



February 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



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.



How to Use myactivecenter Monday, Feb. 6th at 10:30 Learn how to register online for classes and programs being offered at your local Senior Center.



Falls Prevention Collaborative Tuesday, Feb. 7th at 9:30 This one-hour live virtual presentation is being offered at Pleasant View by Injury Prevention Professionals from Tufts Medical Center, Beth Israel Deaconess Medical Center, and Brigham and Women's Hospital. This program shares up-to-date information on falls prevention, fall risks, and programs aimed at preventing falls. This workshop is a collaborative work by Injury Prevention Professionals Debbie Lyn Toomey MSN, RN, Katy Kowalsky LICSW, and Maria Tumang MS.



Protecting Your Mental Health with Golden Years Wednesday, Feb. 8th at 11:00 Golden Years Behavioral Health Group is a relatively new outpatient therapy provider in the East Longmeadow community. Come meet the staff as they introduce themselves and discuss ways of handling behavioral health issues such as depression, anxiety and substance use disorders. They will also be sponsoring light refreshments.



Stamp Club Tuesday, Feb. 14th and 28th from 1:00-3:00 Join the Stamp Club here at Pleasant View! Bring your collections, discuss with other collectors, and hear interesting presentations about stamps and their history. This club meets on the 2nd and 4th Tuesdays of the Month, 1:00-3:00.



The "Île de la Cité" Between Parisian Charm and History Tuesday, Feb. 14th, 11-12 Be captivated by the refinement that you will get to look at during this tour across the "Île de la Cité", in the city center of Paris. You'll virtually walk alongside prestigious but also less-known monuments in this island, while crossing old streets and listening to thrilling stories. Refreshments will be provided. This program is in partnership with Beeyond.



Office of Consumer Affairs & Business Regulation Education Series We are happy to have Robin Putnam, Events & Outreach Manager from the Office of Consumer Affairs and Business Regulation, present on the following two topics this month:

Home Improvement Contractors Monday, Feb. 13th at 11:00 This presentation will include information about the Office, the services they provide, and cover registration of contractors, what to do about complaints, arbitration, and the guaranty fund.

Shopping Rights Monday, Feb. 27th at 11:00 The presentation will include information about the Office, implied warranties, return policies, defective merchandise, pricing discrepancies, and shopping online, through the mail or television.



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



New Member Orientation Friday, Feb. 10th 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.



Military Appreciation Night with the Thunderbirds! Saturday, Feb. 25th at 7:05pm Complimentary tickets for Pleasant View Senior Center Veterans! Discounted tickets available for friends or family who would like to attend. To order tickets please contact Lauren at 413-417-2289 or visit <https://springfieldthunderbirds.formstack.com/forms/tbirds2526> Thank you for your service!



March Mania! Want the chance to win one of three \$25 Gift Cards?! Pick up your scoreboard at the COA Office between February 22nd and 28th. From March 1st - March 31st, date and receive the required signature for each program you attend here at Pleasant View Senior Center. Return your scorecard to the COA Office between March 31st and April 6th. For each program you attend, your name will be entered into the gift card giveaway! New Members who attend our New Members Orientation on March 10th will receive double entries for that day! All members who attend the Artsy Fartsy Fair on March 22nd will also receive double entries for that day! Good luck and may the mania begin!



Blood Pressure Clinic Monday, Feb. 27th from 10:00-11:00 Stop in to have your blood pressure checked. This clinic is free and registration is not required.



Personalized Fitness Training Are you interested in FREE personal training? Springfield College Applied Exercise Science students will be offering free personal training on Thursdays at 11:15 starting in March. You will be paired with student trainers for 5 free training sessions, plus one initial assessment session. **You must be available to attend all 6 sessions. Register by February 16th. Space is limited!** A doctor's clearance will be required and can be picked up in the COA Office. The assessment session is on Thursday, March 2nd (Rain Date: March 9th), and the training sessions are on Thursday, March 23, 30, April 6, 13, and 27.



