



January 2024

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, January 1st and Monday, January 15th ~ Wishing you a safe, healthy and happy 2024 ~



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. You won't want the fun to end! *Sponsored by East Village Place.*



Meet the Author Monday, January 8th at 12:45 Fred Sokol will read brief excerpts from his new novel entitled "Harry." This fictional book includes themes of friendship, interpersonal relationships, aging, and memory loss.



Five Element Tai Chi Wednesdays from 2:15-3:15 beginning January 10th FREE All levels welcome! Chairs will be available. Wheelchair accessible. Taught by Grand Master Winchell Ping Chiu Woo.



African Drumming in partnership with the Community Music School of Springfield (CMSS) 4 week session on Fridays at 12:45 starting on February 2nd. We are excited to welcome our new instructor, Jason Arnold! The rhythmic sessions provide great therapeutic value and social group connection. Scientific studies show that the effects of regular group drumming can be as or more powerful than medications in alleviating anxiety and depression, as well as relieving pain and boosting the immune system. Please be aware that the drums may produce a loud, high volume sound during the class. Cost is \$5 per class. Registration is required by calling 525-5436.



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.

HIGHLIGHTS

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



Cell Phone Help Fridays beginning on January 5th 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.



New Member Orientation Friday, January 12th 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.



Forastiere Lunch and Learn Thursday, January 18th at 12:00 FREE pizza and salad sponsored by Forastiere. Must register by Friday, January 12th in order to receive a lunch. With the thought of New Year's Resolutions around the corner, why not Plan to Live Your Best Life? Come listen and learn about helpful tools to put your wishes in order and provide peace of mind to you and your family. Forastiere Smith Funeral & Cremation Specialist Gary Szewczyk will discuss how to secure your future so you may continue to live your best life.



Italian Class Wednesdays starting on January 17th Beginners 1 class will begin at 10:15 and Beginners 2 will begin at 11:30. If you are new to the class and have no prior knowledge of the language, or feel that you need to review lessons taught, Beginners 1 would be best. If you have been taking these classes and wish to continue increasing your proficiency, please choose Beginners 2. \$5 per class payable to the instructor.



RSVP Information Table Friday, January 19th at 11:00 Are you looking for ways to volunteer in your community? RSVP (Retired Senior Volunteer Program) helps those 60 years of age and older connect with local organizations where they can volunteer their time and services. Stop by to learn more!



Stronger Every Day Group Mondays at 11:00 resuming on January 22nd This group provides a safe space to explore your feelings of sadness, grief/loss and anxiety. It is a safe space to learn techniques and share with others knowing you are not alone. Sessions are billed through your personal insurance plan. Copays may apply. For questions regarding billing or to schedule an intake for the group, call the Golden Years Admin Office at 413-224-2015. Together, healing is possible. Facilitated by Golden Years Behavioral Health Group.



SAIL Program New session beginning on Tuesday, January 23rd This FREE 12 week session will meet every Tuesday and Thursday at 10:30 (Class cancelled March 12th and 14th). This balance improvement/fall prevention program includes cardio, balance, strengthening, flexibility, and educational elements in each class. SAIL is intended for people with mild balance and walking dysfunction. Registration is required. Space is limited. **In order to register you must be able to commit to every Tuesday and Thursday, 10:30-11:30 from January 23rd - April 18th.**



Did you know the Food Bank of Western MA has a program that allows us to partner with the organization Lovin Spoonfuls to receive donated produce, frozen meat, dairy and bakery items to distribute to our emergency pantry recipients? Thanks to this partnership we were able to receive and distribute an impressive amount of food to our neighbors in need. In 2023 we received **10,656 pounds** of food worth close to \$20,000! Our pantry received 472 pounds of bread and bakery items, 5,019 pounds of meat, 379 pounds of dairy, 4,632 pounds of fresh produce and 89 pounds of dry goods. Our partnership with the Food Bank and Lovin Spoonfuls truly allows us to fulfill our mission of helping those in need. If you are considering a donation to assist these great organizations please consider donating through their site lovinspoonfulsinc.org With your continued support our pantry is able to feed many community members here in town, both short term and long term, for whatever obstacle they face in securing food for themselves and their families. Happy New Year!

