



March 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

Artsy Fartsy Artists and Authors Fair Wednesday, March 22nd from 10:30-2:00



Meet local authors, enjoy beautiful paintings by local artists, attend panel discussions to learn about their creative process and where their inspiration comes from and enjoy seeing pieces you won't see anywhere else through our virtual experience of the Museum of Bad Art!



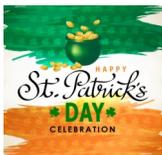
10:30 Virtual Experience begins ~ 12:45 Authors Panel begins ~ 1:30 Artists Panel begins

Entrance into the fair is FREE with the donation of \$5 worth of items for our Emergency Food Pantry. Door prizes and refreshments will be provided! Books will be available for sale. *This event is made possible with the partnership of Bluebird Estates, and is supported in part by a grant from the East Longmeadow Cultural Council which is supported by the Mass Cultural Council.*



Agatha Christie's London Thursday, March 9th at 12:30 The Mousetrap, Death On The Nile, Miss Marple – all of these immediately make us think of Dame Agatha Mary Clarissa Christie, Lady Mallowan, DBE, one of the twentieth century's most prolific writers, best known for her crime fiction and whodunits. Agatha was widely-traveled, but this live

virtual presentation will focus on her time in London, looking at the places she lived, worked and studied, and where she wrote many of her most popular works of fiction. We will also 'visit' some 'Art Deco' buildings used as filming locations and look at where you can find Agatha in London today. *This program is in partnership with Beeyond and supported in part by a grant from the East Longmeadow Cultural Council which is supported by the Mass Cultural Council.*



St. Patrick's Day Celebration with Sarah the Fiddler Thursday, March 16th

lunch will be served at 12:00 with entertainment to follow at 12:45. Join us for a fun afternoon filled with a delicious corned beef lunch and music by Sarah the Fiddler! Combining her influences of Old-Time, Irish, World and Classical music, Sarah takes her audiences on a musical journey from old-time sing-alongs, to lively polkas and rousing reels. **Meal tickets are \$5 per person and are available at the Senior Center beginning March 1st.** Each individual may

purchase 2 tickets. Tickets must be purchased in order to reserve lunch. Thank you to our sponsors, Health New England and Louis and Clark Medical Supply for making this event possible!



NEW Exercise Class! Cardio Drumming Thursdays at 9:20 starting on March 16th

Use drumsticks and an exercise ball to get a full cardio workout! May participate seated or standing. First class on March 16th is FREE! All other classes are \$5. Instructed by Kelly Phillips.



Grief Myths & Truths Monday, March 27th at 10:30

This workshop will explore the landscape of grief and its misconceptions. Living in a society with an abundance of positivity does not leave much room to acknowledge loss and listen to the grief in our lives. This workshop will begin with a short, 40-minute, award-winning documentary, *Voices of Grief*, where several people share their grief journeys. Building on the video, Baystate Hospice Bereavement

Coordinator David Arfa, will then share both myths and truths about the grief journey. Personal stories and reflections of our own grief journeys will be welcome.



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, March 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.



Global Oil Prices: Why Are Oil Prices So High Today? Wednesday, March 8th at 10:30 Join this discussion about the global oil market; the players in the market and how they influence oil prices today; and the challenges we face going forward in 2023. Q&A session will follow the program being presented by Gary Lefort, an EL Rotarian and former Army Veteran.

MARCH MANIA

March Mania! Want the chance to win one of four \$25 Gift Cards?! Pick up your scoreboard at the COA Office to be stamped for each program you attend here at Pleasant View between March 1st - March 31st. 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 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! *Thank you to East Longmeadow Skilled Nursing for sponsoring the Gift Cards!*

peppermint

Free Access to Peppermint Pleasant View is excited to announce a special partnership with Peppermint, a digital clubhouse. Watch online videos about cooking, photography, travel and so much more! Connect and learn with other members and experts who share lifelong passions and interests. Peppermint will be providing all seniors within the Pleasant View community with FREE access to their online platform. Call our Center if you are interested in enrolling in a free membership or if you have questions.



Preserving Your Story Monday, March 6th at 10:30 Learn how you can preserve your story for generations to come through Storyworth, an online program that allows you to share your memories with your loved ones.



