



September 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 Little e" 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! Don't miss this fun outdoor event!



**Fresh Fridays Farmer's Market** Friday, September 8th and 22nd Visit our Farmer's Market being held on the 2nd and 4th Fridays in August and September from 10:00am - 2:00pm on the front lawn. Stop by and see what our vendors are selling!



**SAIL** Springfield College will once again be offering SAIL, a balance improvement/fall prevention program. There will be cardio, balance, strengthening, flexibility, and educational elements in each class. **SAIL is intended for people with mild balance and walking dysfunction. This Free 12-week session begins on Tuesday, September 12th at 10:30.**

Classes will be held on Tuesdays and Thursdays from 10:30 - 11:30. There will be no class held on October 31st or November 23rd. Registration is required by calling 525-5436.



**NEW Town Manager Meet & Greet** Thursday, September 14th at 11:00 Meet our new Town Manager, Tom Christensen and enjoy a hot cup of coffee!



**Theatre Info Meeting** Wednesday, September 20th at 10:00 If you are interested in acting, singing, helping with lights, costumes, or are just curious what this is all about, we invite you to join us for this informational meeting to discuss the possibilities of a Pleasant View Community Theatre.



**End of Summer Picnic** Friday, September 22nd at 12:00 Join us for our End of Summer Picnic! This will include a picnic at 12:00 and entertainment by Bill Shontz at 12:45. \$5.00 per person, tickets are available at the Senior Center. Hamburgers, hot dogs, wings and sides!



**Fraud Awareness** Wednesday, September 27th at 10:30 Freedom Credit Union is offering a presentation on current frauds targeting our seniors and tips & tools on how they can protect themselves and their money.



### September Food Drive

Please consider supporting the Emergency Food Pantry during the month of September at our 3rd Annual Food Drive. Our food drive will take place in the front of the center for 4 weeks in September. Thank you for supporting our pantry and helping those in need!

Items will be collected from 10am-12pm each Friday beginning September 8th

**Friday, September 8th BREAKFAST** cereal, oatmeal, boxed milk, pancake mix, breakfast bars, tea and coffee

**Friday, September 15th LUNCH** crackers, tuna fish, canned salmon, chips, dried fruit, bread, boxed macaroni and cheese, peanut butter, jelly and jam

**Friday, September 22nd DINNER** pasta, pasta sauce, chili, rice, stuffing mix, instant potatoes, soups and salad dressing

**Friday, September 29th SNACKS** nuts, popcorn, pretzels, applesauce, graham crackers, cookies and pudding/jello cups

Let's fill our delivery van!

*\*We can not accept expired or opened items, thank you*



## 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)**



**Cornhole Mondays at 10:00** Join us for this NEW fun program happening every Monday at 10:00, starting September 4th! We hope you can join us for this fun game!



**New Member Orientation Friday, September 8th 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.



**Stronger Every Day Group Mondays at 11:00** This group will provide a safe space to explore your feelings of sadness, grief/loss and anxiety. This group will provide a safe space to learn techniques, share with others and know that you are not alone in your feelings. It will also provide the opportunity to support others who may be feeling similarly. Together, healing is possible. Facilitated by Golden Years Behavioral Health Group.



**The Arthritis Foundation's Walk With Ease Program Monday and Wednesdays at 10:00 for 6 weeks, starting September 11th** During this physical activity education program walking is the central activity. The program will also include health education, stretching and strengthening exercises, and motivational strategies. The program includes a guidebook and a walking schedule to get you safely moving toward better health.