Save the Date: Artsy Fartsy Artists and Authors Fair Sat., March 2nd More details to come in February!

PLEASANT VIEW CINEMA

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

**Movies are subject to change*



January 2nd *Love is in the Air* TV, 2023, 1h 28m A fiercely independent pilot fighting to keep her family business afloat starts to fall for the man sent by corporate to ground her operation forever. Charming, Heartfelt, Feel-Good movie

January 9th *The Lincoln Lawyer* (We will show this series every month until the end of the 2nd series) 2023, 43-56 min Sidelined after an accident, hotshot Los Angeles lawyer Mickey Haller restarts his career and his trademark Lincoln—when he takes on a murder case. Suspenseful and Witty



January 16th *Darling Companion* 2012, PG-13, 1h 44m A couple in their golden years reunites with their children for their daughter's wedding, and chaos ensues when the husband loses the family dog and everyone must search for it. Comedy and Drama

January 23rd *Hollywood Homicide* 2004, PG-13, 1h 56m Detective Joe moonlights in real estate. His rookie partner is an aspiring actor. With a murder to solve and the suspect on their tails, juggling careers is a comical feat as they try to stay alive long enough to catch their big break.



January 30th *The Upside* 2017, PG-13, 2h A Disabled billionaire feels life is not worth living. Comedy, Drama

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., January 3rd 12:00

If it's your birthday month lunch is FREE!

Dessert sponsored by Kemple Financial



BLOOD PRESSURE CLINIC Monday,

January, 22nd 10:00 Free

BOCCE Will resume in the Spring

BREAKFAST CAFE Wednesday, January 31st

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

CHAIR VOLLEYBALL Wednesdays 1:00

COMPUTER HELP Wednesday, Jan. 17th 1:00

Sign up required by calling 525-5436

CORNHOLE Mondays 10:00

COOKING DEMO Wednesday, Jan. 17th 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, January 8th 10:00

LIBRARY ON THE GO Thursday, January 11th
10:30 - 12:00

MENS COFFEE CHAT Tuesdays 8:30

MORNING GLORY WALKERS Monthly

Meeting Monday, January 8th 9:00

STAMP CLUB Tuesday, Jan. 9th and 23rd 1:00

TRIVIA Thursdays 10:00

VETERANS COFFEE HOUR Tuesdays 10:00

CARDS AND GAMES



CANASTA Thursdays 12:00 P.M.

CRIBBAGE Wednesdays and Fridays 10:00

DOMINOES Fridays 1:00

FIVE CROWNS Tuesdays and Fridays 12:45

MAH-JONGG Tuesdays 12:30

PITCH Mondays 12:30

Friendship Thursdays at 12:45

January 4th \$5 Bingo

January 11th \$2 Bingo

January 18th 12:00 Lunch and Learn

January 28th \$5 Bingo



Podcast If you are interested in being featured in our podcast show "Stories from the View", a show documenting and sharing the stories of Pleasant View Seniors, or you are interested in learning what a podcast is and how you can get involved, call us at 525-5436.

