



NOVEMBER 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



NOVEMBER HIGHLIGHTS



Thanksgiving Luncheon Join us for a delicious and fun Thanksgiving meal and celebration on **Thursday, November 18th at 11:30!** We are excited to have Premier Swing Band join us to present their Trivia Music Event following lunch. This event is \$5 per person. Space is limited. Register by calling 525-5436. You may sign up yourself and one guest. **Bluebird Estates is sponsoring dessert and an exciting raffle prize!**



Home Fit AARP research consistently finds that the vast majority of people age 50 and older want to stay in their homes and communities for as long as possible. The AARP HomeFit Guide was created to help people stay in the homes they love by turning where they live into a “lifelong home,” suitable for themselves and anyone in their household. Join us in person or on Zoom on **Friday, November 19th at 10:00** for this virtual presentation presented by Andrea Cordis, an Occupational Therapist and professor at Bay Path University. To register please call 525-5436 or email Alicia at alicia.smith@eastlongmeadowma.gov



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 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.**



Tech Device Help Wednesday, November 3rd at 10:00 Do you have questions about your phone, tablet, or laptop? Stop by to ask one of our Tech Volunteers your questions!

Due to COVID-19 the Town of East Longmeadow has implemented a Mask Mandate requiring masks be worn when inside all public spaces. The following guidelines will be in effect for **EVERYONE** on Senior Center Property: *These guidelines and regulations are subject to change at anytime.* 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.**



NOVEMBER HIGHLIGHTS



How to Set Up/Use Facebook Tuesday, November 2nd at 10:00 Come learn how to set up and use Facebook to keep in touch with family, friends and our Center!
This program is Sponsored by Comfort Keepers



Chair Volleyball is back! Join us on **Wednesday's at 2:00 beginning on November 3rd** for fun and exercise as we bring back chair volleyball! (We will not hold Volleyball on November 24th)



Emergency Health Profile WestCOMM Regional Dispatch in Chicopee answers all of the 911 calls for Chicopee, East Longmeadow, Longmeadow and Monson. They also dispatch out police, fire and EMS for those areas. They have a new data platform that allows persons with medical conditions to share that information with 911 the moment that they call from their phone number. This platform is called the Emergency Health Profile. WestCOMM is strongly encouraging people who have preexisting conditions to sign up themselves and their loved ones. This platform also allows persons to share their emergency contacts with them. Once the profile is set up, the information is immediately shared to 911 when, and only when, the person calls 911. This profile will work in any jurisdiction that they call 911, as long as the 911 center is using the platform. A representative from WestComm will be at the Senior Center on **Friday, November 5th, Tuesday, November 9th, and Wednesday, November 17th from 1:00-4:00**. To schedule an appointment to set up this valuable service please call 525-5436.



Are you more comfortable meeting friends from home? Join the **Golden Zoomers**. Grab a coffee or tea and meet new friends from home on Zoom. We are starting a new weekly, Senior-led, virtual meeting to provide a chance to meet kindred spirits and help keep spirits high over the winter months. We ask that you sign up to receive the link and that you keep conversations positive, affirming, and helpful. Our leader has experience as a study circle facilitator and began a personal weblog 20 years ago. **This group will meet virtually every Friday at 1PM beginning on Friday, November 5th.** To sign up please email Alicia at alicia.smith@eastlongmeadowma.gov



Social Security On **Tuesday, November 16th at 10:30** New England Investment & Retirement Group is hosting an educational Social Security event here at the Senior Center. The event will cover: calculating monthly benefits, tax consequences, working while collecting, amongst other topics. They will also address your specific Social Security related questions. To register please call 525-5436. Refreshments will be provided.



Origami Thursday, November 18th at 1:00 The practice of origami can be beneficial to your health: boost your brain health 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!