Encountering Dementia at Home & In Your Community Tuesday, Feb. 28th at 10:30 Join us in our effort to develop a supportive community for our family, friends and neighbors living with dementia. A "dementia friendly community" is informed, safe, and respectful, and enables people living with dementia and those who care about them to live full, engaged lives. **Pleasant View Senior Center will be hosting a Dementia Friends Educational session, taught by Mark Nutting on Tuesday, February 28th at 10:30.** Call the Senior Center at 413- 525-5436 to register. *As a Dementia Friend, you turn your new understanding of dementia into a practical action that can help someone with dementia living in your community.*



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.



Save the Date! Artsy Fartsy Artists and Authors Fair Wednesday, March 22nd, from 10:30 - 2:00 come view work from your local artists and authors. This program is in partnership with Bluebird Estates. Refreshments will be provided.



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

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



February 7th **New in Town** 2009, PG, 1h 37 mins A Miami, Florida businesswoman adjusts to her new life in a small Minnesota town.



February 14th **Hachi: A Dog's Tale** 2009, G 1h 33 mins A college professor bonds with an abandoned dog he takes into his home. Starring Richard Gere and Joan Allen



February 21st **Mr. Harrigan's Phone** 2022, PG-13, 1h 44 mins When Mr. Harrigan dies, Craig, the teen who befriended and did odd jobs for him, puts his smart phone in his pocket before burial. When the lonely youth sends his dead friend a message, he is shocked to get a return text. Starring Donald Sutherland



February 28th **The Guernsey Literary and Potato Peel Pie Society** TV-14 2018, 2h 4 mins In the aftermath of World War II, a writer forms an unexpected bond with the residents of Guernsey Island when she decides to write a book about their experiences during the war. Starring Jessica Brown Findlay

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, Feb. 1st 12:00

If it's your birthday month lunch is FREE!

BLOOD PRESSURE CLINIC Feb. 27th

10:00-11:00

BREAKFAST CAFE Wednesday, Feb. 22nd

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

CHAIR VOLLEYBALL Wednesdays 1:00

COMPUTER HELP Wednesday, Feb. 15th 1:00

COOKING DEMO Wednesday, Feb. 15th 11:00

Taste a delicious recipe! Presented by East Village Pl.

FRENCH GROUP Tuesdays 11:00

**All conversation is in French*

HANDCRAFTING Thursdays 1:00

ITALIAN CLASS Wednesdays 10:30 \$5

JEWELRY CLASS Will resume in April

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

LIBRARY ON THE GO Thursday, Feb. 9th

10:30 - 12:00

MENS COFFEE CHAT Tuesdays at 8:30

MORNING GLORY WALKERS Monthly

Meeting Monday, Feb. 13th 9:00

ORIGAMI Wednesday, Feb. 15th 12:30

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

February 2nd \$2 Bingo

February 9th \$5 Bingo

February 16th \$2 Bingo

February 23rd \$5 Bingo



Stayin' Alive Tour at the Aqua Turf May 22, 2023 Stayin' Alive is the world's #1 tribute to the Bee Gees. You will receive coffee and donuts upon arrival, and a delicious Roast Pork Loin and Maple Salmon lunch. Depart: 10:30 a.m. from Pleasant View Senior Center. Estimated Return to the Senior Center: 4:30 p.m. Cost is \$116. Payment is due by April 12, 2023 and will be processed around April 21st. *Payments are non-refundable unless a substitution is provided. For more information and to register, call Karen at 413-747-5819. Make checks payable to: Friendship Tours. Drop of checks to Pleasant View Senior Center.

Meal Calendar February 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
	\$3.00 Lunch Donation is Appreciated	1  BirthDay Bash Broccoli and Cheese Stuffed Chicken Breast	2 Jambalaya Over Rice	3 Tuna Noodle Casserole
6 Salisbury Steak	7 Spaghetti and Meatballs	8 Oven Fried Chicken	9 Macaroni and Cheese with Ham	10 Broccoli and Mushroom Quiche
13 Baked Chicken Leg	14 BBQ Pulled Pork on a Roll 	15 Meatloaf	16 Penne with Sausage and Peppers	17 Cod Florentine
20 CENTER CLOSED 	21 Baked Ham	22 Meatball Grinder	23 Lasagna and Meat Sauce	24 Baked Salmon
27 Kielbasa with Sauerkraut Pierogis	28 Chicken Gruyere	**Menu Subject to Change		

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.



