



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

4th of July Celebrations



Thursday, June 29th at 12:45 enjoy a fun, musical afternoon with musician, Roger Tincknell, as we celebrate our independence!



Friday, June 30th at 12:00 Picnic, Summer Games, and Juggler, Henry Lapper, who will amaze you with his talents! Picnic tickets are \$5 per person and are available at the senior center.



Both of these programs are supported in part by the East Longmeadow Cultural Council which is supported by the Mass Cultural Council.



Big Y and Stop & Shop Phone App Help Mondays starting June 5th Sign up for a 45 minute one-on-one session with one of East Longmeadow's SWAP volunteers to learn how to sign up for and navigate the grocery store apps to receive discounts and coupons!



Tech Help Fridays starting June 9th Do you have questions about how to use certain functions on your cell phone? Is your cell phone acting funny or not work correctly? Sign up for a FREE 30 minute one-on-one tech help session with one of East Longmeadow's SWAP volunteers.



African Drumming & Movement Class in partnership with the Community Music School of Springfield. This 6 week class is chair based, making it accessible for all levels and abilities. The rhythmic sessions provide great therapeutic value and social group connection.

Scientific studies show that the effects of regular group drumming can be as or more powerful than medications in alleviating anxiety and depression, as well as relieving pain and boosting the immune system. Please be aware that the drums produce a loud, high volume sound during half of the class. **Classes will be held on Wednesday's starting in June at the First Congregational Church located at 7 Somers Road.** Cost is \$25 for all 6 weeks. Space is limited, registration is required by calling 525-5436.



Elder Law Update Taking Control of Your Future: A Legal Checkup Thursday, June 15th at 10:00

Attorney John L. Roberts will present a summary of changes in MA Elder Law, covering real estate, wills, probate, trust, taxes, Veterans Affairs Financial Benefits, and MassHealth - Medicaid. Register in advance and receive this year's updated 100 page booklet on all the important Elder Care planning topics. Booklets available while supplies last. This program is part of the statewide Elder Law Education Program presented by the Massachusetts Bar Association (MBA).



Music Trivia Thursday, June 22 at 12:45

Get your thinking caps on! We are excited to welcome back Brian Nicks for a fun afternoon of music trivia! Play by yourself or join a team. Prize(s) awarded to the winning team/person!



Reiki and Your Wellness Journey Thursday, June 29th at 10:00

Learn about Reiki and how it stimulates your body's natural healing abilities, which can improve your overall physical, emotional and mental well-being. Reiki is a Japanese energy healing modality that is used to complement, not replace, other types of medical and therapeutic treatments. Presented by Shannon Bates, a local certified Reiki Master Teacher.



Talent Show Thursday, August 17th at 1:00

It's back! We will be hosting another show for you to share your talents with us! From singing to tapping to comedy! If you have a talent you would like to share, call 413-525-5436. Registration begins on Tuesday, June 13th. Please note that due to the large response last year, all participants will be allotted one, 5 minute time slot.

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, June 9th 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.



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 Wednesdays at 10:30, \$5 per class payable to the instructor.



Historic Sites of Warsaw, Poland Tuesday, June 6th at 1:00 The city of Warsaw, which was almost completely destroyed during World War II, rose like a phoenix from the ashes. During this virtual live tour, we will visit one of the most beautiful streets in the city - Krakowskie Przedmieście. We will find places related to the life of Marie Curie and Frederic Chopin, a Polish-French composer, whose music you can hear in the film "The Pianist". We will also see where the second Constitution in the world was written and signed, how many mermaids there are in the city, where the Round Table meetings were held and where Mick Jagger ate the famous pierogi. *This program is supported in part by the East Longmeadow Cultural Council which is supported by the Mass Cultural Council.*



Sponsor Appreciation Thursday, June 8th at 12:00 Join us for a special luncheon as we thank our generous sponsors for their support of our programs and events!



Chair Yoga at Heartsong Fridays at 1:30 starting June 9th This new class will be held at Heartsong Yoga, located at 264 North Main Street, East Longmeadow in the Condominium East building. No experience is needed and all are welcome. Cost is \$5 per class. For those aged 60 and over who are homebound this class will be available on Zoom for FREE! You must have a zoom account and email address. Pre-registration is required by calling 525-5436.



