & Strings

\$5 per person ~ Begins at 7:00

MEDICARE FOR ALL

Thursday, March 14th at 6:00 pm

Representative Brian Ashe would like to invite you to learn of the proposed legislation that would change our current health care system to a comprehensive, single-payer health care system. You will have the opportunity to watch an informative video about the new system as well as hear from a doctor and a panel of individuals versed in the **Medicare for All Movement.**

SPRING CLEANING

March 25th—29th

It's time for Spring Cleaning! Those who stop by or call our office to make sure their information is up to date will be entered into a raffle.

Raffle Sponsored by Comfort Keepers

Be sure to stop by and see what trips we are offering!

FEBRUARY IN REVIEW



695 Volunteer Hours



897 Meals Delivered



515 Lunches Served



72 Food Pantry Visits

RESOURCES REPORT

CROW RIVER FARM-FARMSHARE PROGRAM

INFORMATION SESSION

Wednesday, March 6th at 11:00

Crow River Farm and the East Longmeadow Council on Aging have teamed up to bring local SNAP/HIP recipients a "Farm Share Program". Participants will pick up a bag of fresh vegetables at the EL Senior Center during this 10 week summer program. We encourage SNAP/HIP recipients to attend and learn how they can use their benefit to pay for their share. Kerisa Fitzgerald of Crow River Farm will be here to provide information on how the program works. Shares are limited, interested individuals should contact the East Longmeadow Senior Center for further information.

EMERGENCY FORMS

The Council on Aging is updating the Emergency Preparedness Form. This form is used to help us assist older adults in East Longmeadow in the event of an extended power outage or natural disaster. **If you live in East Longmeadow and would like to be on our Emergency Contact List, please fill out the enclosed form and drop it off at the senior center or mail form to:**
East Longmeadow Council on Aging, 328 North Main Street, East Longmeadow MA, 01028

EXERCISE

BOSU CLASS with Lissa

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

Thur 8:30 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

with Shay

First Congregational Church

Tue 9:00 A.M.

TAI CHI HEALTH with Lissa

Tue 9:30 A.M.

Tue 10:30 A.M.

Wed 10:00 A.M.

Thur 9:30 A.M.

Sponsored by CareOne at Redstone

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

BLOOD PRESSURE CLINIC

Free Screening by
Comfort Plus Caregivers
March 14th 9:00

FOOTCARE/PEDICARE

by appointment 525-5436
Cost is \$29, Home Visit \$50
March 12th

HEARING SCREENING

Free Screening by
Baystate Hearing Center
Call 525-5436 for Appt.
March 20th

MANICURES

by appointment 413-335-7422
Cathy Rasid, LM
March 7th and 21st

MASSAGE THERAPY

by appointment
Christina Conti, LMT
413-348-8370
March 11th and 25th

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. For more information please call Lissa at 525-5436 ext. 1407. ***The March meeting will be held on the 20th.***

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

**Documentaries
will
resume
in April**



Becoming Jane
March 5th
2 hours
2007 PG-13

HAIRSPRAY



Hairspray
March 12th
1 hr 56 mins
2007 PG



Solo: A Star Wars Story
March 19th
2 hrs 14 mins
2018 PG-13



I Don't Know How She Does It
March 26th
1 hr 29 mins
2011 PG-13

ESSENTIAL SERVICES (525-5436)

LEGAL CONSULTATION

by appt. with
Dave Carlson, Attorney
March 19th

LICENSE RENEWALS

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

SHINE

COUNSELOR

Medicare Assistance
by Appt. with Karen
March 4th, 11th,
18th, 21st & 25th

VETERANS AGENT

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

RECREATION



ART CLASS

Fridays 10:00 A.M. \$15

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—Fall)
Wednesdays 10:00

BOOK CLUB

March 26th

A Gentleman In Moscow

By Amor Towles

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

March 8th 1:00 P.M.

COMPUTER CLASS

Wednesdays 1:00 P.M.

FRENCH CLUB

Wednesdays 11:00 A.M.

