



October 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



Republic of Dance Performance Friday, October 13th at 12:45 Enjoy this wonderful dance performance filled with styles from multiple eras and cultures. Performed by the Small Planet Dancers, and supported in part by the East Longmeadow Cultural Council which is supported by the Mass Cultural Council.



Vaccine Clinics

Drive Thru Flu Clinic: Pleasant View Senior Center Tuesday, October 10th 8:00-1:00

Drive Thru Flu Clinic: East Longmeadow Fire Station Wednesday, October 11th 1:00-6:00

There is no sign up required for the drive thru clinics. Please bring your insurance card and I.D.



Understanding Alzheimer's and Dementia

at the East Longmeadow Public Library on Saturday, October 14th at 10:30. Join the EL Public Library to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors. Learn about current research and treatments available. Alzheimer's Association resources will also be available. To register please call 525-5400 Option 8.



Murder Mystery Luncheon Thursday, October 19th at 12:00 Help us solve the mystery of who killed the New England Vineyard owner! Guests who attend will help us decide who is responsible as we watch the suspects defend themselves and blame others! Tickets can be purchased in the office for \$5.



The East Longmeadow Age Friendly Task Force is hosting a series of Age Friendly listening Sessions for making East Longmeadow a great place to live for people of all ages. Please join us for an ice cream social and presentations on what it means to be an Age Friendly Community. Bring your ideas for how the Town could build on its strengths and address some of the challenges to aging in East Longmeadow.

Friday, October 6th 12:30-2:00 Housing, Health & Community Services – Is there enough housing in East Longmeadow to allow people to stay in town as they age? We'll look at housing types from single family homes (aging in place) to continuum of Care Communities and everything in between. What does East Longmeadow have and what is missing? Are there services that will allow people to age in place?

Friday, Nov. 17th 12:30-2:00 Transportation (services & sidewalks), Buildings and Outdoor Places – Do existing transportation services meet your needs, or the needs of family members who can no longer drive? What works, where are the gaps? Can you walk safely in your neighborhood, and are crosswalks visible?

Friday, Dec. 15th 12:30-2:00 Social Environment, Communication, Civic Engagement, Employment, Public Safety – Are meetings, activities and public spaces accessible and inviting? Are there programs and services for people with visual or hearing impairments? How do you use technology and do you have access to equipment and high speed internet?



Karaoke Friday, October 20th at 12:45 Get your singing voices ready for a fun afternoon of karaoke and light refreshments. We hope you can join us for this fun event!



Financial Abuse Workshop Thursday, November 2nd at 12:00 Financial Elder Abuse affects between 3 to 5 million seniors each year. During this workshop, you'll learn how to spot potential threats and what to do to avoid financial fraud. **Lunch will be provided compliments of The Polish National Credit Union.** You must register by Friday, October 27th in order to receive a free lunch.

HIGHLIGHTS

Registration is required for all programs by calling 525-5436, in person at the Senior Center office or at www.myactivecenter.com



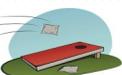
New Member Orientation Friday, October 13th at 10:30 An informative new member orientation and tour will take place every month on the 2nd Friday, from 10:30 - 11:30. Registration is suggested, however drop-ins are welcome.



Stronger Every Day Group Mondays at 11:00 This group provides a safe space to explore your feelings of sadness, grief/loss and anxiety. It is a safe space to learn techniques, share with others and know that you are not alone in your feelings. Sessions are billed through your personal insurance plan. Copays may apply. For questions regarding billing call the Golden Years Admin Office at 413-224-2015. Together, healing is possible. Facilitated by Golden Years Behavioral Health Group.



Fire Department Open House Saturday, October 7th from 12:00-3:00 Stop by the East Longmeadow Fire Department to meet our local firefighters and learn helpful safety tips!



Cornhole Mondays at 10:00 Join us for this NEW fun program happening every Monday at 10:00. We hope you can join us for this fun game!



