



SEPTEMBER 2021

# 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



**We are so happy to reopen and welcome all of you back inside our building!** Due to changes in state COVID regulations, COA participants who have not been vaccinated must wear a mask when on COA property. It is encouraged that everyone continues to practice safe social distancing. We ask that everyone continue to practice proper health safety measures to help ensure the safety and good health of our participants and staff.



The following guidelines will be in effect for **EVERYONE** on Senior Center Property:

- Anyone who is reporting/exhibiting COVID-19 symptoms will not be allowed on Senior Center Property. We will attempt to give them assistance with obtaining help if needed.
- Masks are required for those who have not been vaccinated. If you do not have a mask, we can provide one.
- Social Distancing is encouraged for all participants.

**Thank you for your cooperation as we continue getting our Center fully back up and running. These guidelines and regulations are subject to change at anytime.**

### SEPTEMBER HIGHLIGHTS

#### "Reaching Those in Times of Need"

#### SEPTEMBER FOOD DRIVE

Thursday, September 16th, 23rd and 30th



Donations will be collected in the parking lot of The Pleasant View Senior Center 328 North Main Street between 9:00-3:00. Folks who donate will be entered into a **weekly gift card raffle** sponsored by **local businesses.**

**September 16th Breakfast Bonanza:** cereals, oatmeal, pancake and waffle mix, syrup, jelly, frozen breakfast sandwiches and cereal bars

**September 23rd VIP's very important pantry staples:** Peanut Butter, soups/stews, pasta, pasta sauce, rice, dried fruits and nuts, crackers and salad dressings

**September 30th Quench Your Thirst** bottled water, drink mixes, ensure, sports drinks, coffee, tea, hot chocolate and juice

**Pantry donations always accepted  
Monday-Friday from 9:00-4:00**

#### Senior Center Open House

September 15th, 10:00-1:00

Come learn all that our Senior Center and town departments have to offer at our Open House!



**Raffles, Presentations, \*FREE Lunch and MORE!**

Town Departments who will be present: Town Manager, Assessors Office, Clerk's Office, Collector/Treasurer, Council On Aging, Fire, Library and Police  
**10:00-12:00** Learning Stations. Meet COA and town staff and learn what services and programs are offered.

**Breakout sessions are Q&A's with the following departments:**

**10:00** Breakout Session 1, **Fire Department**

**10:30** Breakout Session 2, **Police Department**

**11:00** Breakout Session 3, **Town manager**

**12:00 FREE Lunch & Learn** sponsored by CareOne at Redstone (\*in order to receive a free lunch you must register by 1:00pm on September 14th).

## SEPTEMBER HIGHLIGHTS

### Community Care & Wellness Fair Thursday, September 2nd from 8:30 -11:00

Vendors, refreshments, raffles, and more! This event is sponsored by Community Care Warriors, a group of Senior Service professionals.



### Lunch & Learn 400 Years Ago: A Look Back at the Fall of 1621

Join us on **Thursday, September 2nd at 12:00** for a Lunch and Learn at the Senior Center. The year 2021 marks the anniversary of the famous event known as the First Thanksgiving. Join Plimoth Patuxet Museums' Deputy Executive Director and Chief Historian, Richard Pickering, in this Lunch & Learn lecture as he chronicles the Pilgrims' first Fall in New England. Pickering will explore this pivotal event and share details about important moments in the Pilgrims' first fall season, 400 years ago. You may bring a bagged lunch or snack to enjoy during the lecture. This Lunch & Learn will take place at the Senior Center. We will be broadcasting the live lecture online.

*This program is supported by a grant from the Bridge Street Fund, a special initiative of Mass Humanities.*



**Flu Vaccine Clinic Thursday, September 9th, 8:30-10:30** You must pre-register in order to receive a vaccine, and you must have your insurance card with you at the time of your visit. Thank you to Stop and Shop in East Longmeadow for hosting this Flu Clinic at the Senior Center.



**BOCCE GROUP PLAY** Join the Bocce players for group play on Wednesday mornings at 9:30. All levels are welcome. Come out, enjoy fresh air and fun!



