



September 2022

News From the View



Pleasant View Senior Center

~ The Center of it All ~

328 NORTH MAIN STREET

EAST LONGMEADOW, MA 01028

MON - FRI: 8:00 a.m. – 4:00 p.m.

413.525.5436

HIGHLIGHTS



Fresh Friday Market Join us on Fridays from 12:00-5:00 for our Fresh Friday Market, located in the front of the Senior Center! All crafters and food vendors are welcome to join us for the Fall Season, please contact Elizabeth Baron 413-525-5436 x1408 for more information. We will be featuring fresh flowers, produce, meat and baked goods. The market will run through September. On September 9th from 12:30-2:30 bring your lawn chair, shop our Farmers Market and enjoy the musical talents of the duo group Baird Souls!



Fred Sokol "Meet the Author" Wednesday, Sept. 7th at 10:30 Fred Sokol taught performance art for nearly four decades, has been writing professional theater commentary, and has interviewed people such as Idina Menzel and Marlo Thomas. He currently composes novels and posts reviews for talkinbroadway.com. He will be discussing his newest novel, *Silverbirch Summer*, a coming-of-age story about an 18 year old girl during the summer of 1965.



Pleasant View's Got Talent Thursday, Sept. 8th at 12:45 Do you have a talent that you would like to share? Maybe it's singing, telling jokes, or juggling! Sign up for our talent show! All participants who register by September 1st will receive a \$5 Panera Bread gift card.



COA Open House Thursday, Sept. 15th from 9:30-11:30 Stop by for a tour and to see what programs and services we offer here at Pleasant View. Tours are scheduled for 9:45 and 10:45. At 10:00 we are happy to have Laurie Festa back to play piano and would like to thank East Village Place for their generous performance sponsorship. Refreshments will be included courtesy of Griswold Home Care. All new visitors will receive a **FREE** lunch coupon to use any day they choose! Lunch reservations for September 15th must be called in by September 9th.



The Little e Friday, Sept. 23rd from 2:00-6:00 Tired of the big crowds at The Big E? Don't want to wait in a long line for food? Join us at our Little e! There will be food trucks, games, prizes, Gene's Northeast Country Band, and more! We hope you can join the fun! Trolley rides are available for East Longmeadow residents. If you need a ride call 525-5413.



Online Social Security Awareness and Identity Theft Friday, Sept. 23rd at 10:30 Join Milagros Johnson and Camille Christian who have over 26+ combined years working for the Springfield Mayor's Office of Consumer Information to hear the facts of online scams and identity theft and how they target you.



How to Manage Stress and Anxiety, and Know the Difference Wednesday, Sept. 28th at 11:00 Just as it's important to take care of our physical health, we also should focus on our mental health. Join Kimberley Lee, Mental Health Association (MHA) Vice President of Resource Development and Branding for a conversation about the importance of good mental health. "If you've been working to keep your body healthy by getting exercise and eating well, you should also consider making the same effort for your mental health."



Irish Oktoberfest Thursday, Sept. 29th at 12:00 Join us for Shepherds Pie, drinks, and the Irish Duo and Step Dancer, Maggie Carchrie and Family, sponsored by Oasis Senior Advisors. Event tickets are \$5 per person and includes lunch. Tickets are available at the Senior Center.

HIGHLIGHTS

Registration is required for all programs by calling 525-5436, in person at the Senior Center office or at www.myactivecenter.com



Cambodia Tuesday, Sept. 6th at 9:00 If you are a food lover and love adventure with the locals, then this **VIRTUAL TOUR of Cambodia** is for you. You will get to see the best hand-picked local food in the night market of the city, along with the local ways of life and the culture of the people. Refreshments will be provided. This program is in partnership with Beeyonder.



Fix-It-Clinic Friday, Sept. 9th at the Senior Center FREE, guided assistance from volunteers with repair skills to disassemble, troubleshoot and (hopefully) fix small household appliances, clothing, electronic devices and more! Please call 525-5436 to make an appointment.



SAIL Program This balance improvement/fall prevention program includes cardio, balance, strengthening, flexibility, and educational elements in each class. SAIL is intended for people with mild balance and walking dysfunction. This Free 12-week session begins on Tuesday, Sept. 13th, classes will be held on Tuesdays and Thursdays from 10:30-11:30. Registration is required.