**Journaling with Kay Journal Monday, September 11th at 10:00** 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.



**Senior Alliance Panel Discussion Wednesday, September 13th at 10:00** Members of the ERC5 (East of the River Chamber of Commerce) are hosting a Senior Alliance Panel Discussion here at Pleasant View. They will be honoring National Alzheimer's Awareness Month by discussing community resources to help those living with or caring for someone with Alzheimer's Disease or dementia. **Light breakfast will be provided.** *In attendance will be: Katie Krupka, Private Geriatric Care Manager with TUCKed In Eldercare and the Director of Placement for Assisted Living Locators along with Kimberly O'Connor with Brookhaven Hospice, Mary-Anne Schelb with JGS Lifecare, Liz Davila with Kind Hands Care at Home and Maura Lessard with Nurse Advocates LLC.*



**Dementia Conversations Monday, September 18th at 10:30** When someone shows signs of dementia, it's time to talk. Often conversations with family about changing behavior can be challenging and uncomfortable. This program offers tips on how to have honest and caring conversations to address some of the most common issues. Topics covered include going to the doctor, when to stop driving and making legal/financial plans.



**Mah Jongg Lessons Tuesdays at 11:00** Would you like to learn how to play Mah Jongg? Sign up for lessons with one of our volunteer Mah Jongg players! Sign up required.



**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.



**Group Reiki Sessions with Shannon Bates Tuesday, September 25th from 1:00-2:00 and 2:15-3:15** Experience the relaxing and restorative effects of a Reiki session in a group setting. Group Reiki sessions combine the healing energies of Reiki with the energies of each group member, creating a powerful opportunity for insight, growth and personal transformation.

**Each group will begin with a guided meditation, followed by 40-45 minutes of Reiki and ending with a group affirmation.** Participants will be seated in chairs and are invited to bring cushions, etc. for comfort. These sessions are free of charge. Registration is required.

## PLEASANT VIEW CINEMA

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

\*Movies are subject to change



**September 5th** *80 For Brady* PG-13, 2023, 1h 40m Brady is inspired by the true story of four best friends living life to the fullest when they take a wild trip to the 2017 Super Bowl LI to see their hero Tom Brady play.

**September 12th** *Sully* PG-13, 2016, 1 hr 35m The story of Chelsey Sullenberger, who became a hero after gliding his plane along the water in the Hudson River, saving all 155 passengers.



**September 19th** *Cry Macho* 2021, PG-13, 1h 43m A former rodeo star and washed-up horse breeder goes on a redemptive journey to Mexico to retrieve his ex-boss's son in this moving drama.

**September 26th** *Night Passage* 2006, PG-13, 1h 30m In this prequel to 'Stone Cold,' Tom Selleck reprises his role as Jesse Stone, an L.A. cop who relocates to a small town only to find himself immersed in one mystery after the other



## ONGOING PROGRAMS

**ART CLASS** with Jeff Kerns Fridays 10:00 \$15

\*Must bring your own supplies (No Class 9/8)

**BEAN BAG BASEBALL** Fridays 10:00

**BILLIARDS** Open Play Tue - Fri 8:00 to 4:00

Free Instruction Thursdays 10:00

**BIRTHDAY BASH** Wed., Sept. 6th 12:00

If it's your birthday month lunch is FREE!

Dessert sponsored by Glenmeadow



**BLOOD PRESSURE CLINIC** Monday,

Sept. 25th at 10:00

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

Open Play Wednesdays 9:00 (weather permitting)

**BREAKFAST CAFE** Wednesday, Sept. 27th

8:00-10:00 Join us for a delicious breakfast!

**CHAIR VOLLEYBALL** Wednesdays 1:00

**COMPUTER HELP** Wednesday, Sept. 20th 1:00

*Friendship Thursdays at 12:45*

September 7th \$5 Bingo

September 14th \$2 Bingo

September 21st \$5 Bingo

September 28th \$2 Bingo



**CORNHOLE** Mondays 10:00

**COOKING DEMO** Wednesday, Sept. 20th 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, Sept. 14th

10:30 - 12:00

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

**MORNING GLORY WALKERS** Monthly

Meeting Monday, September 11th 9:00

**STAMP CLUB** Tues., Sept. 12th and 26th 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 here: <https://www.youtube.com/ELCAT01028>

