



August 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** Friday, August 11th and 25th We invite you to visit our Farmer's Market being held on the 2nd and 4th Fridays in August and September from 10:00am - 2:00pm. The market will be held on the front lawn. Stop by and see what our vendors are selling!



**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.*



**Be Aware of Scams** Monday, August 14th at 12:45 Falling for a scam can often times lead us to feeling shame, but it is not our fault. Hear from our Police Department Liaison, Officer Dan Atwater, and a local person who fell victim to a scam. Hear how they overcame the fear of speaking up, and have become more aware of the realities of fraud. Learn what to look out for and how to find the confidence to tell authorities if you suspect or know of a scam happening.



**Talent Show** Thursday, August 17th at 1:00 It's back! Enjoy watching the talents of our friends and family. From singing to tapping to comedy! If you have a talent you would like to share, call 525-5436. Please note that due to the large response last year, all participants will be allotted one, 5 minute time slot.



**Introduction to Peppermint: A New Online Clubhouse** Thursday, August 24th at 11:00 We're inviting you to try Peppermint, an online clubhouse built for older adults to deepen their passions, meet like-minded friends, and inspire others with knowledge and life experiences. Their founding team is excited to tell you more about Peppermint, how it works, and how you can sign up for 3 years of FREE access because of their partnership with Pleasant View. That's a \$300 value! Join this live interactive virtual session to find out more.



**Labor Day Picnic** Friday, August 25th at 12:00 Join us for our Labor Day Picnic! \$5.00 per person, tickets are available at the Senior Center. Hamburgers, hot dogs, and bbq chicken and sides!



**"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 from The Skid Marks, circus entertainment, food trucks, craft vendors, door prizes and more!



**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.



**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 9:00-12:00 Shop 'til you drop! 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 on selling, please call Linda Smith at 413-526-8994. Parking spot proceeds will be donated to our Tri Town Walk to End Alzheimer's Team.

## 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)**



**Veteran Circle Meeting** Bring a Veteran who hasn't been day at the Longmeadow Adult Center, 211 Maple Road, Longmeadow on Thursday, August 3rd at 11:30. Enjoy a free lunch at 11:30, Veterans Circle meeting to follow. You must sign up in advance by calling 565-4150.



**Essentials of Caregiving Monday, August 7th at 10:30** There are many challenges to caregiving and receiving. This session provides a practical guide focused on how to put together a team and establish a care plan. Gain insight on how to navigate the challenges as you and your loved ones begin the journey of caregiving or care receiving. It also provides tips and resources available such as the AARP Caregiving Resource Center and Family Caregiving Guide. Presented by AARP.



**Warbirds of World War II Wednesday, August 9th at 11:00** Presented by the New England Air Museum, this lecture will discuss the restoration of several of the museum's WWII aircraft including the B-29 Superfortress, and will include highlights and pictures of the museum's warbirds.



**Savory Seniors Thursday, August 10th at 12:45** Have you ever played the game "Hungry Hippos"? Join us for this real life version of the game where you have the chance to win savory food for your pantry!



**Local Teen Pianist Friday, August 11th from 11:30-12:30** Enjoy background piano music by a local teenager while you gather for lunch. If you would like to register for lunch, please call by 1:00 PM on August 10th.



**New Member Orientation Friday, August 11th 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.



**Journaling with Kay Journal Monday, August 14th 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.



**Assisted Living 101 Friday, August 18th at 11:00** Presented by Greater Springfield Senior Services, Inc (GSSSI). Learn what is considered assisted living, what costs are associated, and how the GSSSI Ombudsman Program can assist.



**Scams Monday, August 21st at 11:00** Learn about the various scams that target the senior population and how to recognize and avoid being a victim; including what to do if you are scammed. Presented by the Hampden County Sheriff's Department.



**Cooking Demo Wednesday, August 23rd at 10:30** Learn about Good for Your Brain Bowls and building a budget-friendly meal for one. Discover the best foods for healthy aging then try your hand at making your own dish! Led by Massachusetts Council on Aging's Healthy Aging and Nutrition Specialist, Tara Hammes, RD. She'll set you up for success!



**Cell Phone Help Monday and Fridays in September** Do you have questions about how to use certain functions on your cell phone? Is your cell phone acting funny or not work correctly? Would you like to learn how to use the Big Y or Stop & Shop app? Sign up for a FREE 30 minute one-on-one tech help session with one of East Longmeadow's SWAP volunteers.



**Adventures in Photography Wednesday, August 30th at 10:15** Experience photography like you haven't seen before. Enjoy a short video with musical background featuring pictures taken by a local photographer. Learn how the art of photography is so much more than just capturing a picture. There will be time for a Q&A after with the photographer. "To me, the art of photography is all about observation, inspiration and imagination. It has little to do with what you see and everything to do with the way you see. A photograph that is interesting and engaging touches the heart and soul, takes an instant in time and captures it forever. " (Richard Harper, Photographer).