Meal Calendar January 2024



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
 \$4.00 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
1 CENTER CLOSED 	2 Ziti, Broccoli and Chicken in Lemon Sauce	3 Birthday Bash Chicken Cordon Bleu	4 Cheeseburger	5 Macaroni and Cheese with Bacon
8 Chicken Marsala	9 Lasagna with Meat Sauce	10 Veggie Pizza	11 Baked Meatloaf	12 Cod Florentine
15 CENTER CLOSED 	16 Roast Pork Loin	17 American Chop Suey	18 Lunch and Learn Pre-registration required Meals on Wheels Only BBQ Pulled Pork Sandwich	19 Tuna Noodle Casserole
22 Meatball Grinder	23 Beef and Vegetable Stew	24 Stuffed Peppers	25 Veal Parmesan	26 Jambalaya over Rice
29 Spaghetti and Meatballs	30 Shepherd's Pie	31 Franks and Beans	**Menu Subject to Change	\$4.00 Lunch Donation is Appreciated



Newsletter Update Please sign up for weekly emails to receive our monthly newsletter and the most up-to-date information about Senior Center events! Newsletters are 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!

MEMORIAL DONATIONS

A special thank you to Jim McDonald, Robert and Joan Galliatos, Richard and Therese Moriarty, Julie Manning, John and Teresa Dowd, Jeanette Dooney-King, Joy/Anonymous, Carolyn O'Neil, Jesus and Kimberly Escobar, Laurie Bedard, Donna Martinez, Katie Caron, Beth Yacteen, Myra Schnepf, Judy Croci, Lynn Wilson, Janet Sessions, Maureen Anderson and your East Longmeadow Friends for their donations in memory of Maryanne Guimond.

Activities Calendar January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 CENTER CLOSED</p> 	<p>2 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee Hour 11:00 French Group, 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie</p>	<p>3 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Cribbage 12:00 Birthday Bash* 1:00 Chair Volleyball 2:00 Balance Training</p>	<p>4 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 12:00 Canasta, Lunch* 12:45 \$5 Bingo 1:00 Handcrafting</p>	<p>5 Cell Phone Help** 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball, Cribbage 12:00 Lunch* 12:45 Five Crowns, Winter Concert 1:00 Dominoes 1:30 Heartsong Yoga** 2:00 Silver Sneakers</p>
<p>8 8:15 Cardio Drumming 8:45 Advanced Chair 9:00 MGW Meeting 9:15 Chair Exercise 10:00 Cornhole, Journaling 12:00 Lunch* 12:30 Pitch 12:45 Meet the Author 1:30 Brownstone Yoga 2:00 Silver Sneakers</p>	<p>9 Footcare** 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee Hour 11:00 French Group, 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 1:00 Stamp Club</p>	<p>10 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Cribbage 12:00 Lunch* 1:00 Chair Volleyball 2:00 Balance Training 2:15 5 Element Tai Chi</p>	<p>11 Manicures** 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 Library on the Go 12:00 Canasta, Lunch* 12:45 \$2 Bingo 1:00 Handcrafting</p>	<p>12 Cell Phone Help** 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, Winter Concert 1:00 Dominoes 1:30 Heartsong Yoga** 2:00 Silver Sneakers</p>
<p>15 CENTER CLOSED</p> 	<p>16 Legal Consultations** 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee Hour 11:00 French Group, 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie</p>	<p>17 Hearing Screening** 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Cribbage 10:15 Italian Class 1 11:30 Italian Class 2 11:00 Cooking Demo** Computer Help** 12:00 Lunch* 1:00 Chair Volleyball 2:00 Balance Training 2:15 5 Element Tai Chi</p>	<p>18 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 11:00 Sen. Oliveira's Representative 12:00 Canasta, Forastiere Lunch and Learn* 1:00 Handcrafting</p>	<p>19 Cell Phone Help** 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball, Cribbage 11:00 RSVP 12:00 Lunch* 12:45 Five Crowns, Winter Concert 1:00 Dominoes 1:30 Heartsong Yoga** 2:00 Silver Sneakers</p>
<p>22 8:15 Cardio Drumming 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Blood Pressure, Cornhole 11:00 Support Group** 12:00 Lunch* 12:30 Pitch 1:30 Brownstone Yoga 2:00 Silver Sneakers</p>	<p>23 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee Hour 10:30 SAIL Program** 11:00 French Group, 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 1:00 Stamp Club</p>	<p>24 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Cribbage 10:15 Italian Class 1 11:30 Italian Class 2 12:00 Lunch 1:00 Chair Volleyball 2:00 Balance Training 2:15 5 Element Tai Chi</p>	<p>25 Manicures** 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 SAIL Program** 11:00 Brian Ashe's Representative 12:00 Canasta, Lunch* 12:45 \$5 Bingo 1:00 Handcrafting</p>	<p>26 Cell Phone Help** 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball, Cribbage 12:00 Lunch* 12:45 Five Crowns, Winter Concert 1:00 Dominoes 1:30 Heartsong Yoga** 2:00 Silver Sneakers</p>
<p>29 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</p>	<p>30 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee Hour 10:30 SAIL Program** 11:00 French Group, 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie</p>	<p>31 8:00 Breakfast Café 8:45 Advanced Chair 10:00 Baystate Deaf Seniors, Cribbage 10:15 Italian Class 1 11:30 Italian Class 2 12:00 Lunch* 1:00 Chair Volleyball 2:00 Balance Training 2:15 5 Element Tai Chi</p>	<p style="text-align: center;">** Program requires sign up please call 525-5436</p>	<p style="text-align: center;">*To sign up for a Meal please call 525-5436 at least one day in advance by 1:00</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 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.