**WALK  
TO  
END  
ALZHEIMER'S**  
ALZHEIMER'S ASSOCIATION

**Tri Town Team Walk to End Alzheimer's Upcoming Programs**

Register for the Tri Town Team for the Walk to End Alzheimer's. The walk will be happening on **Sunday, October 15th at Holyoke Community College**. Walkers Welcome at 9 a.m. Ceremony at 9:45 a.m. Walk at 10:00 a.m. Ride sharing will be available. Register by stopping in our office. **Must register by Monday, September 11th.**

# Meal Calendar September 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 Salmon
4 <b>CENTER CLOSED</b> 	5 Roast Pork	6 <b>Birthday Bash</b> Broccoli and Cheese Stuffed Chicken	7 BBQ Pulled Pork Sandwich	8 Vegetable Lasagna Alfredo
11 Chicken Gruyere	12 Meatball Grinder	13 Baked Pork Chop	14 Jambalaya over Rice	15 Ilda's Homemade Eggplant Parmesan
18 Penne with Sausage & Peppers	19 Beef Burgundy	20 Stuffed Peppers	21 Baked Chicken Leg	22 <b>Picnic \$5</b> Hamburger, Hot Dog and Wings (Meals on Wheels Hamburger and Baked Beans)
25 Shepherds Pie	26 American Chop Suey	27 Meatloaf	28 Lasagna	29 Broccoli and Mushroom Quiche

## EAST LONGMEADOW VETERANS MEMORIAL FUNDRAISER

Saturday, November 4, 2023 Doors Open 5:00

Elks Lodge #61 440 Tiffany Street, Springfield

6:00-7:00 **Dee Reilly Nashville and Opryland National and International Music Artist**

7:00-9:00 **Dave Colucci & Lisa Carter Professional Tribute Artists Performing "Vintage Vegas Live"**

Bring Your Own Snacks ~ Cash Bar Only Your contributions will help with the construction of

**The Veterans Memorial** located at 328 North Main Street, East Longmeadow

**\$20 Per Person/\$25 at Door (Cash or Check Non-Refundable)**

**Tickets on sale at The Pleasant View Senior Center**



**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.



Thank you to our sponsors, JGS Lifecare and Bluebird Estates for sponsoring our Circus Day event on July 28th, thank you to Kemple Financial for sponsoring dessert for our July Summer Picnic, and thank you to Attorney Dave Carlson for sponsoring our August Ice Cream Social!