Pleasant View Senior Center Mental Health Series Being a human being can have its challenges. All of us have our ups and downs. Come join us for a 5 part series on mental health. Chris Rich, a certified life coach, will be sharing practical things you can do to make your life a little bit better. **Each presentation will be held on Mondays from 12:45-1:45.** *This series is sponsored by East Longmeadow Skilled Nursing.*

Oct. 16th Creating more happiness: All of us are in the pursuit of happiness. Where does happiness come from and how can we generate more in our lives? Come join us for some easy things you can do to put a little pep in your step and a smile on your face.

Oct. 23rd The importance of the way you talk to yourself: Out of all the people on the planet, you talk to yourself more than anyone else. You may not realize it, but your inner voice influences every aspect of your life: all of your relationships, how you feel, and ultimately the way you show up in your life. Come join us to improve the way you talk to yourself.

Oct. 30th Practical strategies for handling anxiety: Do you or someone you love struggle with anxiety? For many of us, anxiety is an emotion we deal with on a regular basis. Come learn what causes anxiety and practical strategies you can implement when it shows up in your life. You won't want to miss this.

Nov. 6th Goal setting: Do you ever set a goal and find yourself giving up? You are not alone. There is a good reason we lose motivation with our goals. Come discover why we give up and some small tweaks to help you achieve the goals that you would like to.

Nov. 13th Time Management: Do you find yourself wishing there were more hours in your day or wondering where all your time went? Are there things you want to do, but you are just not getting them done? Come learn a new way to not only get everything done, but also have more time for yourself. Mark your calendar!



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. The EL Library has a Mah-jongg set available to loan <https://bark.cwmars.org/eg/opac/record/4509859>.



Veterans Dinner We would like to invite our Veterans and their guests to our annual Veterans Dinner happening on **Thursday, November 9th at 5:00.** Veterans are free to attend, and guests are \$10 each. Due to limited space only one guest is permitted per Veteran. To register please call 525-5436. Registration will close on November 3rd.



Save the Date! Holiday Craft Fair Saturday, December 2nd 10:00 - 2:00 Come get your holiday shopping done! If space is available, we will still be accepting vendor applications past the October 1st deadline. Call us for more information at 413-525-5436.



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 Walk at 10:00. Ride sharing will be available. Register by stopping in our office.

PLEASANT VIEW CINEMA

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

***Movies are subject to change**



October 3rd A Beautiful Life TV-MA, 2023, 1h 39m When a young fisherman with a hidden talent gets discovered by a music producer, he must decide if he's ready to open himself up to stardom-and love. Heartfelt and emotional

October 10th Ticket to Paradise 2022, 1 hr 43m George Clooney and Julia Roberts team up as exes who find themselves on a shared mission: to stop their love-struck daughter from making the same mistake they once made. Fun



October 17th Poms 2019, PG-13, 1h 30m After moving to a retirement community, Martha befriends a fun-loving neighbor and forms a cheerleading club for young at heart seniors. Comedy

October 24th Off Track 2022, TV-MA, 1h 49m In a fit of desperation, a down-and out-single mother suits up and attempts to ski Vasaloppet with her (not-so-perfect) perfectionist brother. Inspiring and Bittersweet



October 31st Snitch 2023, PG-13, 1h 52m Hoping to reduce his teenage son's mandatory 10-year federal prison sentence, a suburban father goes undercover to take down a violent drug dealer. Emotional and Suspenseful

ONGOING PROGRAMS

ART CLASS with Jeff Kerns Fridays 10:00 \$15
**Must bring your own supplies*

BEAN BAG BASEBALL Fridays 10:00

BILLIARDS Open Play Tue - Fri 8:00 to 4:00
Pool League Mondays 8:00-4:00 All levels welcome!
Free Instruction Thursdays 10:00

BIRTHDAY BASH Wed., October 4th 12:00
If it's your birthday month lunch is FREE!
Dessert sponsored by Kemple Financial



BLOOD PRESSURE CLINIC Monday,
October 23rd 10:00

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

BREAKFAST CAFE Wednesday, Oct. 25th
8:00-10:00 Join us for a delicious breakfast!