JEWELRY CLASS

March 4th 9:30

\$3 + materials

KNITTING CLASS

Thursdays 1:00 P.M. \$5

LINE DANCING

Fridays 4:00 P.M. \$3

MORNING GLORY

WALKERS

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



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.

FRIENDSHIP CLUB

March 7th \$5 Bingo

March 14th Lemon Pie Sale
and Bingo

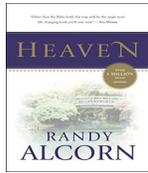
*Lemon Pies are sponsored by
CareOne at Redstone*

March 21st \$5 Bingo

March 28th Entertainment by
Willie Nininger



MARCH SPECIAL NOTES



"HEAVEN" BOOK STUDY

Fridays at 10:45

Learn about Heaven and what the Bible has to say about it. The Co-Leaders for this group have asked that those who would like to join this study purchase their own copy of the book "Heaven" by Randy Alcorn. Please call us at 525-5436 if interested in joining the book study.



BROWN BAG EVENT

Monday, March 11th 2:30-4:00

Bring in your medications and discuss those medications and their interactions with each other with pharmacy students from Western New England University's College of Pharmacy



HEALTHY LIVING FOR YOUR BRAIN AND BODY

Wednesday, March 20th at 11:15

Make your own yogurt parfaits and join in on a discussion of how to create a lifestyle that brings health to your brain and body.

Presented by The Alzheimer's Association and CareOne at Redstone



TRAVEL SERIES

Monday, March 11th, 18th & 25th at 2:00



Join Amy Dane as she brings us on a journey to places she has visited including Florence, Italy, and the British Landscapes. We will hear the music of different lands and see pictures of beautiful ruins. You will also get to enjoy the tastes of the country!

Please sign up in advance by calling 525-5436, walk ins are welcome.

This event series is sponsored by CareOne at Redstone.

March 11th: Whirlwind Through the Heart of Italy **March 18th:** All Over New England **March 25th:** Norway: More Than Vikings and Fjords



BETTER BREATHER'S MONTHLY SUPPORT GROUP

Monday, March 4th at 2:00

Designed to educate and support individuals in the community who experience respiratory and pulmonary disease.

Meetings will be held at The Pleasant View Senior Center the first Monday of every month at 2:00, refreshments will be served.

Please RSVP by calling 413-224-3290

Sponsored by CareOne at Redstone



SIMPLE TECH SERVICES

Wednesday, March 13th at 11:15

Come learn the basics of using a cell phone, making calls, sending texts, taking photos and more!



Wednesday, March 27th at 5:00

Provided by Fazio's Ristorante

Tickets for March's dinner may be purchased in the office at the Senior Center beginning on March 7th.

Tickets are \$5 per person

Seating is limited

Due to the popularity of this event each person can purchase up to 2 tickets.

We look forward to a fun evening!

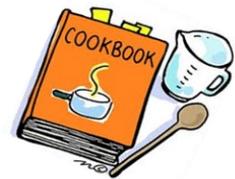


NUTRITION DAY

Thursday, March 7th

11:00-12:00

Big Y and The Food Bank of Western Mass will have tables set up here at Pleasant View. Stop by and taste some foods that not only are delicious, but nutritious as well!



COOKING DEMO DAY

Monday, March 18th at 11:00

Come see a cooking demonstration and enjoy a tasting of healthy snacks and fun recipes!

Brought to you by the Food Bank of Western Mass.



JUDICIAL PRESENTATION

Wednesday, March 27th

at 12:45

Come hear from **Hon. Michael K. Callan** about the importance of an impartial and independent judiciary governed by the Rule of Law.



SPRING CLEANING IN

YOUR HOME

Wednesday, March 27th at 11:15

Learn fun and creative ways to clean and organize your home.

Presented by Comfort Keepers

RESOURCE REPORT

MONTHLY ONSITE HOUSING OFFICE HOURS



Each month Danell Tavella, Director of Community Services, will be holding office hours in the Community Room of the housing developments. She will be available to answer questions regarding assistance programs.

