



January 2023

# 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



**Pleasant View Senior Center will be closed on Monday, January 2nd and Monday, January 16th ~ Wishing you a safe, healthy and happy 2023 ~**



**AARP Tax Service** Unfortunately, due to a volunteer shortage, AARP will not be preparing taxes at our center this year. Please call us for more information about local senior centers that are offering free tax assistance 525-5436. You can also visit AARP's tax site locator at [https://www.aarp.org/money/taxes/aarp\\_taxaide/locations.html](https://www.aarp.org/money/taxes/aarp_taxaide/locations.html)



**Journaling: A Mindful Journey to Being Your Best Self** Wednesday, January 11th at 11:00 Are you living up to your potential? Ignite a passion within yourself to achieve all you want out of life both personally and professionally. Join us as Scott Weiss of the Kay Journal helps you get started on the journey you were meant to be on. Journaling is at the center of self-care and allowed Scott to find the best version of himself at a time where he was looking for some new direction. Most journals are blank and don't provide any guidance, so Scott designed Live Your Life with Purpose Journal to give himself and others that direction. During this hour you will spend time understanding goals that have meaning for you, better manage your time and manage a healthy balanced life.

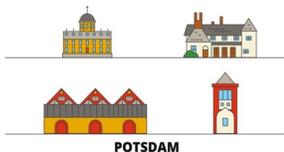


**New Member Orientation** Friday, January 13th at 10:30 An informative new member orientation and tour will take place every month on the 2nd Friday, from 10:30 - 11:30. Registration is suggested, however drop-ins are welcome.



**Forastiere Funeral & Cremation Lunch & Learn** Wednesday, January 18th at 12:00 To Bury Or To Cremate? That Is The Question. This FREE Lunch & Learn will be presented by Pre-Planning Director, Gary Szewczyk from Forastiere Smith Funeral & Cremation. He will answer one of the most frequently asked questions to come up during the pre-planning process, and will discuss the options that are available to you for burial, cremation, and both to help you make the best decisions for yourself and your loved ones. Registration is required.

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**Potsdam: The Breathtaking German Versaille** Thursday, January 19th at 9:30 This virtual live tour will walk you through Potsdam, a city of beautiful parks and spectacular palaces on the idyllic lakes of the Havel. It was the setting for the Potsdam Conference, where geopolitical giants Josef Stalin, Harry Truman, and Winston Churchill met in the summer of 1945 to seal the post-war fate of Germany and Europe. You will see the most famous of Potsdam Palaces and marvel at the grandeur

and splendor of it all as we virtually stroll the royal gardens and learn the history of this majestic town. Refreshments will be provided. This program is in partnership with Beeyonder.



**Real ID** Wednesday, January 25th at 10:45 Learn what new federal and state requirements there are concerning driver's license and ID card renewals. The RMV's Community Outreach Coordinator will be here to share this valuable information.



**INCLEMENT WEATHER POLICY** When the East Longmeadow Public Schools are closed due to weather, there will be no in house lunch, meals on wheels, or programming. When the EL 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. If Town Hall is closed, we are closed. Please watch WGGB Channel 40 and WWLP Channel 22 for updates.

## HIGHLIGHTS

**Registration is required for all programs by calling 525-5436, in person at the Senior Center office or at [www.myactivecenter.com](http://www.myactivecenter.com)**



### **Winter Concert Series**



**Fridays in January at 12:45 Enjoy music and light refreshments**

**January 6th - The Dave Colucci "Crooning the Classics" Show** Join the very popular singer/entertainer Dave Colucci as he sings some of the greatest classic songs of all time! An incredible variety show, you'll hear songs from the swinging Vegas days of Sinatra, Dino, Bobby Darin and Tom Jones, to the golden oldies of the 50's, 60's, & 70's. Let the good times roll as you get ready to go on a musical journey that will have you laughing, singing & dancing! *Sponsored by Commonwealth Care Alliance*

**January 13th - Table for Two and Co.** Songstress Lisa Carter, Pianoman/Vocalist Matthew Foster, and Mark Barowsky on Saxophone will perform nostalgic standards with a contemporary twist, specializing in Jazz, blues, country, ballads, standards, and postmodern jukebox, all with the sounds of Diana Krall, Dinah Washington, Gaga and Bennett, Stevie Wonder, Billy Joel, and more! *Refreshments sponsored by Bluebird Estates*

