



April 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



*The Pleasant View Senior Center will be closed on Friday, April 7th and Monday April 17th. We will be closing at 10:30 on Thursday April 20th for a volunteer appreciation event. We will not be delivering Meals on Wheels on April 20th and have limited Trolley Service.*

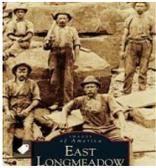
### It's Volunteer Appreciation Month!!



**Volunteer Corner** Check out our volunteer corner in the auditorium this month. Learn what volunteer opportunities are available at the Senior Center and in the community. **Talk with one of our volunteers who will be available from 11:00-1:00 on Wednesdays during the month of April.**

**RSVP Information Table** Stop in on **Tuesday, April 11th between 10:00 and 12:00** to learn about RSVP, the Retired Senior Volunteer Program, and the volunteer opportunities available in the Pioneer Valley.

**We would like to thank all of our volunteers for the time and dedication they give to helping those we serve. We could not offer all of the amazing programs and services available at Pleasant View without them. We are grateful for each and every one of you!**



**History of the First Congregational Church of East Longmeadow/UCC** **Monday, April 10th at 11:00** See historical pictures and learn how the church came to be and what its role was before the town of East Longmeadow was founded. Presented by Olan Johnston, the Moderator of FCC.



**Spring Fling with Jazz Bones** **Friday, April 14th at 12:45** Put on your dancing shoes as the musical group, Jazz Bones, brings the fun! Refreshments provided by Nurse Advocates, LLC. *This program is supported by a grant from the East Longmeadow Cultural Council which is supported by the Mass Cultural Council.*



**Five Element Tai Chi** **Wednesdays, Starting on April 19th from 2:15-3:15** **FREE** classes. All levels welcome! Chairs will be available. Wheelchair accessible. Taught by Grand Master Winchell Ping Chiu Woo. Grand Master Woo has taken his 60+ years of martial arts experience, Taoist breathing technique, and Hung Gar bridge hand techniques to create his own graceful and fluid 5 Elements Tai Chi style.

You can visit his website at [www.hunggarkungfuliondanceacademy.com](http://www.hunggarkungfuliondanceacademy.com).



**Vendor Fair and FREE Covid Vaccine Clinic** **Tuesday, April 25th from 10:00-2:00** Representatives will be available to provide information about health plans, in-home support services, medication management, durable medical equipment and local assisted living centers. Stop by to gather information and enter to win spring door prizes. **\$25 Stop & Shop Gift Card for all receiving vaccinations.** No registration required. We hope to see you there!



**The Great Wall of China** **Thursday, April 27th at 10:00** This live, virtual tour will show you the largest man-made project in the world. This long wall winds up and down across deserts, grasslands, mountains and plateaus, stretching west to east of China. Hear the history and construction of the Wall as well as the significance it has to locals today. Refreshments will be provided. *This program is supported in part by a grant from the East Longmeadow Cultural Council which is supported by the Mass Cultural Council, and in partnership with Beeyond.*

## 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)**



**New Member Orientation** Friday, April 14th 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.



**NEW Exercise Class! Cardio Drumming** Thursdays at 9:20 Use drumsticks and an exercise ball to get a full cardio workout! May participate seated or standing. \$5 per class. Instructed by Kelly Phillips.



**Journaling with Kay Journal** Monday, April 10th at 11:00 This class will provide all the tools needed to develop this amazing process that has so many benefits! 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.



**Spellman Museum Presentation** Tuesday, April 11th at 1:00 Hear from museum staff how stamps tell the story of the history of the postal service, and the story of society, cultures and identity through postage stamps. They have extraordinary exhibits and displays throughout the entire museum that illustrate the history and common connections through stamps.



**Stamp Club** Tuesday, April 11th and 25th 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.



~~**Downsizing: What You Need to Know!** Wednesday, April 12th at 10:30 This half hour presentation is being offered at Pleasant View and features Home Stager/Realtor Gina Coletti, who will be discussing the do's and don'ts for downsizing your home. Where to start? Tips and tricks for making this process as stress free as possible. How to prepare your home and your life for the next chapter! Refreshment and snacks provided. **This Program has been cancelled**~~



**Acrylic Pour and Keychain Making Class with Professional Care Match** Tuesday, April 18th 1:00-2:30 All materials included. FREE. Bring a piece of cardboard larger than 8x10 to carry out your 4x6 acrylic piece, or create an acrylic pour keychain. This program is taught and sponsored by Laurie Mellor of Professional Care Match Full Service Agency.



**Laughter as Medicine** Monday, April 24th at 11:00 Learn the importance of laughter, interpersonal communication and how these things contribute to good health and longevity. Presented by the Hampden County Sheriff's Department.