CHAIR VOLLEYBALL Wednesdays 1:00

COMPUTER HELP Wednesday, Oct. 18th 1:00

CORNHOLE Mondays 10:00

Friendship Thursdays at 12:45

October 5th \$5 Bingo

October 12th \$2 Bingo

October 19th Murder Mystery Party

October 26th \$5 Bingo



COOKING DEMO Wednesday, Oct. 18th 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

JOURNALING Monday, Oct. 16th 10:00

LIBRARY ON THE GO Thursday, Oct. 12th
10:30 - 12:00

MENS COFFEE CHAT Tuesdays 8:30

MORNING GLORY WALKERS Monthly
Meeting Monday, October 16th 9:00

STAMP CLUB Tues., Oct. 10th and 24th 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>



Please welcome Kaylee Shaw, Springfield College Senior in Health Studies with a certificate in Gerontology. Kaylee has chosen Pleasant View Senior Center as her Community Education placement, and will spend the fall gaining experience. Kaylee is from Northern VT, and enjoys fishing and spending time with family and friends. We're so pleased to have Kaylee join us this fall!



Meal Calendar October 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 |
|--|---------------------------------------|---|---|---|
| 2 Meat Pizza | 3 Salisbury Steak | 4 Birthday Bash Chicken Parmesan | 5 Beef Stew | 6 Stuffed Peppers |
| 9 CENTER CLOSED  | 10 Kielbasa and Sauerkraut | 11 Chicken Cordon Bleu | 12 Macaroni and Cheese | 13 Tuna Noodle Casserole |
| 16 Broccoli and Mushroom Quiche | 17 American Chop Suey | 18 BBQ Chicken Leg | 19 Murder Mystery Luncheon \$5 (ticket required) Baked Ham | 20 Uncle Al's Hot Dog Cart (with toppings) |
| 23 Penne with Sausage & Peppers | 24 Pot Roast | 25 Veggie Omelet | 26 Shepherd's Pie | 27 Salmon |
| 30 Meatloaf | 31 Chicken Breast Cheese on a Roll |  | \$3.00 Lunch Donation is Appreciated | **Menu Subject to Change |



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**

\$20 Per Person/ \$25 at Door (Cash or Check Non-Refundable) Tickets on sale at **The Pleasant View Senior Center**

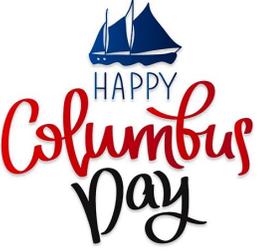


Walk Massachusetts Challenge Thank you to everyone who joined the challenge this year! Time is almost up to track your steps and miles! Deadline is October 31st. Walking logs must be turned into the office by Friday, November 3rd. If you choose to log your walking online yourself, you must log all steps/miles by Friday, November 10th for the chance to win a gift card.



 We would like to thank Attorney Dave Carlson for sponsoring our August Ice Cream Social, Bluebird Estates and Loomis Communities for sponsoring our End of Summer Bash in September, and the following sponsors who helped make "The Little e" possible: East Village Place, Bluebird Estates, Glenmeadow, Assisted Living Locators of Western MA & Northern CT, Baystate Hospice, Health New England, Colony Care at Home, Springfield Thunderbirds, East Longmeadow Skilled Nursing, East Longmeadow Rotary Club and all of our wonderful volunteers and community members!