**January 20th - Tom Jones & Englebert-"The Way It Used To Be"** Featuring the golden voice of Joe Saimeri with Richie Mitnick on keyboard. This fabulous "Tribute" takes us on a musical journey featuring great songs such as "After The Loving" and "The Way It Used To Be", as well as great hits by artists such as Kenny Rogers, Michael Bolton, Frank Sinatra and many more! *Sponsored by Health New England*

**January 27th - Freddie Marion** Freddie Marion, is one of the top entertainers in the Pioneer Valley. He is greatly influenced by artists including Wayne Newton, Kenny Rogers, and Sammy Davis Jr. His music is sure to have you smiling and toe-tapping! *Sponsored by Oasis Senior Advisors of Western Mass*



**Blood Pressure Clinic** Friday, January 6th from 8:00-9:00 Stop in to have your blood pressure checked. This clinic is free and registration is not required.



**Book Discussion Intro** Monday, January 9th at 11:00 Have you ever asked yourself the question, "If God is good, then why..."? If yes, then this is for you. Come meet the group facilitator and learn more about the book of discussion, *The Goodness of God* by Randy Alcorn.



**SAIL Program** It's back! 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, January 24th. Classes will be held on Tuesdays and Thursdays from 10:30-11:30. Registration is required. Space is limited. **In order to register you must be able to commit to every Tuesday and Thursday, 10:30-11:30 from January 24th - April 20th.**



**Veterans Coffee Hour** Veterans, drop in to meet and have discussion with other Veterans. **This group will now meet weekly on Tuesday mornings at 10:00, beginning January 3rd.** This group is led by a Vietnam Veteran who is honored and eager to have discussion with those who have also served their country. Coffee and light refreshments will be served.



**Podcast** If you are interested in being featured in our podcast show "Stories from the View", a show documenting and sharing the stories of Pleasant View Seniors, or you are interested in learning what a podcast is and how you can get involved, call us at 525-5436.



**Handcrafting** Join the Handcrafters on Thursdays at 1:00! Bring whichever craft project you are working on and join this fun group for crafting and socialization. All are welcome!



**Recipes wanted!** The Pleasant View Senior Center is collecting recipes to create a recipe book that we will be selling in the Spring. Please share your favorite recipe to be added to the book! Submissions can be dropped off at the front office or emailed to [coa@eastlongmeadowma.gov](mailto:coa@eastlongmeadowma.gov) **Deadline for submission is January 31st.** We hope you can help us create this recipe book!

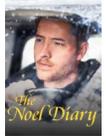
## PLEASANT VIEW CINEMA



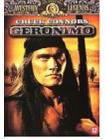
Join us **Tuesday's at 12:45** to enjoy a movie or a documentary

*Movies and Documentaries are liable to change based on availability*

**January 3rd** **The Noel Diary** 2022, TV-14, 1h 39min The story of a man who returns home on Christmas to settle his estranged mother's estate. Once there, he discovers a diary that may hold secrets to his own past and of a beautiful young woman on a mysterious journey of her own.



**January 10th** **The Good Nurse** 2022, R, 2h 1min A nurse is shocked when one of her colleagues is found responsible for the murder of dozens of patients over a period of sixteen years, across two states and nine hospitals, without being charged.



**January 17th** **Geronimo** 1993, PG-13, 1h 55min Following the expansion of the United States into the Southwest, the Apache Indians are forced onto a reservation to live out their lives as lowly corn farmers. While many resign themselves to this fate, Geronimo and others refuse to go quietly.



**January 24th** **City Slickers** 1991, PG-13, 1h 52min Every year, three friends take a vacation away from their wives. This year they decide to reignite their masculinity by taking a supervised cattle drive across the Southwest. Under the supervision of a gruff cowboy, the men set out on a journey that turns unexpectedly dangerous, but helps them conquer their fear of aging.

**January 31st** **Captain Phillips** PG-13, 2013, 2h 14min In April 2009, the U.S. containership Maersk Alabama sailed toward its destination on a day that seemed like any other. Suddenly, Somali pirates raced toward the vessel, climbed aboard and took everyone hostage and the captain of the ship had to use his wits to make sure everyone survived and returned home safely. Based on a true story.



## 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, Jan. 4th 12:00

If it's your birthday month lunch is FREE!

**BOCCE** Will resume in the Spring



**BREAKFAST CAFE** Wednesday, Jan. 25th

8:00-10:00 Join us for a delicious breakfast!