## PLEASANT VIEW CINEMA

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

\*Movies are subject to change



**August 1st** *Beyond the Universe* TV-MA, 2022, 2h 7m While waiting for a kidney transplant a young pianist finds an unexpected doctor and the courage to fulfill her musical dreams. Sentimental, bittersweet and emotional

**August 8th** *The Mule* PG, 2018, 1 hr 56m In dire financial straits and estranged from family, an ornery 90 year old horticulturalist becomes a delivery driver for a Mexican cartel. Thriller, drama and sentimental



**August 15th** *Wedding Season* 2022, TV-MA, 1h 37m Under parental pressure to find spouses, Asha and Ravi pretend to date during a summer of weddings, but their ruse goes awry when feelings turn real. Charming, quirky and heartfelt

**August 22nd** *Little Boy* 2015, PG-13, 1h 46m When his devoted dad is called away to war, a friendless young outcast turns to God to get his father back home in one piece. Sentimental, emotional and inspiring.



**August 29th** *No Movie Showing*

## 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** Wed., August 2nd 12:00

If it's your birthday month lunch is FREE! 

**BLOOD PRESSURE CLINIC** Monday, August 28th at 10:00

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

Open Play Wednesdays 9:00 (weather pending)

**BREAKFAST CAFE** Wednesday, August 30th 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, August 16th 11:00 Taste a delicious recipe! Presented by East Village Pl.



**Podcast** If you are interested in being featured in our podcast show or if you are interested in learning what a podcast is and how you can get involved, call us at 525-5436.

View our podcast here: <https://www.youtube.com/@ELCAT01028>



**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](http://www.eastlongmeadowma.gov)  
For more information please call 413-525-5436.

**FRENCH GROUP** Tuesdays 11:00

\*All conversation is in French

**HANDCRAFTING** Thursdays 1:00

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

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

**MORNING GLORY WALKERS** Monthly Meeting Monday, August 14th 9:00

**ORIGAMI** Will resume in the fall

**STAMP CLUB** Tues., August 8th and 22nd 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

August 3rd \$2 Bingo

August 10th Savory Seniors

August 17th Talent show

August 24th \$5 Bingo

August 31st \$2 Bingo



# Meal Calendar August 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	1 Veggie Pizza	2 <b>Birthday Bash</b> Chicken Parmesan	3 Stuffed Peppers	4 Broccoli and Mushroom Quiche
7 Kielbasa and Sauerkraut	8 Stuffed Chicken Breast	9 Beef Stew	10 Macaroni and Cheese	11 Seafood Salad Platter
14 Baked Ham	15 American Chop Suey	16 BBQ Chicken Leg	17 Salisbury Steak	18 Tuna Noodle Casserole
21 Chicken Cordon Bleu	22 Fish and Cheese Sandwich	23 Pot Roast	24 Penne with Sausage and Peppers	25 Picnic \$5 Hamburger, Hot Dog and Wings (Meals on Wheels Hamburger and Baked Beans)
28 Veggie Omelet	29 Meatloaf	30 Tuna Sandwich	31 Shepherds Pie	\$3.00 Lunch Donation is Appreciated



**TRIPS** We hope you can join us for one of our trips! To register for ALL trips or for more information please call our trip coordinator Karen Knight 413-747-5819. \*Payments are non-refundable unless a substitution is provided. Please make checks payable to: "Friendship Tours"

*Trip flyers are available at the Senior Center*

**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.

**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.



We would like to thank Brookhaven Hospice for sponsoring refreshments for our Longest Day Ceremony, and JGS Lifecare for sponsoring prizes for our Music Trivia Day!