Don't Let Fraud Rock Your World Monday, March 13th at 10:30 Learn or refresh your knowledge on how to recognize and prevent identity theft and fraud. Refreshments will be provided. *Presented and sponsored in part by Florence Bank.*



Journaling with Kay Journal Monday, March 13th at 11:00 This class will provide all the tools needed to develop this amazing process that has so many benefits including Structured Support, Reduced Stress and Anxiety, Encouragement in Personal Growth, Increased Self-Awareness, and Community Building. Whether you're a seasoned journaler or new to the practice, everyone is welcome! This class will take place on the 2nd Monday of every month.



Stamp Club Tuesday, March 14th and 28th from 1:00-3:00 Join the Stamp Club on the 2nd and 4th Tuesdays of the Month. Bring your collections, discuss with other collectors, and hear interesting presentations about stamps and their history.



Introduction to TRIAD and Reducing Fall Risk Wednesday, March 29th at 10:30 Presented by the Hampden County Sheriff's Department. Learn the role of the department, what TRIAD is and what services they offer, fall statistics among seniors, and various ways to reduce fall risk and age safely at home.



Chair Yoga Class at Heartsong Yoga Friday, March 31st at 1:00 We hope you can join this FREE introduction class to Chair Yoga at Heartsong Yoga. This class is for those 60 years of age and over who are new to yoga. Sheila Magalhaes, Heartsong's owner, will teach the class. We have arranged to have the Tri-Town Trolley available for East Longmeadow residents who are unable to drive. Space is limited. Reservations can be made by calling 413-525-5436.



"Hands Only" CPR and AED Overview Friday, March 31st at 10:30 Presented and taught by Captain and Paramedic, Michael Minahan of the East Longmeadow Fire Department. Learn an overview of CPR and an overview of the AED machine. *This is not a certification.

PLEASANT VIEW CINEMA



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

Due to the availability of movies on Netflix we will no longer be listing the monthly movie selection. This information will now be included in our weekly E Newsletter as well as posted on a flyer at the Senior Center. If you would like to receive weekly email updates from Pleasant View please let the office know or email coa@eastlongemadowma.gov. We hope can join us on Tuesdays afternoons!

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 Wed., March 1st 12:00
If it's your birthday month lunch is FREE!

BLOOD PRESSURE CLINIC Monday,
March 27th 10:00-11:00



BREAKFAST CAFE Wednesday, March 29th
8:00-10:00 Join us for a delicious breakfast!

CHAIR VOLLEYBALL Wednesdays 1:00
No Volleyball on March 22nd

COMPUTER HELP Wed., March 15th 1:00

COOKING DEMO Wed., March 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

LIBRARY ON THE GO Thursday, March 9th
10:30 - 12:00

MENS COFFEE CHAT Tuesdays at 8:30

MORNING GLORY WALKERS Monthly
Meeting Monday, March 13th 9:00

ORIGAMI Wednesday, March 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

March 2nd \$2 Bingo

March 9th \$5 Bingo

March 16th 12:00 St. Patrick's Day Lunch with
Sarah the Fiddler at 12:45

March 23rd \$2 Bingo

March 30th \$5 Bingo



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.



Join us on August 2nd-4th for a 2 night trip to Lancaster, PA including the Sight & Sound Theatre and Dutch Apple Dinner Theatre Cost is \$628 per person. Deluxe motor coach, 2 nights hotel, 2 breakfasts, 2 dinners, sightseeing & admissions as per itinerary, Friendship Tours Escort, Driver & Tour Director Gratuity Payment. Shows will include "Moses" and Disney's "Newsies". For more details please pick up a flyer at our Center. A \$150 per person deposit is due by May 10, 2023 and will be processed around May 17, 2023. Final payment is due by June 14, 2023 and will be processed around June 21, 2023. For more information and to register, call Karen at 413-747-5819. Make checks payable to: Friendship Tours. Drop off checks to Pleasant View Senior Center.

Trip protection coverage is available for an additional cost. If a passenger cancels from deposit to June 21, 2023 there will be a fee of \$50 pp; June 22 to July 19, 2023 a fee of \$200 pp; no refunds if cancelled on July 20, 2023 or later unless a substitute is provided.