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.**



Thank You to Big-Y Supermarkets for their \$4,000 donation towards the construction of the East Longmeadow Veterans Memorial which will be built in front of the Pleasant View Senior Center at 328 N. Main St., East Longmeadow.

Activities Calendar February 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:00 Advanced Chair Exercise 9:15 Chair Exercise 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage 10:30 Italian Class** 12:00 Birthday Bash* 1:00 Chair Volleyball 2:00 Balance Training	2 8:30 Zumba 10:00 Trivia 10:30 SAIL Program** 12:00 Canasta, Lunch* 12:45 \$2 Bingo 12:00 Lunch* 1:00 Handcrafting	3 9:00 Advanced Chair Exercise 9:15 Chair Exercise, Podcast 10:00 Art Class, Bean Bag Baseball, Cribbage 12:00 Lunch* 12:45 Five Crowns 1:00 Dominoes 2:00 Silver Sneakers
6 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:30 Myactivecenter 12:00 Lunch* 12:30 Pitch 1:30 Yoga at Brownstone 2:00 Silver Sneakers	7 Footcare** 8:30 Men's Coffee Chat 9:00 Tai Chi 9:30 Fall Prevention 10:00 Line Dancing, Veterans Coffee Hour 10:30 SAIL Program** 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 Movie Showing	8 9:00 Advanced Chair Exercise 9:15 Chair Exercise 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage 10:30 Italian Class** 11:00 Protecting Mental Health 12:00 Lunch* 1:00 Chair Volleyball 2:00 Balance Training	9 Manicures** 8:30 Zumba 10:00 Trivia 10:30 Library on the Go, SAIL Program** 12:00 Canasta, Lunch* 12:45 \$5 Bingo 12:00 Lunch* 1:00 Handcrafting	10 9:00 Advanced Chair Exercise 9:15 Chair Exercise, Podcast 10:00 Art Class, Bean Bag Baseball, Cribbage 10:30 New Member Orientation 12:00 Lunch* 12:45 Five Crowns 1:00 Dominoes 2:00 Silver Sneakers
13 9:00 Advanced Chair Exercise, MGW Meeting 9:15 Chair Exercise 11:00 Home Improvement 12:00 Lunch* 12:30 Pitch 1:30 Yoga at Brownstone 2:00 Silver Sneakers	14 8:30 Men's Coffee Chat 9:00 Tai Chi 10:00 Line Dancing, Veterans Coffee Hour 10:30 SAIL Program** 11:00 French Group, Île de la Cité Tour 12:00 Lunch* 12:30 Mah-jongg 12:45 Movie Showing 1:00 Stamp Club	15 Hearing Screening** 9:00 Advanced Chair Exercise 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage 10:30 Italian Class** 11:00 Cooking Demo** 12:00 Lunch** 12:30 Origami** 1:00 Chair Volleyball, Computer Help 2:00 Balance Training	16 8:30 Zumba 10:00 Trivia 10:30 SAIL Program** 12:00 Canasta, Lunch* 12:45 \$2 Bingo 1:00 Handcrafting	17 9:00 Advanced Chair Exercise 9:15 Chair Exercise, Podcast 10:00 Art Class, Bean Bag Baseball, Cribbage 12:00 Lunch* 12:45 Five Crowns 1:00 Dominoes 2:00 Silver Sneakers
20 CENTER CLOSED 	21 Legal Consultations** 8:30 Men's Coffee Chat 9:00 Tai Chi 10:00 Line Dancing, Veterans Coffee Hour 10:30 SAIL Program** 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 Movie Showing	22 8:00 Breakfast Café 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	23 Manicures** 8:30 Zumba 10:00 Trivia 10:30 SAIL Program** 11:00 Brian Ashe's Representative 12:00 Canasta, Lunch* 12:45 \$5 Bingo 1:00 Handcrafting	24 9:00 Advanced Chair Exercise 9:15 Chair Exercise, Podcast 10:00 Art Class, Bean Bag Baseball, Cribbage 12:00 Lunch* 12:45 Five Crowns 1:00 Dominoes 2:00 Silver Sneakers
27 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Blood Pressure Clinic 11:00 Shopping Rights 12:00 Lunch* 12:30 Pitch 1:30 Yoga at Brownstone 2:00 Silver Sneakers	28 8:30 Men's Coffee Chat 9:00 Tai Chi 10:00 Line Dancing, Veterans Coffee Hour 10:30 Encountering Dementia, SAIL Program** 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 Movie Showing 1:00 Stamp Club		** 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. **No Class on February 1st**

