



October 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

OCTOBER FOOD DRIVE

Friday, October 7th, 14th, 21st and 28th

Help us assist those in times of need! Donations will be collected in the parking lot of The Pleasant View Senior Center 328 North Main Street between 10:00-3:00. Folks who donate will be entered into a weekly gift card raffle sponsored by local businesses.

October 7th Breakfast Bonanza ~ October 14th Pantry Staples

October 21st Hygiene Items ~ October 28th Bonus Beverages



Drive Thru Flu Clinic Tuesday, October 4th from 8:00 - 1:00 in the Senior Center parking lot. Pre-Registration is not required, but is highly encouraged by calling 525-5436.



Credit and Budget Friday, October 7th at 10:30 Hear why a budget is more important now than ever before, what to include in your budget, what is credit, the importance of credit, and establishing and maintaining good credit. Presented by the Mayor's Office of Consumer Information.



Men's Coffee Chat Tuesdays at 8:30, Starting October 11th Grab a FREE cup of coffee and enjoy light refreshments and conversation.



Dinner at The View Wednesday, October 12th at 5:00 We are excited to offer our first Dinner at The View post pandemic! Join us for a Chicken Francaise dinner made by **Fazio's**, and the musical talents of Lisa Carter and Matt Foster in their duo group, *Table for Two*. Dinner will be served at 5:00. \$10 includes the meal and entertainment. Tickets are available at the Senior Center. Each individual may purchase 2 tickets. We hope you can join us!



NEW Card Game: Five Crowns Fridays at 12:45 starting on October 14th Five Crowns is a five-suited rummy-style card game. Whether you are a pro, or have never played, all are welcome!



Buying a Vehicle Friday, October 21st at 10:30 Learn the nuts and bolts of buying a car, not a lemon. This presentation will cover things you must do before shopping for a vehicle, important steps to take once you are at the dealer, and what to do if you have a problem with the vehicle. This lecture will be presented by the Mayor's Office of Consumer Information.



Book Club Intro Monday, October 24th at 11:00 Have you ever asked yourself the question, "If God is good, then why..."? If you answered yes, then this book club is for you. Come on October 24th to meet the group facilitator and learn more about the book of discussion, *The Goodness of God* by Randy Alcorn.



Breakfast Café Wednesday, October 26th from 8:00-10:30 Sandy and the rest of the breakfast crew will be here on Wednesday, October 26th, ready to make you a delicious meal!



Supermarket Sweep Thursday, October 27th at 12:30 Want to win groceries? Purchase a ticket for the opportunity to be a participant in our October Sweep! Tickets are \$1 each, or 6 for \$5 and will be available for purchase until Friday, Oct. 21st. All proceeds will benefit our Food Pantry. Halloween Costumes are encouraged with a special bonus prize for winning costumes! *This game will require walking.* We hope you will join us to have fun watching this exciting game!

HIGHLIGHTS

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



Podcast Have you been wondering what all the buzz is about podcasts? Or even what a podcast is? **Beginning in October, learn how to create a podcast right here at Pleasant View's own podcast studio.** Sara Crouser, a Minnechaug Regional High School intern with ELCAT, will be onsite weekly through early January to teach you how to produce your own podcast, in hopes that we can create a "Stories from the View podcast" - a place where the stories of Pleasant View Seniors can be documented and shared. Call 525-5436 to schedule a session with Sarah. Once we have a few seniors trained on how to use the equipment, we'll start collecting stories.



Virtual Tour of Peru Tuesday, October 4th at 3:00 Machu Picchu is one of the new 7 wonders of the world and the most iconic archaeological site of Peru and South America. In this VIRTUAL TOUR we will go back to its origins, its meaning for the Inca society and its discovery for the western world in 1911. We will end the experience with a guided photo expedition to this site located in one of the most beautiful landscapes of the Peruvian Andes. Refreshments will be provided. This program is in partnership with Beeyonder.



Deaf and Hard of Hearing Independent Living Services Wednesday, October 5th at 10:30 Neil Macgill, Jr., Program Manager for Viability, Inc, and representative of the Deaf/Hard of Hearing Independent Living Services (DHILS), will be here to discuss the services they offer for residents of the Berkshire and Western Mass regions aged 18 and up. They attend to Deaf, Hard of Hearing and Late Deafened individuals. All of their services and more will be discussed at the presentation. An ASL interpreter will be present.



Iran Nuclear Power Program and It's Global Implications Wednesday, October 12th at 10:15 This presentation will discuss: the history of Iran's nuclear power program and global concerns that it could evolve into a nuclear weapons program and much more! Q&A session will follow the presentation being presented by Gary Lefort, an EL Rotarian and former Army Veteran.



