



November 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 Senior Center will be closed on the following days: Friday, November 10th, Thursday, November 23rd and Friday, November 24th. We will not be delivering Meals on Wheels or providing transportation services on these days. **We wish everyone a Happy Thanksgiving!**



Newsletter Update Please sign up for weekly emails to receive our monthly newsletter and the most up-to-date information about Senior Center events! Beginning in January, we will no longer be distributing printed newsletters in the Reminder due to printing costs. Newsletters will continue to be available at the Senior Center, distributed with Meals on Wheels, on our website, and by email. Thank you for understanding! Email coa@eastlongmeadowma.gov to be added to our distribution list!



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.



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.**



Theatre Info Meeting Wednesday, November 8th 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 our second informational meeting as we discuss what play to present for our first ever Pleasant View Community Theatre.



Thanksgiving Luncheon Thursday, November 16th at 12:00 Come celebrate Thanksgiving with us! Tickets are \$5 per person and include a turkey lunch and entertainment by the Miss Senior Massachusetts Cameo Dancers. Tickets will be available at the Senior Center beginning on November 1st. Each individual may purchase 2 tickets. We hope you can join us!



Tips & Tricks of Dog Training Friday, November 17th at 11:00 Jeff Conti of *JeTi Dog Training* is presenting a "how to" add basic dog training commands into everyday life workshop. We will go over basic owner dog communication, why regular training sessions are important for the dog and owner and how regular training may assist family members communicating with the dog in an emergency.



Fix-It Clinic Friday, November 17th by appointment Guided assistance from volunteers with repair skills to disassemble, troubleshoot and (hopefully) fix small household appliances, clothing, electronic devices and more! Please call 525-5436 to make an appointment.



Holiday Craft Fair Saturday, December 2nd from 10:00-2:00 Come get your holiday shopping done! While space is available, we will still be accepting vendor applications. Call us for more information at 413-525-5436.



HIGHLIGHTS

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



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.



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, 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?



Pleasant View Senior Center Mental Health Series Being a human being can have its challenges. All of us have our ups and downs. 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.

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!



GSSSI's Money Management Program November 20th at 10:30 **Money Management is an in-home service which helps low income, frail older people who have difficulty with budgeting, paying routine bills, and keeping track of financial matters.** The

Program's overall objective is to help seniors stay independent and to make sure their bills are paid. The Program provides help for individuals whose eyesight makes it difficult to read clearly, individuals with a physical disability who are unable to write checks for the bills they receive, persons who cannot maintain everyday banking activities because of frailty or disability or who are simply overwhelmed by the bill paying process. The Money Management Program provides two different types of services: **1) Bill Payer Service:** For elders who need help managing and paying their monthly bills. **2) Representative Payee Service:** For elders who are incapable of managing their own finances. Please join us to learn more about this program.



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>.



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>



Did you know that we provide Jingle Bags in December for all of our Meals on Wheels households? Each year, we deliver a bag of essential and fun items for our Meals on Wheels recipients. If you would like to contribute, we are looking for items such as oatmeal packets, granola bars, bottles of water, small containers of fruit, paper goods, new crossword puzzles, etc. for about 55 households. Items must be donated to the Senior Center by December 1st. **Thank you for your generosity!**



PLEASANT VIEW CINEMA

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

***Movies are subject to change**



November 7th *We Have a Ghost* PG-13, 2h 7m After finding a ghost with a murky past haunting their new house, a family becomes internet sensations-and the targets of a shadowy government agency. Heartfelt, Goofy, Exciting

November 14th *Pride and Prejudice* 2005, 2 hr 8m Headstrong Elizabeth Bennet and proud Mr. Darcy dance around their feelings in this swoony Jane Austen adaptation. Romantic



November 21st *State of Play* 2009, PG-13, 2h 7m A veteran journalist teams up with a young reporter to untangle a web of lies surrounding the suspicious death of a woman tied to a powerful politician. Starring Russel Crowe and Ben Affleck. Thriller, Mystery, Suspenseful

November 28th *A Castle for Christmas* 2021, TV-G, 1h 39m This 2021 Holiday Romance set in Scotland features Brooke Shields and Cary Elwes. Charming, Romantic Comedy



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., November 1st 12:00
If it's your birthday month lunch is FREE!
Dessert sponsored by Kemple Financial



BLOOD PRESSURE CLINIC Monday,
November 27th 10:00

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

BREAKFAST CAFE Wednesday, Nov. 29th
8:00-10:00 Join us for a delicious breakfast!

