



May 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 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 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.



Kentucky Derby Thursday, May 4th at 12:45 Join us at the races (aka our Center) for a fun and humorous afternoon as our jockeys and horses compete for the grand title! Who do you think will win? Prizes given for correct guesses!



Cinco de Mayo Party Friday, May 5th at 12:00 Join us for a **FREE** lunch, non-alcoholic margaritas, and music by Jose Paulo! Our musical guest is sponsored by *Oasis Senior Advisors*, and lunch is sponsored and cooked by *The Loomis Communities*. Be sure to stop by their tables and say hello! Lunch tickets will be available at the Senior Center beginning on April 26th. Tickets must be picked up in order to register for lunch. Each individual may register two people. Registration is not required for the concert, we hope you can help us celebrate Cinco de Mayo!



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. Tea and light refreshments will be provided. Tea samples sponsored by *Honey Bear Tea*. *This program is supported in part by a grant from the East Longmeadow Cultural Council which is supported by the Mass Cultural Council.*



A Cultural Tour of the Bo-kaap Thursday, May 11th at 10:30 Join us for a virtual tour at the intersection of Wale and Buitengracht Streets, on the outskirts of the colorful, vibrant area known as the "Upper Cape" or the Bo-kaap. We will visit the oldest house in the area and the Bokaap Museum before heading over to meet the Spice Girls at Atlas Spices, the most famous spice shop in the Mother City. From there we head to picturesque Chiappini Street before moving to the best view of Table Mountain from the Bo-kaap. We will end our tour at the oldest mosque in the Mother City and hence the oldest mosque in South Africa.



The Great Pyramids Thursday, May 18th at 10:00 Join our guide for a virtual tour through the desert around the Giza plateau, taking in the last of the seven wonders of the world. We will see the great pyramids as we are taken back to the time of the builder and the pharaohs who commissioned them. We will start off by taking a look at the great sphinx before our guide mounts a camel and rides up the giant causeway taking us around the great pyramids out to one of the most iconic views on earth! 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.*



Memorial Day Picnic Friday, May 26th at 12:00 Join us for our first picnic of the summer! \$5.00 per person, tickets are available at the Senior Center. Hamburgers, hot dogs, and bbq chicken and sides! **Resurrection Airmen Band** sponsored by *EL Skilled Nursing*.

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, May 12th 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 Mondays at 8:15 (starting May 8th) and 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. Come join the fun!



Support Groups with Golden Years We are happy to announce that beginning this month we will be partnering with Golden Years to offer two new support groups; **Beginning May 22nd Support for Anxiety/Stress will meet every Monday at 11:00 and Beginning May 26th Support for Grief/Depression will meet every Friday at 11:00.**

Representatives from Golden Years will be here on May 15th from 12:00-1:00 and May 16th from 11:00-1:00 to register those who are interested. Please pick up a referral form at the Senior Center to be filled out before you register. You must bring completed form with you to registration. Registration is required.



Valley Eye Radio Monday, May 8th at 12:45 Valley Eye Radio provides information and connection to local communities for those who are no longer able to read print. They read articles from local and community newspaper and feature programs and events of local interest for those who are visually or reading/print impaired due to disability or health conditions. Program Director Harold Anderson will explain the variety of programming that they provide as well as how eligible listeners can access the service. Come and learn about this valuable and unique free service.



Journaling with Kay Journal Monday, May 8th 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, class meets monthly.



Elder Abuse Awareness Monday, May 15th at 11:00 Learn about statistics, the types of abuse, how to recognize abuse, and how to report it. Presented by the Hampden County Sheriff's Department.



Italian Class Italian Class is offering a beginner class again! Learn for the first time or come for a review. New students welcome! Class will be meeting on Wednesday, May 17, 24, 31, June 7, 14, 21 and 28 at 10:30.



Senior Living Options in Western Massachusetts Friday, May 19th at 10:00 Have you considered moving into a senior living community but don't know what your options are? Join us for an informational session about evaluating the senior living options in your area with Eric Aasheim from Oasis Senior Advisors of Western Mass.



Preserving Your Story Monday, May 22nd 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.



Registry of Deeds Tuesday, May 23rd at 10:30 The Register of Deeds invites homeowners to an Informational Seminar to learn who they are and what they do, information about the Homestead Act, Consumer Notification System, and Title Fraud.