Journaling with Kay Journal Monday, June 12th at 10:00 (NEW TIME) 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.



10 Warning Signs of Alzheimer's Thursday, June 22nd 10:00-11:30 Learn the 10 warning signs of Alzheimer's Disease and how they differ from typical age-related memory, thinking and behavior changes. You will also get tips for approaching someone about memory concerns and gain an understanding of the diagnostic process.



Fix-It Clinic Friday, June 23rd by appointment Guided assistance from volunteers with repair skills to disassemble, troubleshoot and (hopefully) fix small household appliances, clothing, electronic devices and more! Please call 525-5436 to make an appointment.



Jewelry Class Monday, June 26th at 2:30 Join Sandy Merrill for a jewelry class. Class is \$3 plus materials. Sign up is required.



New England Orthopedic Surgeons Tuesday, June 27th at 10:30 Dr. Alexander Brothers will be here to discuss what normal pain experiences are versus when you should consider surgery. Dr. Brothers is a surgeon who works with joint replacement surgery, including the minimally invasive direct anterior approach for hip replacement, partial knee replacement, computer-navigated joint replacement, and complex primary and revision joint replacements.



The Walk Massachusetts Challenge Lace up your sneakers and start walking for the chance to win prizes! By participating you also put our Center in the running to win funding for our fitness programs! 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. *This challenge is brought to you by the Massachusetts Councils on Aging and generously funded by Blue Cross Blue Shield of Massachusetts.*

PLEASANT VIEW CINEMA

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

***Movies are subject to change**



June 6th *No movie showing please join our Virtual Tour of Historic Sites of Warsaw, Poland at 1:00*



June 13th *The Stand at Paxton County* R, 2018, 1h 42m When a war veteran returns home, she finds her father being harassed by a shady sheriff who wants to confiscate his livestock and begins a new battle.



June 20th *Second Act* 2018, PG-13, 1h 43m Maya Vargas wants only one thing for her 43rd birthday - a promotion. When she loses the job to a college-educated candidate, Maya sets out to prove to Madison Avenue that street smarts are as valuable as book smarts.



June 27th *All Roads Lead to Rome* 2015, PG-13, 1h 30m An uptight woman reconnects with an old flame after her rebellious daughter and the man's mother run away together. Starring Sarah Jessica Parker.



Pleasant View Community Theatre We are hoping to put together a production in 2024! If you are interested in acting, singing, or helping with lights, costume and more, call us to sign up! There will be a workshop held in September for us all to meet and see what skills people will bring to the table. This will help us decide on what production to do, and give you the opportunity to know if you would like to be involved.

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

Free Instruction Thursdays 10:00

BIRTHDAY BASH Wednesday, June 7th 12:00

If it's your birthday month lunch is FREE!

BLOOD PRESSURE CLINIC Will resume in the fall

BOCCE Mon-Fri 8:00 - 4:00 (weather pending)

Open Play Wednesdays 10:00 (weather pending)

BREAKFAST CAFE Wednesday, June 28th 8:00-10:00 Join us for a delicious breakfast!

CHAIR VOLLEYBALL Wednesdays 1:00

COMPUTER HELP Will resume in the Fall

COOKING DEMO Wednesday, June 21st 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

LIBRARY ON THE GO Thursday, June 8th 10:30 - 12:00

MENS COFFEE CHAT Tuesdays at 8:30

MORNING GLORY WALKERS Monthly Meeting Monday, June 12th 9:00

ORIGAMI Wednesday, June 21st 12:30

STAMP CLUB Tues., June 13th and 27th 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"
<https://www.youtube.com/@ELCAT01028>

Friendship Thursdays at 12:45

June 1st \$5 Bingo

June 8th Sponsor Appreciation

June 15th \$5 Bingo

June 22nd Music Trivia

June 29th Musician Roger Tincknell



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 October 1st. www.eastlongmeadowma.gov
For more information please call 413-525-5436.

