



# 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



### JULY HIGHLIGHTS

#### NEW MONTHLY VIDEO SERIES

**Monday, July 15th at 12:45**

Join us as we begin a monthly video series hosted by Jane Seymour. **This month's topic is "The Emotions of Aging"**. The monthly video series and raffle prizes are sponsored by Right At Home Homecare. *\*Jane Seymour will not be here in person.*



#### VETERANS BREAKFAST

**Tuesday, July 2nd at 9:00**

Veterans are welcome to join us for a **FREE** breakfast sponsored by TD Bank. Breakfast provided by Coughlin's Place. Must sign up by July 1st by calling 413-525-5436.



#### BEREAVEMENT SUPPORT GROUP

If you believe there is a need for a bereavement support group here at the center please contact our Program Coordinator, Alicia Smith at 413-525-5436 ext. 1406 to discuss possible support groups here at Pleasant View.



### JUNE IN REVIEW



**744 Volunteer Hours**



**906 Meals Delivered**



**390 Lunches Served**



**69 Food Pantry Visits**

### RESOURCE REPORT

#### SUMMER FARMSHARE PICKUP

For individuals that have already signed up for the summer farmshare program through Crow River Farm, **pick up will start on Wednesday, July 10th from 1:00-3:00 pm at The Pleasant View Senior Center.** Shares will be pre-bagged for you and ready to go. The program will run for 10 weeks.

#### 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, Director of Community Services, COA** 413-525-5436 X1402  
**Officer Dan Atwater, East Longmeadow Police Department** 413-525-5440  
**OR, Elder Abuse Hotline** 1-800-922-2275 (7days/wk , 24/hrs a day)

#### HOUSING REHABILITATION

#### ASSISTANCE PROGRAM LUNCH AND LEARN

**Thursday, July 11th at 12:00**  
 The Pioneer Valley Planning Commission will be here to inform East Longmeadow residents what assistance is available for your home improvements. They will remain after the program to answer questions.

## EXERCISE

### BOSU CLASS with Lissa

**\*\*Please check with Lissa before your first class**

Tue 8:30 A.M.

Thur 8:30 A.M.

Card Needed



### CHAIR EXERCISE

Mon/Wed 9:00 A.M.

Fri 8:45 A.M.

No Charge

### EXERCISE CLASS with Lissa

M/W/F 8:30 A.M.

Mon/Thur 10:45 A.M.

Card Needed



### CHAIR YOGA

with Marianne

Fri 2:00 P.M.

\$5 /Class

### 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.

**New Beginners Tai Chi Fri 9:45**

**\*\* Must sign up in advance \*\***

**Sponsored by CareOne at Redstone**

### TAI CHI

**with Shay**

*First Congregational Church*

Tue 9:00 A.M.

### ZUMBA GOLD & TONING

with Kelly Phillips

Mon 4:15 P.M.

\$5/Class

### LINE DANCING CLASS

with Debbie Tracy

Fri 4:00 P.M.

\$3/Class

#### 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.** Class Cards may be purchased at the office. Cards will be stamped after attending a 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**

## 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  
July 11th 9:00

#### FOOTCARE/PEDICARE

by appointment 525-5436  
Cost is \$29, Home Visit \$50  
July 9th

#### HEARING SCREENING

Free Screening by  
Baystate Hearing Center  
by appointment 525-5436  
July 17th

#### MANICURES

by appointment 413-335-7422  
Cathy Rasid, LM  
July 11th and 25th

#### MASSAGE THERAPY

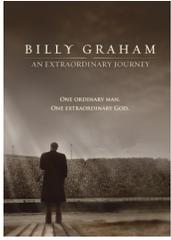
by appointment  
Christina Conti, LMT  
413-348-8370  
July 8th and 22nd

#### 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 July meeting will be held on the 17th.***

# PLEASANT VIEW CINEMA TUESDAYS at 12:45 P.M.



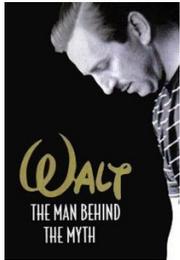
**July 2nd Billy Graham:  
An Extraordinary Journey**  
1 hr 5mins 2018 TV-PG

This documentary recounts the life story of evangelist preacher Billy Graham featuring interviews with family members and former presidents.



**July 9th  
Music and Lyrics**  
1 hr 44 mins 2007 PG-13

When a has-been pop star struggles to write a song that could launch his comeback, it takes a quirky woman with a gift for lyrics to get him on track. Starring Hugh Grant, Drew Barrymore and Brad Garrett.



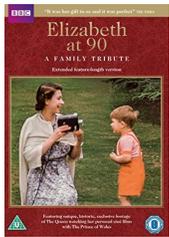
**July 16th Walt:  
The Man Behind the Myth**  
1 hr 28 mins 2016 TV-G

Through exclusive footage and interviews with friends and family, this documentary traces the complicated life of legendary animator Walt Disney.