Chair Exercise DVD Monday, Wednesday and Friday 9:15-10:15 in the Auditorium, free. **No Class on February 22nd**

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. **Silver Sneakers will resume on Feb. 6th.**

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. We are so grateful for your generosity.

We accept donations year round Monday - Friday from 9 - 4

The pantry is currently in need of: crackers, coffee creamer, granola or breakfast bars, and fruit and pudding cups

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 Catherine MacGovern for her donation in memory of Charlotte Roda.

HEALTH AND WELLNESS

HEARING SCREENING

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

FOOTCARE/PEDICARE

With Paul Goulas, LPN
Feb. 7th by appointment 525-5436
Cost is \$30

MANICURES

Feb. 9th and 23rd by appointment
Cathy Rased, LM 413-335-7422

ESSENTIAL SERVICES

FREE LEGAL CONSULTATION

With Attorney Dave Carlson
By appointment Feb. 21st 525-5436

NOTARY PUBLIC SERVICES

By appointment with Danell 525-5436

SHINE COUNSELOR

Free Medicare Assistance
By appointment 525-5436

VETERANS SERVICES



New EHCVSD Veterans Service Officer

We are pleased to announce we have a new Veterans Service Officer! Meet Jerry at one of our Veterans Coffee Hours on Tuesday mornings at 10:00 or stop by to say Hello.

Veteran Service Officer

Gerard "Jerry" Rathe

Pleasant View Senior Center Office Hours:

Monday, Tuesday & Friday 9:00 - 4:00

Office Line: 413-525-5436 Ext. 1416

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!

The Newly-formed Commission on Disabilities seeks interested individuals to fill six vacancies. The Commission is an advisory group of residents organized under Massachusetts General Laws, Chapter 40, Section 8J whose mission is to coordinate or carry out programs in coordination with programs of the Massachusetts Office on Disability in order to bring about full and equal participation in all aspects of life in the Town for people with disabilities. Through education and advocacy, the Commission works to raise awareness about the needs and rights of people with disabilities. The Commission reviews and makes recommendations about policies, procedures, services and activities of Town departments and agencies as they affect people with disabilities. The Commission also initiates, monitors and promotes legislation at the local, state and federal level which advances the equal status of people with disabilities and ensures that appropriate regulations are adopted and enforced pursuant to such legislation.

Appointments are made by the Town Manager. Initially, two members will serve one-year terms, two members will serve two-year terms, and three members will serve three-year terms. After the initial term, all members will serve three-year terms. A majority of said commission members shall consist of people with disabilities, one member may be a member of the immediate family of a person with a disability and one member will be either an elected or appointed official of East Longmeadow.

The frequency of Commission on Disabilities meetings has not yet been established.

Interested individuals should complete the application form (available on the town website) and return it to the Town Manager's office at townmanager@eastlongmeadowma.gov or Town Hall, 60 Center Square.

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.**

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 operating on Monday, February 20th

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
 Advanced Profession & Certified Dementia Practitioner
 cell/text: 413-237-5724
www.NurseAdvocatesLLC.com • Maura@NurseAdvocatesLLC.com

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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>	<p> To receive Email Updates please call 525-5436 or email coa@eastlongmeadowma.gov</p> <p> www.facebook.com/elseniors</p> <p>MON - FRI: 8-4 PM 413-525-5436</p>		