Pre-registered attendees are eligible to receive a free certified copy of their deed!



Microwave Meals for One Demo Wednesday, May 24th at 11:00 Deciding what to make for dinner for just yourself? This workshop will review cooking in a microwave, tips for shopping on a budget, label reading, and will include recipes for you to take home. Registration is required. *Presented by Greater Springfield Senior Services.*



Senior Health and Fitness Day Wednesday, May 31st from 10:00-2:00 at Bluebird Estates, 1 Apple Blossom Lane, East Longmeadow. Join Bluebird for exercise demos, food demos, and health and wellness vendors!

PLEASANT VIEW CINEMA

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

***Movies are subject to change**



May 2nd *Just Getting Started* PG-13, 2017, 1h 31m Comedy Duke Diver is living the high life as the freewheeling manager of a luxurious resort in Palm Springs. When Diver's past suddenly catches up with him, he must put aside his differences and reluctantly team up with Leo to stop whoever is trying to kill him.

May 9th *The Wife* R, 2018, 1h 41m A woman decides to leave her author husband on the eve of his Nobel Prize presentation in order to finally pursue her own writing aspirations. Starring Glenn Close.



May 16th *Jumanji: Welcome to the Jungle* PG-13, 2017, 1h 59m Comedy When four high schoolers power up an old video game console, they suddenly find themselves transported into the jungle world of Jumanji as their four adult avatars. Starring Dwayne Johnson, Kevin Hart and Jack Black.

May 23rd *Amour* PG-13, 2012, 2h 8m Retired music teachers Georges and Anne have spent their lives devoted to their careers and to each other. Their relationship faces its greatest challenge when Anne suffers a debilitating stroke.



May 30th *Boston Strangler* R, 2023 1h 52m Reporter Loretta McLaughlin becomes the first person to connect a series of murders and break the story of the Boston Strangler, the city's most notorious serial killer, but will her stories get published despite her being a woman? 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, May 3rd 12:00
If it's your birthday month lunch is FREE!

BLOOD PRESSURE CLINIC Monday, May 22nd 10:00

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

BREAKFAST CAFE Wednesday, May 31st
8:00-10:00 Join us for a delicious breakfast!

CHAIR VOLLEYBALL Wednesdays 1:00

COMPUTER HELP Wednesday, May 17th 1:00

COOKING DEMO Wednesday, May 17th 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

May 4th Kentucky Derby

May 11th \$2 Bingo

May 18th \$5 Bingo

May 25th \$2 Bingo



HANDCRAFTING Thursdays 1:00

LIBRARY ON THE GO Thursday, May 11th
10:30 - 12:00

MENS COFFEE CHAT Tuesdays at 8:30

MORNING GLORY WALKERS Monthly
Meeting Monday, May 8th 9:00

ORIGAMI Wednesday, May 17th 12:30

STAMP CLUB Tues., May 9th and 23rd at 1:00

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 Tuesdays and Fridays 12:45

MAH-JONGG Tuesdays 12:30

PITCH Mondays 12:30



View our podcast "Stories from the View" here:
<https://www.youtube.com/@ELCAT01028>

Calling All Crafters! Applications to be a vendor at our Holiday Craft Fair on Saturday, December 2, 2023 will be available at the Center and online beginning June 1st, and will be due by August 1st. www.eastlongmeadowma.gov
For more information please call 413-525-5436.

Meal Calendar May 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
1 Beef and Vegetable Stew	2 Chicken Gruyere	3 Birthday Bash Lasagna with Meat Sauce	4 Swedish Meatballs over Noodles	5 Cinco De Mayo Luncheon
8 Veal Parmesan	9 Hot Dogs and Beans	10 Meatball Grinder	11 Roast Pork	12 Tuna Salad Platter
15 Macaroni and Cheese with Broccoli & Bacon	16 Beef Burgundy over Noodles	17 Chicken Salad Sandwich	18 Cheeseburger and Fries	19 Baked Salmon
22 Chicken Pot Pie	23 Baked Pork Chops	24 Chef Salad Soup Du Jour	25 Chicken Alfredo	26 Picnic \$5.00 Hamburgers, Hot Dogs and Wings
29 CENTER CLOSED	30 Chicken Marsala	31 Stuffed Peppers	**Menu Subject to Change	\$3.00 Lunch Donation is Appreciated



TRIPS



2 night trip to Lancaster, PA including the Sight & Sound Theatre and Dutch Apple Dinner Theatre August 2nd-4th \$628 per person. Make checks payable to: Friendship Tours. Drop off checks to Pleasant View Senior Center.