Troubles in Henry's Nose Tuesday, November 23rd 10:00 - 11:30 Enjoy watching the recording of the script reading for the play, *Troubles in Henry's Nose*, written and performed by Cape Cod writer and author, Tim Bosworth. This play shares a humorous and uplifting take on personal loss. It features six characters at lunch in a senior center in a fictional community. Lunch is offered as a metaphor for life, and the seniors as feasting on the advantages that life offers them. We get both the good and the bad from life, all presented in a humorous context. Enjoy light refreshments along with a Q&A with Tim after the presentation. Reserve your spot by calling 525-5436.



Book Club Do you like to read? Book Club meets monthly on the last Tuesday of the month. Join us on **Tuesday, November 30th at 10:30 to discuss *The Marriage of Opposites* by Alice Hoffman.** for a book discussion! December's book will be *The Dry Grass of August* by Anna Jean Mayhew.

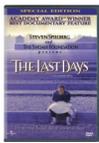
PLEASANT VIEW CINEMA

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

Movies and Documentaries are liable to change based on availability



November 2nd *Penguin Bloom* 2021, TV-14, 1h 35 mins: As a mom copes with the aftermath of a harrowing accident, she finds inspiration from an injured magpie taken in by her family. Based on a true story.



November 9th *The Last Days* 1998, PG-13, 1h 27 mins: This Oscar-winning documentary recounts the harrowing stories of five Hungarian Jews who endured the horrors of the Holocaust and Hitler's Reign.



November 16th *The Whole Truth* 2016, R, 1h 33 mins: In 1971, Trying to earn an acquittal for a teen client accused of murdering his wealthy father, a defense attorney uncovers disturbing facts about the victim. Starring Keanu Reeves and Renee Zellweger.



November 23rd *Fatherhood* 2021, PG-13, 1h 50 mins: A widowed new dad copes with doubts, fears, heartache and dirty diapers as he sets out to raise his daughter on his own. Inspired by a true story. Starring Kevin Hart



November 30th *The Professor and the Madman* 2019, TV-14, 2h 4 mins: While working on the first Oxford English Dictionary, a scholar receives thousands of entries from a doctor with a lengthy vocabulary and dark secrets. Starring Mel Gibson.

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.

BREAKFAST CAFÉ Tuesdays 8:00 - 10:00



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 Attorney Dave Carlson



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

Group Play Wednesdays 10:00 *New Time

BOOK CLUB Tuesday, November 30th 10:30

CHAIR VOLLEYBALL Wednesdays 2:00 P.M.

No volleyball on November 24th

COMPUTER CLASS Wednesday, November 17th
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, Nov.1st 9:30
\$3 per session plus cost of supplies

MORNING GLORY WALKERS

Monthly Meeting Monday, November, 8th 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.

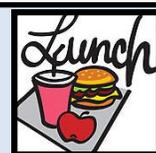


Save the Date!
Holiday Craft Fair
at the Pleasant View Senior Center
December 11th from
12:00 - 4:00



Vendors, food,
door prizes and
more!

Join us for lunch! We are now offering In-House
Dining and Curbside Meal Pick-Up Monday - Friday
Curbside Meals can be picked up in the Senior
Center parking lot at **11:00**



In-House Meals are 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

FITNESS PROGRAMS

Fitness Room Open Monday - Friday from 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.*

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

Advanced Chair Exercise DVD Monday, Wednesday at 8:30, Friday at 9:15 in the Media Room, class is free.

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

Tai Chi Tuesdays at 9:00 This FREE class is held at the First Congregational Church.

NEW Silver Sneakers Monday and Fridays 2:00-3:00 beginning on November 1st. Come try this new LIVE fun exercise class at the Senior Center. Silver Sneakers is designed for seniors of all fitness levels and will be led by an instructor from HealthTrax. A class pass is required and can be purchased at the senior center, 6 classes for \$10. **Class will be FREE the first week in November!**



LOCAL RESOURCES

A very special THANK YOU to Ruth and Deb for all of their leadership and fundraising efforts for our team!

