



February 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



**African Drumming in partnership with the Community Music School of Springfield (CMSS)** 4 week session on Fridays at 12:45 starting on February 2<sup>nd</sup>. 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.



**Nutrition Talk Monday, February 12<sup>th</sup> at 12:45** Join Rosemary Santaniello as she shares her wisdom in how we can create a life of healthy eating. Everyone's body is unique, and what works for some won't work for all. Discover the best foods for you to eat.



**Tulle Valentine Wreath Wednesday, February 14<sup>th</sup> at 10:30** Make a tulle valentine wreath! Limited space. Register today by calling 525-5436.



**Artsy Fartsy Artists & Authors Fair Saturday, March 2<sup>nd</sup> 10:00 - 2:00**

Meet local authors, view the work of local artists, join in on writing and art workshops, purchase a delicious coffee from Pour Things Coffee, watch a glass blowing demonstration and more! Bring in non-perishable donations for the East Longmeadow Food Pantry and receive FREE door prize tickets! This event is made possible due to our partnership with Bluebird Estates, The East Longmeadow Public Library, and is supported in part by a grant from the East Longmeadow Cultural Council which is supported by the Mass Cultural Council.



**NEW TRIP: Neil Diamond The Tribute from Las Vegas at The Aqua Turf Tuesday, May 14<sup>th</sup>**

Longtime Las Vegas entertainer & Legends in Concert alumni, Rob Garrett has become the #1 Neil Diamond Tribute artist with his unparalleled portrayal of this legendary performer. Rob has become known as the "King of Diamonds," capturing the presence, passion and energy of Neil Diamond himself. The show features all of your favorite hits: Cherry, Cherry, I'm a Believer, Girl You'll be a Woman Soon, Coming to America and of course the iconic SWEET CAROLINE. Includes coffee and donuts upon arrival and lunch. Cost is \$124 pp. Make checks payable to "Friendship Tours".

Checks due to Pleasant View Senior Center by April 3rd, and will be deposited after this date. Depart: 10:15am Pleasant View Senior Center, 328 North Main Street. Estimated Return: 4:45pm Pleasant View Senior Center. **To register for ALL trips or for more information please call our trip coordinator Karen Knight 413-747-5819.**



**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](http://www.myactivecenter.com)**



**Cell Phone Help Fridays by appointment** 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, February 9<sup>th</sup> 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.



**Italian Class Wednesdays Beginners 1 class begins at 10:15 and Beginners 2 begins 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.



**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 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.



**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.

View our podcast here: <https://www.youtube.com/ELCAT01028>



**Age and Dementia Friendly East Longmeadow** Did you know that East Longmeadow is one of the more than 200 communities in Massachusetts working on age and dementia friendly initiatives? East Longmeadow is implementing changes to local policies, programs, services, and the physical environment to create a community where older people can thrive. But first, we need to hear from you! 900 surveys were sent to households with residents 60 and older. If you received a survey, please complete and return it to the Pleasant View Senior Center. If you did not receive a survey in the mail, there are copies at the Senior Center, or complete the survey online at <https://www.surveymonkey.com/r/AFEastLongmeadow> Look for results this spring! **Thank you for your help with this important initiative!**



**The East Longmeadow COA Strategic Planning Team has completed a 3-year rolling strategic plan.** We have identified goals, objectives, strategies and metrics in 7 different core domains. Our Rolling Strategic Plan will also be supported by a semi-annual assessment review and yearly revision by examining what's working and what is not. Through our Rolling Strategic Plan, resources will be better allocated to fit changing needs when necessary. Our yearly planning will be more timely and more targeted to meet the changing needs of older adults in our community. **We are currently recruiting Strategic Plan Advisory Committee Members who will help with the implementation of the Center's 3-Year Rolling Strategic Plan.** This group of committee volunteers will be asked to review the plan on a bi-annual basis and facilitate communication between community members and the Pleasant View Senior Center Council on Aging when needed and, as appropriate. Contact Erin at [erin.koebler@eastlongmeadowma.gov](mailto:erin.koebler@eastlongmeadowma.gov) if you are interested in participating or would like a copy of the Strategic Plan.



Please welcome our new COA Nurse, Kris Bufington. She will be spending half the week with us, and the other half with the Health Department. Kris comes to us from the school department, where she worked for several years. She looks forward to getting to know everyone here at Pleasant View. Please introduce yourself if you haven't met her already. Her office is across the hall from the Veterans' Service Office.