**CHAIR VOLLEYBALL** Wednesdays 1:00

**COMPUTER HELP** Wednesday, Jan. 18th 1:00

**COOKING DEMO** Wednesday, Jan. 18th 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** Will resume in April

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

**LIBRARY ON THE GO** Thursday, Jan. 12th

10:30 - 12:00

**MENS COFFEE CHAT** Tuesdays at 8:30

**MORNING GLORY WALKERS** Monthly

Meeting Monday, Jan. 9th 9:00

**ORIGAMI** Wednesday, Jan. 18th 12:30



**TECH TIME** Postponed until further notice

**TRIVIA** Thursdays 10:00

**VETERANS COFFEE HOUR** Tuesdays 10:00

### CARDS AND GAMES

**CANASTA** Thursdays 12:00 P.M.

**CRIBBAGE** Wednesdays and Fridays 10:00

**DOMINOES** Fridays 1:00

**FIVE CROWNS** Fridays 12:45

**MAH-JONGG** Tuesdays 12:30

**PITCH** Mondays 12:30



### Friendship Thursdays at 12:45

January 5th \$2 Bingo

January 12th \$5 Bingo

January 19th \$2 Bingo

January 26th \$5 Bingo



**Email Updates:** We send out weekly emails with program announcements, upcoming events and our monthly newsletter! If you are not already on our email list and would like to be added please call us at 525-5436 or email [coa@eastlongmeadowma.gov](mailto:coa@eastlongmeadowma.gov)

# Meal Calendar January 2023



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

Partial funding provided by the Federal Administration for Community Living/MA Executive Office of Elder Affairs & Greater Springfield Senior Services, Inc.

- 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

Monday	Tuesday	Wednesday	Thursday	Friday
2  <b>CENTER CLOSED</b>	3 <b>Cheeseburger and Fries</b>	4 <i>Birthday Bash</i> <b>Roast Pork</b> 	5 <b>Chicken Alfredo</b>	6 <b>Salmon</b>
9 <b>Chicken Parmesan</b>	10 <b>Veggie Omelet</b>	11 <b>Chicken Pot Pie</b>	12 <b>Macaroni and Cheese with Bacon and Broccoli</b>	13 <b>Veggie Pizza</b>
16 <b>CENTER CLOSED</b> 	17 <b>Hot Dogs and Beans</b>	18 <b>Lasagna in Meat Sauce</b>	19 <b>Pot Roast</b>	20 <b>Lemon Butter Cod</b>
23 <b>Turkey Reuben</b>	24 <b>Spaghetti and Meatballs</b>	25 <b>Beef Stew</b>	26 <b>Stuffed Peppers</b>	27 <b>Tuna Noodle Casserole</b>
30 <b>American Chop Suey</b>	31 <b>Chicken Marsala</b>		<b>\$3.00 Lunch Donation is Appreciated</b>	<b>**Menu Subject to Change</b>

Meals will also include a starch, a vegetable and a dessert. 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](http://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*