CHAIR VOLLEYBALL Wednesdays 1:00

COMPUTER HELP Wednesday, Nov. 15th 1:00
Sign up required by calling 525-5436

CORNHOLE Mondays 10:00

Friendship Thursdays at 12:45

November 2nd 12:00 *Financial Abuse Workshop*

November 9th \$2 Bingo

November 16th *Thanksgiving Luncheon*

November 23rd *Center Closed*

November 30th \$5 Bingo

COOKING DEMO Wednesday, Nov. 15th 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, November 13th 10:00

LIBRARY ON THE GO Thursday, Nov. 9th
10:30 - 12:00

MENS COFFEE CHAT Tuesdays 8:30

MORNING GLORY WALKERS Monthly
Meeting Monday, November 13th 9:00

STAMP CLUB Tuesday, Nov. 14th and 28th 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



Have you recently moved? Do you have a new phone number? We don't want to miss you. Please let us know so we can update your contact information!

Walk Massachusetts Challenge This is a friendly reminder that 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!



Meal Calendar November 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
\$3.00 Lunch Donation is Appreciated	**Menu Subject to Change	1 Birthday Bash Shepherds Pie	2 Financial Aid Workshop Lunch and Learn <i>Registration Required</i> Meals on Wheels Only BBQ Pulled Pork	3 Quiche Lorraine
6 Roast Pork	7 Meatball Grinder	8 Chicken Gruyere	9 American Chop Suey	10 CENTER CLOSED 
13 Broccoli and Cheese Stuffed Chicken	14 Spaghetti and Meatballs	15 Stuffed Peppers	16 Thanksgiving Turkey Luncheon \$5 per ticket	17 Beans and Franks
20 Lasagna with Meat Sauce	21 Meatloaf	22 BBQ Chicken Leg	23 CENTER CLOSED 	24 CENTER CLOSED 
27 Penne with Sausage and Peppers	28 Chicken Marsala	29 Jambalaya	30 Beef Stew	



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



Help us to bring tax preparation back to Pleasant View Senior Center! Since 1968, AARP Foundation Tax-Aide team of over 26,000 volunteers have provided tax assistance to more than 75 million older taxpayers with low to moderate income. AARP Foundation Tax-Aide is the nation's largest volunteer-based free tax assistance and preparation service. As a Tax-Aide volunteer, you'll receive training and support with IRS-certification, learn new skills, and connect with people in your community while giving back. There's a variety of volunteer roles at over 4,000 sites nationwide and also flexible virtual opportunities. Whatever your skill set, there's a role for you! Join AARP's team of volunteers and find out why volunteering with Tax-Aide is so rewarding by emailing taxaide@aarp.org or by visiting https://www.aarp.org/money/taxes/aarp_taxaide/.

Activities Calendar November 2023

Monday	Tuesday	Wednesday	Thursday	Friday
** 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	1 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Bocce, Cribbage 12:00 BirthDay Bash* 1:00 Chair Volleyball 2:00 Balance Training	2 Manicures** 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 SAIL** 12:00 Canasta, Financial Abuse Workshop & Lunch* 1:00 Handcrafting	3 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
6 Footcare** 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	7 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	8 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Bocce, Cribbage, Theatre Info. Meeting 12:00 Lunch* 1:00 Chair Volleyball 2:00 Balance Training	9 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 5:00 Veterans Dinner	10 CENTER CLOSED 
13 8:15 Cardio Drumming 8:45 Advanced Chair 9:00 MGW Meeting 9:15 Chair Exercise 10:00 Cornhole, Journaling 11:00 Support Group** 12:00 Lunch* 12:30 Pitch 12:45 Mental Health** 1:30 Brownstone Yoga 2:00 Silver Sneakers	14 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	15 Hearing Screening** 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Bocce, Cribbage 11:00 Cooking Demo** 12:00 Lunch* 1:00 Chair Volleyball, Computer Help** 2:00 Balance Training	16 Manicures** 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 SAIL** 11:00 Sen. Oliveira's Representative Thanksgiving Lunch* 12:00 Canasta, Thanksgiving Lunch* 1:00 Handcrafting	17 Fix-It Clinic** 8:45 Advanced Chair 9:15 Chair Exercise, 10:00 Art Class, Bean Bag Baseball, Cribbage 11:00 Dog Training 12:00 Lunch* 12:30 Task Force** 12:45 Five Crowns, 1:00 Dominoes 1:30 Heartsong Yoga** 2:00 Silver Sneakers
20 8:15 Cardio Drumming 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cornhole 10:30 Money Mgmt. Program** 11:00 Support Group** 12:00 Lunch* 12:30 Pitch 1:30 Brownstone Yoga 2:00 Silver Sneakers	21 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	22 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	23 CENTER CLOSED 	
27 8:15 Cardio Drumming 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Blood Pressure Clinic, Cornhole 11:00 Support Group** 12:00 Lunch* 12:30 Pitch 1:30 Brownstone Yoga 2:00 Silver Sneakers	28 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	29 8:00 Breakfast Café 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	30 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	

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 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. **No Class 11/1.**

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 11/3.**

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**

Thank you to those in the community who generously supported the food pantry during the Fire Department's Open House and the Celebrate East Longmeadow event. We appreciate everyone's generosity!