# Activities Calendar September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>** Program requires sign up please call 525-5436</b></p>	<p><b>*To sign up for a Meal please call 525-5436 at least one day in advance by 1:00</b></p>	 <h1 style="font-size: 4em;">September</h1>		<p><b>1</b> 8:45 Advanced Chair 9:15 Chair Exercise, 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><b>4</b> <b>CENTER CLOSED</b></p> 	<p><b>5</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, Mah Jongg Lessons 12:00 Lunch* 12:30 Mah-jongg 12:45 Five Crowns, Movie Showing</p>	<p><b>6</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</p>	<p><b>7</b> <b>Manicures**</b> 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 12:00 Canasta, Lunch* 12:45 <b>\$5 Bingo</b> 1:00 Handcrafting</p>	<p><b>8</b> 8:45 Advanced Chair 9:15 Chair Exercise, 10:00 <del>Art Class,</del> Bean Bag Baseball, Cribbage, <b>Food Drive,</b> <b>The Market</b> 10:30 <b>New Member Orientation</b> 12:00 Lunch* 12:30 <b>Lite "e"</b> 12:45 <del>Five Crowns</del> 1:00 <del>Dominoes</del> 1:30 Heartsong Yoga**</p>
<p><b>11</b> 8:15 Cardio Drumming 8:45 Advanced Chair <b>9:00 MGW Meeting</b> 9:15 Chair Exercise 10:00 Cornhole, <b>Journaling**, Walk with Ease**</b> 11:00 Support Group** 12:00 Lunch* 12:30 Pitch 1:30 Brownstone Yoga 2:00 Silver Sneakers</p>	<p><b>12</b> 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee Hour 10:30 <b>SAIL**</b> 11:00 French Group, Mah Jongg Lessons 12:00 Lunch* 12:30 Mah-jongg 12:45 Five Crowns, Movie Showing 1:00 Stamp Club</p>	<p><b>13</b> 8:45 Advanced Chair 9:00 Bocce 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Cribbage, <b>Senior Alliance Panel, Walk with Ease**</b> 12:00 Lunch* 1:00 Balance Training, Chair Volleyball</p>	<p><b>14</b> 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 <b>Library on the Go, SAIL**</b> 11:00 <b>Meet the New Town Manager</b> 12:00 Canasta, Lunch* 12:45 <b>\$2 Bingo</b> 1:00 Handcrafting</p>	<p><b>15</b> 8:45 Advanced Chair 9:15 Chair Exercise, 10:00 Art Class, Bean Bag Baseball, Cribbage, <b>Food Drive</b> 12:00 Lunch* Five Crowns 1:00 Dominoes 1:30 Heartsong Yoga** 2:00 Silver Sneakers</p>
<p><b>18</b> 8:15 Cardio Drumming 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cornhole, <b>Walk with Ease**</b> 10:30 <b>Dementia Conversations</b> 11:00 Support Group** 12:00 Lunch* 12:30 Pitch 1:30 Brownstone Yoga 2:00 Silver Sneakers</p>	<p><b>19</b> <b>Legal Consultations**</b> 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee Hour 10:30 <b>SAIL**</b> 11:00 French Group, Mah Jongg Lessons 12:00 Lunch* 12:30 Mah-jongg 12:45 Five Crowns, Movie Showing</p>	<p><b>20</b> <b>Hearing Screening**</b> 8:45 Advanced Chair 9:00 Bocce 9:15 Chair Exercise 10:00 Deaf Seniors, Cribbage, <b>Theatre Meeting, Walk with Ease**</b> 11:00 <b>Cooking Demo**</b> 12:00 Lunch* 1:00 Balance Training, Chair Volleyball, <b>Computer Help</b></p>	<p><b>21</b> <b>Manicures**</b> 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 <b>SAIL**</b> 11:00 <b>Sen. Oliveira's Representative</b> 12:00 Canasta, Lunch* 12:45 <b>\$5 Bingo</b> 1:00 Handcrafting</p>	<p><b>22</b> 8:45 Advanced Chair 9:15 Chair Exercise, 10:00 Art Class, Bean Bag Baseball, Cribbage, <b>Food Drive,</b> <b>The Market</b> 12:00 <b>Picnic*</b> 12:45 <b>Bill Shontz Show,</b> Five Crowns 1:00 Dominoes 1:30 Heartsong Yoga** 2:00 Silver Sneakers</p>
<p><b>25</b> <b>Reiki Sessions**</b> 8:15 Cardio Drumming 8:45 Advanced Chair 9:15 Chair Exercise 10:00 <b>Blood Pressure,</b> Cornhole, <b>Walk with Ease**</b> 11:00 Support Group** 12:00 Lunch* 12:30 Pitch 1:30 Brownstone Yoga 2:00 Silver Sneakers</p>	<p><b>26</b> 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee Hour 10:30 <b>SAIL**</b> 11:00 French Group, Mah Jongg Lessons 12:00 Lunch* 12:30 Mah-jongg 12:45 Five Crowns, Movie Showing 1:00 Stamp Club</p>	<p><b>27</b> <b>8:00 Breakfast Café</b> 8:45 Advanced Chair 9:00 Bocce 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Cribbage, <b>Walk with Ease**</b> 10:30 <b>Fraud</b> 12:00 Lunch* 1:00 Balance Training, Chair Volleyball</p>	<p><b>28</b> 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 <b>SAIL**</b> 11:00 <b>Brian Ashe's Representative</b> 12:00 Canasta, Lunch* 12:45 <b>\$2 Bingo</b> 1:00 Handcrafting</p>	<p><b>29</b> 8:45 Advanced Chair 9:15 Chair Exercise, 10:00 Art Class, Bean Bag Baseball, Cribbage, <b>Food Drive</b> 12:00 Lunch* 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 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** Will resume in the fall.