Managing Dementia Care: A Panel Discussion Wednesday, Sept. 14th at 6:00pm Experts will offer practical information to family members who are caring for loved ones with dementia. Presented by: Dr. May Awkal, Attorney David Carlson, Geriatric Care Manager Sharon Connor, LCSW,C-ASWCM and Caregiver Ed Fitzgerald. **The cost is free, and refreshments will be provided.** This program is presented by the East Longmeadow Council on Aging, East Village Place, and the Alzheimer's Association. Refreshments provided by East Village Place. Meghan Lemay, the Western MA Regional Manager of the Alzheimer's Association, will moderate the virtual panel.



Crafts with Rose Tuesday, Sept. 20th at 1:00 Join Rose to create a decorative lantern perfect for your mantle or a as a table centerpiece. The inside can be changed according to the holiday! Only \$11 per person, includes all materials. Space is Limited, sign up today.



Walk MA Group Walk Join our Walk Massachusetts Team for our group walk on Saturday, September 10th at the East Longmeadow Walking Trail at 9:00.



Falls Prevention Fair Join the Longmeadow Adult Center for a Falls Prevention Fair on Tuesday, September 20th from 2:00-4:00. For more information please call 565-4150.



Korean Lantern Presentation and Craft Thursday, Sept. 22nd at 1:00 Join online or in person as we learn about Korea's history and create a lotus lantern. The presentation will be virtual. You do not need craft experience. Space is limited. Sign up today! To join us online email Alicia Smith at alicia.smith@eastlongmeadowma.gov. This program is in partnership with the East Longmeadow Garden Club and the Korean Spirit and Culture Promotion Project.



Emergency Preparedness Training/CodeRed Wednesday, Sept. 28th at 1:00 Make a personal preparedness plan, build a personal preparedness go-kit, and learn how to sign up for East Longmeadow's CodeRed alert system.



Personalized Fitness Program Are you interested in getting a personalized fitness assessment and exercise program? Springfield College students are looking for interested seniors to serve as clients to gain training experience. Clients will be expected to complete a pre-participatory screening process and a senior fitness assessment. Students will utilize that information to create a personalized fitness plan and provide guided instruction so clients can learn how to do the prescribed exercises. Limited spots are available so sign up now. Assessments and training will begin in late September/early October. Clients will need to be available for four sessions which will take place at our center on a Tuesday and/or Thursday between 2:40 and 3:40.



Jewelry Class is back! Join us on Monday, October 3rd at 9:00 to create beautiful jewelry! \$3 per person plus the cost of material. Sign up is required.

PLEASANT VIEW CINEMA



Join us **Tuesday's at 12:45** to enjoy a movie or a documentary

Movies and Documentaries are liable to change based on availability

September 6th *The Terminal* PG-13, 2004, 2h 8m An Eastern European tourist unexpectedly finds himself stranded in JFK airport, and must take up temporary residence there. Starring Tom Hanks.



September 13th *Montford: The Chickasaw Rancher* TV-14, 2021, 1h 36m A remarkable story inspired by the life of renowned Chickasaw cattleman Montford T. Johnson, a man who overcame great hardships to establish a ranching empire along the famous cattle highway of the American West, the Chisolm Trail.



September 20th *Purple Hearts* TV-14, 2022, 2h 2m In spite of their many differences, Cassie, a struggling singer-songwriter, and Luke, a troubled Marine, agree to marry solely for military benefits. But when tragedy strikes, the line between real and pretend begins to blur.



September 27th *The Age of Adeline* PG-13, 2015, 1h 52m A young woman, born at the turn of the 20th century, is rendered ageless after an accident. After many solitary years, she meets a man who complicates the eternal life she has settled into. Starring Blake Lively and Harrison Ford.



ONGOING PROGRAMS

ART CLASS with Jeff Kerns Fridays 10:00 \$15

**Must bring your own supplies*

ASIAN PAINTING Will resume in the Fall

BEAN BAG BASEBALL Fridays 10:00

BILLIARDS Open Play Tue - Fri 8:00 to 4:00

Pool League Mondays 8:00-4:00 (no open play)

Free Instruction Thursdays 10:00

BIRTHDAY BASH Wednesday, Sept. 7th 12:00

If it's your birthday month lunch is FREE!