Congratulations to Cynthia Ford, winner of the Fall Harvest Basket raffle, which contributed over \$150 to the Alzheimer's fight. The walk is over and we would like to thank all those who contributed to raising the \$2,323 that goes directly to fighting Alzheimer's. Our walkers had a beautiful day to walk and look forward to next year. It is good for all of us to remember that, although the walk is over, Alzheimer's doesn't stop. People can always donate at alz.org. Alzheimer's Team ~ Ruth and Deb



Senior Hours at the RMV The Registry of Motor Vehicles (RMV) Service Centers offer **Senior Hours** every Wednesday from 9am - 10am for customers over age 65, by reservation only. There are 3 ways customers can make a reservation:



By calling (857) 368-8005 a dedicated phone line for customers over age 65; By visiting Mass.Gov/RMV; or By emailing MassDOTRMVSeniors@dot.state.ma.us



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 and we will arrange for a volunteer to deliver and to pick up the items when it is time to be returned.



Would you like a puzzle? If you would like a puzzle please call the center at 525-5436 and we will arrange to have a volunteer drop one off on your doorstep.

HEALTH AND WELLNESS

FOOTCARE/PEDICARE

by appointment 525-5436
Cost is \$30, Home Visit \$55
November 9th

HEARING SCREENING

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

MANICURES

by appointment
Cathy Rasid, LM 413-335-7422
November 4th and 18th

ESSENTIAL SERVICES

LEGAL CONSULTATION

by appt. with
Dave Carlson, Attorney
525-5436
November, 16th

NOTARY PUBLIC SERVICES

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

SHINE COUNSELOR

Medicare Assistance
by appt. with Karen
525-5436

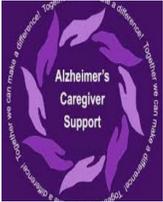
VETERANS OFFICER

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

RESOURCE REPORT



It's that time of year again! 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 and have both completed the Alzheimer's Association training program for support group facilitators. For more information please call 525-5436. Pre-registration is necessary.

Lock Box Program Having a lock box can add precious lifesaving minutes during an emergency. Lock Boxes are available for qualifying East Longmeadow residents. To qualify for a lock box an individual must: live alone or with a person that is incapacitated, have no family able to give rapid response, have difficulty ambulating, use a cane, walker or wheelchair and be isolated. Individuals will be asked to pay a nominal \$10 fee per year. Anyone interested in having a lock box installed should call Danell at 525-5436 ext. 1402.

Sponsored by the East Longmeadow Police Department and the East Longmeadow COA



The Neighbor to Neighbor (N2N) Program is coming to East Longmeadow! The *N2N's mission is to reduce social isolation, enhance quality of life and preserve the dignity of older adults in the greater Springfield area by matching trained volunteers with isolated seniors.* N2N volunteers visit seniors monthly and are invited to monthly volunteer meetings. N2N seeks to address inequities in care available to older adults, who are at increased risk for social isolation because they are more likely to live alone and endure the loss of family and friends. Studies have tied loneliness to poorer health outcomes, and the pandemic made the problem much worse. To volunteer for N2N—or to recommend anyone who could benefit from this program please contact n2n@glenmeadow.org or call Erin Koebler at the Pleasant View Senior Center at 413-525-5436. Neighbor to Neighbor is a collaborative program funded by Greater Springfield Senior Services. Volunteer recruitment and mentoring for N2N come from community partners: Glenmeadow Retirement, Baystate Spiritual Care Department, Longmeadow Council on Aging, First Church of Christ Longmeadow, Temple Beth El (Springfield), St. Mary's Catholic Church (Longmeadow), and the Mental Health Association (Springfield).

PANTRY PROGRAM



Thank you all for generously donating to our September Food Drive. Due to overwhelming participation, we were able to fill the pantry van with 12 large carts full of food. Special congratulations to our four raffle winners! We are truly grateful for your commitment to the Senior Center and your community.

