



DECEMBER 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



DECEMBER HIGHLIGHTS



All About Trips! Friday, December 3rd at 10:30 Come hear from our Program Coordinator, Alicia Smith and Volunteer Trip Coordinator, Karen Knight about our Center's future trip planning and let us know where you would like to travel to!



Holiday Wreath Ornament Craft Join us to make a holiday ornament on **Thursday, December 9th at 1:00** Participants need to be able to fold and iron material and sew on embellishments. Wreaths are 5" in diameter. \$3 per kit. Space is limited. Sign ups are required by calling 525-5436.



Holiday Craft Fair Saturday, December 11th from 12:00 - 4:00 Join us at the Pleasant View Senior Center for a fun afternoon of craft vendors, food, raffles and a visit from Santa! All ages are welcome. Admission is one non-perishable, in-date food item for the Emergency Food Pantry. There will be a cost for food, craft vendors and raffle tickets. Call the Senior Center at 525-5436 with any questions. We want to thank the East Longmeadow Recreation Department for partnering with us for this great event!



Christmas Celebration Join us for a delicious lunch and an afternoon of entertainment and bingo on **Thursday, December 16th at 12:00!** We are excited to have the Community Music School of Springfield join us after lunch, with \$2 Bingo immediately to follow. Lunch is \$3 per person. Space is limited. Register by calling 525-5436. You may sign up yourself and one guest. **We would like to thank Andrew Brow, Chef and Owner of HighBrow Wood Fired Kitchen + Bar for preparing the meal for our celebration.**



The Pleasant View Senior Center will be closing at 12:00 on Thursday, December 23rd and 30th. We will be closed on Friday, December 24th and 31st. We will not be serving meals or delivering meals on wheels on those days. **We wish everyone a happy and healthy holiday season!**



INCLEMENT WEATHER POLICY

When the East Longmeadow Public Schools are closed due to weather, there will be no congregate lunch, meals on wheels, or programming. When the East Longmeadow Public Schools are delayed due to weather, there will be no programs that were scheduled during the delay. Staff will be in the building to answer questions and for emergencies unless Town Hall is closed. Please watch WGGB Channel 40 and WWLP Channel 22 for updates.



DECEMBER HIGHLIGHTS



Due to COVID-19 the following guidelines will be in effect for everyone visiting the Senior Center. 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. We advise participants that are unvaccinated or at high-risk to continue wearing a mask when in indoor public places. If you do not have a mask, we can provide one. Social Distancing is encouraged for all participants. *These guidelines and regulations are subject to change at anytime.* **Thank you for your cooperation as we continue getting our Center fully back up and running.**



UNICO Dinner Friday, December 3rd at 5:00 Join us for a delicious dinner and fun night put on by UNICO. Call today to reserve your spot, 525-5436. Tickets are \$5 each. You may sign up yourself and one guest. Space is limited!



Tune Up Clinic Monday, December 6th at 11:00 Bring your medical equipment in for a tune up. Louis & Clark Medical Supply and Home Helpers of Enfield CT & Western Mass are offering a FREE Medical Equipment Tune Up Clinic at the Senior Center. Call 525-5436 to book your appointment. The maintenance is free, a small charge may incur if parts go over \$6.00.



How to Set Up/Use Email Tuesday, December 7th at 10:00 Come learn how to set up and use email to keep in touch with family and friends, receive our e-newsletter and more! Sponsored by Comfort Keepers.



Information Table Tuesday, December 7th from 9:30-11:30 Frontotemporal Degeneration (FTD) is a brain disorder that results in dementia. It is similar to Alzheimer's disease, but with different symptoms. It typically strikes at a younger age and is less common and far less known. FTD is frequently misdiagnosed as depression or a psychiatric condition due to changes in behavior and personality. Ed Fitzgerald, a member of the senior center who has a family member with FTD, and a volunteer with The Association for Frontotemporal Degeneration, will be at our Center to provide information and answer questions.



Tech Device Help Do you have questions about your phone, tablet or laptop? Our Tech Volunteer will be here on **Wednesday, December 8th and 22nd.** To schedule a **FREE 15 minute appointment** please call 525-5436.



Dealing with Debt Monday, December 13th at 10:30 The Office of Massachusetts Attorney General Maura Healey is excited to offer a brand new training that highlights different techniques for dealing with your debt and debt collectors. This presentation will educate you on numerous ways you can take on your debt with confidence through tips and resources from their trained consumer specialists.