**Falls Prevention** Falls Prevention Week is a nationwide effort to raise awareness that falls are preventable. On **September 14th**, Sign up to have a Falls Assessment done here at the Center with a staff member from ATI Physical Therapy. On **September 21st** at 10:00 learn balance exercises you can do in the comfort of your home. This program is brought to you by the East Longmeadow COA, Library and Health Department. **Presented by ATI Physical Therapy.**



**Drive In Movie September 17th, 7:15 PM** Join us for a drive-in movie and popcorn hosted by the Senior Center and the Recreation Department! Bring your friends and family. Open to all ages! Please RSVP by calling 413-525-5436. **Movie: *The Greatest Showman***, Musical/Drama, 2017, PG, 1h 46m. Starring Hugh Jackman, Zac Efron, Michelle Williams, and more. Location: Pleasant View Senior Center. Thank you 99 Restaurant for sponsoring the popcorn, and the EL Recreation Department for collaborating with us for this event.



**BOOK CLUB** Do you like to read? Our monthly book club is back! Book Club meets monthly on the last Tuesday of the month at 10:30. September's Book is ***Everybody's Son by Thrity Umrigar***. Join us on **Tuesday, September 28th at 10:30** for a book discussion! October's book is ***Pachinko by Min Jin Lee***.



**How to Volunteer in the Pioneer Valley September 28th, 10:30** Presented by RSVP, the Retired Seniors of the Pioneer Valley, come learn how you can volunteer your time and talents to those who live in your community. Light refreshments will be provided.

**Caregivers & Loved Ones Concert: The Ukulele Show, October 18th, 2:00** Caregivers and loved ones, enjoy this fun and interactive ukulele show performed by musician Dave Maloof. **This program is for caregivers and their loved ones who are living with dementia or other related memory impairment.** Pre-registration is required. If you have a song, artist, or genre request please call 525-5436. You may also email Alicia at [alicia.smith@eastlongmeadowma.gov](mailto:alicia.smith@eastlongmeadowma.gov). This program is supported in part by a grant from the East Longmeadow Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

## PLEASANT VIEW CINEMA

Join us **Tuesday's at 12:30** to enjoy a movie or a documentary

*Movies and Documentaries are liable to change based on availability*



**September 7th Movie: *Loving*** 2 hrs 3 mins 2016 PG-13

A young couple's interracial marriage in 1958 sparks a case that leads to the Supreme Court. Based on the true story of Richard and Mildred Loving.



**September 14th Movie: *Life As We Know It*** 1 hr 54 mins 2010 PG-13

Holly and Eric discover reciprocal hatred during their first date, but must put their feelings aside after becoming guardians of their friends' baby. Romantic comedy.

**September 21st No Movie Showing**



**September 28th Movie: *Hampstead*** 1 hr 42 mins 2019 PG-13

An American widow in London forms an unexpected relationship with a man living off the grid in a beautiful park ripe for development. Starring Diane Keaton.

## RECREATION

**ART CLASS** with Jeff Kerns Fridays 10:00 A.M. \$15,

*\*Must bring your own supplies*

**BEAN BAG BASEBALL** Fridays 10:00 A.M.

**BILLIARDS** Mon–Fri 8:00 A.M. to 4:00 P.M.

Free Instruction Thursdays 10:00 A.M.

**BINGO** Wednesdays 12:30 (Free), Bingo Prizes  
Sponsored by Fallon Health (No Bingo on 9/15)

**BOCCE** Mon–Fri 8:00 A.M. to 4:00 P.M.

Group Play Wednesdays 9:30

**BOOK CLUB** Tuesday, September 28th 10:30

**CHAIR VOLLEYBALL** To Be Determined

**COMPUTER CLASS** Wednesday, September 15th  
1:00 - 3:00

**FRENCH GROUP** Tuesdays 11:00 A.M.

*\*All conversation is in French*



**HANDCRAFTING** Thursdays 1:00 P.M.

**JEWELRY CLASS** Monday, Oct. 4th 9:30  
\$3 per session plus cost of supplies

**MORNING GLORY WALKERS**

Monthly Meeting Monday, September 13th 9:00

**TRIVIA In House** Thursdays 10:00 A.M.

**TRIVIA Online** Tuesdays at 11:00 A.M.

### CARDS AND GAMES

**CANASTA** Thursdays 12:00 P.M.

**CRIBBAGE** Wednesdays 10:00 A.M.

**DOMINOES** Fridays 1:00 P.M.

**MAH-JONGG** Tuesdays 12:30 P.M.

**PITCH** Mondays 12:30 P.M.



## FITNESS PROGRAMS

**Fitness Room Monday - Friday 8:00 - 4:00** The Fitness Center includes state of the art cardio machines and weight stations. An annual medical clearance form is required. Fitness cards are 20 visits for \$10, \$15 for out of town residents. *Age 90+ no charge.*

**BEAT Wednesdays at 8:00am** You have to experience BEAT! Rhythmic drumming to super fun music! You decide your own intensity; keep it light or crank up the cardio! Dress in layers, bring a water bottle. Must pre-register as there is limited space. Class held in the senior center's parking lot, \$5 per class.