Meal Calendar March 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
**Menu Subject to Change	\$3.00 Lunch Donation is Appreciated	1 Birthday Bash Shepherds Pie 	2 Stuffed Peppers	3 Broccoli and Mushroom Quiche
6 Macaroni and Cheese with Broccoli & Bacon	7 Chicken Parmesan	8 Cheeseburger	9 Beef and Bean Burrito	10 Baked Salmon
13 American Chop Suey	14 Swedish Meatballs	15 Hot Dog	16 St. Patrick's Celebration Corned Beef and Cabbage \$5 Per Ticket	17 Fish and Cheese on a Bun 
20 Chicken Alfredo with Broccoli	21 Veal Parmesan	22 Beef Burgundy	23 Meatball Grinder	24 Fish and Chips
27 BBQ Chicken Breast	28 Roast Pork	29 Chicken Pot Pie	30 Lasagna with Meat Sauce	31 Tuna Noodle Casserole

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 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. The Commission reviews and makes recommendations about policies, procedures, services and activities of Town departments and agencies as they affect people with disabilities.

Appointments are made by the Town Manager. 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.

Activities Calendar March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*To sign up for a Meal please call 525-5436 at least one day in advance by 1:00 pm</p>	<p>** Program requires sign up please call 525-5436</p>	<p>1 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Cribbage 10:30 Italian Class** 12:00 Birthday Bash* 1:00 Chair Volleyball 2:00 Balance Training</p>	<p>2 8:30 Zumba 10:00 Trivia 10:30 SAIL Program** 10:45 Personalized Fitness** 12:00 Canasta, Lunch* 12:45 \$2 Bingo 12:00 Lunch* 1:00 Handcrafting</p>	<p>3 9:00 Adv. 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</p>
<p>6 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:30 Storyworth Presentation 12:00 Lunch* 12:30 Pitch 1:30 Yoga at Brownstone 2:00 Silver Sneakers</p>	<p>7 Footcare** 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</p>	<p>8 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Cribbage 10:30 Global Oil Price Presentation, Italian Class** 12:00 Lunch* 1:00 Chair Volleyball 2:00 Balance Training</p>	<p>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* 12:30 Agatha Christie's London** 1:00 Handcrafting</p>	<p>10 9:00 Adv. 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</p>
<p>13 9:00 Advanced Chair Exercise, MGW Meeting 9:15 Chair Exercise 10:30 Fraud Presentation 11:00 Journaling with Kay Journal 12:00 Lunch* 12:30 Pitch 1:30 Yoga at Brownstone 2:00 Silver Sneakers</p>	<p>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 12:00 Lunch* 12:30 Mah-jongg 12:45 Movie Showing 1:00 Stamp Club</p>	<p>15 Hearing Screening** 9:00 Advanced Chair Exercise 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</p>	<p>16 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 SAIL Program** 11:00 Sen. Oliveira's Representative 12:00 St. Patrick's Day Celebration*, Canasta 12:45 Sarah the Fiddler 1:00 Handcrafting</p>	<p>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</p>
<p>20 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>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</p>	<p>22 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Cribbage 10:30 Artist and Author Fair, Italian Class** 12:00 Lunch* 1:00 Chair Volleyball 2:00 Balance Training</p>	<p>23 Manicures** 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 SAIL Program** 11:00 Brian Ashe's Representative 10:45 Personalized Fitness** 12:00 Canasta, Lunch* 12:45 \$2 Bingo 1:00 Handcrafting</p>	<p>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</p>
<p>27 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Blood Pressure Clinic 10:30 Grief, Myths and Truths 12:00 Lunch* 12:30 Pitch 1:30 Yoga at Brownstone 2:00 Silver Sneakers</p>	<p>28 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 1:00 Stamp Club</p>	<p>29 8:00 Breakfast Café 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Cribbage 10:30 Italian Class**, Triad Presentation 12:00 Lunch* 1:00 Chair Volleyball 2:00 Balance Training</p>	<p>30 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 SAIL Program** 10:45 Personalized Fitness** 12:00 Canasta, Lunch* 12:45 \$5 Bingo 1:00 Handcrafting</p>	<p>31 9:00 Advanced Chair Exercise 9:15 Chair Exercise, Podcast 10:00 Art Class, Bean Bag Baseball, Cribbage 10:30 CPR/AED 12:00 Lunch* 12:45 Five Crowns 1:00 Dominoes, Yoga at Heartsong** 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. **No Class on 3/22.**