Real Estate Tax Exemptions Monday, October 17th at 10:30 Come join the East Longmeadow Assessor's Office to learn about exemptions offered by the Town of East Longmeadow for Seniors, Veterans and Blind Persons. There are also exemptions available for Surviving Spouses and Minor Children, and for Temporary Financial Hardship. Certain requirements must be met in order to qualify for each type of exemption and applications must be submitted annually by April 1st. The Assessors will be happy to provide you with information, answer questions, and let you know if you would meet the criteria for an exemption.



Italian Class: Beginners III Wednesdays at 10:30 beginning October 26th This class will be a review of previously covered material. New material will be covered at the preferred pace of the class. New students with a background in the language are welcome to join. \$5 per class.



2022 Alzheimer's Education Series The East Longmeadow Council on Aging and the East Longmeadow Public Library are offering this FREE Education Series. Join us for one, two, three, or all four sessions. Each session is independent, so it is not necessary to have taken an earlier session to register for a later one.

Understanding Alzheimer's & Dementia at The Senior Center Thursday, October 13th 1:00 - 2:00 Understand the difference between Alzheimer's and dementia. Learn the risk factors of Alzheimer's, the stages of the disease, and the FDA-approved treatments. Register by calling 525-5436.

10 Warning Signs of Alzheimer's at The Library Monday, November 21st 6:30 - 7:30 Learn the 10 Warning Signs of Alzheimer's Disease and how they differ from typical age-related memory changes. You will get tips for approaching someone about memory concerns and you will gain an understanding of the diagnostic process. Register by calling 525-5400

Effective Communication Strategies at The Senior Center Thursday, December 1st 1:00 - 2:00 Learn tips & strategies to understand, connect and communicate with someone living with dementia at each stage of the disease.

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

October 4th **The Weekend Away** 2022, TV-14, 1h 29m A weekend getaway to Croatia goes awry when a woman is accused of killing her best friend. As she attempts to clear her name and uncover the truth, her efforts unearth a painful secret. Based on the best selling novel.



October 11th **Bucket List** 2007, PG-13, 1h 37m Two terminally ill men escape from a cancer ward and head off on a road trip with a wish list of to-dos before they reach the end of their lives. Starring Morgan Freeman and Jack Nicholson.

October 18th **Ma Rainey's Black Bottom**, 2020, R, 1h 34m Tensions and temperatures rise at a Chicago music studio in 1927 when fiery, fearless blues singer Ma Rainey joins her band for a recording session. Based on a true story.



October 25th **Something's Gotta Give**, 2003, PG-13, 2h 8m A swinger with a taste for young women falls in love with an accomplished woman closer to his age. Starring Jack Nicholson and Diane Keaton.

ONGOING PROGRAMS

ART CLASS with Jeff Kerns Fridays 10:00 \$15
*Must bring your own supplies

BEAN BAG BASEBALL Fridays 10:00

BILLIARDS Open Play Tue - Fri 8:00 to 4:00
Pool League Mondays 8:00-4:00 All levels welcome!
Free Instruction Thursdays 10:00

BIRTHDAY BASH Wednesday, Oct. 5th 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, Oct. 19th 1:00

COOKING DEMO Wednesday, Oct. 19th 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, Oct. 13th
10:30 - 12:00

MORNING GLORY WALKERS Monthly
Meeting Oct. 17th 9:00

ORIGAMI Wednesday, Oct. 19th 12:30
This month we will create a pumpkin

TECH TIME Wednesday, Oct. 12th
*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



Friendship Thursdays will resume in the winter!

COMING SOON



Silent Film Showing Thursday, November 3rd at 12:45 Join us for a special viewing of two, short comedy silent films with live piano accompaniment!



Veterans Dinner We would like to invite our Veterans and their guests to our annual **Veterans Dinner** happening on **Thursday, November 10th at 5:00**. Veterans are free to attend, and guests are \$5 each. Only one guest is permitted per Veteran. Call 525-5436 to register. Registration opens on October 1st, and will close on November 4th.



Holiday Craft Fair and Visit with Santa Saturday, December 3rd from 10:00-1:00
Local crafters, children's activities, food truck, Santa visits and photos, giveaways and more!

Meal Calendar October 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
3 Lasagna with Meat Sauce	4 Beef and Vegetable Stew	5 Birthday Bash Chicken Gruyere 	6 Cheeseburger	7 Tuna Noodle Casserole
10 CENTER CLOSED 	11 Spaghetti and Meatballs	12 Baked Chicken Leg	13 Salisbury Steak	14 Veggie Pizza
17 Broccoli and Cheese Stuffed Chicken	18 Pot Roast	19 American Chop Suey	20 Jambalaya Over Rice	21 Beef Burgundy
24 Macaroni and Cheese with Broccoli and Bacon	25 Chicken Parmesan	26 Meatball Grinder	27 Roasted Pork	28 Lemon Butter Cod
31 Beans and Franks			\$3.00 Lunch Donation is Appreciated	**Menu Subject to Change**

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.