**Silver Sneakers Monday and Friday from 2:00-3:00** at the Senior Center. Designed for seniors of all fitness levels, led by an instructor from HealthTrax. A class pass is required, 6 classes for \$10. **\*no class 9/8**

**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. Class is available through Zoom for those who are homebound. The link is available by contacting the 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



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

During the summer months we see a decrease in donations and an increase in participants, so please consider donating what you can to restock our shelves for the upcoming months. **Our food drive will take place in the front of the center for 4 weeks in September. Items will be collected from 10am-12pm each Friday beginning September 8th.**



**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.



**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  
Sept. 20th by appointment  
525-5436

### FOOTCARE/PEDICARE

With Paul Goulas, LPN  
Sept. 5th by appt. 525-5436  
Cost is \$30

### MANICURES

Sept. 7th and 21st  
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

### MEDICARE & YOU

Medicare Open Enrollment

October 15 - December 7

**Open Enrollment** If you are enrolled in a Medicare Prescription Drug Plan, Medigap Plan or a Medicare Advantage Plan (HMO/ PPO), expect an information packet from your plan by the end of September. It is important to **understand** and **save** this information: it explains the changes in your plan for 2024. **Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!**

During Medicare Open Enrollment, you can adjust or change your plan for next year. SHINE Counselors can help you understand your plan changes as well as determine other options you may have. **Open Enrollment is from October 15, 2023 - December 7, 2023.**

Our SHINE Counselor is here weekly, please call 525-5436 for an appointment. If you have a general question you can call **1-800-AGE-INFO** (1-800-243-4636), **then press or say 3**. If you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.



**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 30, 2023. Please feel free to call the Senior Center with any questions 525-5436.



COMMUNITY OUTREACH

The Massachusetts Registry of Motor Vehicles (RMV) would like to inform you that customers aged 65 older, and customers with disabilities, can schedule an appointment at (most) Service Center locations during any available time **Monday through Friday between 9:00 a.m. and 5:00 p.m.** An appointment **is required** for Driver's License related transactions. An appointment **is required** for ID related transactions. An appointment **is not required** for Registration-related transactions.

Customers aged 65 and older and customers with disabilities can ask for assistance with an appointment by sending an email to: [MassDOTRMVSeniors@dot.state.ma.us](mailto:MassDOTRMVSeniors@dot.state.ma.us) Customers can expect to receive a response from the RMV within 48 hours. Massachusetts law requires customers age 75 and older to renew their driver's license in person.

AAA members may be eligible to renew your license/ID or registration at AAA. You must make a reservation to conduct RMV transactions at AAA.



**Active Scams** Thieves are once again stealing mail and then cashing "washed checks" to steal your money. Check Washing fraud is when the payee's name and amount are removed using a solution and the check is rewritten to benefit them. To avoid this, it is recommended that a black gel pen be used to avoid the check from being altered. Also, use a drop box at the US Post Office for added security.



### 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** It's never too late to start! 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

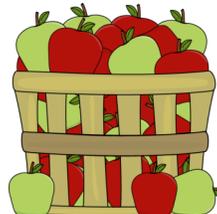


We are pleased to announce that Jason Burgener has joined us as the new Veteran Service Officer for the towns of East Longmeadow, Hampden and Wales. VSO Burgener is available by appointment by calling 413-640-0540 or [vso@eastlongmeadowma.gov](mailto:vso@eastlongmeadowma.gov)

## SPONSORS



**Nurse Advocates, LLC**  
*navigating healthcare*  
**Maura Lessard RN, BSN, CCM, CDP**  
*Nurse Advocate, Board Certified Case Manager, Aging Lifecare  
Advanced Profession & Certified Dementia Practitioner*  
cell/text: 413-237-5724  
[www.NurseAdvocatesLLC.com](http://www.NurseAdvocatesLLC.com) • [Maura@NurseAdvocatesLLC.com](mailto:Maura@NurseAdvocatesLLC.com)



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