Inward Commons: Tuesday, March 5th at 2:00 PM

Quarry Hill: Monday, March 11th at 1:30 PM

Village Green: Date to be determined

OPTIONS COUNSELING

What is it? Options counseling is a free service that assists people in making informed decisions about nursing home placement, living at home or living at other community settings with services.

Who Qualifies? People age 60 or older, people of any age who have any type of disability and caregivers qualify.

An Elder Care Advisor will work with you to help develop a long term plan, explore financial resources, make recommendations and more.

**To connect with an Elder Care Advisor contact
Greater Springfield Senior Services (GSSI) at 413-781-8800.**



REAL ESTATE TAX

SENIOR EXEMPTION APPLICANTS

Exemption Applications for fiscal year 2019 are being accepted in the Assessor's office. **Eligibility:** 70 years or older, surviving spouse or minor child of a deceased parent. The applications are available for you to pick up at the Town Hall or by appointment with Danell Tavella. *If you have any questions or need assistance, please contact Danell Tavella at 525-5436 ext. 1402*



EAST LONGMEADOW VETERANS MEMORIAL FUNDRAISER DANCE

Elks Lodge #61 440 Tiffany Street, Springfield

FRIDAY, APRIL 5, 2019 6pm-11pm

Bring Your Own Snacks ~ Cash Bar Only Raffles and 50/50 Drawing

6:00-8:30 Dave Colucci (Golden Oldies and Classics) & Lisa Carter (Tribute to Cher)

9:00-10:00 "A-Ray Of Elvis" (Ray Guillemette Jr.)

Your contributions will help with the construction of **The Veterans Memorial** located at 328 North Main Street

\$10 Per Person (Cash Only Non-Refundable)

Tickets on sale at The Pleasant View Senior Center

Space is Limited - Only 280 Tickets are available for this event



SPONSORS

	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 <i>Estate Planning • Wills & Trusts • Probate of Estates Elder Issues</i> 200 NORTH MAIN STREET • SUITE 6 EAST LONGMEADOW, MA 01028 Tel. (413) 525-1313 Fax (413) 525-7272

Notary Public services are now available at

The Pleasant View Senior Center.

Please call Danell Tavella at

525-5436 ext. 1402



SKILLED NURSING AGENCY	
 ComfortPlus CAREGIVERS <i>...exceptional care right at home</i> 413-224-2615	Providing in-home skilled nursing, personal care, and companion care
ComfortPlusCaregivers.com • Medicare & Private Pay Accepted	

