



AUGUST 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



### AUGUST HIGHLIGHTS

#### FOOD, FUN AND FACTS

*Thursday, September 12th  
at 12:00*

Join us for our FREE kick off luncheon and ice cream social for **Dementia Friendly East Longmeadow**. You must sign up to reserve your spot by calling 525-5436. For more details please see enclosed flyer.



#### BUS TRIP TO THE BIG E

*Tuesday, September 24th*

*Join Alicia for an afternoon trip to the Big E!*

The cost is \$31 per person which includes bus fair and your Big E ticket. *This price is on a 56 passenger basis.* Lunch on your own. Registration and payment are due by Wednesday, September 11th. Payments will be non-refundable as of Thursday, September 12th. Payment by check only. Please make checks payable to "Town of East Longmeadow". **Reserve your spot today!**

#### NATIONAL NIGHT OUT

*Tuesday, August 6th  
5:00 pm —8:00 pm*

This is a great event to gather information and see what resources are available to you within our community. The event takes place at the grounds of the East Longmeadow High School.

### JULY IN REVIEW



906 Volunteer Hours



885 Meals Delivered



245 Lunches Served



60 Food Pantry Visits

### RESOURCE 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, 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)

#### 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:** Monday, August 5th from 12:00 - 1:00

**Inward Commons:** Tuesday, August 6th from 2:00 -3:00

**Quarry Hill:** Monday, August 12th from 1:30 - 2:30

## 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  
August 8th at 9:00

#### FOOTCARE/PEDICARE

by appointment 525-5436  
Cost is \$29, Home Visit \$50  
August 13th

#### HEARING SCREENING

Free Screening by  
Baystate Hearing Center  
by appointment 525-5436  
August 21st

#### MANICURES

by appointment 413-335-7422  
Cathy Rasid, LM  
August 8th and 22nd

#### MASSAGE THERAPY

by appointment  
Christina Conti, LMT  
413-348-8370  
August 12th and 26th

#### 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 August meeting will be held on the 21st.***

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

**August 6th**

## ***Forever My Girl***

1 hr 48 mins 2018 PG

After being gone for a decade a country star returns home to the love he left behind. Starring Alex Roe, Jessica Rothe and John Benjamin Hickey.

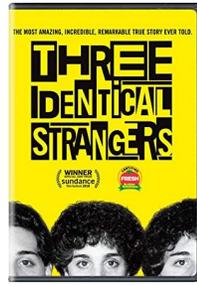


**August 13th**

## ***Three Identical Strangers***

1 hr 37 mins 2018 PG-13

This documentary tells the story of identical triplets who became separated at birth and adopted by different families. Years later, their amazing reunion became a global sensation, but it also unearthed an unimaginable secret that had radical repercussions.



**August 20th**

## ***Mary Poppins Returns***

2 hrs 10 mins 2018 PG

Decades after her original visit, the magical nanny returns to help the Banks siblings and Michael's children through a difficult time in their lives. Starring Emily Blunt, Lin-Manuel Miranda and Colin Firth with special guest appearances by Meryl Streep.



**August 27th**

## ***Tea with the Dames***

1 hr 24 mins 2018 Unrated

This documentary brings you into the lives of four legends of British stage and cinema. Spend a delightfully fun afternoon watching actresses Maggie Smith, Judi Dench, Eileen Atkins and Joan Plowright as they spill the tea on life, love and art.



**\*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.

Wednesdays 10:00

### **BOOK CLUB**

September's Book is  
*The Island of Sea Women*  
By Lisa See

### **BREAKFAST CLUB**

Tuesdays 8:00 A.M.—10:00 A.M.

### **COMPASSION AND KINDNESS**

August 9th at 1:00 P.M.

### **COMPUTER CLASS**

Will resume in the fall

### **FRENCH CONVERSATION GROUP**

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**

**August 1st** Game Day Prizes sponsored by Louis and Clark

**August 8th** \$5 Bingo

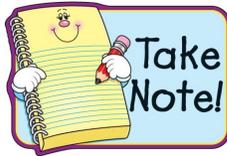
**August 15th** Ice Cream Social with Brad Shepard and Richie Mitnick. Sponsored by Home Helpers, Louis and Clark and All About You Homecare

**August 22nd** Game Day Prizes sponsored by Ruth's House Assisted Living

**August 29th** \$5 Bingo



# AUGUST SPECIAL NOTES



## INFORMATION TABLES

Representatives from various companies will be available for you to ask your questions and gather information regarding their services.