**July 23rd  
Good Sam**  
1 hr 30 mins 2019 TV-PG

A curious reporter finds love while pursuing the story of a mysterious figure who is leaving bags of cash from strangers around New York City. Starring Toya Sircar, Chad Connell and Marco Grazzini



**July 30th  
Elizabeth at 90: A Family Tribute**  
1 hr 29 mins 2016 TV-G

This documentary shows a blend of the royal family's intimate recollections and rarely seen home movies which pays tribute to Queen Elizabeth II on the eve of her 90th birthday.

*\*All movies include a 15 minute break with refreshments unless otherwise noted. \*Movies are liable to change based on availability.*



## 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

Will resume in September

### BREAKFAST CLUB

Tuesdays 8:00 A.M.—10:00 A.M.



### CHAIR VOLLEYBALL

Wednesdays 1:00 P.M.

### COMPASSION AND KINDNESS

July 12th at 1:00 P.M.

### COMPUTER CLASS

Will resume in the fall

### FRENCH GROUP

\*All conversation is in French

Wednesdays at 11:00 A.M.

### HEAVEN BOOK STUDY

Fridays at 10:45 A.M.

### JEWELRY CLASS

Will resume in October

### KNITTING CLASS

Will resume in the fall

### 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.



### SUMMER THURSDAYS

July 11th \$5 Bingo

July 18th Game Day

July 25th Bingo



# JULY SPECIAL NOTES

## 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.



**Village Green:** July 1st from 12:00 - 1:00  
**Inward Commons:** July 2nd from 2:00 - 3:00  
**Quarry Hill:** July 8th from 1:30 - 2:30



## EDUCATION AGAINST SENIOR EXPLOITATION

**Wednesday, July 10th at 11:15**

Hampden District Attorney, Anthony Gulluni will be here to educate us on how to be aware of and how to avoid senior exploitation.



## NATIONAL CHRIST CHILD SOCIETY INFO TABLE

**Thursday, July 11th from 10:30-12:00**

Learn how you can be involved in this non-profit dedicated to making a difference in the lives of children in need through personal service and basic needs support.



## INCREASE ENDURANCE AND BALANCE

**Wednesday, July 24th at 12:00**

Join Home Helpers of Enfield, Louis and Clark and Rehab Resolutions as they give us some tips on how to increase our endurance and balance. Dessert will be provided by Home Helpers of Enfield.

## REGISTER OF DEEDS INFORMATION SESSION

**Monday, July 29th at 12:45**

Cheryl Coakley-Rivera, Hampden Register of Deeds, will be at the center to talk about the Massachusetts Homestead Act and to give information on a new Consumer Notification Program her office is offering. She will also offer free Deed copies to those in attendance.

## **East Longmeadow Veterans Memorial Committee Fundraiser**

Friday, July 26, 2019 6:00-10:00 pm (Gate opens at 5:30)

Springfield Lodge of Elks (AT THE PAVILLION)

440 Tiffany Street, Springfield, MA

FEATURING

**STEEL-N-EASY Old & New Country Band**

\*Hamburgers\* Cheeseburgers\* Hot Dogs\* French Fries\*

**Tickets \$15.00 each Non -Refundable**



Cash Bar  
No Coolers

Tickets will be sold by Committee Members or At The Pleasant View Senior Center 328 North Main Street, East Longmeadow, MA

\*Seating is available however lawn chairs are encouraged\*



## BETTER BREATHER'S MONTHLY SUPPORT GROUP

Designed to educate and support individuals in the community who experience respiratory and pulmonary disease. Sponsored by CareOne at Redstone.

**Will resume on September 9th, meeting the first Monday of the month.**

# ESSENTIAL SERVICES (525-5436)

## **LEGAL CONSULATION**

by appt. with

Dave Carlson, Attorney

Will resume in September

## **SHINE**

## **COUNSELOR**

Medicare Assistance

by Appt. with Karen

July 1st, 8th, 15th, 18th, 22nd and 29th



## **VETERANS AGENT**

John Comerford

413-267-4140

Office hours : Tue and Thur

10:00 a.m. to 12:00 p.m.

## RESOURCE REPORT

### ***Are you interested in information on how to eat healthier?***



### **THE HEALTHY INCENTIVE PROGRAM (HIP)**

You may be eligible to receive personalized, private, in-home nutrition counseling with a Registered Dietitian at no cost to you. Greater Springfield Senior Services Inc. (GSSSI) has just received authorization to provide this important service: which is available to those who:

- Are you 65 years and older with Diabetes or Renal Disease (not on dialysis)
- Are enrolled in Medicare Part B, Supplemental Medigap (can not be a Medicare Advantage Plan) or Senior Whole Health Senior Care Options.