Activities Calendar October 2023

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| 2 8:15 Cardio Drumming 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cornhole, Walk with Ease** 11:00 Support Group** 12:00 Lunch* 12:30 Pitch 1:30 Brownstone Yoga 2:00 Silver Sneakers | 3 Footcare** 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee Hour 10:30 SAIL** 11:00 French Group, Mah-jongg Lessons 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie | 4 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Bocce, Cribbage, Walk with Ease** 12:00 Birthday Bash* 1:00 Chair Volleyball 2:00 Balance Training | 5 Manicures** 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 SAIL** 12:00 Canasta, Lunch* 12:45 \$5 Bingo 1:00 Handcrafting | 6 8:45 Advanced Chair 9:15 Chair Exercise, 10:00 Art Class, Bean Bag Baseball, Cribbage 12:00 Lunch* 12:30 Task Force 12:45 Five Crowns 1:00 Dominoes 1:30 Heartsong Yoga** 2:00 Silver Sneakers |
| 9 <b style="color: red;">CENTER CLOSED  | 10 8:00 Drive Thru Flu Clinic 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee Hour 10:30 SAIL** 11:00 French Group, Mah-jongg Lessons 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 1:00 Stamp Club | 11 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Bocce, Cribbage, Walk with Ease** 1:00 Chair Volleyball 2:00 Balance Training | 12 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 Library on the Go, Sail** 12:00 Canasta, Lunch* 12:45 \$2 Bingo 1:00 Handcrafting | 13 8:45 Advanced Chair 9:15 Chair Exercise, 10:00 Art Class, Bean Bag Baseball, Cribbage 10:30 Orientation 12:00 Lunch* 12:45 Dance Performance , Five Crowns 1:00 Dominoes 1:30 Heartsong Yoga** 2:00 Silver Sneakers |
| 16 8:15 Cardio Drumming 8:45 Advanced Chair 9:00 MGW Meeting 9:15 Chair Exercise 10:00 Cornhole, Journaling, Walk with Ease** 11:00 Support Group** 12:00 Covid and Flu Clinic** , Lunch* 12:30 Pitch 12:45 Mental Health 1:30 Brownstone Yoga 2:00 Silver Sneakers | 17 Legal Consultations** 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee Hour 10:30 SAIL** 11:00 French Group, Mah-jongg Lessons 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie | 18 Hearing Screening** 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Bocce, Cribbage, Walk with Ease** 11:00 Cooking Demo** 12:00 Lunch* 1:00 Chair Volleyball, Computer Help 2:00 Balance Training | 19 Manicures** 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 SAIL** 11:00 Sen. Oliveira's Representative Murder Mystery Luncheon* 1:00 Handcrafting | 20 8:45 Advanced Chair 9:15 Chair Exercise, 10:00 Art Class, Bean Bag Baseball, Cribbage, 12:00 Lunch* 12:45 Five Crowns, Karaoke 1:00 Dominoes 1:30 Heartsong Yoga** 2:00 Silver Sneakers |
| 23 8:15 Cardio Drumming 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cornhole 11:00 Support Group** 12:00 Lunch* 12:30 Pitch 12:45 Mental Health 1:30 Brownstone Yoga 2:00 Silver Sneakers | 24 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee Hour 10:30 SAIL** 11:00 French Group, Mah-jongg Lessons 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 1:00 Stamp Club | 25 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Bocce, Cribbage 12:00 Lunch* 1:00 Chair Volleyball 2:00 Balance Training | 26 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 SAIL** 11:00 Brian Ashe's Representative Representative 12:00 Canasta, Lunch* 12:45 \$5 Bingo 1:00 Handcrafting | 27 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 |
| 30 8:15 Cardio Drumming 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cornhole 11:00 Support Group** 12:00 Lunch* 12:30 Pitch 12:45 Mental Health 1:30 Brownstone Yoga 2:00 Silver Sneakers | 31 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee Hour 10:30 SAIL** 11:00 French Group, Mah-jongg Lessons 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie |  | ** 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 2:00 *Time Change beginning 10/4 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. 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.

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**

A big thank you to everyone who came by and donated items during our fall food drive. We are grateful for a community who continually supports our emergency food pantry and thanks to all of your generous donations we are well stocked to serve those in need.

We are currently in need of: bar soap, shampoo, toothpaste, toilet paper and cleaning supplies



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
Oct. 18th by appointment
525-5436

FOOTCARE/PEDICARE

With Paul Goulas, LPN
Oct. 3rd by appt. 525-5436
Cost is \$30

MANICURES

October 5th and 19th
by appt. Cathy Rasid, LM
413-335-7422

ESSENTIAL SERVICES

FREE LEGAL CONSULTATION

With Attorney Dave Carlson
By appointment Oct. 17th 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.



