



OCTOBER 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



### WELCOME ERIN

Hello! For those of you I haven't had the chance to meet, I'm Erin Koebler, the new East Longmeadow Council on Aging Director. I'm so very happy to serve in this capacity and look forward to meeting you all. Please feel free to stop in and introduce yourself. I have been providing services to seniors in the community for nearly 20 years, most recently at Glenmeadow and the Longmeadow Adult Center. I am thrilled that my new role in East Longmeadow coincided with re-opening our dining room and returning to in-person programming.



To those seniors I have met already, I want to thank you for making me feel welcome in my new role. I'm encouraged by all of your well wishes and suggestions. I'd like to thank the staff, who have managed to welcome seniors back and to keep them safe, while providing essential services and amazing programming amidst a pandemic. I feel very fortunate for the opportunity to lead a great team. I also want to thank the dedicated volunteers who continued to provide essential services, even when it felt scary or uncertain. Senior Centers cannot run without the help of volunteers. You are the center's foundation.

In the coming months, we will be balancing safety measures with socialization, programming, and meals. Please be patient as guidance changes and we are tasked with implementing measures to keep us all safe and healthy. We plan to do our parts to keep each other healthy and we are committed to remaining a resource to older adults in the community. We will share information as it is available.



Due to the increase in COVID - 19 cases in our area the Town of East Longmeadow has implemented a Mask Mandate requiring masks be worn when inside all public spaces. *These guidelines and regulations are subject to change at anytime.*

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.
- ALL participants must wear a mask when on COA property. 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. We have resumed most of our programs and are now offering in-house meals and curbside meal pick up 5 days a week.**



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).

## OCTOBER HIGHLIGHTS



**How to Set Up/Use Zoom Tuesday, October 5th at 10:00** Come learn how to set up and use Zoom to join classes, say hello to your family and friends, and more! Sponsored by Comfort Keepers.



**The Ins and Outs of Medicare Wednesday, October 6th at 10:30** presented by our SHINE Counselor. Yikes! I am getting close to my 65th birthday, do I need to do anything about Medicare? I am turning 65, but am continuing to work. Do I have to sign up for Medicare so I will not get a penalty? If I have Medicare, why do I need another insurance or supplement? What is this Part D? I do not take any prescriptions, why do I need to take a Prescription Plan? I have had my same plan for years, why should I worry about Open Enrollment? **If you have any of these questions or any other questions about Medicare, come to this presentation being presented by our certified SHINE Counselor, Karen Fisk.** There will also be time for questions.



**Information Tables** The following information tables will be set up in the Auditorium. Please stop by for valuable information and resources!

Mayor's Office of Consumer Information Scams and Fraud: **Wednesday, October 13th 9:30 - 12:00**

Financial Wellness and Security Berkshire Bank: **Friday, October 22nd 10:30 - 11:30**



**Drive In Movie October 15th at 6:30** 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 Lion King*, 2019, PG, 1h 58m.** Thank you 99 Restaurant for sponsoring the popcorn, and the EL Recreation Department for collaborating with us for this event. Rain Date: October 22nd

**Caregivers & Loved Ones Concert: The Ukulele Show, October 18th at 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. 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.

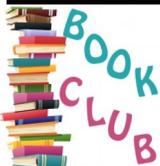


**MA Senior Medicare Patrol Fraud Education Seminar** On Tuesday, **October 19th at 10:30** The Massachusetts Senior Medicare Patrol program will be presenting how to avoid becoming a victim of health care errors, fraud, and abuse. **This free information workshop will provide you with the tools to become a more informed and engaged health care consumer, including the importance of protecting your Medicare**

**number.** If you cannot attend this workshop but have questions about questionable healthcare bills, Medicare Summary Notices, or other health insurance explanation of benefits statements, please call the MA SMP Program office at 800-892-0890. The Massachusetts Senior Medicare Patrol Program is funded in part by grant number 90MPPG0051 from the U.S. Department of Health and Human Services' Administration for Community Living, Washington, DC



**NEW Origami Thursday, October 21st at 12:30** The practice of origami can be beneficial to your health: boost your brain health, emotional satisfaction and reduce your level of anxiety. Origami transforms a piece of paper into a creation. It is a healthful mindset to fold the origami into varieties of handiworks and give them away as gifts. October's Origami Craft is a pumpkin.



**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. October's Book is ***Pachinko* by Min Jin Lee.** Join us on **Tuesday, October 26th at 10:30** for a book discussion! November's book is *The Marriage of Opposites* by Alice Hoffman.