As always, we will continue to accept donations between the hours of 8-3 Monday through Friday. Please consider cough and cold items as we head into the winter months: soups, crackers, over the counter cough remedies, cough drops, tissues and chap stick

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.**



Meal Calendar November 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 are 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
1 Macaroni and Cheese Spinach with Stewed Tomatoes Mixed Fruit	2 Crispy Chicken Sandwich Zucchini with Tomatoes Tater Tots Chilled Pears	3 Pork Roast with Gravy Roasted Sweet Potatoes Roasted Beets Mandarin Oranges	4 Eggplant Parmesan with Meat Sauce Over Penne Broccoli and Cauliflower Peaches	5 Baked Potato Crusted Pollack with Tarter Sauce Cole Slaw Potato Wedges Banana
8 Broccoli and Cheese Stuffed Chicken Breast Steamed Spinach Mashed Yams Mandarin Oranges	9 Chicken Casserole Rice and Beans California Blend Vegetables Cinnamon Apples	10 Country Style Crispy Chicken Drumstick Mashed Potatoes Roasted Corn with Peppers Pears	11 CENTER CLOSED 	12 Tuna Casserole Peas and Carrots Pears
15 Sliced Chicken Breast Fajita in WW Wrap with Peppers and Onions Yellow Rice Oranges	16 Baked Potato Bar Beef Chili with Sour Cream Cheesy Spinach Peaches	17 Low Sodium Hot Dog Baked Beans Sauerkraut Apricots	18 SPECIAL EVENT Turkey Dinner Roast Turkey Breast with Stuffing and Cranberry Sauce Mashed Potatoes Mashed Butternut Squash Apple Crisp	19 Fish N' Chips Oven Fries Coleslaw Pineapple
22 Country Chicken Pork and Broccoli in Garlic Sauce Rice Pilaf Strawberry Fruit Cup	23 Shepard's Pie Mixed Vegetables Peaches	24 Cheese Lasagna with Meat Sauce Italian Blend Vegetables Cinnamon Apples	25 CENTER CLOSED 	26 CENTER CLOSED
29 Chicken Chop Suey Rice Pilaf Asian Blend Vegetables Apple Sauce	30 Beef Tips Marsala with Mushrooms Egg Noodles Cauliflower and Red Peppers Mandarin Oranges	\$3.00 Lunch Donation is Appreciated **Menu Subject to Change**	**1% Milk and whole grain bread or rolls served daily, unless otherwise noted**	Curbside Pick Up 11:00  In-House Lunch 11:30 



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.