**Zumba/Zumba Toning Mondays at 8:00am** Wear your most comfy "dance shoes" aka sneakers and get ready to move to fun music! Zumba can also happen in a chair, if that's better for you! Join the Zumba Party in the senior center's back parking lot, \$5 per class. Optional: Bring light weights or Zumba Toning Sticks and a water bottle.

**Chair Exercise Monday, Wednesday and Friday 9:15-10:00** in the Auditorium, class is free.

**Line Dancing Tuesdays at 10:00am** at the senior center, \$3 per class.



**Tai Chi Tuesdays at 9:00am **\*\*NEW TIME\*\***** This FREE class is held at the First Congregational Church.

## VOLUNTEER SPOTLIGHT



If you are interested in volunteering in our kitchen to help prepare and serve lunch, deliver Meals On Wheels to homebound seniors, or assist our office staff by answering phones and performing other office tasks, please reach out to Alicia at 525-5436 ext 1406, or email at [alicia.smith@eastlongmeadowma.gov](mailto:alicia.smith@eastlongmeadowma.gov).

## AROUND TOWN



**East Longmeadow Recreation “FRESH FRIDAY” Farmers Market 2021 @ Center Field** featuring regionally crafted and grown products from our local farms and businesses with special musical guests and activities popping up throughout the season, with socially-distant procedures in place for the safety of vendors and the community.

**Friday 9/10 2:00-7:30 ~ Friday 10/8 Fall Fest 2:00-7:30**



The Walk to End Alzheimer's is happening on Sunday, September 26th. Those who signed up for the walk will be informed of where and when to meet.

A big thank you to the following local businesses who have supported our team with various donations: Maureen's Sweet Shop, City Line Liquor Store and East Longmeadow Big Y. A special thank you to the Hampden Senior Center for joining our cause by helping sell candy bars and raffle tickets.

**Upcoming events** September's Harvest Basket Raffle and The Walk on September 26th

**As of mid August the Walk is still on!** Whether the walk takes place or not, Alzheimer's doesn't stop millions of Americans from being affected – therefore our efforts to raise awareness and money for research doesn't stop.



**“A Pleasant View” will resume in the fall.** To view previously recorded episodes, go to <https://www.youtube.com/user/ELCAT01028> and search "A Pleasant View".



**Library at Home** East Longmeadow residents age 60 and over, who are homebound or staying home, can borrow books and/or movies from the EL Library through our Library at Home delivery program. Simply call the Senior Center at 525-5436 when you would like to borrow a book or a movie and a Senior Center volunteer will deliver/pick up the items when it is time to be returned.



**Would you like a puzzle or a book?** We have a volunteer that is delivering puzzles and books to East Longmeadow Seniors on Friday afternoons. If you would like a puzzle or a book please call the center at 525-5436 and we will arrange to have one dropped off on your doorstep.

## HEALTH AND WELLNESS

### FOOTCARE/PEDICARE

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

### HEARING SCREENING

Free Screening by Baystate Hearing Center  
by appointment 525-5436  
September 15th

### MANICURES

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

## ESSENTIAL SERVICES

### LEGAL CONSULTATION

by appt. with  
Dave Carlson, Attorney  
525-5436  
September 21st

### NOTARY PUBLIC SERVICES

by appt. with  
Danell Tavella  
525-5436 ext. 1402

### SHINE COUNSELOR

Medicare Assistance  
by appt. with Karen  
525-5436

### VETERANS OFFICER

Michelle Barrett  
Office 525-5400 ext. 1416  
Cell 573-355-6076

## RESOURCE REPORT



**Memory Café at Hampden Senior Center** The Memory Café is a welcoming place for individuals with memory challenges along with their caregivers and/or family and friends to gather in a safe, supportive and engaging environment. Please call Wendy at the Hampden Senior Center 413-566-5588 if you would like more information about the café. Sponsored in part by Friends of Hampden Seniors and private donations.



