



July 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



Fresh Fridays Farmer's Market Starting Friday, July 14th we invite you to visit our Farmer's Market being held on the 2nd and 4th Fridays in July, August and September from 10:00am - 2:00pm. The market will be held on the front lawn. We are excited to welcome new vendors!



National Ice Cream and Chocolate Day Friday, July 14th at 12:30 We're kicking off our Farmer's Market with ice cream and chocolate sundaes! Sponsored by Homewatch Caregivers.



Chronic Disease Self-Management Program Starting Tuesday, July 18th from 10:00-12:00 This 6 week program will help you learn ways to manage pain and medication, to communicate well with family and doctors, and create healthy eating habits and an exercise program for your specific needs. Attendees must be currently diagnosed with a chronic disease and must attend at least 5 of the 6 sessions to receive a gift card! Limited space. Registration is required. Light refreshments will be provided. *This program is presented and sponsored by Greater Springfield Senior Services, Inc.*



Live Virtual Tour of Pompeii Thursday, July 20th at 11:00 Enjoy this live, virtual tour with an Archaeologist specialized in classical antiquities. Explore the ancient city of Pompeii and its ruins as we take a trip back in time with our guide who will be Live on Site! We will see the main entrance of the city: Porta Marina Superiore. From there we will see the volcano, Mt. Vesuvius as we pass through the Basilica, the Forum with the market and the main Temples. We will then continue the tour through the Decumanus Major (Main street of Pompeii), looking closely and from inside the Baths, the roman fast food shop and much more. Light 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.* Due to the live nature of these tours they are subject to be canceled or rescheduled due to inclement weather or poor internet connection.



Ed the Wizard Friday, July 21st at 12:45 Ed's magic show is full of comedy and suspense as he reads minds, makes coins vanish, and shows us a few effects to surprise the grandchildren. Be prepared to be amazed, amused, and possibly volunteer, with Ed the Wizard's award winning performance. *This program is supported in part by a grant from the East Longmeadow Cultural Council which is supported by the Mass Cultural Council.*



Summer Picnic and Circus Day at Pleasant View on Friday, July 28th

At 12:00 join us for a Picnic Lunch tickets are \$5 per person and are available at the Senior Center.



At 12:30 the fun continues with Circus Day at Pleasant View Enjoy popcorn, cotton candy and more as you listen to the very talented Windjammer Circus Band. *This program is supported in part by a grant from the East Longmeadow Cultural Council which is supported by the Mass Cultural Council.*



Talent Show Thursday, August 17th at 1:00 It's back! In August 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. 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, July 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.



The Pleasant View Senior Center recipe book is complete! This book contains recipes from members of our Senior Center and our staff. Books are \$10 each. Proceeds from the sales will benefit our Emergency Food Pantry. Stop in the office to purchase your book. Limited quantities!



Chair Yoga at Heartsong Fridays at 1:30 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, July 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, class meets monthly.



Effective Communication Strategies with Someone Living with Dementia Thursday, July 13 at 10:00 Join us to learn about the communication changes that take place throughout the disease. Learn to decode the verbal and

behavioral messages delivered by someone living with dementia and responding in helpful ways. Also learn strategies to connect and communicate with someone living with dementia and how to respond at each stage of the disease.



National Night Out Tuesday, August 1st from 5:00-8:00 This event provides free food, entertainment, a vintage car show and more! The Opening Ceremony will begin at 5:30. It will take place on the grounds of the East Longmeadow High School, located at 180 Maple Street. *This event is sponsored by the East Longmeadow Police and Fire Departments, Department of Public Works, and ELCAT.*



SAVE THE DATE "The Little e" is coming back on Friday, September 8th from 12:30-3:00! Join us as we welcome in fall with live music, circus entertainment, food trucks, craft vendors, door prizes and more!



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.

View it here <https://www.youtube.com/@ELCAT01028>"



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.



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



Dinner Dance Saturday, August 5th at 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! For more information please call Linda Smith at 413-526-8994.

PLEASANT VIEW CINEMA

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

***Movies are subject to change**



July 11th *Rogue Agent* No Rating, 2022, 1h 55m Conman Robert Freegard poses as an undercover MI5 agent and kidnaps countless victims amidst a high-stakes manhunt, until the woman who fell for him brings him to justice. Based on a true story.

July 18th *On a Wing and a Prayer* PG, 2023, 1h 42m In this extraordinary true story of faith and survival, On a Wing and a Prayer follow passenger Doug White's harrowing journey to safely land a plane and save his entire family from insurmountable danger, after their pilot dies unexpectedly mid flight.



July 25th *A Tourist Guide to Love* 2023, TV-PG, 1h 36m Charming feel good romantic. Work brings an American travel executive to Vietnam, where a free-spirited tour guide helps open her eyes to a beautifully adventurous way of life.