***For more information contact GSSSI Information and Referral Department at 413-781-8800.***

**The Healthy Incentive Program (HIP) for SNAP recipients is once again available.** You will be able to use your benefits beginning on May 28th. Please remember you must keep at least \$10 in your EBT account so that the vendor can access money for your purchase.

***The East Longmeadow Housing Authority is accepting applications for McLaren House subsidized congregate housing located at 82 Quarry Hill Road in East Longmeadow.*** Congregate Housing is a shared living environment for individuals with physical limitations not requiring 24-hour supervision or medical care. It is ideal for people who no longer feel comfortable living alone but who still wish to be independent and have privacy. ***For more information or to arrange a tour, contact the Greater Springfield Senior Services Congregate Housing Coordinator at 413-781-8800 ext. 182.***

### ***The Town of East Longmeadow will be accepting applications for the Senior Work-Off Abatement Program (SWAP) for abatement on the property tax bill for the fiscal year of 2021 ( July 1, 2020 - June 30, 2021 ) \* Applications available July 1st***

***Taxpayers must be 60 years of age prior to January 1, 2020, 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 \$12.75 per hour, and the maximum allowable abatement is \$1,593.75 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 \$1,593.75 (less federal income tax and Medicare deductions). Seniors will complete the hours from January 1, 2020 to November 30, 2020. 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, 2019.***

## SPONSORS

	Never overpay to sell your home with my 3% and/or 4% Commission Plan! <b><a href="http://www.3or4plan.com">www.3or4plan.com</a></b>
Michael Robie, Real Estate Broker	413-575-7236

<b>DAVID G. CARLSON</b> ATTORNEY AT LAW <i>Estate Planning • Wills &amp; 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 to make an appointment.



# Meal Calendar July 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Chicken Parmesan Meatballs over Spaghetti  Green Beans and Carrots  Pineapple	<b>2</b> Thai Pork Tenderloin  Braised Cabbage  Carrots  Vanilla Pudding	<b>3</b> Beef Burgundy Stew  Mushrooms and Carrots  Peaches	<b>4</b> <b>CENTER CLOSED</b>  	<b>5</b> Macaroni with Ham  Cauliflower  Mixed Fruit
<b>8</b> Liver and Onions  Steakhouse Mashed Potatoes  Roasted Corn  Apple Sauce	<b>9</b> Ravioli with Rosemary Butter and Mushrooms  Artichokes  Spinach  Fresh Oranges	<b>10</b> Chicken Breast and Cauliflower Curry  Rice Pilaf  Carrots and Green Beans  Apricots	<b>11</b> Baked Potato Crusted Pollock and Fries  Cabbage and Carrots  Mixed Fruit	<b>12</b> Asian Chicken and Vegetable Wonton Soup  Caesar Salad  Tomatoes and Cucumbers  Peaches
<b>15</b> Open Face Steak and Onion Sandwich  Green Beans  Pears	<b>16</b> Crustless Quiche  Spinach and Artichokes  Pineapple	<b>17</b> Ground Beef and Chickpea Casserole  Broccoli  Fresh Apples	<b>18</b> Grilled Chicken Breast Caprese with Tomato and Mozzarella  Peas and Carrots  Strawberry Fruit Cup	<b>19</b> Baked Un-Breaded Fish with Fennel, Red Onion and Oregano  Rile Pilaf  Peas  Mixed Fruit
<b>22</b> Chicken Salad  Three Bean Salad  Chick Peas  Fresh Oranges	<b>23</b> Chunky Roasted Turkey Breast  Potatoes  Steamed Carrots  Peaches	<b>24</b> Chicken Tetrizzini Strips Over Spaghetti  Peas  Pears	<b>25</b> Fish Francaise  Quinoa  Green Beans  Apple Sauce	<b>26</b> Roasted Garlic and Herb Chicken Breast  French Onion Mashed Potatoes  Carrots and Green Beans  Fruited Jell-O
<b>29</b> Grilled Chicken Breast Burgundy  Button Mushrooms  Celery and Carrots  Fresh Oranges	<b>30</b> Low Sodium Chicken Hot Dog on a Roll  Sauerkraut  Baked Beans  Fresh Watermelon	<b>31</b> Meatloaf Sandwich  Three Bean Salad  Seasoned Fries  Mandarin Oranges	<b>Lunch Begins at Noon</b>  <i><b>*Please reserve lunch 24 hours In advance by calling 525-5436</b></i>  <b>**Menu Subject to Change**</b>	<b>**1% Milk and whole grain bread or rolls served daily, unless otherwise noted**</b>  <b>\$3.00 Lunch Donation is Appreciated</b>