We are currently in need of: Cough Drops, Tissue, Toilet Paper and Canned Soup



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
Nov. 15th by appointment
525-5436

FOOTCARE/PEDICARE

With Paul Goulas, LPN
Nov. 6th by appt. 525-5436
Cost is \$30

MANICURES

Nov. 2nd, 16th and 30th
by appt. Cathy Rasid, LM
413-335-7422

ESSENTIAL SERVICES

FREE LEGAL CONSULTATION

With Attorney Dave Carlson
By appointment Nov. 21st 525-5436

NOTARY PUBLIC SERVICES

By appointment with Danell 525-5436

SHINE COUNSELOR

Free Medicare Assistance
By appointment 525-5436

TOWN NEWS



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 x-1600 or Danell Tavella at 525-5400 x-1402.



November 7, 2023 Special Town Election Information

There will be a Special Town Election on Tuesday, November 7, from 7:00 a.m. to 8:00 p.m. at Birchland Park Middle School, 50 Hanward Hill, for all precincts. You may Vote by Mail for this election, and can download a Vote by Mail application from the Town's website or request one from the Town Clerk's Office at 525-5400 x-1000 or clerks@eastlongmeadowma.gov.

There will also be in-person early voting for this election in the Library Conference Room on Saturday, October 28, from 9am-5pm, and Monday, October 30 through Friday, November 3, from 8am-4pm. The last day to register to vote for the Special Election, if you are not already a registered voter, is Saturday, October 28, from 9am-5pm in the Library Conference Room.

Are you an inactive voter? To check to see if you are an inactive voter, you can go to www.sec.state.ma.us/VoterRegistrationSearch/MyVoterRegStatus, or you can contact the Clerk's Office at 525-5400, x 1000, or clerks@eastlongmeadowma.gov.

To reactivate your voter status before the November 7th Special Election, you can return your 2023 census form, or send the Clerk's Office proof of your address, or a statement that you live in East Longmeadow, which includes your signature and date.

RESOURCES



The East Longmeadow Housing Authority is accepting applications for McLaren House subsidized congregate housing located at 82 Quarry Hill in East Longmeadow. Congregate Housing is a shared living environment for individuals with physical limitations not requiring 24-hour supervision or medical care. It is ideal for people who no longer feel comfortable living alone but who still wish to be independent and have privacy. Greater Springfield Senior Services has staff on site who can help with coordination of services, public benefit applications, resource information, & more **For more information or to arrange a tour, contact the GSSSI Congregate Housing Coordinator, Adriana Al Kenani at 413-218-8864.**



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

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

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

****As of January 1, 2024, the price of rides on the Tri-Town Trolley will be increasing to \$2 each way for an in-town trip, and \$4 each way for out-of-town trips. Thank you for understanding. ****

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**

Due to holidays the Trolley will not be running on the following days: November 10th, 23rd and 24th

MEMORIAL DONATIONS

A special thank you to Paul Joyce for his donation in memory of Bob Adams.

SPONSORS



Nurse Advocates, LLC
navigating healthcare

Maura Lessard RN, BSN, CCM, CDP
*Nurse Advocate, Board Certified Case Manager, Aging Lifecare
Advanced Profession & Certified Dementia Practitioner*

cell/text: 413-237-5724
www.NurseAdvocatesLLC.com • Maura@NurseAdvocatesLLC.com



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



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Michael Robie, Real Estate Broker 413-575-7236

We hope you support our valued sponsors!

DAVID G. CARLSON
ATTORNEY AT LAW

*Estate Planning • Wills & Trusts • Probate of Estates
Elder Issues*

200 NORTH MAIN STREET • SUITE 6
EAST LONGMEADOW, MA 01028
Tel. (413) 525-1313 Fax (413) 525-7272

COA LIAISONS

Police Department
Daniel Atwater 413-525-5440



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



PLEASANT VIEW STAFF AND CONTACTS

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

