



December 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



Pleasant View Senior Center will be closed on Monday, December 25th and Monday, January 1st. We will not be delivering meals on wheels or providing transportation on those days.

We wish everyone a happy and healthy holiday season!



Holiday Craft Fair and Visit with Santa

Saturday, December 2nd from 10:00-2:00 Come get your holiday shopping done! Enjoy shopping with our 25 local vendors. Sweet treats will be for sale and Santa will be here for pictures!



Mindfulness Sessions with Kaylee: You Matter Mental Health Group

December 6th, 11th and 13th at 12:45 Everyone struggles with actions, thoughts, and interactions. You are not alone. Join Kaylee, Springfield College intern, for conversations, techniques, and activities on improving your mental health.

Wednesday, December 6th Stress: Do you ever feel stressed out or overwhelmed? Come talk about your stress and learn relaxation techniques through mindfulness bingo. Winners will receive a prize.

Monday, December 11th Anxiety: Do you ever find yourself feeling anxious or worried? Don't worry, be happy! Come do an activity and learn how to quiet your racing thoughts.

Wednesday, December 13th Loneliness: Do you ever feel lonely or socially isolated? Come participate in an activity and learn about Kaylee's cutting-edge research.



Group Reiki Sessions with Shannon Bates Monday, December 11th 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.**



Holiday Luncheon Thursday, December 14th at 12:00 Come celebrate the holidays with us! Tickets are \$5 per person and include lunch and entertainment by Ruth Harcovitz, Miss Massachusetts. Ruth gives joy with her beautiful voice and warm personality everywhere she goes. **Tickets will be available at the Senior Center beginning on December 1st. Each individual may purchase 2 tickets.** We hope

you can join us! This program is supported in part by a grant from the East Longmeadow Cultural Council which is supported by the Mass Cultural Council.



Identity Theft Lunch and Learn Wednesday, December 20th at 12:00 Lunch will begin at 12:00 and is a donation of \$3. The seminar will begin at 12:15. Learn what identity theft is, how to protect yourself, and what to do if you're a victim. Registration is required by 1:00pm on December 14th.



Holiday Concert Friday December 22nd at 12:45 Enjoy a festive holiday concert performed by Longmeadow School students.

HIGHLIGHTS

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



Club Italia Holiday Dinner (Formerly called UNICO Dinner) Friday, December 8th at 5:00 Enjoy a home cooked meal by Club Italia and have the chance to win prizes! Tickets are \$5 per person. Tickets are available at the Senior Center. Each individual may purchase 2 tickets.



New Member Orientation Friday, December 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.



But can I swim in it? How scientists determine water quality in rivers Friday, December 15th at 11:00 Join Ryan O'Donnell, Water Quality Program Manager for the Connecticut River Conservancy to learn about the different ways scientists test the quality of rivers and streams, learn about local water quality concerns, and answer the important questions like "Can I swim in it?"



Join The East Longmeadow Age Friendly Task Force for an ice cream social and presentation 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. Help make East Longmeadow a great place to live for people of all ages!

Friday, December 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?



Stronger Every Day Group Will resume in January on 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.



Cell Phone Help Fridays beginning in January Do you have questions about how to use certain functions on your cell phone? Is your cell phone acting funny or not working correctly? Would you like to learn how to use the Big Y or Stop & Shop app? Sign up for a FREE 45 minute one-on-one tech help session with one of East Longmeadow's SWAP volunteers.



Winter Concert Series

Fridays in January at 12:45 ~ Enjoy music and light refreshments!



January 5th - Dave Colucci Join the very popular singer/entertainer Dave Colucci as he sings some of the greatest classic songs of all time! An incredible variety show, you'll hear songs from the swinging Vegas days of Sinatra, Dino, Bobby Darin and Tom Jones, to the golden oldies of the 50's, 60's, & 70's. Let the good times roll as you get ready to go on a musical journey that will have you laughing, singing & dancing!
Sponsored by Bluebird Estates.

January 12th - Freddie Marion Based in Holyoke, MA, is one of the top entertainers in the Pioneer Valley. He is greatly influenced by artists including Wayne Newton, Kenny Rogers, and Sammy Davis Jr. His music is sure to have you smiling and toe-tapping!
Sponsored by Providence Place.

January 19th - Bill Shontz Enjoy the musical talents of this gifted entertainer, musician, singer, songwriter, and producer. Bringing his performance all the way from places such as The White House, Fenway Park, Live With Kathy Lee and Regis, The Today Show, and Disneyland, to Pleasant View!
Sponsored by Health New England.

January 26th - Irv Lewis Get ready to have a good time as Irv Lewis gets the party going! Singing Sinatra to Bruno Mars and beyond the music of the 50s. You won't want the fun to end!
Sponsored by East Village Place.