Activities Calendar November 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:30 Advanced Chair Exercise 9:15 Chair Exercise 9:30 Jewelry Class 11:00 Curbside Meal Pickup* 11:30 In-House Lunch* 12:30 Pitch 2:00 Silver Sneakers	2 8:00 Breakfast Café 9:00 Tai Chi 10:00 Facebook Presentation , Line Dancing 11:00 Curbside Meal Pickup*, French Group, Trivia Online** 11:30 In-House Lunch* 12:30 Mah-jongg, Movie Showing	3 8:30 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Bocce, Cribbage, Tech Device Help 11:00 Curbside Meal Pickup* 11:30 In-House Lunch* 12:30 Bingo 2:00 Chair Volleyball	4 Manicures** 9:00 Veterans Coffee Hour 10:00 Trivia 11:00 Curbside Meal Pickup* 11:30 In-House Lunch* 12:00 Canasta 1:00 Handcrafting	5 911 Sign Up** 9:15 Advanced Chair Exercise, Chair Exercise 10:00 Art Class, Bean Bag Baseball 11:00 Curbside Meal Pickup* 11:30 In-House Lunch* 1:00 Dominoes, Golden Zoomers 2:00 Silver Sneakers
8 8:30 Advanced Chair Exercise 9:00 MGW Meeting 9:15 Chair Exercise 11:00 Curbside Meal Pickup* 11:30 In-House Lunch* 12:30 Pitch 2:00 Silver Sneakers	9 Pedicare**, 911 Sign Up** 8:00 Breakfast Café 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	10 Alzheimer's Support Group** 8:30 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Bocce, Cribbage 11:00 Curbside Meal Pickup* 11:30 In-House Lunch* Veterans Drive in Ceremony** 12:30 Bingo 2:00 Chair Volleyball	11 CENTER CLOSED 	12 9:15 Advanced Chair Exercise, Chair Exercise 10:00 Art Class, Bean Bag Baseball 11:00 Curbside Meal Pickup* 11:30 In-House Lunch* 1:00 Dominoes, Golden Zoomers 2:00 Silver Sneakers
15 8:30 Advanced Chair Exercise 9:15 Chair Exercise 11:00 Curbside Meal Pickup* 11:30 In-House Lunch* 12:30 Pitch 2:00 Silver Sneakers	16 Legal Consultation** 8:00 Breakfast Café 9:00 Tai Chi 10:00 Line Dancing 10:30 Social Security 11:00 Curbside Meal Pickup*, French Group, Trivia Online** 11:30 In-House Lunch* 12:30 Mah-jongg, Movie Showing	17 Hearing Screening**, 911 Sign Up** 8:30 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Bocce, Cribbage, 11:00 Curbside Meal Pickup* 11:30 In-House Lunch* 12:30 Bingo 1:00 Computer Class 2:00 Chair Volleyball	18 Manicures** 10:00 Trivia 11:00 Curbside Meal Pickup*, Eric Lesser's Representative Lunch and Entertainment* 12:00 Canasta 1:00 Handcrafting, Origami	19 9:15 Advanced Chair Exercise, Chair Exercise 10:00 Art Class, Bean Bag Baseball, Home Fit Friday 11:00 Curbside Meal Pickup* 11:30 In-House Lunch* 1:00 Dominoes, Golden Zoomers 2:00 Silver Sneakers
22 8:30 Advanced Chair Exercise 9:15 Chair Exercise 11:00 Curbside Meal Pickup* 11:30 In-House Lunch* 12:30 Pitch 2:00 Silver Sneakers	23 8:00 Breakfast Café 9:00 Tai Chi 10:00 Line Dancing, Script Reading 11:00 Curbside Meal Pickup*, French Group, Trivia Online** 11:30 In-House Lunch* 12:30 Mah-jongg, Movie Showing	24 8:30 Advanced Chair Exercise 10:00 Bocce, Cribbage 11:00 Curbside Meal Pickup* 11:30 In-House Lunch* 12:30 Bingo	25 CENTER CLOSED 	26 CENTER CLOSED
29 8:30 Advanced Chair Exercise 9:15 Chair Exercise 11:00 Curbside Meal Pickup* 11:30 In-House Lunch* 12:30 Pitch 2:00 Silver Sneakers	30 8:00 Breakfast Café 9:00 Tai Chi 10:00 Line Dancing 10:30 Book Club 11:00 Curbside Meal Pickup*, French Group, Trivia Online** 11:30 In-House Lunch* 12:30 Mah-jongg, Movie Showing		** Program requires sign up please call 525-5436	*To sign up for a Meal please call 525-5436 at least one day in advance by 1:00 pm

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****

VETERANS SERVICES



COFFEE TIME All Veterans and Family
Thursday, November 4th 9:00 - 10:00

Join Michelle Barrett Director of Veteran Service of Easter Hampden County District and talk about Veteran and family benefits over coffee and pastries.



Director of Veteran Service
Michelle Barrett

Pleasant View Senior Center Office Hours:

Monday, Wednesday, Thursday & Friday 9:00-2:00

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

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!



Never overpay to sell your home
with my 3% and/or 4%
Commission Plan!
www.3or4plan.com

Michael Robie, Real Estate Broker 413-575-7236



DAVID G. CARLSON
ATTORNEY AT LAW
*Estate Planning • Wills & Trusts • Probate of Estates
Elder Issues*

200 NORTH MAIN STREET • SUITE 6
EAST LONGMEADOW, MA 01028
Tel. (413) 525-1313 Fax (413) 525-7272