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.**

# Activities Calendar January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b> <b>CENTER CLOSED</b></p> 	<p><b>3</b> 8:30 Men's Coffee Chat 9:00 Tai Chi 10:00 Line Dancing, Veterans Coffee Hour 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 Movie Showing</p>	<p><b>4</b> 9:00 Advanced Chair Exercise 9:15 Chair Exercise 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage 12:00 <b>Birthday Bash*</b> 1:00 Chair Volleyball 2:00 Balance Training</p>	<p><b>5</b> 8:30 Zumba 10:00 Trivia 12:00 Canasta, Lunch* 12:45 <b>\$2 Bingo</b> 12:00 Lunch* 1:00 Handcrafting</p>	<p><b>6</b> 8:00 <b>BP Clinic</b> 9:00 Advanced Chair Exercise 9:15 Chair Exercise, Podcast 10:00 Art Class, Bean Bag Baseball, Cribbage 12:00 Lunch* 12:45 <b>Winter Concert Series, Five Crowns</b> 1:00 Dominoes 2:00 Silver Sneakers</p>
<p><b>9</b> 9:00 Advanced Chair Exercise, <b>MGW Meeting</b> 9:15 Chair Exercise 11:00 <b>Book Discussion</b> 12:00 Lunch* 12:30 Pitch 1:30 Yoga at Brownstone 2:00 Silver Sneakers</p>	<p><b>10</b> 8:30 Men's Coffee Chat 9:00 Tai Chi 10:00 Line Dancing, Veterans Coffee Hour 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 Movie Showing</p>	<p><b>11</b> 9:00 Advanced Chair Exercise 9:15 Chair Exercise 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage 11:00 <b>Journaling</b> 12:00 Lunch* 1:00 Chair Volleyball 2:00 Balance Training</p>	<p><b>12</b> <b>Manicures**</b> 8:30 Zumba 10:00 Trivia 10:30 <b>Library on the Go</b> 12:00 Canasta, Lunch* 12:45 <b>\$5 Bingo</b> 12:00 Lunch* 1:00 Handcrafting</p>	<p><b>13</b> 9:00 Advanced Chair Exercise 9:15 Chair Exercise, Podcast 10:00 Art Class, Bean Bag Baseball, Cribbage 10:30 <b>New Member Orientation</b> 12:00 Lunch* 12:45 <b>Winter Concert Series, Five Crowns</b> 1:00 Dominoes 2:00 Silver Sneakers</p>
<p><b>16</b> <b>CENTER CLOSED</b></p> 	<p><b>17</b> <b>Legal Consultations**</b> 8:30 Men's Coffee Chat 9:00 Tai Chi 10:00 Line Dancing, Veterans Coffee Hour 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 Movie Showing</p>	<p><b>18</b> <b>Hearing Screening**</b> 9:00 Advanced Chair Exercise 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage 11:00 <b>Cooking Demo**</b> 12:00 <b>Lunch and Learn*</b> 12:30 <b>Origami**</b> 1:00 Chair Volleyball, <b>Computer Help</b> 2:00 Balance Training</p>	<p><b>19</b> 8:30 Zumba 9:30 <b>Potsdam Virtual Tour</b> 10:00 Trivia 11:00 <b>Eric Lesser's Representative</b> 12:00 Canasta, Lunch* 12:45 <b>\$2 Bingo</b> 1:00 Handcrafting</p>	<p><b>20</b> 9:00 Advanced Chair Exercise 9:15 Chair Exercise, Podcast 10:00 Art Class, Bean Bag Baseball, Cribbage 12:00 Lunch* 12:45 <b>Winter Concert Series, Five Crowns</b> 1:00 Dominoes 2:00 <b>Silver Sneakers</b></p>
<p><b>23</b> 9:00 Advanced Chair Exercise 9:15 Chair Exercise 12:00 Lunch* 12:30 Pitch 1:30 Yoga at Brownstone 2:00 <b>Silver Sneakers</b></p>	<p><b>24</b> 8:30 Men's Coffee Chat 9:00 Tai Chi 10:00 Line Dancing, Veterans Coffee Hour 10:30 <b>SAIL Program**</b> 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 Movie Showing</p>	<p><b>25</b> 8:00 <b>Breakfast Café</b> 9:00 Advanced Chair Exercise 9:15 <del>Chair Exercise</del> 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage 10:45 <b>Real ID</b> 12:00 Lunch* 1:00 Chair Volleyball, 2:00 <del>Balance Training</del></p>	<p><b>26</b> <b>Manicures**</b> 8:30 Zumba 10:00 Trivia 10:30 <b>SAIL Program**</b> 11:00 <b>Brian Ashe's Representative</b> 12:00 Canasta, Lunch* 12:45 <b>\$5 Bingo</b> 1:00 Handcrafting</p>	<p><b>27</b> 9:00 Advanced Chair Exercise 9:15 Chair Exercise, Podcast 10:00 Art Class, Bean Bag Baseball, Cribbage 12:00 Lunch* 12:45 <b>Winter Concert Series, Five Crowns</b> 1:00 Dominoes 2:00 <b>Silver Sneakers</b></p>
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## 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. **(No Class on Jan. 25th)**

**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, payable to the instructor.

**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. **We will not be holding class from Jan. 20th - Feb. 6th, Silver Sneakers will resume on Feb. 10th.**

**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 all of the families, schools, churches, and organizations who generously donated food items or financial assistance to our food pantry in December. We are so grateful for your generosity.



**Happy New Year!** We accept donations year round Monday - Friday from 9 - 4. Each month in 2023 we will be asking for our most needed items to stock our pantry and assist our community.