**Thursday, August 1st at 10:30**  
**Louis and Clark Pharmacy**  
**Thursday, August 22nd at 10:30**  
**Ruth's House Assisted Living**



## NATIONAL BOOK LOVERS DAY

**Friday, August 9th at 11:00**

Join other book lovers as we enjoy tea, coffee, light refreshments and exchange our favorite book titles with each other.



## 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 525-5436 ext. 1406 to discuss possible support groups here at Pleasant View.



## AGING AND VISION LOSS

**Friday, August 2nd at 11:00**

The eye usually experiences normal changes with aging, but can also form various diseases. Come learn the differences and how to remain independent with both. Presented by the Mass Association for the Blind and Visually Impaired. Those who attend will be entered to win a raffle.



## MONTHLY VIDEO SERIES

**Monday, August 12th at 12:45**

Join us for our monthly video series hosted by Jane Seymour. **This month's topic is Conquering Diabetes.** The monthly video series and raffle prizes are sponsored by Right At Home Homecare. **\*Jane Seymour will not be here in person.**



***Please sign up for all programs by calling 413-525-5436. This helps us to prepare for each event properly and will allow us to contact you if we need to cancel an event.***



## NATIONAL MAH JONGG DAY

**Wednesday, August 7th**  
**at 11:00**

Are you interested in learning Mah Jongg? Come learn how to play from one of our players!



## BETTER BREATHER'S MONTHLY SUPPORT GROUP

**Will resume in September**

Designed to educate and support individuals in the community who experience respiratory and pulmonary disease. **Meeting will be held at The Pleasant View Senior Center ~ Refreshments will be served.** Please RSVP by calling 413-224-3290. **Sponsored by CareOne at Redstone**



## COOKBOOK

If you would like your favorite family recipe to be featured in our **Pleasant View Cookbook** please drop off your recipe(s) at the office. No more than 2 entries per person. Recipes must be printed and eligible.

## ESSENTIAL SERVICES (525-5436)

### **LEGAL CONSULATION**

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

### **SHINE COUNSELOR**

Medicare Assistance  
 by Appt. with Karen  
 August 5th, 12th, 19th, 26th 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

## SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM

SNAP (Supplemental Nutrition Assistance Program) is for everyone who qualifies, including seniors. It was designed to help you buy healthy food. If you are 60 or older and your gross monthly income is below the following limits there is no asset test: \$2,023 for a household of one; \$2,743 for a household of two. Please call Danell Tavella at 525-5436 ext. 1402 for assistance in applying.



## THE HEALTHY INCENTIVE PROGRAM (HIP)

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.

### ***Do you or a loved one need Incontinence Supplies?***

If you are in need of incontinence supplies, please contact Danell Tavella at 525-5436 ext. 1402 and leave your name and number. We get occasional donations and would be happy to contact you so you can pick up these necessary, costly items.

### ***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 August 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Lunch Begins at Noon</b></p> <p><i>*Please reserve lunch 24 hours In advance by calling 525-5436</i></p> <p><b>**Menu Subject to Change**</b></p>	<p><b>**1% Milk and whole grain bread or rolls served daily, unless otherwise noted**</b></p> <p><b>\$3.00 Lunch Donation is Appreciated</b></p>		<p><b>1</b> BBQ Glazed Chicken Legs Garlic and Herb Roasted Potatoes Corn and Peppers Peaches</p>	<p><b>2</b> Fish and Chips Zesty Potato Wedges Coleslaw Pears</p>
<p><b>5</b> Stuffed Shells with Meatsauce Mixed Vegetables Mixed Fruit</p>	<p><b>6</b> Turkey Breast Slices on an Open Faced Sandwich Quinoa &amp; Chickpea Salad Fresh Oranges</p>	<p><b>7</b> Chicken Chop Suey with Crispy Noodles Celery , Carrots and Peppers Pineapple</p>	<p><b>8</b> Salmon and Santorini Rice Artichokes and Tomatoes Cinnamon Apples</p>	<p><b>9</b> Spaghetti and Meatballs Broccoli and Cauliflower Carrots Fruited Jell-O</p>
<p><b>12</b> Garlic Grilled Chicken Breast Scalloped Potatoes Green Beans and Peppers Fresh Banana</p>	<p><b>13</b> Hot Dog on a Roll with Chili Sauerkraut Beans Watermelon</p>	<p><b>14</b> Stuffed Cabbage with Pork and Quinoa Marinara Sauce Peppers and Carrots Peaches</p>	<p><b>15</b> Turkey Breast Dinner Green Beans and Carrots Mashed Potatoes <b>Ice Cream Social</b> </p>	<p><b>16</b> Tuna Pasta Salad Potato Salad Beet Salad Mixed Fruit</p>
<p><b>19</b> Eggplant Parmesan Meat Sauce Over Pasta Mixed Vegetables Mandarin Oranges</p>	<p><b>20</b> Turkey Breast Club Sandwich with Bacon, Lettuce and Tomatoes Zesty Fries Coleslaw Pineapple</p>	<p><b>21</b> Fish Francaise with Brown Rice Spinach Artichokes Apple Sauce</p>	<p><b>22</b> Shepard's Pie with Mashed Potatoes Mixed Vegetables Chocolate Pudding</p>	<p><b>23</b> Chicken Breast Piccata Brussel Sprouts Peaches</p>
<p><b>26</b> Crustless Quiche with Sausage and Cheese Broccoli and Cauliflower Sliced Apples</p>	<p><b>27</b> Ham and Egg Salad Sandwiches Cucumber and Tomato Salad Chick Peas Mixed Fruit</p>	<p><b>28</b> Chicken Legs with Button Mushrooms Zucchini and Squash Red Peppers Pears</p>	<p><b>29</b> Stir Fried Chicken and Oriental Noodles Mixed Vegetables Vanilla Pudding</p>	<p><b>30</b> Penne with Tuna and Capers in Red Sauce Green Beans Pineapple</p>