Estate Planning with Sean Powers on **Tuesday, December 14th at 10:30** Powers Law Group, LLC will discuss the ins-and outs of Health Care Proxies, Powers of Attorney and Last Wills and Testaments. Their discussion will focus on emergencies when you cannot communicate your health care decisions, how your assets can be managed when you are unable and why having a will or estate plan is important. Powers Law will briefly touch upon the importance of long-term care planning.



Origami Thursday, December 16th at 12:30 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. Sign up 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, December 28th at 10:30** to discuss *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



December 7th *Father Christmas is Back* 2021, PG-13, 1h 45min : Four sisters who have reunited for the Christmas Holiday in a Yorkshire mansion, have misunderstandings that uncover the long-buried secret that tore their family apart in a comical way! Starring Kelsey Grammer.



December 14th *A Castle for Christmas* 2021, 1h 38 min (no rating yet): A famed American author, Sophie, travels to Scotland and finds herself wanting to buy a castle, but the owner, a Scottish Duke named Myles, is reluctant to sell to a foreigner. Starring Brooke Shields.



December 21st *It's a Wonderful Life* 1946, PG, 2h 10min : An angel is sent from Heaven to help a desperately frustrated businessman by showing him what life would have been like if he had never existed. Starring James Stewart and Donna Reed.



December 28th *The Theory of Everything* 2014, PG-13, 2h 3min : As his esteem grows in the world of physics, Stephen Hawking's body is ravaged by ALS, forcing his increasing dependence on his devoted wife, Jane. 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.

BREAKFAST CAFÉ Tuesdays 8:00 - 10:00



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

League Play Mondays 10:00-12:00

Free Instruction Thursdays 10:00 A.M.



BINGO Wednesdays 12:30 (Free), Bingo Prizes

BOCCE Will resume in the Spring

CHAIR VOLLEYBALL Wednesdays 2:00 P.M.

COMPUTER CLASS Wednesday, December 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, Dec. 6th 9:30

** Sign up now required, \$3 per session plus cost of supplies*

MORNING GLORY WALKERS

Monthly Meeting Monday, December 13th 9:00

TRIVIA In House Thursdays 10:00 A.M.

TRIVIA Online Tuesdays 11:00 A.M. No Trivia on 12/28

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.



Our Senior Center was the second prize winner in the Walk Massachusetts Challenge! The award is funding for future programming. Thank you to the Massachusetts Council On Aging and to all of you who participated in the challenge!



New Pool League Round Robin

Monday's from 10-12 at the Senior Center, all levels welcome. If you would like to join the Pool League please sign up in the Billiards Room or call 525-5436.

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 9:15-10:15 in the Auditorium, class is free.

Advanced Chair Exercise DVD Monday, Wednesday and Friday from 9:15-10:15 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 at the senior center. Designed for seniors of all fitness levels and led by an instructor from HealthTrax. A class pass is required and can be purchased at the senior center 6 classes for \$10. We will not be holding class on 12/20 or 12/27, class will resume on 1/3.

Join our NEW Yoga class! 6-week session on Tuesdays and Thursdays, beginning on Thursday, December 2nd at 9:00 and ending on Tuesday, January 11th. Class is \$6 per person. You may sign up for Tuesdays or Thursdays or both days. Sign up by calling 525-5436.

LOCAL RESOURCES



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



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.** To sign up please email Alicia at alicia.smith@eastlongmeadowma.gov



East Longmeadow Police Association
Stuff the Cruiser Holiday Toy Event
Saturday December 4th from 9am-1pm
Accepting all new unwrapped toys to be dropped off at
the East Longmeadow Police Department **160 Somers Road**



HEALTH AND WELLNESS

FOOTCARE/PEDICARE

by appointment 525-5436
Cost is \$30, Home Visit \$55
December 14th

HEARING SCREENING

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

MANICURES

by appointment
Cathy Rasid, LM 413-335-7422
December 2nd, 16th and 30th

ESSENTIAL SERVICES

LEGAL CONSULATION

By appt. December 21st
Dave Carlson, Attorney
525-5436

NOTARY PUBLIC SERVICES

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

SHINE COUNSELOR

Medicare Assistance
By appointment
525-5436

VETERANS OFFICER

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

RESOURCE REPORT



To schedule an in-home vaccination call the In-Home Vaccination Central Intake Line at (833) 983-0485. Representatives are available Monday through Friday from 9am to 5pm. You will be able to speak with a representative and you will be registered with the Commonwealth's Department of Public Health (DPH), which will handle the scheduling and administration of in-home vaccinations. In-home vaccinations will be: Performed by medical professionals, following all public health guidelines, Tailored to meet the individual needs of the individual, as discussed on the scheduling call, Scheduled based on geography of residents, not on a first-come first-served basis, Performed using either the Johnson & Johnson single-dose vaccine, which is easier to transport and requires only one appointment, or using the two dose Moderna or Pfizer vaccines.