# Activities Calendar July 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>SHINE*</b> 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:45 Exercise Class 12:30 Pitch, Pool League 4:15 Zumba Toning	<b>2</b> 8:00 Breakfast Club 8:30 Bosu Class 9:00 <b>Veterans Breakfast</b> 9:30 Tai Chi 10:30 Tai Chi 12:30 Mah-jongg 12:45 <b>Pleasant View Cinema</b>	<b>3</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 Group 1:00 Chair Volleyball	<b>4</b> <b>CENTER CLOSED</b> 	<b>5</b> 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art, Cribbage 10:45 "Heaven" Study 12:30 Mah-jongg 1:00 Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing Class
<b>8</b> <b>Massage Therapy*, SHINE*</b> 8:00 Walkers 8:30 Exercise Class 9:00 <b>MGW Meeting</b> 10:45 Exercise Class 12:30 Pitch, Pool League 4:15 Zumba Toning	<b>9</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 <b>Pleasant View Cinema</b>	<b>10</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 Group 11:15 <b>Education Against Senior Exploitation Presentation</b> 1:00 Chair Volleyball	<b>11</b> <b>Manicures*</b> 8:30 Bosu Class 9:00 <b>Blood Pressure Clinic</b> 9:30 Tai Chi 10:00 Billiards Lesson, Trivia 10:30 <b>Information Table</b> 10:45 Exercise Class 12:00 Canasta, <b>Housing Rehabilitation Assistance Program</b> 12:30 <b>\$5 Bingo</b>	<b>12</b> 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 9:45 Tai Chi 10:00 Art, Cribbage 10:45 "Heaven" Study 12:30 Mah-jongg 1:00 <b>Compassion and Kindness</b> , Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing Class
<b>15</b> <b>SHINE*</b> 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:45 Exercise Class 12:30 Pitch, Pool League 12:45 <b>Video Series</b> 4:15 Zumba Toning	<b>16</b> 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi 10:30 Tai Chi 12:30 Mah-jongg 12:45 <b>Pleasant View Cinema</b>	<b>17</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 Group 1:00 Chair Volleyball	<b>18</b> <b>SHINE*</b> 8:30 Bosu Class 9:30 Tai Chi 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 11:00 <b>Eric Lesser Rep.</b> 12:00 Canasta 12:30 <b>Game Day</b>	<b>19</b> 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 9:45 Tai Chi 10:00 Art, Cribbage 10:45 "Heaven" Study 12:30 Mah-jongg 1:00 Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing Class
<b>22</b> <b>Massage Therapy*, SHINE*</b> 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:45 Exercise Class 12:30 Pitch, Pool League 4:15 Zumba Toning	<b>23</b> 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi 10:30 Tai Chi 12:30 Mah-jongg 12:45 <b>Pleasant View Cinema</b>	<b>24</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 Group 12:00 <b>Endurance and Balance Presentation</b> 1:00 Chair Volleyball	<b>25</b> <b>Manicures*</b> 8:30 Bosu Class 9:30 Tai Chi 10:00 Billiards Lesson, Trivia, 10:45 Exercise Class 11:00 <b>Brian Ashe Rep.</b> 12:00 Canasta 12:30 <b>Bingo</b>	<b>26</b> 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art, Cribbage 9:45 Tai Chi 10:45 "Heaven" Study 12:30 Mah-jongg 1:00 Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing Class
<b>29</b> <b>SHINE*</b> 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:45 Exercise Class 12:30 Pitch, Pool League 12:45 <b>Registry of Deeds Information Session</b> 4:15 Zumba Toning	<b>30</b> 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi 10:30 Tai Chi 12:30 Mah-jongg 12:45 <b>Pleasant View Cinema</b>	<b>31</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 Group 1:00 Chair Volleyball	<b>* By Appointment To make an appointment or to sign up for a program at The Pleasant View Senior Center please call 413-525-5436</b>	

## DONATIONS



### OPEN PANTRY

Summer is here, please keep in mind children's snacks!

This month we are also in need of:

*Paper Goods : Paper Towels, Napkins, Tissue, Toilet Paper and Laundry Detergent*

*Toiletries: Soap, Toothpaste and Shampoo*

Please check the expiration dates, we can only accept donations of food that have not expired

**Thank you for your continued support and generous donations!**

## MEDICAL SUPPLIES

*If you are in need of incontinence supplies please stop by or call the Senior Center at 413-525-5436. We have a variety of sizes available.*

## 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**  
*Office Manager*  
Ext. 1404

**Leah Weaver**  
*Administrative Assistant/  
Social Media Coordinator*  
Ext. 1404

**Sandy Bell**  
*Meal Site  
Coordinator*



**MON - FRI: 8:00 a.m. – 4:00 p.m. | 413-525-5436 [www.facebook.com/elseniors](http://www.facebook.com/elseniors)**