Volunteer Opportunity We are partnering with the EL Recreation Department to host a family friendly Haunted House and Trunk or Treat on Saturday, October 29th, 6:00 PM-7:30 PM. If you would like to dress up and be a part of the Haunted House, would like to decorate your vehicle's trunk and hand out candy, or donate or lend Halloween decorations or candy, please call Alicia at 525-5436 x1406.

Activities Calendar October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00 Advanced Chair Exercise, Jewelry Class** 9:15 Chair Exercise 12:00 Lunch* 12:30 Pitch 1:30 Yoga at Brownstone 2:00 Silver Sneakers	4 Drive Thru Flu Clinic 9:00 Tai Chi 10:00 Line Dancing 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 Movie Showing 3:00 Virtual Tour Peru	5 9:00 Advanced Chair Exercise 9:15 Chair Exercise 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage 10:30 Hearing Services Presentation 12:00 Birthday Bash* 1:00 Chair Volleyball 2:00 Balance Training	6 Manicures** 8:30 Zumba 10:00 Trivia 12:00 Canasta, Lunch* 1:00 Handcrafting	7 Food Drive 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball, Cribbage 10:30 Credit and Budget Presentation 12:00 Lunch 1:00 Dominoes 2:00 Silver Sneakers
10 CENTER CLOSED 	11 8:30 Men's Coffee Chat 9:00 Tai Chi 10:00 Line Dancing 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 Movie Showing	12 Tech Time** 9:00 Advanced Chair Exercise 9:15 Chair Exercise 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage 10:15 Iran Presentation 12:00 Lunch* 1:00 Chair Volleyball 2:00 Balance Training 5:00 Dinner at the View	13 8:30 Zumba 10:00 Trivia 10:30 Library on the Go 12:00 Canasta, Lunch* 1:00 Handcrafting, Understanding Alzheimer's & Dementia	14 Food Drive 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball, Cribbage 12:00 Lunch* 12:45 Five Crowns 1:00 Dominoes 2:00 Silver Sneakers
17 9:00 Advanced Chair Exercise, MGW Meeting 9:15 Chair Exercise 10:30 Tax Exemptions Presentation 12:00 Lunch* 12:30 Pitch 1:30 Yoga at Brownstone 2:00 Silver Sneakers	18 Legal Consultations** 8:30 Men's Coffee Chat 9:00 Tai Chi 10:00 Line Dancing 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 Movie Showing	19 Hearing Screening** 9:00 Advanced 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	20 Manicures** 8:30 Zumba 10:00 Trivia 11:00 Eric Lesser's Representative 12:00 Canasta, Lunch* 1:00 Handcrafting	21 Food Drive 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball, Cribbage 10:30 Buying a Vehicle 12:00 Lunch* 12:45 Five Crowns 1:00 Dominoes 2:00 Silver Sneakers
24 9:00 Advanced Chair Exercise 9:15 Chair Exercise 11:00 Book Club intro 12:00 Lunch* 12:30 Pitch 1:30 Yoga at Brownstone 2:00 Silver Sneakers	25 8:30 Men's Coffee Chat 9:00 Tai Chi 10:00 Line Dancing 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 Movie Showing	26 Breakfast Cafe 9:00 Advanced Chair Exercise 9:15 Chair Exercise 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage 10:30 Italian Class** 12:00 Lunch* 1:00 Chair Volleyball 2:00 Balance Training	27 8:30 Zumba 10:00 Trivia 11:00 Brian Ashe's Representative 12:00 Canasta, Lunch* 12:30 Supermarket Sweep 1:00 Handcrafting	28 Food Drive 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball, Cribbage 12:00 Lunch* 12:45 Five Crowns 1:00 Dominoes, 2:00 Silver Sneakers
31 9:00 Advanced Chair Exercise 9:15 Chair Exercise 12:00 Lunch* 12:30 Pitch 1:30 Yoga at Brownstone 2:00 Silver Sneakers			** 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

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: Personal Care Items: Toothpaste, Shampoo, Soap, Deodorant and Household Cleaning Items: Dish Soap, Laundry Detergent and Cleaning Supplies



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

With Dr. Dubois
by appointment 525-5436
Cost is \$55

HEARING SCREENING

Free Screening by Baystate Hearing Center
by appointment 525-5436
October 19th

MANICURES

by appointment
Cathy Rasid, LM 413-335-7422
October 6th and 20th

ESSENTIAL SERVICES

FREE LEGAL CONSULTATION

With Attorney Dave Carlson
By appointment Oct. 18th 525-5436

NOTARY PUBLIC SERVICES

By appointment with Danell 525-5436

SHINE COUNSELOR

Free Medicare Assistance
By appointment 525-5436

TOWN NEWS

The State election will be Tuesday, November 8, 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:

Saturday, October 22, 10a-2p - Monday, October 24, 8a-4p - Tuesday, October 25, 8a-4p

Wednesday, October 26, 8a-4p - Thursday, October 27, 8a-4p - Friday, October 28, 8a-4p

Saturday, October 29, 9a-5p - Monday, October 30, 8a-4p - Tuesday, November 1, 8a-4p

Wednesday, November 2, 8a-4p - Thursday, November 3, 8a-4p - Friday, November 4, 8a-4p

Voters will also be able to vote by mail for this election. Saturday, October 29, is the last day to register to vote, if you are not already a registered voter, the State election. You can do this at the Clerk's Office in the Town Hall, or on October 29 in the Library Conference Room. **If you have any questions please contact the Town Clerk's Office at 413-525-5400 x 1000.**

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), you should have received an information packet from your plan. 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.

Real Estate Tax Senior Exemption Applications Exemption applications for fiscal year 2023 will be accepted in the Assessor's office starting November 1, 2022. The applications will be available for you to pick up in the Assessor's office at the Town Hall or by appointment with Danell Tavella at the Senior Center. If you need assistance or have any questions, please feel free to contact the Assessors at 525-5400 ext. 1600 or Danell Tavella at 525-5400 ext. 1402.



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.

FUEL ASSISTANCE *The Valley Opportunity Council, Inc. is an energy assistance program that can help you pay for heating your house or apartment during the heating season, between NOV 1 and APR 30 of each year.* This program can help you pay for any fuel that you use, including but not limited to: oil, propane, natural gas, or electric. **Please call Danell Tavella @ 525-5436 ext. 1402 for further information.**

Yearly Income 2023 Season	
Family Size	Income Limit
1	\$42,411
2	\$55,461
3	\$68,511
4	\$81,561

Are you behind on your rent or mortgage payments? There are programs to help through the Attorney Generals Office. Contact the Attorney General's Consumer Hotline for Assistance at 617-727-8400.

Rental Assistance for Families in Transition (RAFT) helps keep households in stable situations when facing eviction, loss of utilities, and other housing emergencies caused by loss of income, increase in expenses or both. Apply online at: applyhousinghelp.mass.gov

Homeowners Assistance Fund (HAF) provides financial assistance to help homeowners who are behind on their mortgage payments due to the Covid-19 Pandemic. Check your eligibility online at massmortgage-help.org



SCAM ALERT An organized "Criminal Ring" is stealing SNAP and DTA cash benefits by essentially making a duplicate EBT card through a mechanism called skimming. To date nearly \$1 million in SNAP benefits have been stolen from approximately 2,000 households in MA. DTA is notable to replace SNAP benefits stolen through skimming, Help get the word out! Re-pinning EBT cards after each purchase is encouraged in order to keep cards safe. If anyone suspects benefits have been stolen, please report to the fraud unit at DTA: 800-997-2555



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 (Effective 2/1/2022)	
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

MEMORIAL DONATIONS



A special thank you to Maria Forbes for her donation in memory of Sandra Grabierz.



SPONSORS

We hope you support our valued sponsors!



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navigating healthcare

Maura Lessard RN, BSN, CCM, CDP
 Nurse Advocate, Board Certified Case Manager, Aging Lifecare
 Advanced Profession & Certified Dementia Practitioner

cell/text: 413-237-5724

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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

<p>Erin Koebler <i>Director</i> Ext. 1401</p>	<p>Sharon Giordano <i>Admin. Accountant</i> Ext. 1405</p>	<p>Elizabeth Baron <i>Food Pantry Coordinator</i> Ext. 1408</p>	<p>Allen Lefferts <i>Chef</i> Ext. 1411</p>	<p>Terry Glusko <i>Transportation Coordinator</i> Ext. 1410</p>
<p>Danell Tavella <i>Community Services</i> Ext. 1402</p>	<p>Meralee Kratovil <i>Office Manager</i> Ext. 1404</p>	<p>Debbie Garvin <i>Meal Site Coordinator</i> Ext. 1413</p>	<p>Margit Daley <i>Kitchen Assistant, Dishwasher</i></p>	<p>Marilyn Ghedini <i>Dispatcher</i> Ext. 1410</p>
<p>Alicia Smith <i>Program & Volunteer Coordinator</i> Ext. 1406</p>	<p>Elizabeth Grigoriou <i>Admin. Assistant/Social Media Coordinator</i> Ext. 1414</p>			

To receive our E-Newsletter please call 525-5436



www.facebook.com/elseniors

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