The Griswold Inn & RiverQuest Cruise Tuesday, 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. \$132 per person. Depart: 9:30am Pleasant View Senior Center Estimated Return: 5:15pm.

Best of Boston Wednesday, July 12th Enjoy your visit to one of the country's most prominent aquariums, the New England Aquarium. Find a tasty treat or two at Quincy Market's historical food hall for lunch on your own. Then it's the ride of your life aboard the Duck, an amphibious vehicle that rides on land and becomes a boat in water. Enjoy a narrated tour of Boston by your conDUCKtor who's sure to keep you laughing...Then it's splashdown!! Right into the Charles River for a breathtaking waterside view of Boston. Passengers can actually take turns driving the Duck vehicle. \$130 per person Payable to: "Friendship Tours" by June 2nd. Depart: 8:40am Pleasant View Senior Center. Estimated Return: 7:30pm.

To register for ALL trips or for more information please call Karen Knight 413-747-5819. *Payments are non-refundable unless a substitution is provided.

Activities Calendar May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:45 Advanced Chair Exercise 9:15 Chair Exercise 10:30 Walk MA Kick Off Event 12:00 Lunch* 12:30 Pitch 1:30 Yoga at Brownstone 2:00 Silver Sneakers	2 Footcare** 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee Hour 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 Movie Showing	3 8:45 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Bocce, Cribbage 12:00 BirthDay Bash* 1:00 Chair Volleyball 2:00 Balance Training 2:15 Tai Chi	4 Manicures** 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 12:00 Canasta, Lunch* 12:45 Kentucky Derby 12:00 Lunch* 1:00 Handcrafting	5 8:45 Advanced Chair Exercise 9:15 Chair Exercise, Podcast 10:00 Art Class, Bean Bag Baseball, Cribbage 12:00 Cinco de Mayo** 12:45 Five Crowns, 1:00 Dominoes 2:00 Silver Sneakers
8 8:15 Cardio Drumming 8:45 Advanced Chair Exercise 9:00 MGW Meeting 9:15 Chair Exercise 11:00 Journaling** 12:00 Lunch* 12:30 Pitch 12:45 Valley Eye Radio 1:30 Yoga at Brownstone 2:00 Silver Sneakers	9 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee Hour 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 Five Crowns, Movie Showing 1:00 Stamp Club	10 8:45 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Bocce, Cribbage 10:30 Spring Tea Party** 12:00 Lunch** 1:00 Chair Volleyball 2:00 Balance Training 2:15 Tai Chi	11 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 Library on the Go, Cultural Tour of Bo-kaap** 12:00 Canasta, Lunch* 12:45 \$2 Bingo , 1:00 Handcrafting	12 8:45 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
15 8:15 Cardio Drumming 8:45 Advanced Chair Exercise 9:15 Chair Exercise 11:00 Elder Abuse Awareness 12:00 Support Group Registration , Lunch* 12:30 Pitch 1:30 Yoga at Brownstone 2:00 Silver Sneakers	16 Legal Consultations** 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee Hour 11:00 French Group, Support Group Registration 12:00 Lunch* 12:30 Mah-jongg 12:45 Five Crowns, Movie Showing	17 Hearing Screening** 8:45 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Deaf Seniors, Bocce, 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 2:15 Tai Chi	18 Manicures** 8:30 Zumba 9:20 Cardio Drumming 10:00 Great Pyramids Presentation** , Trivia 11:00 Sen. Oliveira's Representative 12:00 Canasta, Lunch* 12:45 \$5 Bingo 12:00 Lunch* 1:00 Handcrafting	19 8:45 Advanced Chair Exercise 9:15 Chair Exercise, Podcast 10:00 Art Class, Bean Bag Baseball, Cribbage, Senior Living Options 12:00 Lunch* 12:45 Five Crowns 1:00 Dominoes 2:00 Silver Sneakers
22 8:15 Cardio Drumming 8:45 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Blood Pressure 10:30 Storyworth** 11:00 Support Group** 12:00 Lunch* 12:30 Pitch 1:30 Yoga at Brownstone 2:00 Silver Sneakers	23 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee Hour 10:320 Registry of Deeds 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 Five Crowns, Movie Showing 1:00 Stamp Club	24 8:45 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Bocce, Cribbage 10:30 Italian Class** 11:00 Cooking for One 12:00 Lunch* 1:00 Chair Volleyball 2:00 Balance Training 2:15 Tai Chi	25 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 11:00 Brian Ashe's Representative 12:00 Canasta, Lunch* 12:45 \$2 Bingo 1:00 Handcrafting	26 8:45 Advanced Chair Exercise 9:15 Chair Exercise, Podcast 10:00 Art Class, Bean Bag Baseball, Cribbage 11:00 Support Group** 12:00 Picnic** 12:45 Five Crowns 1:00 Dominoes 2:00 Silver Sneakers
29 CENTER CLOSED 	30 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee Hour 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 Five Crowns, Movie Showing	31 Fitness Day Offsite 8:00 Breakfast Café 8:45 Advanced Chair Exercise 10:00 Deaf Seniors, Bocce, Cribbage 10:30 Italian Class** 12:00 Lunch* 1:00 Chair Volleyball 2:00 Balance Training 2:15 Tai Chi	** 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.