# Activities Calendar August 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>** Program requires sign up please call 525-5436</b>	<b>1</b> 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 5:00 <b>National Night Out</b>	<b>2</b> 8:45 Advanced Chair 9:00 Bocce 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Cribbage 12:00 <b>BirthDay Bash*</b> 1:00 Balance Training, Chair Volleyball 2:15 Tai Chi	<b>3</b> 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 12:00 Canasta, Lunch* 12:45 <b>\$2 Bingo</b> 1:00 Handcrafting	<b>4</b> 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
<b>7</b> 8:15 Cardio Drumming 8:45 Advanced Chair 9:15 Chair Exercise 10:30 <b>Essentials of Caregiving**</b> Support Group** 12:00 Lunch* 12:30 Pitch 1:30 Yoga at Brownstone 2:00 Silver Sneakers	<b>8</b> <b>Footcare**</b> 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	<b>9</b> 8:45 Advanced Chair 9:00 Bocce 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Cribbage 11:00 <b>Warbirds**</b> 12:00 Lunch* 1:00 Balance Training, Chair Volleyball 2:15 Tai Chi	<b>10</b> <b>Manicures**</b> 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia <b>Friendly, Library on the Go**</b> 12:00 Canasta, Lunch* 12:45 <b>Savory Seniors**</b> 1:00 Handcrafting	<b>11</b> 8:45 Advanced Chair 9:15 Chair Exercise, 10:00 Art Class, Bean Bag Baseball, Cribbage, <b>The Market</b> 10:30 <b>New Member Orientation</b> 11:00 Support Group** 11:30 <b>Teen Pianist</b> 12:00 Lunch* 12:45 Five Crowns 1:00 Dominoes 1:30 Heartsong Yoga** 2:00 Silver Sneakers
<b>14</b> 8:15 Cardio Drumming 8:45 Advanced Chair <b>9:00 MGW Meeting</b> 9:15 Chair Exercise 11:00 <b>Journaling**</b> , Support Group** 12:00 Lunch* 12:30 Pitch 12:45 <b>Beware Scams**</b> 1:30 Yoga at Brownstone 2:00 Silver Sneakers	<b>15</b> 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	<b>16</b> <b>Hearing Screening**</b> 8:45 Advanced Chair 9:00 Bocce 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Cribbage 11:00 <b>Cooking Demo**</b> 12:00 Lunch* 1:00 Balance Training, Chair Volleyball 2:15 Tai Chi	<b>17</b> 8:30 Zumba 9:20 Cardio Drumming Trivia 11:00 <b>Sen. Oliveira's Representative</b> 12:00 Canasta, Lunch* 1:00 <b>Talent Show</b> 1:00 Handcrafting	<b>18</b> 8:45 Advanced Chair 9:15 Chair Exercise, 10:00 Art Class, Bean Bag Baseball, Cribbage 11:00 <b>Assis. Living**</b> , Support Group** 12:00 Lunch* Five Crowns 1:00 Dominoes 1:30 Heartsong Yoga** 2:00 Silver Sneakers
<b>21</b> 8:15 Cardio Drumming 8:45 Advanced Chair 9:15 Chair Exercise 11:00 <b>Scams**</b> , Support Group** 12:00 Lunch* 12:30 Pitch 1:30 Yoga at Brownstone 2:00 Silver Sneakers	<b>22</b> 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	<b>23</b> 8:45 Advanced Chair 9:00 Bocce 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Cribbage 10:30 <b>Cooking Demo &amp; Budget Friendly Meals**</b> 12:00 Lunch* 1:00 Balance Training, Chair Volleyball 2:15 Tai Chi	<b>24</b> <b>Manicures**</b> 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 11:00 <b>Brian Ashe's Representative, Introduction to Peppermint</b> 12:00 Canasta, Lunch* 12:45 <b>\$5 Bingo</b> 1:00 Handcrafting	<b>25</b> 8:45 Advanced Chair 9:15 Chair Exercise, 10:00 Art Class, Bean Bag Baseball, Cribbage, <b>The Market</b> 11:00 Support Group** 12:00 <b>Picnic*</b> 12:45 Five Crowns 1:00 Dominoes 1:30 Heartsong Yoga** 2:00 Silver Sneakers
<b>28</b> 8:15 Cardio Drumming 8:45 Advanced Chair 9:15 Chair Exercise 10:00 <b>Blood Pressure</b> 11:00 Support Group** 12:00 Lunch* 12:30 Pitch 1:30 Yoga at Brownstone 2:00 Silver Sneakers	<b>29</b> 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	<b>30</b> <b>8:00 Breakfast Café</b> 8:45 Advanced Chair 9:00 Bocce 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Cribbage 10:15 <b>Photography**</b> 12:00 Lunch* 1:00 Balance Training, Chair Volleyball 2:15 Tai Chi	<b>31</b> 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 12:00 Canasta, Lunch* 12:45 <b>\$2 Bingo</b> 1:00 Handcrafting	<b>*To sign up for a Meal please call 525-5436 at least one day in advance by 1:00</b>

## 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. 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!



**Purchase your Pleasant View Senior Center recipe book today!** 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.

**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  
August 16th by appointment  
525-5436

### FOOTCARE/PEDICARE

With Paul Goulas, LPN  
August 8th by appt. 525-5436  
Cost is \$30

### MANICURES

August 10th and 24th  
by appt. Cathy Rasid, LM  
413-335-7422

## ESSENTIAL SERVICES

### FREE LEGAL CONSULTATION

With Attorney Dave Carlson  
By appointment Sept. 19th 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 are available at the Senior Center and on the town's website 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 have partnered with Golden Years to offer two support groups here at Pleasant View. **Anxiety/Stress meets every Monday at 11:00 and Grief/Depression meets every Friday at 11:00.** For more information please call 525-5436.



**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.



**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

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



**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](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. *This challenge is brought to you by the Massachusetts Councils on Aging and generously funded by Blue Cross Blue Shield of Massachusetts.*

## 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



We are pleased to announce that Jason Burgener has joined us as the new Veteran Service Officer for the towns of East Longmeadow, Hampden and Wales. VSO Burgener is available by appointment by calling 413-640-0540 or [vso@eastlongmeadowma.gov](mailto:vso@eastlongmeadowma.gov)

## SPONSORS



**Nurse Advocates, LLC**  
*navigating healthcare*  
**Maura Lessard RN, BSN, CCM, CDP**  
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cell/text: 413-237-5724  
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