**Jewelry Class** Monday, April 24th from 2:00-3:30 Join Sandy Merrill for a jewelry class. Class is \$3 plus materials. Sign up is required.



**Organize, Declutter and Clean Out** Wednesday, April 26th at 10:45 It's not about the stuff. It's about how you feel about the stuff. Learn tips for making your space one that you thrive in. Presented by Marie Sheedy, owner of un-HOARDING HELPERS.



**Encountering Dementia at Home & In Your Community** Friday, April 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. Call the Senior Center at 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.



**Save the Date! Spring Tea Party** Wednesday, May 10th at 10:30 Enjoy tea, tea sandwiches, and hearing about the fashion of 1908 Boston from a special guest.



## 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](mailto: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** Wednesday, April 5th 12:00  
If it's your birthday month lunch is FREE!

**BLOOD PRESSURE CLINIC** Monday, April 24th 10:00



**BOCCE** Mon-Fri 8:00 - 4:00 (weather pending)  
Open Play Wednesdays 10:00 (weather pending)

**BREAKFAST CAFE** Wednesday, April 26th  
8:00-10:00 Join us for a delicious breakfast!

**CHAIR VOLLEYBALL** Wednesdays 1:00

**COMPUTER HELP** Wed., April 19th 1:00

**COOKING DEMO** Wed., April 19th 11:00  
Taste a delicious recipe! Presented by East Village Pl.

**FRENCH GROUP** Tuesdays 11:00  
*\*All conversation is in French*

### *Friendship Thursdays at 12:45*

April 6th \$5 Bingo

April 13th \$2 Bingo

April 20th Center Closing at 10:30

April 27th \$5 Bingo



**HANDCRAFTING** Thursdays 1:00

**LIBRARY ON THE GO** Thursday, April 13th  
10:30 - 12:00

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

**MORNING GLORY WALKERS** Monthly  
Meeting Monday, April 10th 9:00

**ORIGAMI** Wednesday, April 19th 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 (cancelled on 4/25)

**PITCH** Mondays 12:30



**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.



Do you play bridge? Are you interested in playing Bridge at the center? If so please give us a call!



**2 night trip to Lancaster, PA including the Sight & Sound Theatre and Dutch Apple Dinner Theatre** August 2nd-4th \$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 10th. Final payment is due by June 14th. **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.

**The Griswold Inn & RiverQuest Cruise** Wednesday, June 27th Dine at the historic Griswold Inn located in charming Essex, CT. 'The Gris' is one of the oldest continuously operated inns in the country, catering to locals since 1776! Enjoy a stroll along Main Street. The RiverQuest makes a delightful 90 minute cruise on the pristine lower Connecticut River. Relax as we cruise along scenically beautiful historical sights, the Goodspeed Opera House, Gillette Castle and the Chester/Hadlyme Ferry. COST \$132.pp. Depart: 9:30am Pleasant View Senior Center Estimated Return: 5:15pm. **Reservations call Karen Knight 413-747-5819.** Checks payable to: "Friendship Tours". Payment Due: May 19th. Checks will be processed around May 26. \*Payments are non-refundable unless a substitution is provided.

# Meal Calendar April 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

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.

Monday	Tuesday	Wednesday	Thursday	Friday
**Menu Subject to Change	\$3.00 Lunch Donation is Appreciated			
3 Beef and Vegetable Stew	4 Penne with Sausage and Peppers	5 <i>Birthday Bash</i> Chicken Cordon Bleu 	6 Quiche Lorraine	7 CENTER CLOSED 
10 American Chop Suey	11 BBQ Chicken Leg	12 Stuffed Peppers	13 Baked Pork Chops	14 Chicken Caesar Wrap
17 CENTER CLOSED Patriot's Day 	18 Pot Roast	19 Spaghetti and Meatballs	20 Center closing at 10:30 We will not be delivering meals on wheels	21 Cod Florentine
24 Meatloaf	25 Baked Ham	26 Chicken Marsala	27 Pizza	28 Veggie Omelet



The Walk Massachusetts Challenge & Kick-Off Event Lace up your sneakers and start walking for the chance to win a gift card! By participating you also put our Center in the running to win funding for our fitness programs! This year it is easier to register! You can register yourself at [www.walkmachallenge.com](http://www.walkmachallenge.com) or by calling us at 525-5436. Track your walking between May 1 and October 31, 2023. More information can be found on the website or by picking up a FAQ's sheet in our office. **Join us for our Kick-Off event on Monday, May 1st, 10:30-12:00. There will be refreshments, giveaways, and door prizes!** This challenge is brought to you by the Massachusetts Councils on Aging and generously funded by Blue Cross Blue Shield of Massachusetts.