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, July 5th 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, July 26th

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, July 12th 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, July 13th
10:30 - 12:00

MENS COFFEE CHAT Tuesdays at 8:30

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

ORIGAMI Will resume in the fall

STAMP CLUB Tues., July 11th and 25th 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



Friendship Thursdays at 12:45

July 6th \$2 Bingo

July 13th \$5 Bingo

July 20th \$2 Bingo

July 27th \$5 Bingo



holiday
Craft Fair



Calling All Crafters! Applications to be a vendor at our Holiday Craft Fair on Saturday, December 2, 2023 are available at the Center and online. Applications are due

by October 1st. www.eastlongmeadowma.gov

For more information please call 413-525-5436.

Meal Calendar July 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
3 Swedish Meatballs over Noodles	4 CENTER CLOSED 	5  Birthday Bash Chicken Pot Pie	6 Chili Con Carne	7 Cod Florentine
10 Chicken Gruyere	11 Roast Pork	12 Jambalaya over Rice	13 Meatball Grinder	14 Baked Fish and Chips
17 BBQ Pulled Pork Sandwich	18 Beef Burgundy over Noodles	19 Penne with Sausage and Peppers	20 Grilled Chicken Breast + Cheese Sandwich	21 Quiche Lorraine
24 American Chop Suey	25 Chicken Thigh Cacciatore	26 Baked Pork Chops	27 Tuna Salad Sandwich	28 Picnic \$5 Hamburger, Hot Dog and Wings (Meals on Wheels Hamburger and Baked Beans)
31 Spaghetti and Meatballs		\$3.00 Lunch Donation is Appreciated	**Menu Subject to Change	



TRIPS



The Turkey Train Winnepesaukee Railroad Tuesday, October 10, 2023 Enjoy a nostalgic train ride along the shores of Lake Winnepesaukee in New Hampshire. There will be a NH Liquor Store stop prior to boarding the train. Enjoy a Hart's Turkey Farm Dinner on board the Train. This is a Hart's famous home style turkey dinner, just like grandma made at Thanksgiving. Following the train ride you will visit Mill Falls, a collection of shops along with Ben & Jerry's ice cream. Cost is \$142 pp. Checks due to Pleasant View Senior Center by August 28th. Make checks payable to "Friendship Tours". Depart: 8:00am Pleasant View Senior Center, 328 North Main Street. Estimated Return: 8:00pm Pleasant View Senior Center. For Registration call Karen Knight at 413-747-5819.

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"



The East Longmeadow Veterans Memorial Committee is raising funds to construct a **Veterans Memorial** in front of the Senior Center. This Veterans Memorial will be dedicated to honor and memorialize the sacrifice of the East Longmeadow military veterans who answered the "call to arms" and to recognize their sense of duty and courage...especially those who sacrificed their lives for the freedoms we enjoy today. **The Committee has paver/bricks for sale for \$125.00 each. If you have a veteran in your family or just want to make a donation, please call Terry Glusko at 413-525-5412 or 413-782-3890.**

Activities Calendar July 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3 Footcare** 8:15 Cardio Drumming 8:45 Advanced Chair 9:15 Chair Exercise 11:00 Support Group** 12:00 Lunch* 12:30 Pitch 1:30 Yoga at Brownstone 2:00 Silver Sneakers	4 CENTER CLOSED 	5 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Bocce, Cribbage 12:00 Birthday Bash** 1:00 Balance Training, Chair Volleyball 2:15 Tai Chi	6 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 12:00 Canasta, Lunch* 12:45 \$2 Bingo 1:00 Handcrafting	7 8:45 Advanced Chair 9:15 Chair Exercise, 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
10 8:15 Cardio Drumming 8:45 Advanced Chair 9:00 MGW Meeting 9:15 Chair Exercise 11:00 Journaling** Support Group** 12:00 Lunch* 12:30 Pitch 1:30 Yoga at Brownstone 2:00 Silver Sneakers	11 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	12 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Bocce, Cribbage 11:00 Cooking Demo** 12:00 Lunch* 1:00 Balance Training, Chair Volleyball Extravaganza 2:15 Tai Chi	13 Manicures** 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 Dementia Presentation Friendly, Library on the Go** 12:00 Canasta, Lunch* 12:45 \$5 Bingo 1:00 Handcrafting	14 8:45 Advanced Chair 9:15 Chair Exercise, 10:00 Art Class, Bean Bag Baseball, Cribbage, Farmer's Market 10:30 New Member Orientation 11:00 Support Group** 12:00 Lunch* 12:30 Ice Cream Day 12:45 Five Crowns 1:00 Dominoes 1:30 Heartsong Yoga** 2:00 Silver Sneakers
17 8:15 Cardio Drumming 8:45 Advanced Chair 9:15 Chair Exercise 11:00 Support Group** 12:00 Lunch* 12:30 Pitch 1:30 Yoga at Brownstone 2:00 Silver Sneakers	18 Legal Consultations** 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Chronic Disease Program , Line Dancing, Veterans Coffee Hour 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 Five Crowns, Movie Showing	19 Hearing Screening** 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Bocce, Cribbage 12:00 Lunch* 1:00 Balance Training, Chair Volleyball 2:15 Tai Chi	20 8:30 Zumba 9:20 Cardio Drumming Trivia 11:00 Sen. Oliveira's Representative, Tour of Pompeii 12:00 Canasta, Lunch* 12:45 \$2 Bingo 1:00 Handcrafting	21 8:45 Advanced Chair 9:15 Chair Exercise, 10:00 Art Class, Bean Bag Baseball, Cribbage 11:00 Support Group** 12:00 Lunch* 12:45 Magic Show , Five Crowns 1:00 Dominoes 1:30 Heartsong Yoga** 2:00 Silver Sneakers
24 8:15 Cardio Drumming 8:45 Advanced Chair 9:15 Chair Exercise 11:00 Support Group** 12:00 Lunch* 12:30 Pitch 1:30 Yoga at Brownstone 2:00 Silver Sneakers	25 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Chronic Disease Program , 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	26 8:00 Breakfast Café 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Bocce, Cribbage 12:00 Lunch* 1:00 Balance Training, Chair Volleyball 2:15 Tai Chi	27 Manicures** 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 11:00 Brian Ashe's Representative 12:00 Canasta, Lunch* 12:45 \$5 Bingo 1:00 Handcrafting	28 8:45 Advanced Chair 9:15 Chair Exercise, 10:00 Art Class, Bean Bag Baseball, Cribbage, Farmer's Market 11:00 Support Group** 12:00 Picnic* 12:30 Circus Day 12:45 Five Crowns 1:00 Dominoes 1:30 Heartsong Yoga** 2:00 Silver Sneakers
31 8:15 Cardio Drumming 8:45 Advanced Chair 9:15 Chair Exercise 11:00 Support Group** 12:00 Lunch* 12:30 Pitch 1:30 Yoga at Brownstone 2:00 Silver Sneakers			** 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