**Veterans Day Drive In Ceremony** We invite Veterans who are 60 years of age or over, along with one guest, to a drive in ceremony on **Wednesday, November 10th at 11:30**. Lunch will be a Take and Bake meal which will consist of penne, meatballs, salad and bread for Veterans to take home. Meals are free for Veterans and \$5 for a guest. If you are a homebound Veteran or you know of a Veteran who is, we will be providing home delivered Take and Bake meals. This event is open to residents of all towns, however in order to be eligible for a home delivered meal you must be an East Longmeadow Resident, 60 years of age or over and be homebound. **Space is limited, please call 525-5436 to reserve your spot.**

## 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*



**October 5th *Poms*** 1 hr 30 mins, 2019, PG-13

After moving to a retirement community, loner Martha befriends a fun-loving neighbor and forms a cheerleading club for young-at-heart seniors. Starring Diane Keaton.



**October 12th *The Zoo Keeper's Wife*** 2 hrs 6 mins, 2017, PG-13

When the Nazis invade Poland, Warsaw Zoo caretakers work with the underground resistance to save Jews from the horrors of the Third Reich.



**October 19th *the Best of Enemies*** 2 hrs 13 mins, 2019, PG-13

In 1971, a summit on school integration in North Carolina pits a civil rights activist against a Ku Klux Klan leader, sparking an unlikely friendship. Based on a true story.



**October 26th *I Am Woman*** 1 hr 56 mins, 2019, TV-MA

In the 1960's Australian singer Helen Reddy struggles with misogyny in the music business until she records an anthem for the women's movement. Based on a true story.

## 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 Colony Care

**BOCCE** Mon–Fri 8:00 A.M. to 4:00 P.M.  
Group Play Wednesdays 9:30

**BOOK CLUB** Tuesday, October 26th 10:30

**CHAIR VOLLEYBALL** To Be Determined

**COFFEE WITH THE TOWN MANAGER**  
Wednesday, October 20th 10:00

**COMPUTER CLASS** Wednesday, October 20th  
1:00 - 3:00



**Brownstone Cafe Breakfast is back!** Join us for breakfast on Tuesday mornings from 8:00– 10:00 beginning on **October 12th**. Sign ups are not required, cash only.

**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, October 18th 9:00

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

**TRIVIA Online** Tuesdays 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 Open 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.

## AROUND TOWN



**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



**East Longmeadow Recreation "FRESH FRIDAY" Farmers Market Fall Fest October 8th in the parking lot of the Senior Center from 2:00-7:30** 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.



**"A Pleasant View"** To view previously recorded episodes on You Tube, 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 \$30, Home Visit \$55  
October 12th

### HEARING SCREENING

Free Screening by Baystate Hearing Center  
by appointment 525-5436  
October 20th

### MANICURES

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

## ESSENTIAL SERVICES

### LEGAL CONSULATION

by appt. with  
Dave Carlson, Attorney  
525-5436  
October 19th

### 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

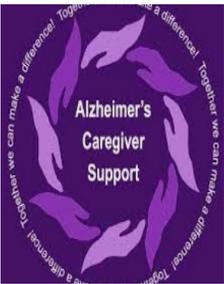


**It's that time of year again!** If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), expect an information packet from your plan by the end of September. It is important to **understand** and **save** this information: it explains the changes in your plan for 2022. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

During Medicare Open Enrollment, you can adjust your plan for next year. SHINE Counselors help you understand *your plan changes as well as other options you may have.*

**Open Enrollment is from October 15th through December 7th**

Our SHINE Counselor is here weekly, please call 525-5436 for an appointment or call **1-800-AGE-INFO** (1-800-243-4636), **then press or say 4.** If you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.



**Alzheimer's Caregiver Support Group** We will be holding a new monthly support group for people caring for a loved one living with Alzheimer's disease or a related dementia. The group will meet monthly on the 2nd Wednesday of the month, beginning on November 10th. This group will be facilitated by Carol Sachs PhD and Lissa Fontaine RN. Carol and Lissa have professional and personal experience caring for people with dementia. They also bring a wealth of experience in support group facilitation. They both have completed the Alzheimer's Association training program for support group facilitators. For more information please call 525-5436. Pre-registration is necessary.