BOCCE Mon-Fri 8:00 - 4:00

Open Play Wednesdays 9:30

CHAIR VOLLEYBALL Wednesdays 1:00

COMPUTER HELP Wednesday, Sept. 21st 1:00

COOKING DEMO Wednesday, Sept. 21st 11:00
Taste a delicious recipe! Presented by East Village Place

FRENCH GROUP Tuesdays 11:00

**All conversation is in French*

HANDCRAFTING Thursdays 1:00

JEWELRY CLASS Monday, October 3rd 9:00

\$3 Plus cost of materials. Sign up is required

LIBRARY ON THE GO Thursday, Sept. 8th

10:30 - 12:00

MORNING GLORY WALKERS Monthly

Meeting Sept. 15th 9:00

ORIGAMI Thursday, Sept. 21st 12:30

We will create a Peace Dove



TECH TIME Wednesday, Sept. 14th

**By appointment only, please call 525-5436*

TRIVIA Thursdays 10:00

CARDS AND GAMES

CANASTA Thursdays 12:00 P.M.

CRIBBAGE Wednesdays and Fridays 10:00

DOMINOES Fridays 1:00

MAH-JONGG Tuesdays 12:30

PITCH Mondays 12:30



New Pool league All levels are welcome. Play is on Mondays from 8:00-4:00 beginning on Sept. 5th. If you are interested in joining Pleasant View's Pool League please sign up in the Pool Room.

Join us on Thursdays at 12:45 for Friendship Thursdays

September 1st \$5 Bingo

September 8th Pleasant View's Got Talent

September 15th \$2 Bingo

September 22nd Lotus Flower Craft

September 29th Irish Oktoberfest



Walk to End Alzheimer's Join us on walk day, Sunday, September 25th! Meet at Pleasant View Senior Center at 9:00 AM. Returning at approximately 12:00 PM. You can register online up until September 25th. **Fashion Show Fundraiser September 22nd at 1:30** Join the Longmeadow Adult Center for a fun event with fashion, DJ Brian Nicks and light refreshments. Sign is required up by calling 565-4150, Suggested donation of \$5 to the Alzheimer's Association.

Meal Calendar September 2022



Lunch is served Monday - Friday at 12:00 in the Auditorium
 If you would like to order lunch please call 525-5436 at least a day in advance by 1:00 pm
 \$3.00 Lunch donation is appreciated *Please bring exact change

As food costs increase, we need your help to keep our suggested donation at \$3 per meal!

- Please reserve your meal by 1PM the day before
 - Let us know if you are not able to make it to lunch
 - Understand that meals include specific items that have been approved by our grant agency
 - Unfortunately, we are not able to honor requests for larger portions or seconds
- Thank you for your help and understanding!**

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Subject to Change	\$3.00 Lunch Donation is Appreciated		1 Salisbury Steak	2 BBQ Chicken Leg
5 CENTER CLOSED 	6 Veggie, Cheese and Sausage Omelets	7 Meatloaf 	8 Chicken Caesar Wrap	9 Fish and Chips
12 Chicken Salad Stuffed Tomatoes	13 Stuffed Peppers	14 Chicken Pot Pie	15 Quiche Lorraine	16 Fazio's Stuffed Shells
19 Macaroni and Cheese with Broccoli and Bacon	20 Penne with Meatballs	21 Chicken Cordon Bleu	22 BBQ Pulled Pork on a Roll	23 Cod Florentine
26 Chicken Gruyere	27 American Chop Suey	28 Chef Salad with Ham, Turkey, Swiss Cheese and Egg	29 Irish Oktoberfest Shepherd's Pie Event Tickets \$5 per person	30 Baked Salmon

Due to the limited availability of food and supplies we will only be listing the main course on the menu. Meals will also include a starch, a vegetable and a desert. 1% milk and whole grain bread or rolls are served daily, unless otherwise noted.

Have you used our online registration option called **myactivecenter**? You can continue to register by phone (413-525-5436) or in person, or you can try myactivecenter!

Go to www.myactivecenter.com and click "New User" in the upper right corner.