Consider becoming a volunteer ombudsman Ombudsmen provide an essential voice for residents of nursing homes and assisted living facilities, help residents understand their rights and resolve issues, offer support and encouragement, receive ongoing training and create their own schedules. Contact Greater Springfield Senior Services for more information at 413-781-8800 x374 or info@gsssi.org



Real Estate Tax Senior Exemption Applications Exemption applications for fiscal year 2024 will be accepted in the Assessor's Office starting November 1, 2023. The applications are available for you to pick up in the Assessor's Office at 382 North Main Street Suite 205 or can be mailed to you or by appointment with Danell Tavella at the Senior Center. If you need assistance or have any questions, please feel free to contact the Assessors at 525-5400 ext. 1600 or Danell Tavella at 525-5400 ext. 1402



HR Retiree Benefits Fair All Medicare eligible retirees of the Town of East Longmeadow are invited to attend the Medicare Benefits fair on **Thursday October 26, 2023 from 1:00-3:00, located at EL Public Library Community Room**. All insurance vendors will be available to answer any questions you may have on your current plan or a plan you may be thinking of changing during open enrollment. Open enrollment dates for the towns Medicare plans are 10/26/2023- 11/20/2023.



FEMA, in coordination with the Federal Communications Commission (FCC), will conduct a nationwide test of the Emergency Alert System (EAS) and Wireless Emergency Alerts (WEA) this fall. The national tests are scheduled to begin at approximately 2:20 p.m. ET on Wednesday, Oct. 4. The message that appears on the phones will read: "THIS IS A TEST of the National Wireless Emergency Alert System. No action is needed."



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).



FUEL ASSISTANCE *Low Income Home Energy Assistance Program is an energy assistance program that can help you pay for heating your house or apartment during the heating season, between NOV 1 and APR 30 of each year.* This program can help you pay for any fuel that you use, including but not limited to: oil, propane, natural gas, wood, or electric. **Please call Danell Tavella @ 525-5436 ext. 1402 for further information.**

| Yearly Income 2024 Season | |
|---------------------------|--------------|
| Family Size | Income Limit |
| 1 | \$45,392 |
| 2 | \$59,359 |
| 3 | \$73,326 |
| 4 | \$87,294 |

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



Jason Burgener is the 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

SPONSORS



Nurse Advocates, LLC
navigating healthcare
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 Nurse Advocate, Board Certified Case Manager, Aging Lifecare
 Advanced Profession & Certified Dementia Practitioner
 cell/text: 413-237-5724
www.NurseAdvocatesLLC.com • Maura@NurseAdvocatesLLC.com



Would you like your business or company to reach over 5,000 households each month through The Reminder? For information please contact Meralee at 413-525-5436.



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COA LIAISONS

Police Department
 Daniel Atwater 413-525-5440



Fire Department/Fire and Life Safety
 Chris Beecher 413-525-5430



PLEASANT VIEW STAFF AND CONTACTS

Erin Koebler
 Director
 Ext. 1401

Sharon Giordano
 Admin. Accountant
 Ext. 1405

Elizabeth Baron
 Food Pantry Coordinator
 Ext. 1408

Allen Lefferts
 Chef
 Ext. 1411

Terry Glusko
 Transportation Coordinator
 Ext. 1410

Danell Tavella
 Community Services
 Ext. 1402

Meralee Kratovil
 Office Manager
 Ext. 1404

Debbie Garvin
 Meal Site Coordinator
 Ext. 1413

Margit Daley
 Kitchen Assistant,
 Dishwasher

Marilyn Ghedini
 Dispatcher
 Ext. 1410

Alicia Smith
 Program & Volunteer Coordinator
 Ext. 1406

Elizabeth Grigoriou
 Admin. Assistant/
 Social Media Coordinator
 Ext. 1414



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