PLEASANT VIEW CINEMA

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

**Movies are subject to change*



December 5th *Here Comes the Boom* PG, 2012, 1h 31m A high school biology teacher looks to become a mixed martial arts fighter in an effort to raise money for the school's music program. Comedy, Mixed Martial Arts

December 12th *Falling for Christmas* 2022, TV-PG, 1 hr 35m After losing her memory in a skiing accident, a spoiled heiress lands in the cozy care of a down on his luck widower and his daughter. Romantic Comedy, Charming, Heartfelt



December 19th *Keys to the Heart* 2023, TV-14, 1h 42m Troubled and alone a boxer moves in with his long lost mother and autistic pianist brother-but must fit in with a family he hasn't known for years. Domestic Abuse, Language

December 26th *Christmas Child* 2004, 1h 36m A life sized nativity leads a man to learn about his past and lost family. Drama, Holiday



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., December 6th 12:00
If it's your birthday month lunch is FREE!
Dessert sponsored by Kemple Financial



BLOOD PRESSURE CLINIC January, 22nd

BOCCE Will resume in the Spring

BREAKFAST CAFE Wednesday, Dec. 27th
8:00-10:00 Join us for a delicious breakfast!

CHAIR VOLLEYBALL Wednesdays 1:00

COMPUTER HELP Wednesday, Dec. 20th 1:00
Sign up required by calling 525-5436

CORNHOLE Mondays 10:00

COOKING DEMO Wednesday, Dec. 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

JOURNALING Monday, December 11th 10:00

LIBRARY ON THE GO Thursday, Dec. 14th
10:30 - 12:00

MAH-JONGG LESSONS Tuesdays 11:00

MENS COFFEE CHAT Tuesdays 8:30

MORNING GLORY WALKERS Monthly
Meeting Monday, December 11th 9:00

STAMP CLUB Tuesday, Dec. 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 (Cancelled on 12/1)

FIVE CROWNS Tuesdays and Fridays 12:45
(Cancelled on 12/1)

MAH-JONGG Tuesdays 12:30

PITCH Mondays 12:30



Friendship Thursdays at 12:45

December 7th \$2 Bingo

December 14th 12:00 *Holiday Luncheon*
with singer Ruth Harcovitz

December 21st \$5 Bingo

December 28th \$2 Bingo



INCLEMENT WEATHER POLICY When the East Longmeadow Public Schools are closed due to weather, there will be no in house lunch, meals on wheels, or programming. When the EL Public Schools are delayed due to weather, there will be no programs that were scheduled during the delay. Staff will be in the building to answer questions and for emergencies. If Town Hall is closed, we are closed. Please watch WGGB Channel 40 and WWLP Channel 22 for updates.

Meal Calendar December 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



Due to rising costs, beginning January 1, 2024 the suggested donation for lunch will be \$4.00. Thank you for your understanding and continued support of our nutrition program!

Monday	Tuesday	Wednesday	Thursday	Friday
\$3.00 Lunch Donation is Appreciated	**Menu Subject to Change			1 Cod Florentine
4 American Chop Suey	5 Kielbasa and Sauerkraut	6 Birthday Bash Broccoli and Cheese Stuffed Chicken	7 Salisbury Steak 	8 Macaroni and Cheese with Broccoli and Bacon
11 Chicken Pot Pie	12 Pot Roast	13 Stuffed Peppers	14 Holiday Luncheon \$5 per ticket Turkey Dinner	15 Tuna Noodle Casserole
18 Baked Ham	19 Veggie Omelet	20 Beef Stew	21 Veal Parmesan	22 Broccoli and Mushroom Quiche
25 CENTER CLOSED 	26 Swedish Meatballs over Noodles	27 Shepherd's Pie	28 Chicken Gruyere	29 Salmon



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. Email coa@eastlongmeadowma.gov to be added to our distribution list!

Donations: We happily accept donations of unexpired non-perishable food items, gently used books and gently used walkers, canes and wheelchairs. We have a used book bin located in the back parking lot if you have old, damaged books. Please check with the office before dropping off any donations. **The Senior Center is NOT able to accept donations of clothing, videos, CD's or household items.**