1. Click "Yes, I have a key tag" if you do! If you do not have a key tag, visit our office.
2. Find us by typing in "Town of East Longmeadow" and Activate Account.
3. You should then see the program options and be able to sign up, and see further details.

myactivecenter



Celebrate EL Saturday, September 24th from 12:00-6:00 Join East Longmeadow in celebration of our town! The event is sponsored by the East Longmeadow Rotary Club and will take place at Center Field.

Activities Calendar September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>** Program requires sign up please call 525-5436</p> 	<p>*To sign up for a Meal please call 525-5436 at least one day in advance by 1:00 pm</p>		<p>1 8:30 Zumba 10:00 Trivia 12:00 Canasta, Lunch* 12:45 \$5 Bingo 1:00 Handcrafting</p>	<p>2 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball, Cribbage 12:00 Lunch*, Farmers Market 1:00 Dominoes 2:00 Silver Sneakers</p>
<p>5 CENTER CLOSED</p> 	<p>6 9:00 Tai Chi 9:00 Virtual Tour of Cambodia** 10:00 Line Dancing 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 Movie Showing</p>	<p>7 9:00 Advanced Chair Exercise 9:15 Chair Exercise 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage 10:30 Meet the Author 12:00 Birthday Bash* 1:00 Chair Volleyball 2:00 Balance Training</p>	<p>8 Manicures** 8:30 Zumba 10:00 Trivia 10:30 Library on the Go 12:00 Canasta, Lunch* 12:45 Talent Show 1:00 Handcrafting</p>	<p>9 Fix it Clinic** 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball, Cribbage 12:00 Lunch*, Farmers Market 1:00 Dominoes 2:00 Silver Sneakers</p>
<p>12 9:00 Advanced Chair Exercise, MGW Meeting 9:15 Chair Exercise 12:00 Lunch* 12:30 Pitch 1:30 Yoga at Brownstone 2:00 Silver Sneakers</p>	<p>13 9:00 Tai Chi 10:00 Line Dancing 10:30 Sail Program** 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 Movie Showing</p>	<p>14 Tech Time** 9:00 Advanced Chair Exercise 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage 12:00 Lunch* 1:00 Chair Volleyball 2:00 Balance Training 6:00 Managing Dementia Care</p>	<p>15 8:30 Zumba 9:30 COA Open House 10:00 Trivia 10:30 Sail Program** 11:00 Eric Lesser's Representative 12:00 Canasta, Lunch* 12:45 \$2 Bingo 1:00 Handcrafting</p>	<p>16 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball, Cribbage 12:00 Lunch*, Farmers Market 1:00 Dominoes 2:00 Silver Sneakers</p>
<p>19 9:00 Advanced Chair Exercise 9:15 Chair Exercise 12:00 Lunch* 12:30 Pitch 1:30 Yoga at Brownstone 2:00 Silver Sneakers</p>	<p>20 Pedicare**, Legal Consultations** 9:00 Tai Chi 10:00 Line Dancing 10:30 Sail Program** 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 Movie Showing 1:00 Crafts W/ Rose **</p>	<p>21 Hearing Screening** 9:00 Advanced Chair Exercise 9:15 Chair Exercise 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage 11:00 Cooking Demo** 12:00 Lunch* 12:30 Origami** 1:00 Chair Volleyball, Computer Help 2:00 Balance Training</p>	<p>22 Manicures** 8:30 Zumba 10:00 Trivia 10:30 Sail Program** 11:00 Brian Ashe's Representative 12:00 Lunch* 1:00 Handcrafting, Lotus Flower Craft**</p>	<p>23 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball, Cribbage 10:30 Social Security/ Theft Presentation 12:00 Lunch 1:00 Dominoes, 2:00 Farmers Market, Little e, Silver Sneakers</p>
<p>26 9:00 Advanced Chair Exercise 9:15 Chair Exercise 12:00 Lunch* 12:30 Pitch 1:30 Yoga at Brownstone 2:00 Silver Sneakers</p>	<p>27 9:00 Tai Chi 10:00 Line Dancing 10:30 Sail Program** 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 Movie Showing</p>	<p>28 9:00 Advanced Chair Exercise 9:15 Chair Exercise 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage 11:00 Stress/Anxiety Presentation 12:00 Lunch* 1:00 Code Red, Chair Volleyball 2:00 Balance Training</p>	<p>29 8:30 Zumba 10:00 Trivia 10:30 Sail Program** 12:00 Irish Oktoberfest* 1:00 Handcrafting,</p>	<p>30 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball, Cribbage 12:00 Lunch*, Farmers Market 1:00 Dominoes, 2:00 Silver Sneakers</p>

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.*

Balance and Fall Prevention Training Wednesdays 2:00 - 3:00 This class uses the stretches and movements of Tai Chi along with other evidence-based fall prevention training programs to improve your balance and increase lower body strength. A class pass is required, 6 classes for \$10.