NEW Cardio Drumming Thursdays at 9:20 and Mondays at 8:15 (beginning May 8th) 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. **No class May 10th or 31st, can join advanced at 8:45.**

Advanced Exercise DVD Monday, Wednesday and Friday 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.

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

Five Element Tai Chi Wednesdays 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.

PANTRY PROGRAM

We are continually grateful for all the food drives and donations various organizations and individuals have held over the winter to provide the pantry with resources to feed those in need. As spring and summer approach, please be mindful that our donations tend to decline while our need increases as more Covid related benefits reduce or are eliminated. Spring is a great time to clean and organize your home pantry and donate any non-perishable items that are within their expiration dates. Expired food items can not be accepted. **Thank you so much for your continued support!**



We accept donations year round Monday - Friday from 9:00 - 4:00. The pantry is currently in need of: jams and jellies, rice crackers, shelf stable box milk, coffee and teas, and deodorant and bar soap.

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
May 17th by appointment 525-5436

FOOTCARE/PEDICARE

With Paul Goulas, LPN
May 2nd by appointment 525-5436
Cost is \$30

MANICURES

May 4th and 18th by appointment
Cathy Rasid, LM 413-335-7422

ESSENTIAL SERVICES

FREE LEGAL CONSULTATION

With Attorney Dave Carlson
By appointment May 16th 525-5436

NOTARY PUBLIC SERVICES

By appointment with Danell 525-5436

SHINE COUNSELOR

Free Medicare Assistance
By appointment 525-5436

MEMORIAL DONATIONS



A special thank you to Gary and Cheryl Fitzgerald, Sharon Mangieri, Regina Martin, AM Lithography Corp. and City Tire Company for their donation in memory of Robert Martin.



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!



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 or Town Hall, 60 Center Square.



During Covid, Massachusetts households had 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 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.**



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.

The East Longmeadow Council on Aging is a proud SNAP Outreach Partner with the Department of Transitional Assistance (DTA).

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

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



The town is currently in the process of hiring a new Veterans Agent.
 Please call the Senior Center at 413-525-5436 if you need immediate assistance.

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



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.

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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>Danell Tavella <i>Community Services</i> Ext. 1402</p> <p>Alicia Smith <i>Program & Volunteer Coordinator</i> Ext. 1406</p>	<p>Sharon Giordano <i>Admin. Accountant</i> Ext. 1405</p> <p>Meralee Kratovil <i>Office Manager</i> Ext. 1404</p> <p>Elizabeth Grigoriou <i>Admin. Assistant/ Social Media Coordinator</i> Ext. 1414</p>	<p>Elizabeth Baron <i>Food Pantry Coordinator</i> Ext. 1408</p> <p>Debbie Garvin <i>Meal Site Coordinator</i> Ext. 1413</p>	<p>Allen Lefferts <i>Chef</i> Ext. 1411</p> <p>Margit Daley <i>Kitchen Assistant, Dishwasher</i></p>	<p>Terry Glusko <i>Transportation Coordinator</i> Ext. 1410</p> <p>Marilyn Ghedini <i>Dispatcher</i> Ext. 1410</p>
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To receive Email Updates please call 525-5436 or email coa@eastlongmeadowma.gov

www.facebook.com/elseniors

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