Meal Calendar June 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		1 Shepherd's Pie	2 Veggie Omelet
5 Kielbasa and Sauerkraut	6 Baked Chicken Leg	7 Birthday Bash Chicken Cordon Bleu	8 Stuffed Peppers	9 Broccoli and Mushroom Quiche
12 BBQ Chicken Breast	13 American Chop Suey	14 Beef & Vegetable Stew	15 Baked Ham	16 Fish and Cheese on a Roll
19 CENTER CLOSED <i>Juneteenth</i>	20 Veggie Pizza	21 Pot Roast	22 Salisbury Steak	23 Tuna Noodle Casserole
26 Macaroni & Cheese with Bacon and Broccoli	27 Meatloaf	28 Chicken Parmesan	29 Chicken Salad Platter	30 Picnic \$5 Hamburger, Hot Dog & Wings



TRIPS



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. 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. \$130 per person by June 2nd. Depart: 8:40am Pleasant View Senior Center. Estimated Return: 7:30pm.

Lighthouse Cruise Sunday, September 10th Enjoy a 90 minute narrated cruise of Narragansett Bay, RI as you see breathtaking views: 10 Famous Lighthouses, 10 Incredible Islands, sail under the Jamestown and Newport Bridges, view the Newport Naval Base & see the Aircraft Carriers, experience Newport Harbor and the fascinating waterfront. Prior to the 1:00pm cruise enjoy a wonderful brunch at the Quonset 'O' Club. Following the cruise visit Olde Mistick Village, a delightful shopping experience with lots of options COST: \$141 per person. Depart: 8:15am Pleasant View Senior Center, Estimated Return: 6:15pm

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. Please make checks payable to: "Friendship Tours"

Activities Calendar June 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>** Program requires sign up please call 525-5436</p>	<p>*To sign up for a Meal please call 525-5436 at least one day in advance by 1:00</p>		<p>1 Manicures** 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 12:00 Canasta, Lunch* 12:45 \$5 Bingo 1:00 Handcrafting</p>	<p>2 8:45 Advanced Chair 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>5 Footcare**, Grocery App Help** 8:15 Cardio Drumming 8:45 Advanced Chair 9:15 Chair Exercise 12:00 Lunch* 12:30 Pitch 1:30 Yoga at Brownstone 2:00 Silver Sneakers</p>	<p>6 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 Poland Tour**</p>	<p>7 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Bocce, Cribbage 10:30 Italian Class** 12:00 Birthday Bash** 1:00 Balance Training, Chair Volleyball 2:15 Tai Chi</p>	<p>8 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 Library on the Go** 12:00 Canasta, Lunch* Sponsor Appreciation 1:00 Handcrafting</p>	<p>9 Tech Help** 8:45 Advanced Chair 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 1:30 Heartsong Yoga** 2:00 Silver Sneakers</p>
<p>12 Grocery App Help** 8:15 Cardio Drumming 8:45 Advanced Chair 9:00 MGW Meeting 9:15 Chair Exercise 10:00 Journaling** 12:00 Lunch* 12:30 Pitch 1:30 Yoga at Brownstone 2:00 Silver Sneakers</p>	<p>13 Legal Consultations** 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</p>	<p>14 Hearing Screening** 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Deaf Seniors, Bocce, Cribbage 10:30 Italian Class** 12:00 Lunch* 1:00 Balance Training, Chair Volleyball 2:15 Tai Chi</p>	<p>15 Manicures** 8:30 Zumba 9:20 Cardio Drumming 10:00 Elder Law** Trivia 11:00 Sen. Oliveira's Representative 12:00 Canasta, Lunch* 12:45 \$5 Bingo 1:00 Handcrafting</p>	<p>16 Tech Help** 8:45 Advanced Chair 9:15 Chair Exercise, Podcast 10:00 Art Class, Bean Bag Baseball, Cribbage 12:00 Lunch* 12:45 Five Crowns 1:00 Dominoes 1:30 Heartsong Yoga** 2:00 Silver Sneakers</p>
<p>19 CENTER CLOSED</p> 	<p>20 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</p>	<p>21 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Bocce, Cribbage 10:30 Italian Class** 11:00 Cooking Demo** 12:00 Lunch* 12:30 Origami** 1:00 Balance Training, Chair Volleyball 2:15 Tai Chi 8:00 Longest Day Ceremony</p>	<p>22 8:30 Zumba 9:20 Cardio Drumming 10:00 Alzheimer's Presentation, Trivia 11:00 Brian Ashe's Representative 12:00 Canasta, Lunch* 12:45 Music Trivia 1:00 Handcrafting</p>	<p>23 Fix it Clinic**, Tech Help** 8:45 Advanced Chair 9:15 Chair Exercise, Podcast 10:00 Art Class, Bean Bag Baseball, Cribbage 11:00 Support Group** 12:00 Lunch* 12:45 Five Crowns 1:00 Dominoes 1:30 Heartsong Yoga** 2:00 Silver Sneakers</p>
<p>26 Grocery App Help** 8:15 Cardio Drumming 8:45 Advanced Chair 9:15 Chair Exercise 12:00 Lunch* 12:30 Pitch 1:30 Yoga at Brownstone 2:00 Silver Sneakers 2:30 Jewelry Class**</p>	<p>27 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee Hour 10:30 New England Orthopedics** 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 Five Crowns, Movie Showing 1:00 Stamp Club</p>	<p>28 8:00 Breakfast Café 8:45 Advanced Chair 10:00 Deaf Seniors, Bocce, Cribbage 10:30 Italian Class** 12:00 Lunch* 1:00 Balance Training, Chair Volleyball 2:15 Tai Chi</p>	<p>29 Manicures** 8:30 Zumba 9:20 Cardio Drumming 10:00 Reiki**, Trivia 12:00 Canasta, Lunch* 12:45 Musician Roger Tincknell 1:00 Handcrafting</p>	<p>30 Tech Help** 8:45 Advanced Chair 9:15 Chair Exercise, Podcast 10:00 Art Class, Bean Bag Baseball, Cribbage 12:00 Picnic** 12:45 Five Crowns 1:00 Dominoes 1:30 Heartsong Yoga** 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 *New Time beginning June 7th Wednesdays 1:00* 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.