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

Advanced Exercise DVD Monday, Wednesday and Friday 9:00-10:00 in the Media Room, free.

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

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



Silver Sneakers Monday and Friday 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, 6 classes for \$10.

Yoga at Brownstone Mondays at 1:30 Class is FREE and will take place at Brownstone I in the Community Room, all are welcome. Sponsored by Visiting Angels. Please call 525-4596 to register.

Zumba Thursdays at 8:30 Join us for this fun, upbeat class! \$5 per class, payable to the instructor.

PANTRY PROGRAM

Thank you to the community for your generous donations! We accept donations year round Monday - Friday from 9-4. The pantry is currently in need of: cold cereal, tomato sauce, crackers, dried fruit and nuts, and toothpaste.



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. We can make temporary deliveries if you are sick at home, recuperating from surgery or if you are disabled and unable to get to the store. **For further information please call our Food Pantry Coordinator Elizabeth Baron at 525-5436.**

HEALTH AND WELLNESS

FOOTCARE/PEDICARE

by appointment 525-5436
Cost is \$55
September 20th

HEARING SCREENING

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

MANICURES

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

ESSENTIAL SERVICES

FREE LEGAL CONSULTATION

With Attorney Dave Carlson
By appointment Sept. 20th 525-5436

NOTARY PUBLIC SERVICES

By appointment with Danell 525-5436

SHINE COUNSELOR

Free Medicare Assistance
By appointment 525-5436

TOWN NEWS

The State Primary election will be Tuesday, September 6, 2022, from 7 am to 8 pm, and all precincts will vote at Birchland Park Middle School. Early in person voting is allowed for this election in the Library Conference Room, 60 Center Square, during the following days and times:

Tuesday, August 30, 2022 ★8:00 am – 4:00 pm ~ Wednesday, August 31, 2022 ★8:00 am – 4:00 pm
Thursday, September 1, 2022 ★8:00 am – 4:00 pm ~ Friday, September 2, 2022 ★8:00 am – 4:00 pm

MEMORIAL DONATIONS



A special thank you to the family of Ernestine Booth for their donation in memory of her, to Barbara Erwin for her donation in memory of Mary Dowd and to Gary and Janice Donovan for their donation in memory of Sandra Grabierz.

RESOURCES



Bereavement Group Are you mourning the loss of a loved one? Our bereavement group will begin on January 25th, and will continue on the 4th Wednesday of every month. Call to sign up. Facilitated by Carol Sachs, PhD.



Open Enrollment If you are enrolled in a Medicare Prescription Drug Plan, Medigap 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 2023. **Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!** During Medicare Open Enrollment, you can adjust or change your plan for next year. SHINE Counselors can help you understand *your plan changes as well as determine other options you may have*. **Open Enrollment is from October 15, 2022 - December 7, 2022**

Our SHINE Counselor is here weekly, please call 525-5436 for an appointment. If you have a general question you can call **1-800-AGE-INFO** (1-800-243-4636), **then press or say 3**. If you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.



New Footcare/Pedicare Service Beginning in September Dr. Dubois will be offering footcare services at the Senior Center. Dr. Dubois will be here monthly. Cost for service is \$55 per person. To make an appointment for Tuesday, September 20th please call 525-5436.



Alzheimer's Caregiver Phone Support For people caring for a loved one living with Alzheimer's disease or a related dementia. Please call 525-5436 for more details.