**Free Access to Peppermint a digital clubhouse.** Watch online videos about cooking, photography, travel and so much more! 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.

We would like to thank Nurse Advocates, LLC and East Longmeadow Skilled Nursing for sponsoring the gift cards for March Mania and other programs!



# Activities Calendar April 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>*To sign up for a Meal please call 525-5436 at least one day in advance by 1:00 pm</b></p>	<p><b>** Program requires sign up please call 525-5436</b></p>			
<p><b>3</b> 8:45 Advanced Chair Exercise 9:15 Chair Exercise 12:00 Lunch* 12:30 Pitch 1:30 Yoga at Brownstone 2:00 Silver Sneakers</p>	<p><b>4</b> <b>Footcare**</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>5</b> 8:45 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Bocce, Cribbage 11:00 <b>Volunteer Info.</b> 12:00 <b>Birthday Bash*</b> 1:00 Chair Volleyball 2:00 Balance Training</p>	<p><b>6</b> <b>Manicures**</b> 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 <b>SAIL Program**</b> 11:15 <b>Personalized Fitness**</b> 12:00 Canasta, Lunch* 12:45 <b>\$5 Bingo</b> 12:00 Lunch* 1:00 Handcrafting</p>	<p><b>7</b> <b>CENTER CLOSED</b></p> 
<p><b>10</b> 8:45 Advanced Chair Exercise, <b>MGW Meeting</b> 9:15 Chair Exercise 11:00 <b>History of EL**</b>, <b>Journaling with Kay Journal</b> 12:00 Lunch* 12:30 Pitch 1:30 Yoga at Brownstone 2:00 Silver Sneakers</p>	<p><b>11</b> 8:30 Men's Coffee Chat 9:00 Tai Chi 10:00 Line Dancing, Veterans Coffee Hour 10:00 <b>RSVP Table</b> 10:30 <b>SAIL Program**</b> 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 Movie Showing 1:00 <b>Stamp Club Spellman Museum Presentation</b></p>	<p><b>12</b> 8:45 Advanced Chair Exercise 10:00 Baystate Deaf Seniors, Bocce, Cribbage 10:30 <b>Downsizing**</b> 11:00 <b>Volunteer Info.</b> 12:00 Lunch** 2:00 Balance Training</p>	<p><b>13</b> 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 <b>Library on the Go, SAIL Program**</b> 11:15 <b>Personalized Fitness**</b> 12:00 <b>\$2 Bingo</b>, Canasta 1:00 Handcrafting</p>	<p><b>14</b> 8:45 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 Five Crowns, <b>Spring Fling with Jazz Bones</b> 1:00 Dominoes 2:00 Silver Sneakers</p>
<p><b>17</b> <b>CENTER CLOSED</b></p> 	<p><b>18</b> <b>Legal Consultations**</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 1:00 <b>Acrylic Pour and Key Chain Making Class**</b></p>	<p><b>19</b> <b>Hearing Screening**</b> 8:45 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Bocce, Cribbage 11:00 <b>Cooking Demo**</b>, <b>Volunteer Info.</b> 12:00 Lunch* 12:30 <b>Origami**</b> 1:00 Chair Volleyball, <b>Computer Help</b> 2:00 Balance Training 2:15 <b>Tai Chi**</b></p>	<p><b>20</b> 8:30 Zumba 9:20 Cardio Drumming</p> <p><b>CENTER CLOSING AT 10:30 FOR VOLUNTEER APPRECIATION EVENT</b></p> <p>THANK YOU  <i>Volunteers</i></p>	<p><b>21</b> 8:45 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><b>24</b> 8:45 Advanced Chair Exercise 9:15 Chair Exercise 10:00 <b>Blood Pressure Clinic</b> 11:00 <b>Laughter**</b> 12:00 Lunch* 12:30 Pitch 1:30 Yoga at Brownstone 2:00 <b>Jewelry Class**</b> Silver Sneakers</p>	<p><b>25</b> 8:30 Men's Coffee Chat 9:00 Tai Chi 10:00 <del>Line Dancing</del>, <b>Vendor Fair and Covid Vaccine Clinic</b> Veterans Coffee Hour 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 Movie Showing 1:00 <b>Stamp Club</b></p>	<p><b>26</b> 8:00 <b>Breakfast Café</b> 8:45 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Bocce, Cribbage 10:45 <b>Organize, Declutter and Clean Presentation**</b> 11:00 <b>Volunteer Info.</b> 12:00 Lunch* 1:00 Chair Volleyball 2:00 Balance Training 2:15 <b>Tai Chi**</b></p>	<p><b>27</b> 8:30 Zumba 9:20 Cardio Drumming 10:00 <b>Great Wall of China Tour**</b>, Trivia 11:15 <b>Personalized Fitness**</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>28</b> 8:45 Advanced Chair Exercise 9:15 Chair Exercise, Podcast 10:00 Art Class, Bean Bag Baseball, Cribbage 10:30 <b>Dementia Presentation**</b> 12:00 Lunch* 12:45 Five Crowns 1:00 Dominoes 2:00 Silver Sneakers</p>