**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.

**AARP Foundation Tax-Aide is the nation's largest volunteer-run tax preparation and assistance service and we want you to join us.** Please volunteer as a Tax Counselor and work with area residents in preparing their tax returns on the computer. Basic computer skills and some experience in filing your own tax returns are helpful, along with a willingness to make a one day per week time commitment during our 10-week tax season. Hands-on training is provided in the classroom and we have experienced Counselors to assist at all sites. Please consider whether you, or someone you know, might be willing to help this year. Please fill out an application to become a part of this invaluable team at: [www.aarpfoundation.org/TaxaideVolunteer](http://www.aarpfoundation.org/TaxaideVolunteer). Training will be done this Fall.

## PANTRY PROGRAM

Thank you to everyone who donated so generously to our September Food Drive!

The pantry continues to accept donations Monday - Friday from 8:00 am - 4:00 pm.

When shopping or cleaning out your pantries this month please consider donating some of these items to those in need: Shampoo, Conditioner, Tissues, Condiments, Granola Bars and Oatmeal



**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.**

## MEMORIAL DONATIONS

A special thank you to Deb and Bob Walker for their donation in memory of Laura Moore.

# Meal Calendar October 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>Curbside Pick Up 11:00</b> 	<b>In-House Lunch 11:30</b> 	<b>1</b> Cheeseburger on a Bun with Bacon, Lettuce & Tomato Seasoned Fries Mixed Fruit
<b>4</b> Cheese Lasagna with Meat Sauce Broccoli Pineapple	<b>5</b> Orange Glazed Pork Tenderloin Spinach Brown Rice Mandarin Oranges	<b>6</b> Stuffed Shells in Marinara Sauce Peas and Carrots Strawberry Fruit Cup	<b>7</b> Salisbury Steak with Gravy Dilled Carrots Mashed Potatoes Apple Sauce	<b>8</b> Lemon Butter Pollack Green Beans with Red Peppers Strips Scalloped Potatoes Fruited Jell-O
<b>11</b> <b>CENTER CLOSED</b> 	<b>12</b> Chicken Alfredo with Ziti Broccoli Oranges	<b>13</b> Meatloaf with Gravy Brown Rice California Blend Vegetables Pineapple	<b>14</b> Spaghetti and Meatballs Italian Blend Vegetables Fresh Melon	<b>15</b> Grilled Chicken Breast on a Whole Wheat Wrap with Bacon, Lettuce, Tomato and Honey Mustard Peaches
<b>18</b> Country Chicken Drumstick with Gravy Mashed Potatoes Roasted Corn and Peppers Pears	<b>19</b> BBQ Chicken Breast Mashed Butternut Squash Zucchini and Tomatoes Mixed Fruit	<b>20</b> Meatball Sandwich on a Roll Tater Tots Cauliflower Pineapple	<b>21</b> Chicken A La King Brown Rice Mashed Butternut Squash Apricots	<b>22</b> Cheese Ravioli in Pesto Cream Sauce Roasted Garlic Brussel Sprouts with Zucchini Peaches
<b>25</b> Diced Roasted Pork over Brown Rice Red and Green Peppers Sautéed Cabbage Pineapple	<b>26</b> Beef Tips Stroganoff Egg Noodles Garlic Green Beans Mandarin Oranges	<b>27</b> Veal Cutlets Stewed Tomatoes Butternut Squash Mixed Fruit	<b>28</b> Chicken Breast with Black Olives and Mushroom Sauce Roasted Sweet Potatoes Broccoli Apple Sauce	<b>29</b> Baked Fish with Creole Sauce Sautéed Spinach Rice Pilaf Pears

We are excited to welcome our new Meal Site Coordinator **Debbie Garvin**. Debbie will be working in the Auditorium helping with our meal program. Debbie is excited to get to know everyone! Please stop by and say Hello.