**Mass EDP Telephones Wednesday, September 8th, 10:00 - 12:00** MassEDP offers specialized telephones to residents who have permanent disabilities. You may be able to get these telephones for free or at reduced cost. Stop by their information table on September 8th to learn more.



### SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

Is your budget getting tight? Do you need help purchasing food? You may be eligible for the Supplemental Nutrition Assistance Program (SNAP), formerly known as food stamps. If eligible, SNAP provides a monthly benefit to buy nutritious foods. Benefits are provided on an EBT card, used like a bankcard, to buy food at grocery stores.

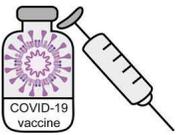
**Pleasant View Senior Center is here to help!** Contact Danell Tavella at 525-5436 ext. 1402 to make an appointment. Please do not delay if you are experiencing food insecurity. We are available to help with your application, recertification and accessing information about your account.

The East Longmeadow Council on Aging is a proud SNAP Outreach Partner with the Department of Transitional Assistance (DTA).

<i>Monthly Income Updated April 2021</i>	
Family Size/Income Limit	
1	\$2, 147
2	\$2, 903
3	\$3, 660



**COA Robocall** If you would like to be added to our call list to receive program and COA updates and announcements, call our office at 413-525-5436



**Homebound Vaccine Program- Important Update!** Any individual who has trouble getting to a vaccine site is eligible for the homebound program. Please help get the word out. Individuals can call (833) 983-0485 to register for an in-home vaccination. The registration phone line is open Monday through Friday from 9 AM to 5 PM and has representatives who speak English and Spanish, as well as translation services available in 100+ languages.

For more information please visit: <https://www.mass.gov/info-details/covid-19-homebound-vaccination-program>

## PANTRY PROGRAM



**MOBILE FOOD PANTRY PROGRAM** The Mobile Food Pantry is brought to you by the Community Development Fund Program in conjunction with the Pleasant View Senior Center. The Mobile Food Pantry is designed to aid residents facing barriers such as transportation, mobility and other needs. **For further information please call our Food Pantry Coordinator Elizabeth Baron at 525-5436.**

## VETERANS SERVICES



My name is Michelle Barrett. I am a Disabled American Veteran. I served from 1994-2000 as a Sergeant in the Army. I have always wanted to make a difference and support America's veterans. Six years ago my passion came true and my journey began working with Disabled American Veterans as a Volunteer and now I am your newly appointed Veteran Service Officer for East Longmeadow, Hampden and Wales. I look forward to meeting everyone and if you have any questions please reach out to me.

**Pleasant View Senior Center Office Hours:** Monday, Wednesday and Friday 9:00-1:00

**Office Phone:** 525-5400 ext. 1416 **Cell Phone:** 573-355-6076



# Meal Calendar September 2021



We are now offering **In-House Dining and Curbside Pick-Up Monday - Friday**  
**Curbside Meals** can be picked up in the Senior Center parking lot at **11:00**.  
**In-house meals** will be served in the Auditorium at **11:30**.  
*If you would like to order lunch please call 525-5436 at least a day in advance by 1:00pm.*  
 \$3.00 Lunch donation is appreciated \*Please bring exact change