SWAP The Senior Work-Off Abatement Program (SWAP) applications are available for the 2023 calendar year. SWAP allows East Longmeadow property owners aged 60 and over, who have owned and occupied their East Longmeadow Property for 5 or more years, the opportunity to volunteer services to the town and have up to 125 hours of wages applied towards the following year's property tax bill. **Applications are available at the Senior Center and on the town website and must be submitted to the Pleasant View Senior Center by September 30, 2022, to be considered for the program.**



National Suicide Prevention Lifeline 988" is a new three-digit dialing, texting, and chat code for direct connection to support for anyone experiencing substance use issues, a suicidal crisis, or mental health-related distress. When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing National Suicide Prevention Lifeline network. These trained counselors will listen to callers, understand how their problems are affecting them, provide support, and connect them to resources as necessary. The current Lifeline phone number (1-800-273-8255) will always remain available to people in emotional distress or suicidal crisis, even after 988 is launched nationally. For more information visit: www.988lifeline.org

Did you know that the **Medicare Savings Plans** can help you pay for Medicare premiums and make you eligible for **BIG SAVINGS** on your prescriptions? If you have Medicare and your income and assets are similar to those listed you might qualify! If you have any questions about these programs please make an appointment with our SHINE counselor or call MassOptions at 1-800-243-4636. You can apply anytime and reap big savings!

Medicare Savings Plans	Gross Monthly Income Limit	Asset Limit*	Application to use	Benefits
MassHealth Senior Buy-In (QMB)	\$1,473 (individual) \$1,984 (couple)	\$16,800 (individual) \$25,200 (couple)	MassHealth SACA-2 or Buy-In 1-800-841-2900	Medicare A, B premiums, deductibles and copays, automatic full extra help with prescription costs
MassHealth Buy-In (SLMB, QI-1)	\$1,869 (individual) \$2,518 (couple)	\$16,800 (individual) \$25,200 (couple)	MassHealth SACA-2 or Buy-In 1-800-841-2900	Pays Medicare B premium & full extra help with prescription costs

* Primary residence and one vehicle are not counted



SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

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.

Monthly Income (10/1/21 – 9/30/22)	
Family Size Income Limit	
1	\$2,265
2	\$3,052
3	\$3,838
4	\$4,625

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

TRI-TOWN TROLLEY



The Tri-Town Trolley is available Monday thru Friday from 9:00am – 3:00pm for East Longmeadow, Longmeadow, and Hampden Seniors
Out of town trips are \$3 each way/In town trips are \$1 each way



The Trolley offers rides to seniors from East Longmeadow, Hampden and Longmeadow for local medical appointments, grocery shopping and banking in the Springfield area. The trolley schedule is limited, we do our best to accommodate your date and time, however availability is not guaranteed. For medical appointments we recommend calling as soon as you schedule your appointment. When booking appointments please have the complete address and phone number of your destination. Transportation for grocery shopping is scheduled on Wednesday and Thursday of each week with a 3 bag limit on the van.

72 hour notification is required for booking any transportation
 To schedule a ride please call 413-525-5412 between 9:00am – 3:00pm

VETERANS MEMORIAL



The East Longmeadow Veterans Memorial Committee is raising funds to construct a **Veterans Memorial** in front of the Senior Center. This Veterans Memorial will be dedicated to honor and memorialize the sacrifice of the East Longmeadow military veterans who answered the “call to arms” and to recognize their sense of duty and courage...especially those who sacrificed their lives for the freedoms we enjoy today. **The Committee has paver/bricks for sale for \$125.00 each. If you have a veteran in your family or just want to make a donation, please call Terry Glusko at 413-525-5412 or 413-782-3890.**

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

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 EAST LONGMEADOW, MA 01028
 Tel. (413) 525-1313 Fax (413) 525-7272

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
 Admin. Accountant
 Ext. 1405

Elizabeth Baron
 Food Pantry Coordinator
 Ext. 1408

Allen Lefferts
 Chef
 Ext. 1411

Terry Glusko
 Transportation Coordinator
 Ext. 1410

Danell Tavella
 Community Services
 Ext. 1402

Meralee Kratovil
 Office Manager
 Ext. 1404

Debbie Garvin
 Meal Site Coordinator
 Ext. 1413

Margit Daley
 Kitchen Assistant,
 Dishwasher

Marilyn Ghedini
 Dispatcher
 Ext. 1410

Alicia Smith
 Program & Volunteer Coordinator
 Ext. 1406



To receive our E-Newsletter please call 525-5436



www.facebook.com/elseniors

MON - FRI: 8-4 PM 413-525-5436