Alzheimer's Caregiver 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. This month we will meet on December 8th.** Facilitated by Carol Sachs PhD and Lissa Fontaine RN. Carol and Lissa have professional and personal experience caring for people with dementia and bring a wealth of experience in support group facilitation. 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. Older adults 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 413-525-5436. Neighbor to Neighbor is a collaborative program funded by Greater Springfield Senior Services Re-Engage grant.

PANTRY PROGRAM

The Community Food Pantry would like to thank all of those who made donations at the various food drives at local schools, churches and businesses and to those who had reached out in November to make sure the pantry would be well stocked for the upcoming winter months! Their donations are greatly appreciated and we are all grateful to have a community that takes care of one another. Special thank you to those who organized the drives around town and for their dedication to helping those in need: *Nicole Romano Birchland Park School, Amy Stocks Mapleshade, Barbara Bednarz Mountain View Elementary, Rev. Katherine Mitchell United Methodist Church, Patty from Frank's Auto Service and The East Village Place Community*

Donations are welcome and always accepted Monday through Friday from 9-3. The pantry is in need of cough and cold items for winter: tissues, cough drops, vitamins and chapstick



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 December 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
\$3.00 Lunch Donation is Appreciated **Menu Subject to Change**	**1% Milk and whole grain bread or rolls served daily, unless otherwise noted**	1 Chicken Parmesan over Penne Pasta Steamed Broccoli Peaches	2 American Chop Suey Cauliflower Peaches	3 Fish and Chips Oven Fries Coleslaw Pears
6 BBQ Pork Loin Oriental Vegetables Brown Rice Pudding	7 Chicken Fajitas with Peppers and Onions in a Wheat Tortilla Yellow Rice Mandarin Oranges	8 Beef Stew Egg Noodles Green Beans with Red Peppers Pineapple	9 Crispy Fish Filet Dilled Carrots Steamed Corn Mixed Fruit	10 Teriyaki Glazed Meatballs Sweet Potato Peas Fruited Jell-O
13 Veal Patty Parmesan with Spaghetti and Marinara Sauce California Blend Vegetables Cantaloupe	14 Chicken Pot Pie Mashed Winter Squash Collard Greens Apple Sauce	15 Balsamic Chicken Breast Stewed Tomatoes Brown Rice Pears	16 <i>Meals on Wheels only and Curbside Only</i> Roasted Turkey Breast Mashed Potatoes Green Beans Peaches <i>In House Lunch Christmas Celebration</i>	17 Fish Tacos in a Wheat Tortilla Coleslaw Yellow Rice Pineapple
20 Mini Ravioli with Meat Sauce Peas and Carrots Fresh Fruit	21 Garlic Butter Baked Salmon Butternut Squash Mandarin Oranges	22 Chicken Breast Marsala Ziti Mixed Vegetables Pears	23 CENTER CLOSSES AT 12:00 <i>We will not be serving lunch or delivering Meals on Wheels</i>	24 CENTER CLOSED 
27 Country Breaded Chicken Drumstick with Gravy Scalloped Potatoes Mixed Vegetables Sliced Apples	28 Meatloaf with Gravy Mashed Potatoes Green Beans with Red Pepper and Tomatoes Peaches	29 Baked Fish Rice Pilaf Spinach Apricots	30 CENTER CLOSSES AT 12:00 <i>We will not be serving lunch or delivering Meals on Wheels</i>	31 CENTER CLOSED 