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 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.**

Chair Yoga at Heartsong Fridays at 1:30 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.

PANTRY PROGRAM



Food
Pantry
Needs

We accept donations of unexpired food year round Monday - Friday from 9:00 - 4:00

Summer gardens are in full swing so please consider donating any of your extra garden vegetables to our food pantry. We love getting freshly grown produce to our seniors and families in need during the summer months. Harvested produce can be brought in during center hours in bags or boxes and we will distribute. Thanks for considering us. Summer is when the pantry is not fully stocked, so please consider non perishable food donations like spaghetti sauce, baked beans, jelly, ketchup, mustard and salad dressings, as well as laundry products and cleaning supplies. Thanks to your generosity we are always able to have food on hand for those in need. Enjoy the summer!

Pleasant View Pantry T-shirts 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
July 19th by appointment 525-5436

FOOTCARE/PEDICARE

With Paul Goulas, LPN
July 3rd by appointment 525-5436
Cost is \$35

MANICURES

July 13th and 27th
by appointment
Cathy Rasid, LM 413-335-7422

ESSENTIAL SERVICES

FREE LEGAL CONSULTATION

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

NOTARY PUBLIC SERVICES

By appointment with Danell 525-5436

SHINE COUNSELOR

Free Medicare Assistance
By appointment 525-5436

RESOURCES



SWAP The Senior Work-Off Abatement Program (SWAP) The Senior Work-Off Abatement Program (SWAP) will be offered again beginning in January of 2024. This program allows property owners of the age of 60 and over, who have lived in their East Longmeadow Property for 5 or more years, the opportunity to volunteer services to the town and have their wages applied towards their property tax. Applications will be available at the Senior Center and on the town's website beginning July 1st, 2023 and must be submitted by September 30th, 2023. Please feel free to call the Senior Center with any questions 525-5436.



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 meets every Monday at 11:00 and Grief/Depression meets every Friday at 11:00.**



THE SHINE PROGRAM The SHINE (Serving the Health Insurance Needs of Everyone) Program provides free health insurance information and counseling to all Massachusetts residents with Medicare and their caregivers. People who have Medicare or who are about to become eligible for Medicare, can meet with a counselor to learn about benefits and options available. A counselor will review programs that help people with limited income to pay health care costs.

We have a SHINE Counselor available at The Pleasant View Senior Center that comes in weekly by appointment. If you wish to make an appointment with our SHINE counselor please call 413-525-5436. *If you have a general question you can also call the SHINE answering machine at 413-750-2893 leave your name and number and a volunteer will call you back, as soon as possible.*



Massachusetts Households to Receive State-funded SNAP Benefit Replacements In May the State began reimbursing certain victims of SNAP benefit theft.

Individuals and families in Massachusetts will receive a state-funded one-time retroactive replacement Supplemental Nutrition Assistance Program (SNAP) payment to cover benefits stolen through skimming, phishing, or other similar fraudulent electronically-based methods between April 1, 2022, and September 30, 2022. Remember to never provide your personal information, EBT card number, or PIN to unidentified callers or in a link provided via text or email. A DTA staff member will never ask for a PIN. If you are a DTA client and believe you may have fallen victim to a scam, you are encouraged to report it to DTA's fraud hotline at 1-800-372-8399.



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.



Medical Equipment Loan Closet The Senior Center has a medical equipment loan closet full of walkers, wheelchairs, canes and more. If you are in need of medical equipment, please call 525-5436 to see what is available. **We also have incontinence supplies.** Please contact us if you or someone you know is in need of these necessary, costly items.



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

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
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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