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

Five Element Tai Chi Wednesdays from 2:15-3:15 beginning January 10th FREE All levels welcome! Chairs will be available. Wheelchair accessible. Taught by Grand Master Winchell Ping Chiu Woo.

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. Your generosity makes a difference for so many families and individuals. **We are currently in need of:** soups, canned chicken, granola, protein bars and peanut butter



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
January 17th by appointment
525-5436

FOOTCARE/PEDICARE

With Paul Goulas, LPN
January 9th by appt. 525-5436
Cost is \$30

MANICURES

Jan. 11th and 25th
by appt. Cathy Rasid, LM
413-335-7422

ESSENTIAL SERVICES

FREE LEGAL CONSULTATION

With Attorney Dave Carlson
By appointment Jan. 16th 525-5436

NOTARY PUBLIC SERVICES

By appointment with Danell 525-5436

SHINE COUNSELOR

Free Medicare Assistance
By appointment 525-5436

TOWN NEWS



You will be receiving your 2024 Census Form soon! To remain an active voter you must return the completed Census form to the Town Clerk's Office. Please contact the Town Clerk's Office if you have any questions:(413) 364-9405, or clerks@eastlongmeadowma.gov.



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 Unfortunately, due to a volunteer shortage, AARP will not be preparing taxes at our center this year. Please call us for more information about local senior centers that are offering free tax assistance 525-5436. You can also visit AARP's tax site locator at https://www.aarp.org/money/taxes/aarp_taxaide/locations.html



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.



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 \$4 each way/In town trips are \$2 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



We would like to thank the Knights of Columbus #4306 for their generous donation of \$2,000 worth of Big Y Gift Cards for our patrons. We would also like to thank the East Longmeadow United Methodist Church for delivering Thanksgiving meals and for holding a food drive as well as all of the local churches, schools and Boy Scout and Girl Scout Troops that coordinated Food Drives to help benefit our Emergency Food Pantry. Your generosity makes a difference for so many families and individuals especially during the holiday season! A big thank you to volunteers Sandy Quinn, Sandy Little, Liz Bell, and Theresa Montefusco who worked so hard to check in and sort over \$1800 in donated food items in November. We would also like to thank The Loomis Communities and the East Longmeadow Campus of Care for their generous sponsorships towards our Holiday Lunch.

A very special thank you to Kaylee, our intern from Springfield College! We really enjoyed having her help this semester. From answering phones in the office to running programs, Kaylee's positive attitude and work ethic was appreciated by all! We will miss Kaylee and wish her the best of luck as she finishes her senior year.

SPONSORS

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.

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