Meal Calendar March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>**1% Milk and whole grain bread or rolls served daily, unless otherwise noted**</p> <p>\$3.00 Lunch Donation is Appreciated</p>	<p>Lunch Begins at Noon</p> <p><i>*Please reserve lunch 24 hours In advance by calling 525-5436</i></p> <p>**Menu Subject to Change**</p>		<p>1 Baked Pollock</p> <p>Spaghetti in White Mushroom Sauce</p> <p>Carrots and Green Beans</p> <p>Corn and Peas</p> <p>Chocolate Pudding</p>	
<p>4</p> <p>Vegetable Lasagna with Meat Sauce</p> <p>Green Beans and Red Peppers</p> <p>Cauliflower and Broccoli</p> <p>Pears</p>	<p>5</p> <p>Pork Sausage</p> <p>Cabbage</p> <p>Carrots</p> <p>Cous Cous</p> <p>Apple Sauce</p>	<p>6</p> <p>Roast Turkey Breast</p> <p>Broccoli and Carrots</p> <p>Peppers and Mushrooms</p> <p>Mandarin Oranges</p>	<p>7</p> <p>Grilled Chicken Breast</p> <p>Caramelized Onions and Red Peppers</p> <p>Green Beans and Carrots</p> <p>Toasted Garlic Bread</p> <p>Fruited Jell-O</p>	<p>8</p> <p>Tuna Noodle Casserole</p> <p>Peas</p> <p>Carrots</p> <p>Mandarin Oranges</p>
<p>11</p> <p>Creamy Pesto Chicken Breast</p> <p>Sweet Roasted Red Peppers</p> <p>Roasted Bliss Potatoes</p> <p>Mixed Fruit</p>	<p>12</p> <p>Stuffed Shells with Meat Sauce</p> <p>Chuck Wagon Corn</p> <p>Green & Red Peppers</p> <p>Mandarin Oranges</p>	<p>13</p> <p>Honey Garlic Chicken Leg</p> <p>Quinoa</p> <p>Spinach</p> <p>Artichokes</p> <p>Peaches</p>	<p>14</p> <p>Corned Beef</p> <p>Cabbage </p> <p>Tomatoes</p> <p>Pumpkin Spice Bread Pudding</p>	<p>15</p> <p>Baked un-breaded Pollock</p> <p>Green Beans</p> <p>Red Peppers</p> <p>Rice Pilaf</p> <p>Pineapple</p>
<p>18</p> <p>Spaghetti and Chicken Meatballs</p> <p>Broccoli and Cauliflower</p> <p>Carrots</p> <p>Apricots</p>	<p>19</p> <p>Greek Lemon Chicken Breasts</p> <p>Spaghetti</p> <p>Green Beans</p> <p>Carrots</p> <p>Strawberry Fruit Cup</p>	<p>20</p> <p>Beef Goulash</p> <p>Egg noodles</p> <p>Roasted Garlic Brussel sprouts</p> <p>Carrots</p> <p>Apple Sauce</p>	<p>21</p> <p>Honey Soy Chicken Breast</p> <p>Rice</p> <p>Peas</p> <p>Carrots</p> <p>Pineapple</p>	<p>22</p> <p>Fish and Chips</p> <p>Seasoned Fries</p> <p>Coleslaw</p> <p>Carrots</p> <p>Fresh Fruit (oranges)</p>
<p>25</p> <p>Teriyaki Glazed Chicken Leg</p> <p>Brown Butter and Sage Potatoes</p> <p>Broccoli, Mushroom, Green Beans, Carrots, Cauliflower & Peppers</p> <p>Vanilla Pudding and Sliced Apples</p>	<p>26</p> <p>Pork Ribs with Gorgonzola Cream Sauce</p> <p>Winter Squash</p> <p>Peppers</p> <p>Jell-O</p>	<p>27</p> <p>Balsamic Chicken Breast</p> <p>Roasted Peppers, Onions, Broccoli and Carrots</p> <p>Mashed Cauliflower and Potatoes</p> <p>Chocolate Pudding</p>	<p>28</p> <p>Shepard's Pie (with Corn and Mashed Potatoes)</p> <p>Peas</p> <p>Carrots</p> <p>Apricots</p>	<p>29</p> <p>Un-breaded Pollock En Papillote</p> <p>Zucchini</p> <p>Carrots</p> <p>Peaches</p>