Monday	Tuesday	Wednesday	Thursday	Friday
<b>\$3.00 Lunch Donation is Appreciated</b>  <b>**Menu Subject to Change**</b>	<b>**1% Milk and whole grain bread or rolls served daily, unless otherwise noted**</b>	<b>1</b> Lasagna Roll Ups in Marinara Sauce  Peas and Carrots  Pineapple	<b>2</b> Shepard's Pie Topped with Mashed Potatoes  Mixed Vegetables  Mandarin Oranges	<b>3</b> Meatloaf Sandwich  Oven Fries  Three Bean Salad  Mixed Fruit
<b>6</b> <b>CENTER CLOSED</b>  	<b>7</b> Chicken Breast Piccata with Penne  Sicilian Blend Vegetables  Fresh Oranges	<b>8</b> Lemon Chicken  Garlic Green Beans with Red Peppers  Au Gratin Potatoes  Peaches	<b>9</b> American Chop Suey  California Blend Vegetables  Fresh Melon	<b>10</b> Low Sodium Hot Dogs on a Roll  Baked Beans  Sauerkraut  Pears
<b>13</b> Chicken Breast Stuffed with Broccoli and Cheese  Butternut Squash  Mixed Vegetables  Mixed Fruit	<b>14</b> 3 Bean Vegetable Chili  Yellow Brown Rice  Roasted Asparagus Medley  Mandarin Oranges	<b>15</b> Chicken Parmesan With Spaghetti  Broccoli, Cauliflower and Carrots  Pudding	<b>16</b> Beef Taco Salad With Lettuce, Cheese and Salsa  Rice and Beans  Collard Greens  Chilled Pineapple	<b>17</b> Country Chicken Drumstick  Mashed Potatoes  Corn  Apple Sauce
<b>20</b> Eggplant Rollatini  Ziti  Steamed Broccoli  Pears	<b>21</b> Chicken Stew with Peas, Potato, Carrots & Tomatoes  Butternut Squash  Apple Crisp	<b>22</b> Burgundy Beef Tips  Egg Noodles  Broccoli and Carrots  Mixed Fruit	<b>23</b> Chicken Breast Cacciatore  Spaghetti  Broccoli with Red Peppers  Apricots	<b>24</b> Baked Pollock with Herbs  Carrots, Green Beans, Corn and Peas  Peaches
<b>27</b> Chicken Breast Marsala  Brown Rice  Roasted Brussel Sprouts  Fresh Fruit	<b>28</b> Roast Pork Loin  Roasted Red Potatoes  Cauliflower and Carrots  Apple Sauce	<b>29</b> Spaghetti and Meatballs  Italian Blend Vegetables  Fruited Jell-O	<b>30</b> Southwest Chicken Bake with Peppers and Onions  Brown Rice  Cornbread  Peaches	<b>Curbside Pick Up 11:00</b>   <b>In-House Lunch 11:30</b> 

# Activities Calendar September 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				
<b>6</b> <b>CENTER CLOSED</b> 	<b>7</b> 9:00 Tai Chi 10:00 Line Dancing Class 11:00 Curbside Meal Pickup*, French Group, Trivia Online** 11:30 In-House Lunch* 12:30 Mah-jongg, Movie Showing	<b>8</b> 8:00 BEAT 9:15 Chair Exercise 9:30 Bocce 10:00 Cribbage, <b>MASS EDP Telephones</b> 11:00 Curbside Meal Pickup* 11:30 In-House Lunch* 12:30 Bingo	<b>9</b> <b>Flu Vaccine Clinic**</b> , <b>Manicures**</b> 10:00 Trivia 11:00 Curbside Meal Pickup* 11:30 In-House Lunch* 12:00 Canasta 11:30 In-House Lunch* 1:00 Handcrafting	<b>10</b> 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball 11:00 Curbside Meal Pickup* 11:30 In-House Lunch* 1:00 Dominoes 2:00 <b>Farmers Market at Center Field</b>
<b>13</b> 8:00 Zumba 9:00 MGW Meeting 9:15 Chair Exercise 11:00 Curbside Meal Pickup* 11:30 In-House Lunch* 12:30 Pitch	<b>14</b> <b>Falls Assessment**</b> , <b>Pedicare**</b> 9:00 Tai Chi 10:00 Line Dancing Class 11:00 Curbside Meal Pickup*, French Group, Trivia Online** 11:30 In-House Lunch* 12:30 Mah-jongg, Movie Showing	<b>15</b> <b>Hearing Screening*</b> , 8:00 BEAT 9:15 Chair Exercise 9:30 Bocce 10:00 Cribbage, 10:00 <b>Open House</b> 11:00 Curbside Meal Pickup* 11:30 In-House Lunch* 1:00 <b>Computer Class</b>	<b>16</b> <b>Food Drive</b> 10:00 Trivia 11:00 <b>Eric Lesser Representative</b> 11:00 Curbside Meal Pickup* 11:30 In-House Lunch* 12:00 Canasta 1:00 Handcrafting	<b>17</b> 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball 11:00 Curbside Meal Pickup* 11:30 In-House Lunch* 1:00 Dominoes 7:15 <b>Drive In Movie</b>
<b>20</b> 8:00 Zumba 9:15 Chair Exercise 11:00 Curbside Meal Pickup* 11:30 In-House Lunch* 12:30 Pitch	<b>21</b> <b>Legal Consultation**</b> 9:00 Tai Chi 10:00 <b>Falls Prevention</b> , Line Dancing Class 11:00 Curbside Meal Pickup*, French Group, Trivia Online** 11:30 In-House Lunch* 12:30 Mah-jongg	<b>22</b> 8:00 BEAT 9:15 Chair Exercise 9:30 Bocce 10:00 Cribbage 11:00 Curbside Meal Pickup* 11:30 In-House Lunch* 12:30 Bingo	<b>23</b> <b>Food Drive</b> , <b>Manicures**</b> 10:00 Trivia 11:00 <b>Brian Ashe Representative</b> 11:00 Curbside Meal Pickup* 11:30 In-House Lunch* 12:00 Canasta 1:00 Handcrafting	<b>24</b> 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball 11:00 Curbside Meal Pickup* 11:30 In-House Lunch* 1:00 Dominoes
<b>27</b> 8:00 Zumba 9:15 Chair Exercise 11:00 Curbside Meal Pickup* 11:30 In-House Lunch* 12:30 Pitch	<b>28</b> 9:00 Tai Chi 10:00 Line Dancing Class 10:30 <b>Book Club</b> , <b>Volunteer RSVP</b> 11:00 Curbside Meal Pickup*, French Group, Trivia Online** 11:30 In-House Lunch* 12:30 Mah-jongg, Movie Showing	<b>29</b> 8:00 BEAT 9:15 Chair Exercise 9:30 Bocce 10:00 Cribbage 11:00 Curbside Meal Pickup* 11:30 In-House Lunch* 12:30 Bingo	<b>30</b> <b>Food Drive</b> 10:00 Trivia 12:00 Canasta 11:00 Curbside Meal Pickup* 11:30 In-House Lunch* 1:00 Handcrafting	