NEW Cardio Drumming Thursdays at 9:20 starting on March 16th Use drumsticks and an exercise ball to get a full cardio workout! May participate seated or standing. **First class on March 16th is FREE!** All other classes are \$5. Instructed by Kelly Phillips.

Chair Exercise DVD Monday, Wednesday and Friday 9:15-10:15 in the Auditorium, free. **No Class on 3/22.**

Advanced Exercise DVD Monday, Wednesday and Friday 9:00-10:00 in the Media Room, free. **No Class on 3/22.**

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.

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 our community for your continued support of the Food Pantry. **A special thank you to the Student Council at Birchland Park Middle School and the congregation at St Michael's for their generosity and appreciation for running food drives during the winter months to help support the food pantry.** We are very proud to not have to ever turn away anyone who is in need of food.

We accept donations year round Monday - Friday from 9:00 - 4:00. The pantry is currently in need of: soap, crackers, spaghetti sauce, pudding cups and applesauce

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.

HEALTH AND WELLNESS

HEARING SCREENING

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

FOOTCARE/PEDICARE

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

MANICURES

March 9th and 23rd by appointment
Cathy Rasid, LM 413-335-7422

ESSENTIAL SERVICES

FREE LEGAL CONSULTATION

With Attorney Dave Carlson
By appointment March 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



RESOURCES



Summer Farmshare Signups The Council on Aging is partnering again with Crow River Farm and the Department of Transitional Assistance to offer a Summer Farmshare Program. Participants can choose a 5 or 10 week option, and HIP benefits can be used to pay for the farmshare. (Private pay is also an option.) Program runs July 5th - September 6th with pickups at the Senior Center. Veggies are grown using organic practices. For more information, contact farmer Kerisa Fitzgerald at kerisaperazella@gmail.com or 413-285-5322, or Danell Tavella at danell.tavella@eastlongmeadowma.gov or 413-525-5436 ext.1402. Spots are limited!



During Covid, Massachusetts households have been getting extra SNAP benefits at the beginning of each month to buy food. Due to Federal action, the last Covid SNAP payment is March 2, 2023. How will this impact your SNAP benefits? Starting in April, you will only get 1 monthly payment. That is your normal benefit. You may be able to increase your normal SNAP benefits by telling DTA about: Medical costs over \$35 a month for anyone in your SNAP household who is over 60 or older or has a disability; if your housing costs have gone up (rent/mortgage), or child or disabled adult care costs. **Reminder:** Unused SNAP benefits roll over each month. Change the PIN on your EBT card regularly to protect your benefits. **For more assistance call the DTA Assistance line at 877-382-2363.**



MassHealth has maintained members' coverage and benefits due to continuous coverage requirements that started during the COVID-19 emergency. They will soon return to their normal renewal process. All MassHealth members will need to renew their health coverage. If MassHealth has enough information to confirm your eligibility, your coverage will be renewed automatically. If they are not able to confirm your eligibility automatically, they will send a renewal form in a blue envelope to the mailing address they have on file. **What you need to do now:** Make sure MassHealth has your most up to date address, phone number, and email so you do not miss important information and notices from MassHealth. If they are not able to contact you when you are selected for renewal your coverage may change or you may lose your coverage. Report any household changes. Please continue to report any changes in your household, like a new job, address, changes to your income, disability status, or pregnancy. MassHealth wants to make sure they have the latest information for you and all members of your household. If you have questions, need help with your MassHealth coverage, or if you have lost coverage, please contact MassHealth Customer Service at (800) 841-2900.

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 2/1/2023)	
Family Size	Income Limit
1	\$2,430
2	\$3,287
3	\$4,143
4	\$5,000

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

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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 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

<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 style="text-align: center;">MON - FRI: 8-4 PM 413-525-5436</p>		