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 December 2021

Monday	Tuesday	Wednesday	Thursday	Friday
** 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	1 9:15 Advanced Chair Exercise, Chair Exercise 10:00 Cribbage 11:00 Curbside Meal Pickup* 11:30 In-House Lunch* 12:30 Bingo 2:00 Chair Volleyball	2 Manicures** 9:00 Yoga 10:00 Trivia 11:00 Curbside Meal Pickup* 11:30 In-House Lunch* 12:00 Canasta 1:00 Handcrafting	3 9:15 Advanced Chair Exercise, Chair Exercise 10:00 Art Class, Bean Bag Baseball 10:30 All About Trips 11:00 Curbside Meal Pickup* 11:30 In-House Lunch* 1:00 Dominoes, Golden Zoomers 2:00 Silver Sneakers 5:00 Unico Dinner
6 9:15 Advanced Chair Exercise, Chair Exercise 9:30 Jewelry Class 10:00 Pool League 11:00 Curbside Meal Pickup*, Tune Up Clinic** 11:30 In-House Lunch* 12:30 Pitch 2:00 Silver Sneakers	7 Pedicare** 8:00 Breakfast Café 9:00 Tai Chi, Yoga 9:30 Email Set Up Presentation, FTD Information Table 10:00 Line Dancing 11:00 Curbside Meal Pickup*, French Group, Trivia Online** 11:30 In-House Lunch* 12:30 Mah-jongg, Movie Showing	8 Alzheimer's Support Group**, Tech Help** 9:15 Advanced Chair Exercise, Chair Exercise 10:00 Cribbage 11:00 Curbside Meal Pickup* 11:30 In-House Lunch* 12:30 Bingo 2:00 Chair Volleyball	9 9:00 Yoga 10:00 Trivia 11:00 Curbside Meal Pickup* 11:30 In-House Lunch* 12:00 Canasta 1:00 Handcrafting, Ornament Craft Making**	10 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
13 9:00 MGW Meeting 9:15 Advanced Chair Exercise, Chair Exercise 10:00 Pool League 10:30 Dealing with Debt 11:00 Curbside Meal Pickup* 11:30 In-House Lunch* 12:30 Pitch 2:00 Silver Sneakers	14 Legal Consultation** 8:00 Breakfast Café 9:00 Tai Chi, Yoga 10:00 Line Dancing 10:30 Estate Planning 11:00 Curbside Meal Pickup*, French Group, Trivia Online** 11:30 In-House Lunch* 12:30 Mah-jongg, Movie Showing	15 Hearing Screening**, Tech Help** 9:15 Advanced Chair Exercise, Chair Exercise 10:00 Cribbage 11:00 Curbside Meal Pickup* 11:30 In-House Lunch* 12:30 Bingo 1:00 Computer Class 2:00 Chair Volleyball	16 Manicures** 9:00 Yoga 10:00 Trivia 11:00 Curbside Meal Pickup*, Eric Lesser's Representative Christmas Celebration 12:00 Canasta 12:30 Origami 1:00 Handcrafting	17 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
20 9:15 Advanced Chair Exercise, Chair Exercise 10:00 Pool League 11:00 Curbside Meal Pickup* 11:30 In-House Lunch* 12:30 Pitch	21 8:00 Breakfast Café 9:00 Tai Chi, Yoga 10:00 Line Dancing, 11:00 Curbside Meal Pickup*, French Group, Trivia Online** 11:30 In-House Lunch* 12:30 Mah-jongg, Movie Showing	22 Tech Help** 9:15 Advanced Chair Exercise, Chair Exercise 10:00 Cribbage 11:00 Curbside Meal Pickup* 11:30 In-House Lunch* 12:30 Bingo 2:00 Chair Volleyball	23 9:00 Yoga 10:00 Trivia CENTER CLOSSES AT 12:00 We will not be serving lunch or delivering Meals on Wheels	24 CENTER CLOSED 
27 9:15 Advanced Chair Exercise, Chair Exercise 10:00 Pool League 11:00 Curbside Meal Pickup* 11:30 In-House Lunch* 12:30 Pitch	28 8:00 Breakfast Café 9:00 Tai Chi, Yoga 10:00 Line Dancing 10:30 Book Club 11:00 Curbside Meal Pickup*, French Group 11:30 In-House Lunch* 12:30 Mah-jongg, Movie Showing	29 9:15 Advanced Chair Exercise, Chair Exercise 10:00 Cribbage 11:00 Curbside Meal Pickup* 11:30 In-House Lunch* 12:30 Bingo 2:00 Chair Volleyball	30 Manicures** 9:00 Yoga 10:00 Trivia CENTER CLOSSES AT 12:00 We will not be serving lunch or delivering Meals on Wheels	31 CENTER CLOSED 

TRI-TOWN 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

****For medical appointments, we recommend calling as soon as you schedule your appointment****

48-72 hour notification is required for booking any transportation. The trolley schedule is limited, we do our best to accommodate your date and time, however availability is not guaranteed. When booking appointments, please have the complete address and phone number of your destination.

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

To schedule a ride please call 413-525-5412

Due to the Town Holiday Schedule The Trolley will not be running on December 23rd, 24th, 30th or 31st

MEMORIAL DONATIONS

A special thank you to Barbara Schaler for her donation in memory of Millie Austin and to Walter Labroad for his donation in memory of Frank Sousa.

VETERANS SERVICES



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

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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.

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