Cardio Drumming Mondays at 8:15 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, payable to the instructor, Kelly Phillips.

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

Advanced Exercise DVD Monday, Wednesday and Friday from 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 from 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.**

NEW Chair Yoga at Heartsong Fridays at 1:30 starting June 9th Held at Heartsong Yoga No experience is needed. \$5 per class. Pre-registration is required by calling the Senior Center at 413-525-5436.

Zumba Thursdays at 8:30 Join us for this fun, upbeat class! \$5 per class, payable to the instructor.



We would like to thank all of our sponsors who helped with our Volunteer Appreciation Luncheon, giving a special thank you to Caregiver Homes, Bluebird Estates and Health New England for their generous donations. Without the help of our sponsors this program would not be possible.

PANTRY PROGRAM



Thank you to our community for your continued support!

We accept donations year round of unexpired food Monday - Friday from 9:00 - 4:00.
The pantry is in need of: Spaghetti Sauce, Crackers, Coffee, Salad Dressing 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
June 21st by appointment 525-5436

FOOTCARE/PEDICARE

With Paul Goulas, LPN
June 5th by appointment 525-5436
Cost is \$30

MANICURES

June 1st, 15th and 22nd
by appointment
Cathy Rasid, LM 413-335-7422

ESSENTIAL SERVICES

FREE LEGAL CONSULTATION

With Attorney Dave Carlson
By appointment June 20th 525-5436

NOTARY PUBLIC SERVICES

By appointment with Danell 525-5436

SHINE COUNSELOR

Free Medicare Assistance
By appointment 525-5436



Tri Town Team Walk to End Alzheimer's Upcoming Programs

We hope you will be able to join us for these programs as we fight to find a cure for our loved ones who have been affected by Alzheimer's. Funds raised at all events will support the Alzheimer's Association.

Shred Event Saturday, June 10th 9:00-12:00 Location: Monson Savings Bank, 15 Somers Road, Hampden, MA FREE event, Donations accepted.