Activities Calendar March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>* By Appointment</p> <p>To make an appointment or to sign up for a program at The Pleasant View Senior Center please call 413-525-5436</p>				<p>1 AARP Taxes* 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class, Book Study, Cribbage 10:45 "Heaven" Study 12:30 Mah-jongg 1:00 Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing</p>
<p>4 SHINE* 8:00 Walkers 8:30 Exercise Class 9:00 Blood Pressure Clinic, Chair Exercise 9:30 Jewelry Class 10:45 Exercise Class 12:30 Pitch, Pool League 2:00 Better Breather's Support Group* 4:15 Zumba Toning</p>	<p>5 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>6 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 11:00 Farmshare Presentation, French 1:00 Chair Volleyball, Computer Class</p>	<p>7 Manicures* 8:30 Bosu Class 9:30 Tai Chi 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 11:00 Nutrition Day 12:00 Canasta 12:30 \$5 Bingo 1:00 Knitting</p>	<p>8 AARP Taxes* 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class, Book Study, Cribbage 10:45 "Heaven" Study 12:30 Mah-jongg 1:00 Compassion and Kindness, Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing</p>
<p>11 Massage Therapy*, SHINE* 8:00 MGW Meeting 8:30 Exercise Class 9:00 Chair Exercise 10:45 Exercise Class 12:30 Pitch, Pool League 2:00 Travel Series 2:30 Brown Bag Event 4:15 Zumba Toning</p>	<p>12 Pedicare* 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>13 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 11:00 French 11:15 Simple Tech Services 1:00 Chair Volleyball, Computer Class</p>	<p>14 8:30 Bosu Class 9:00 Blood Pressure Clinic 9:30 Tai Chi 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 12:00 Canasta 12:30 Bingo & Pie Sale 1:00 Knitting 6:00 Medicare For All</p>	<p>15 AARP Taxes* 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class, Book Study, Cribbage 10:45 "Heaven" Study 12:30 Mah-jongg 1:00 Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing Class</p>
<p>18 SHINE* 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:45 Exercise Class 11:00 Cooking Demo 12:30 Pitch, Pool League 2:00 Travel Series 4:15 Zumba Toning</p>	<p>19 Legal Consultations 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>20 Hearing Screening*, Support Group 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 11:00 French 11:15 Healthy Living for The Brain & Body 1:00 Chair Volleyball, Computer Class</p>	<p>21 Manicures*, SHINE* 8:30 Bosu Class 9:30 Tai Chi 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 11:00 Eric Lesser Rep. 12:00 Canasta 12:30 \$5 Bingo 1:00 Knitting</p>	<p>22 AARP Taxes* 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class, Book Study, Cribbage 10:45 "Heaven" Study 12:30 Mah-jongg 1:00 Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing Class</p>
<p>25 Massage Therapy*, SHINE* 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:45 Exercise Class 12:30 Pitch, Pool League 2:00 Travel Series 4:15 Zumba Toning</p>	<p>26 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi 10:30 Book Club, Tai Chi 12:30 Mah-jongg 12:45 Movie</p>	<p>27 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 11:00 French 11:15 Spring Cleaning 12:45 Judicial Presentation 1:00 Chair Volleyball, Computer Class 5:00 Dinner</p>	<p>28 8:30 Bosu Class 9:30 Tai Chi 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 11:00 Brian Ashe Rep. 12:00 Canasta 12:30 Entertainment 1:00 Knitting</p>	

DONATIONS

OPEN PANTRY

This month we are looking for:

Crackers, Cereal, Tuna Fish, Canned Chili and Beef Stew, Snack Items and Toiletries.

Please check the expiration dates, we can only accept donations of food that have not expired!
Thank you everyone for your continued support and generous donations!

INCLEMENT WEATHER POLICY

When East Longmeadow Public Schools are closed due to weather, there will be no congregate meals served or Meals on Wheels delivered. The Senior Center remains open for phone calls and emergencies unless the Town Hall closes. Weather updates can be viewed on WGGB Channel 40 and WWLP Channel 22. When there is a two hour delay, please call the Senior Center to inquire about lunch and Meals on Wheels.

MEMORIAL DONATIONS

A special thank you to Mark and Judy Bailey for their donation in memory of Pat Pszczola.



TROLLEY



The Tri-Town Trolley is available Monday thru Friday from 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.

48-72 hour notification is required for booking any transportation. When booking appointments please have the complete address and phone number of your destination.

****For medical appointments we recommend calling as soon as you schedule your appointment****

To schedule a ride 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
Accounting Administrative
Assistant
Ext. 1405

Barbara Fenney
Dispatcher
Ext. 1410

Margit Daley
Kitchen Assistant,
Dishwasher

Danell Tavella
Community Services
Ext. 1402

Meralee Kratovil Administrative Assistant
Office Manager
Ext. 1404

Leah Weaver

Sandy Bell
Meal Site
Coordinator



MON - FRI: 8:00 a.m. – 4:00 p.m. | 413-525-5436 www.facebook.com/elseniors