**welcome**



# Activities Calendar October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</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>4</b> 8:00 Zumba 9:15 Chair Exercise 9:30 <b>Jewelry Class</b> 11:00 Curbside Meal Pickup* 11:30 In-House Lunch* 12:30 Pitch	<b>5</b> 9:00 Tai Chi 10:00 <b>How to Use Zoom</b> , Line Dancing 11:00 Curbside Meal Pickup*, French Group, Trivia Online** 11:30 In-House Lunch* 12:30 Mah-jongg, Movie Showing	<b>6</b> 8:00 BEAT 9:15 Chair Exercise 9:30 Bocce 10:00 Cribbage 10:30 <b>Medicare Presentation</b> 11:00 Curbside Meal Pickup* 11:30 In-House Lunch* 12:30 Bingo	<b>7</b> <b>Manicures**</b> 10:00 Trivia 11:00 Curbside Meal Pickup* 11:30 In-House Lunch* 12:00 Canasta 1:00 Handcrafting	<b>8</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>2:00 Farmers Market Fall Fest</b>
<b>11</b> <b>CENTER CLOSED</b> 	<b>12</b> <b>Pedicare**</b> 8:00 <b>Brownstone Cafe</b> 9:00 Tai Chi 10:00 Line Dancing 11:00 Curbside Meal Pickup*, French Group, Trivia Online** 11:30 In-House Lunch* 12:30 Mah-jongg, Movie Showing	<b>13</b> 8:00 BEAT 9:15 Chair Exercise 9:30 Bocce, <b>Scams and Fraud Table</b> 10:00 Cribbage, 11:00 Curbside Meal Pickup* 11:30 In-House Lunch* 12:30 Bingo	<b>14</b> 10:00 Trivia 11:00 Curbside Meal Pickup* 11:30 In-House Lunch* 12:00 Canasta 1:00 Handcrafting	<b>15</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>6:30 Drive In Movie</b>
<b>18</b> 8:00 Zumba 9:00 <b>MGW Meeting</b> 9:15 Chair Exercise 11:00 Curbside Meal Pickup* 11:30 In-House Lunch* 12:30 Pitch <b>2:00 Caregiver and Loved Ones Concert**</b>	<b>19</b> <b>Legal Consultation**</b> 8:00 <b>Brownstone Cafe</b> 9:00 Tai Chi 10:00 Line Dancing 10:30 <b>Medicare Seminar</b> 11:00 Curbside Meal Pickup*, French Group, Trivia Online** 11:30 In-House Lunch* 12:30 Mah-jongg, Movie Showing	<b>20</b> <b>Hearing Screening*</b> 8:00 BEAT 9:15 Chair Exercise 9:30 Bocce 10:00 <b>Coffee with the Town Manager,</b> Cribbage 11:00 Curbside Meal Pickup* 11:30 In-House Lunch* 12:30 Bingo <b>1:00 Computer Class</b>	<b>21</b> <b>Manicures**</b> 10:00 Trivia 11:00 Curbside Meal Pickup*, <b>Eric Lesser's Representative</b> 11:30 In-House Lunch* 12:00 Canasta 12:30 <b>Origami</b> 1:00 Handcrafting	<b>22</b> 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball 11:00 Curbside Meal Pickup* 11:30 In-House Lunch* 12:30 <b>Financial Wellness and Security Table</b> 1:00 Dominoes
<b>25</b> 8:00 Zumba 9:15 Chair Exercise 11:00 Curbside Meal Pickup* 11:30 In-House Lunch* 12:30 Pitch	<b>26</b> 8:00 <b>Brownstone Cafe</b> 9:00 Tai Chi 10:00 Line Dancing 10:30 <b>Book Club</b> 11:00 Curbside Meal Pickup*, French Group, Trivia Online** 11:30 In-House Lunch* 12:30 Mah-jongg, Movie Showing	<b>27</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>28</b> 10:00 Trivia 11:00 Curbside Meal Pickup*, <b>Brian Ashe's Representative</b> 11:30 In-House Lunch* 12:00 Canasta 1:00 Handcrafting	<b>29</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



**\*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**

## 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

## 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

## 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**  
Director  
Ext. 1401

**Sharon Giordano**  
Administrative  
Accountant  
Ext. 1405

**Meralee Kratovil**  
Office Manager  
Ext. 1404

**Elizabeth Baron**  
Food Pantry  
Coordinator  
Ext. 1408

**Stephen Plifka**  
Chef

**Danell Tavella**  
Community  
Services  
Ext. 1402

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

**Leah Weaver**  
Administrative Assistant/  
Social Media Coordinator  
Ext. 1414

**Terry Glusko**  
Transportation  
Coordinator  
Ext. 1410

**Margit Daley**  
Kitchen Assistant,  
Dishwasher

**Debbie Garvin**  
Meal Site Coordinator  
Ext. 1413



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



If you would like to receive our monthly e-newsletter please  
Email [leah.weaver@eastlongmeadowma.gov](mailto:leah.weaver@eastlongmeadowma.gov)



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

## 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!*

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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</i> <i>Elder Issues</i> 200 NORTH MAIN STREET • SUITE 6 EAST LONGMEADOW, MA 01028 Tel. (413) 525-1313 Fax (413) 525-7272
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