# Activities Calendar August 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>* By Appointment</b> To make an appointment or to sign up for a program at The Pleasant View Senior Center please call 413-525-5436</p>			<p><b>1</b> 8:30 Bosu Class 9:30 Tai Chi 10:00 Billiards Lesson, Trivia 10:30 <b>Louis and Clark Pharmacy Information Table</b> 10:45 Exercise Class 12:00 Canasta 12:30 <b>Game Day</b></p>	<p><b>2</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 11:00 <b>Aging and Vision Loss Presentation</b> 12:30 Mah-jongg 1:00 Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing Class</p>
<p><b>5</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</p>	<p><b>6</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> 5:00 <b>National Night Out at EL High School</b></p>	<p><b>7</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, <b>Mah Jongg Lessons</b> 1:00 Chair Volleyball</p>	<p><b>8</b> <b>Manicures*</b> 8:30 Bosu Class 9:00 <b>Blood Pressure Clinic</b> 9:30 Tai Chi 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 12:00 Canasta 12:30 <b>\$5 Bingo</b></p>	<p><b>9</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 11:00 <b>Book Lovers Day</b> 12:30 Mah-jongg 1:00 <b>Compassion and Kindness</b>, Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing Class</p>
<p><b>12</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 12:45 <b>Video Series</b> 4:15 Zumba Toning</p>	<p><b>13</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></p>	<p><b>14</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</p>	<p><b>15</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 12:15 <b>Ice Cream Social</b> 12:45 <b>Brad Shepard and Richi Mitnick</b></p>	<p><b>16</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</p>
<p><b>19</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</p>	<p><b>20</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></p>	<p><b>21</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</p>	<p><b>22</b> <b>Manicures*</b> 8:30 Bosu Class 9:30 Tai Chi 10:00 Billiards Lesson, Trivia 10:30 <b>Ruth's House Information Table</b> 10:45 Exercise Class 11:00 <b>Brian Ashe Rep.</b> 12:00 Canasta 12:30 <b>Game Day</b></p>	<p><b>23</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</p>
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## EMERGENCY FOOD PANTRY

For those individuals using the Food Pantry, please bring your own bags. Please remember that two visits each month is the limit for using the EMERGENCY FOOD PANTRY.

**Donations to the Food Pantry are always accepted.** This month we are in need of:

**Toilet Paper, Laundry Detergent, Soap, Toothpaste, Shampoo, Cereal, Crackers and Canned Whole Meals**

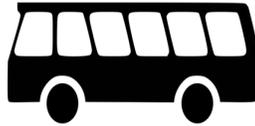
*Please check the expiration dates, we can only accept donations of food that have not expired.*

**We appreciate all of the support from OUR community. With your help, we are able to assist numerous individuals and families each month. Thank You!!**

## MEMORIAL DONATIONS

A special thank you to Fran and Irene Hooper for their donation in memory of Al Circosta and to Walter LaBroad for his donation in memory of Irene Brasile.

## 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*

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

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



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

**Sharon Giordano**  
*Accounting Administrative*  
*Assistant*  
Ext. 1405

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

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

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

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

**Grace Busto**  
*Chef*

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

**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)**