Longest Day Ceremony Wednesday, June 21st 8:00pm-8:30pm. Location: Pleasant View Senior Center, 328 N. Main St., East Longmeadow. Lanterns may be received for a donation of \$5 or more to light during the ceremony in honor of those who have been affected by Alzheimer's. Lanterns available while supplies last. Refreshments will be available.

Chair Volleyball Extravaganza Wednesday, July 12th 1:00 Location: Pleasant View Senior Center, 328 N. Main St., East Longmeadow. Cost to play is \$5.

Dinner Dance Saturday, August 5th 5:30 Location: Hampden Council On Aging, 104 Allen St, Hampden, MA 01036. Cost is \$30 per person. Please call 566-5588 to register.

Trunk Sale Saturday, August 26th 8:00am-12:00pm Shop or set up a trunk with your household items for sale! Parking spots are \$25 each or 2 for \$40 for those who would like to sell. You keep your earnings!

RESOURCES



SWAP The Senior Work-Off Abatement Program (SWAP) applications will be available starting July 1, 2023 for the 2024 calendar year. SWAP allows East Longmeadow property owners aged 60 and over, who have owned and occupied their East Longmeadow Property for 5 or more years, the opportunity to volunteer services to the town and have up to 125 hours of wages applied towards the following year's property tax bill. Applications will be available at the Senior Center and on the town website, and must be submitted to the Pleasant View Senior Center by September 30, 2023, to be considered for the program.



It's almost Farmers' Market Coupon time! The Senior Farmers' Market Nutrition Program (SFMNP) provides low-income seniors with coupons that can be exchanged for eligible foods (fruits, vegetables, honey, and fresh-cut herbs) at farmers' markets, roadside stands, and community supported agriculture (CSA) programs. **To be eligible to receive Senior Farmers' Market Coupons, you must be 60 years of age or older and your gross household income must be lower than the income limits: 1 Person Household: \$26,973 2 Person Household: \$36,482**

We will be notifying former recipients once the booklets are available for distribution. If you did not receive coupons last year, but feel you are eligible this year, please call Danell at 525-5436 to determine eligibility.



Covid Booster The U.S. Food and Drug Administration amended the emergency use authorizations of the Moderna and Pfizer-BioNTech COVID-19 bivalent mRNA vaccines to simplify the vaccination schedule for most individuals. Individuals 65 years and older and those with compromised immune systems can now get an additional bivalent booster at least 2 months after the previous dose. Most individuals, depending on age, previously vaccinated with a monovalent COVID-19 vaccine who have not yet received a dose of a bivalent vaccine may receive a single dose of a bivalent vaccine.



Support Groups with Golden Years We are happy to announce that we have partnered with Golden Years to offer two new support groups. **Anxiety/Stress will meet every Monday and Grief/Depression will meet every Friday.** Registration is required. If you are interested in joining a support group please call the Senior Center at 525-5436.



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

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.

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

We hope you support our valued sponsors!

DAVID G. CARLSON
ATTORNEY AT LAW
*Estate Planning • Wills & Trusts • Probate of Estates
Elder Issues*
200 NORTH MAIN STREET • SUITE 6
EAST LONGMEADOW, MA 01028
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 Director Ext. 1401</p> <p>Danell Tavella Community Services Ext. 1402</p> <p>Alicia Smith Program & Volunteer Coordinator Ext. 1406</p>	<p>Sharon Giordano Admin. Accountant Ext. 1405</p> <p>Meralee Kratovil Office Manager Ext. 1404</p> <p>Elizabeth Grigoriou Admin. Assistant/ Social Media Coordinator Ext. 1414</p>	<p>Elizabeth Baron Food Pantry Coordinator Ext. 1408</p> <p>Debbie Garvin Meal Site Coordinator Ext. 1413</p>	<p>Allen Lefferts Chef Ext. 1411</p> <p>Margit Daley Kitchen Assistant, Dishwasher</p>	<p>Terry Glusko Transportation Coordinator Ext. 1410</p> <p>Marilyn Ghedini Dispatcher 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