\*To sign up for a Meal please call 525-5436 at least one day in advance by 1:00 pm

\*\*Program requires sign up please call 525-5436

## MEMORIAL DONATIONS

A special thank you to Joanne Peterson for her donation in memory of Virginia Peterson.

## TRI-TOWN TROLLEY

**The Tri-Town Trolley has resumed senior transportation services  
To help keep everyone safe we have put a few safety features in place**

All passengers, caretakers and drivers must wear a mask and use hand sanitizer upon entering the van

**Please call 413-525-5412 for updated information on our ride services**



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\*\***

***The Trolley will not be running on Monday, September 6th***

## 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

### Erin Koebler

Executive Director  
Ext. 1401

### Danell Tavella

Community Services  
Ext. 1402

### Sharon Giordano

Administrative  
Accountant  
Ext. 1405

### Alicia Smith

Program And  
Volunteer Coordinator  
Ext. 1406

### Meralee Kratovil

Office Manager  
Ext. 1404

### Leah Weaver

Administrative Assistant/  
Social Media Coordinator  
Ext. 1414

### Elizabeth Baron

Food Pantry  
Coordinator  
Ext. 1408

### Terry Glusko

Transportation  
Coordinator  
Ext. 1410

### Stephen Plifka

Chef

**Margit Daley**  
Kitchen Assistant,  
Dishwasher



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



[www.facebook.com/elseniors](http://www.facebook.com/elseniors)



If you would like to receive our monthly e-newsletter please

Email [leah.weaver@eastlongmeadowma.gov](mailto:leah.weaver@eastlongmeadowma.gov)

## SPONSORS

Would you like your business or company to reach over 5,000 households each month through The Reminder? For information please contact Meralee at 413-525-5436.

***We hope you support our valued sponsors!***

 <p>THE REAL ESTATE MARKET CENTER</p>	<p>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></p>
<p>Michael Robie, Real Estate Broker 413-575-7236</p>	

<p><b>DAVID G. CARLSON</b> ATTORNEY AT LAW <i>Estate Planning • Wills &amp; Trusts • Probate of Estates Elder Issues</i></p> <p>200 NORTH MAIN STREET • SUITE 6 EAST LONGMEADOW, MA 01028 Tel. (413) 525-1313 Fax (413) 525-7272</p>
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