Activities Calendar December 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 Art Class, Bean Bag Baseball, Cribbage 12:00 Lunch* 12:45 Five Crowns 1:00 Dominoes 1:30 Heartsong Yoga** 2:00 Silver Sneakers
4 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 1:30 Brownstone Yoga 2:00 Silver Sneakers	5 Footcare** 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 5 Crowns, Movie	6 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Bocce, Cribbage 10:30 Italian Class 12:00 Birthday Bash* 12:45 Mindfulness Session with Kaylee 1:00 Chair Volleyball 2:00 Balance Training	7 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 12:00 Canasta, Lunch* 12:45 \$2 Bingo 1:00 Handcrafting 	8 8:45 Advanced Chair 9:15 Chair Exercise, 10:00 Art Class, Bean Bag Baseball, Cribbage 10:30 Orientation 12:00 Lunch* 12:45 Five Crowns 1:00 Dominoes 1:30 Heartsong Yoga** 2:00 Silver Sneakers 5:00 Club Italia Dinner
11 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 Mindfulness Session with Kaylee 1:00 Group Reiki** 1:30 Brownstone Yoga 2:00 Silver Sneakers 2:15 Group Reiki**	12 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 5 Crowns, Movie 1:00 Stamp Club	13 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Bocce, Cribbage 10:30 Italian Class 12:00 Lunch* 12:45 Mindfulness Session with Kaylee 1:00 Chair Volleyball 2:00 Balance Training	14 Manicures** 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 Library on the Go 12:00 Canasta, Holiday Luncheon** 1:00 Handcrafting	15 8:45 Advanced Chair 9:15 Chair Exercise, 10:00 Art Class, Bean Bag Baseball, Cribbage 11:00 Water Quality 12:00 Lunch* 12:30 Age Friendly Listening Session 12:45 Five Crowns, 1:00 Dominoes 1:30 Heartsong Yoga** 2:00 Silver Sneakers
18 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 1:30 Brownstone Yoga 2:00 Silver Sneakers	19 Legal Consultations** 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 5 Crowns, Movie	20 Hearing Screening** 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Bocce, Cribbage 10:30 Italian Class 11:00 Cooking Demo** 12:00 Identity Theft Lunch and Learn*, Computer Help** 1:00 Chair Volleyball 2:00 Balance Training	21 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 11:00 Sen. Oliveira's Representative 12:00 Canasta, Lunch* 12:45 \$5 Bingo 1:00 Handcrafting	22 8:45 Advanced Chair 9:15 Chair Exercise, 10:00 Art Class, Bean Bag Baseball, Cribbage 12:00 Lunch* 12:45 Five Crowns, Holiday Concert 1:00 Dominoes 1:30 Heartsong Yoga** 2:00 Silver Sneakers
25 CENTER CLOSED 	26 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 5 Crowns, Movie 1:00 Stamp Club	27 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	28 Manicures** 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 11:00 Brian Ashe's Representative 12:00 Canasta, Lunch* 12:45 \$2 Bingo 1:00 Handcrafting	29 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

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.

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.

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 12/1**

Tai Chi Tuesdays at 9:00 This FREE class is held at the First Congregational Church.

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 everyone in the community who supports our pantry directly by supporting local food drives. Your generosity makes a difference for so many families and individuals especially during the holiday season.

We are currently in need of: soups, canned chicken, granola and protein bars, peanut butter and toilet paper



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
Dec. 20th by appointment
525-5436

FOOTCARE/PEDICARE

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

MANICURES

Dec. 14th and 28th
by appt. Cathy Rasid, LM
413-335-7422

ESSENTIAL SERVICES

FREE LEGAL CONSULTATION

With Attorney Dave Carlson
By appointment Dec. 19th 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 are accepted in the Assessor's Office. 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.

RESOURCES



AARP Tax Service AARP is still in the process of determining which senior center locations will be offering free tax preparation. We will provide more updates in the January Newsletter. Thank you for your understanding as AARP does their best to finalize their schedule.



Sand for Seniors We have partnered with the Hampden County TRIAD Program and the East Longmeadow Fire Department to bring **Sand for Seniors** to East Longmeadow. Designed to increase safety during the winter. We have a limited amount of buckets to provide to eligible seniors and disabled persons who are physically or financially unable to acquire their own bucket of ice melt product. Buckets are delivered and can be refilled when empty. If you are interested in a bucket of sand, please call the senior center at 413-525-5436.



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.



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.

<i>Monthly Income</i> (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.**

<i>Yearly Income 2024 Season</i>	
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: Mon., December 25th or Mon., January 1st



We would like to thank Fallon Health, Loomis Communities and Homewatch Caregivers for sponsoring our Veterans Dinner, as well as Fazio's Ristorante for catering, and our wonderful volunteers for all of their help. We would also like to thank Integra Home Health and the East Longmeadow Campus of Care for sponsoring our Thanksgiving Luncheon.

SPONSORS



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Maura Lessard RN, BSN, CCM, CDP
 Nurse Advocate, Board Certified Case Manager, Aging Lifecare
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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