## FITNESS PROGRAMS

**Fitness Room Open Monday - Friday from 8:00 - 4:00** The Fitness Center includes state of the art cardio machines and weight stations. An annual medical clearance form is required. Fitness cards are 20 visits for \$10, \$15 for out of town residents. *Age 90+ no charge.*

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

**NEW Cardio Drumming Thursdays at 9:20** Use drumsticks and an exercise ball to get a full cardio workout! May participate seated or standing. \$5 per class, payable to the instructor, Kelly Phillips.

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

**Advanced Exercise DVD Monday, Wednesday and Friday **NEW TIME** beginning April 3rd 8:45-9:45** in the Media Room, free.

**Line Dancing Tuesdays at 10:00** at the senior center, \$3 per class, payable to the instructor. No class 4/25

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

**Five Element Tai Chi Wednesdays, Starting on April 19th from 2:15-3:15 FREE** All levels welcome! Chairs will be available. Wheelchair accessible. Taught by Grand Master Winchell Ping Chiu Woo.

**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 1 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.

## MEMORIAL DONATIONS



A special thank you to Barbara Erwin for her donation in memory of Rita Scanlon, to Estherae Davis for her donation in memory of Diane Carpenter and to Steve and Cathy Lortie for their donation in memory of Claire Dondley.

## PANTRY PROGRAM



Thank you to our community for your continued support of 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.



**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  
April 19th by appointment 525-5436

### FOOTCARE/PEDICARE

With Paul Goulas, LPN  
April 4th by appointment 525-5436  
Cost is \$30

### MANICURES

April 6th by appointment  
Cathy Rasid, LM 413-335-7422

## ESSENTIAL SERVICES

### FREE LEGAL CONSULTATION

With Attorney Dave Carlson  
By appointment April 18th 525-5436

### NOTARY PUBLIC SERVICES

By appointment with Danell 525-5436

### SHINE COUNSELOR

Free Medicare Assistance  
By appointment 525-5436

## 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](mailto:kerisaperazella@gmail.com) or 413-285-5322, or Danell Tavella at [danell.tavella@eastlongmeadowma.gov](mailto:danell.tavella@eastlongmeadowma.gov) or 413-525-5436 ext.1402. Spots are limited!



### **Mental Health Clinics Community Behavioral Health Centers (CBHCs)**

are one-stop shops for a wide range of mental health and substance use treatment programs. The Commonwealth's statewide CBHC network includes 29 centers located in communities across Massachusetts. CBHCs offer immediate care for mental health and substance use needs, both in crisis situations and more routine settings. Crisis services are available around the clock for anyone in Massachusetts experiencing a potential mental health emergency and are entirely insurance-blind, meaning anyone can access services, regardless of insurance coverage. Routine outpatient services are available for all MassHealth members and may also be covered by some commercial insurers. All crisis services offered by CBHCs are open 24 hours a day, 7 days a week, 365 days a year (including holidays). CBHCs' routine outpatient services are available from 8AM-8PM on weekdays and 9AM-5PM on weekends. The Help Line is available in more than 200 languages, 24/7, 365 days a year. Call or Text: 833-773-2445



**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](mailto:townmanager@eastlongmeadowma.gov) or Town Hall, 60 Center Square.



**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 was 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.**

**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.**

<i>Yearly Income 2023 Season</i>	
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.

<i>Monthly Income</i>	
(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**

## VETERANS SERVICES



**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  
**Work Cell:** 413-640-0540

## 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](http://www.NurseAdvocatesLLC.com) • [Maura@NurseAdvocatesLLC.com](mailto:Maura@NurseAdvocatesLLC.com)

*We hope you support our valued sponsors!*

Would you like your business or company to reach over 5,000 households each month through The Reminder? For information please contact Meralee at 413-525-5436.

Never overpay to sell your home with my 3% and/or 4% Commission Plan!  
**www.3or4plan.com**  
Michael Robie, Real Estate Broker 413-575-7236



**DAVID G. CARLSON**  
ATTORNEY AT LAW  
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