**The pantry is currently in need of:** Dish Soap, Pasta Sauce, Coffee Sweetener, Oatmeal, Body Soap and Toothpaste.

**Pleasant View Pantry T-shirts are in!** Help us "reach those in times of need" by purchasing a t-shirt for \$10 to support our Emergency Food Pantry. Various colors and sizes are available, while supplies last. Please see Elizabeth Baron in the food pantry if you are interested in purchasing a t-shirt. *It's what everyone's wearing this year!*



**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.**

## MEMORIAL DONATIONS

*A special thank you to the Morning Glory Walkers for their donations in memory of Charlotte Roda.*

## HEALTH AND WELLNESS

### HEARING SCREENING

Free Screening  
by Baystate Hearing Center  
Jan. 18th by appointment 525-5436

### FOOTCARE/PEDICARE

With Paul Goulas, LPN  
by appointment 525-5436  
Cost is \$30

### MANICURES

by appointment Jan. 12th and 26th  
Cathy Rasid, LM 413-335-7422

## ESSENTIAL SERVICES

### FREE LEGAL CONSULTATION

With Attorney Dave Carlson  
By appointment Jan. 17th 525-5436

### NOTARY PUBLIC SERVICES

By appointment with Danell 525-5436

### SHINE COUNSELOR

Free Medicare Assistance  
By appointment 525-5436

## TOWN NEWS



East Longmeadow is moving the permitting and licensing application process online! You can create your account by following the QR code or by visiting <https://eastlongmeadowma.viewpointcloud.com> As of January you will be able to renew or register your dog online, apply for a business license, plumbing, gas or electrical permit, or food service permit, with more to come!

## RESOURCES



**Footcare/Pedicare Service** Paul Goulas, LPN, will be providing foot care here at Pleasant View. The cost is \$30 per appointment, paid directly to Paul by cash or check. Paul's focus will be to trim and file toenails, as well as to assess and identify problem areas, recommending a doctor or podiatrist if needed. **To make an appointment please call 525-5436.**



**REAL ID** The Massachusetts Registry of Motor Vehicles (RMV) is alerting the public that the U.S. Department of Homeland Security (DHS) has extended the REAL ID full enforcement date from May 3, 2023 to May 7, 2025. Beginning May 7, 2025, every air traveler 18 years of age and older will need a REAL ID compliant driver's license or identification card, or another TSA-acceptable form of identification, for domestic air travel and to enter certain federal facilities.



**Dementia Caregiver Support Group** Longmeadow Adult Center is restarting its Dementia Caregiver Support Group. This is a peer group, where each participant is free to share their issues as well as solutions and suggestions to help fellow group members with their issues. This group is for active caregivers (in any amount or capacity) who are caring for someone living with dementia (of all types and stages). The group meets on the 1st & 3rd Wednesday, of the month from 1:00 - 2:00 from January 4, 2023 - April 19, 2023 Longmeadow Adult Center 211 Maple Rd., Longmeadow Register by phone by calling 565-4150 or by email to: [registerLAC@gmail.com](mailto:registerLAC@gmail.com)



**Sand for Seniors** We have partnered with the Hampden County TRIAD Program and the East Longmeadow Fire Department to bring **Sand for Seniors** to East Longmeadow. Designed to increase safety during the winter. We have a limited amount of buckets to provide to eligible seniors and disabled persons who are physically or financially unable to acquire their own bucket of ice melt product. Buckets are delivered and can be refilled when empty. If you are interested in a bucket of sand, please call the senior center at 413-525-5436.



**Alzheimer/Autism/Disability Alert Form** Are you caring for a person with Alzheimer's Disease, dementia or other memory impairments? Do you have a fear of them wandering or becoming lost? The Silver Alert Program saves crucial time when a person has gone missing. For further information on how to fill out this valuable form please contact the East Longmeadow Police Department at 525-5440 or the Senior Center at 525-5436.

**FUEL ASSISTANCE** *Low Income Home Energy Assistance Program 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, wood, 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



**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.

**Reminder - When shopping there is 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**

**The Trolley will not be running on Monday, January 2nd or 16th**

**Trolley Inclement Weather Policy** When the East Longmeadow Public schools are **closed** due to weather, the Tri-Town Trolley will not run. If the East Longmeadow Public Schools are **delayed** due to weather, riders will be notified of any cancellations that day.

## SPONSORS

*We hope you support our valued sponsors!*

**Nurse Advocates, LLC**  
*navigating healthcare*  
**Maura Lessard RN, BSN, CCM, CDP**  
*Nurse Advocate, Board Certified Case Manager, Aging Lifecare  
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## PLEASANT VIEW STAFF AND CONTACTS

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