# PLEASANT VIEW CINEMA

Join us **Tuesday's at 12:45** to enjoy a movie or a documentary  
 \*Movies are subject to change



**February 6th *Harmony from the Heart*** PG, 2022, 1h 26m Musical therapist Violet meets handsome doctor Blake while caring for his grandfather. While at first they clash over methods, they soon come to realize that sometimes love is the best medicine of all. Romantic

**February 13th *The Lincoln Lawyer*** (We will show this series every month until the end of the 2nd series) 2023, 43-56m 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



**February 20th *The Commuter*** 2018 1h 44m PG13 On his daily train commute, an insurance salesman gets railroaded into accepting a suspiciously lucrative offer from a mysterious fellow passenger. Action & Adventure, Suspenseful

**February 27th *The Secret Dare to Dream*** 2020 1h 47m As she endures a storm of struggle, a widow meets an uplifting professor who hesitates to deliver a message that could change her life. Inspiring, Heartfelt and Feel-Good



## 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** Wednesday, Feb. 7<sup>th</sup> 12:00  
 If it's your birthday month lunch is FREE!  
 Dessert sponsored by Kemple Financial



**BLOOD PRESSURE CLINIC** Monday,  
 February 26<sup>th</sup> at 10:00 Free

**BOCCE** Will resume in the Spring

**BREAKFAST CAFE** Wednesday, February 28<sup>th</sup>  
 8:00-10:00 Join us for a delicious breakfast!

**CHAIR VOLLEYBALL** Wednesdays 1:00

**COMPUTER HELP** Wednesday, Feb. 21<sup>st</sup> 1:00  
 Sign up required by calling 525-5436

**CORNHOLE** Mondays 10:00

**COOKING DEMO** Wednesday, Feb. 21<sup>st</sup> 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, February 12<sup>th</sup> 10:00

**LIBRARY ON THE GO** Thursday, February 8<sup>th</sup>  
 10:30 - 12:00

**MEN'S COFFEE CHAT** Tuesdays 8:30

**MORNING GLORY WALKERS** Monthly  
 Meeting Monday, February 12<sup>th</sup> 9:00

**STAMP CLUB** Tuesday, Feb. 13<sup>th</sup> and 27<sup>th</sup> 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

**MAH-JONGG LESSONS** Tuesdays 10:00

**PITCH** Mondays 12:30

### Friendship Thursdays at 12:45

February 1st \$2 Bingo

February 8th \$5 Bingo

February 15th \$2 Bingo

February 22nd \$5 Bingo

February 29th \$2 Bingo



# Meal Calendar February 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 served daily, unless otherwise noted.

Monday	Tuesday	Wednesday	Thursday	Friday
**Menu Subject to Change	\$4.00 Lunch Donation is Appreciated		1 Chicken Gruyere	2 Tuna Noodle Casserole
5 American Chop Suey	6 Baked Ham	7 <i>Birthday Bash</i> BBQ Chicken Leg 	8 Veal Parmesan	9 Baked Salmon
12 Salisbury Steak	13 Swedish Meatballs	14  Turkey Dinner	15 Chicken Pot Pie	16 Cod Florentine
19 CENTER CLOSED	20 Shepherd's Pie	21 Stuffed Peppers	22 Pot Roast	23 Quiche Lorraine
26 Beef Stew	27 Macaroni and Cheese with Bacon	28 Stuffed Chicken Breast	29 Veggie Omelet	



The East Longmeadow Recreation Department is partnering with the Rotary Club on Saturday, February 10<sup>th</sup> to host a **Someone Special Luncheon**. This event will be held at Pleasant View Senior Center from 10:30am - 1:30pm. There will be food, arts and crafts for the kids and items to purchase for nominal donations & much, much more. For more information please call the Recreation Department at 413-525-5437.

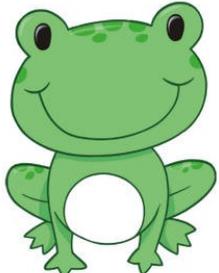


**Consider becoming a volunteer ombudsman** Ombudsmen provide an essential voice for residents of nursing homes and assisted living facilities, help residents understand their rights and resolve issues, offer support and encouragement, receive ongoing training and create their own schedules. Contact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

## MEMORIAL DONATIONS

A special thank you to Gregg and Debra St. Onge and Cynthia Dzura Podles for their donations in memory of Maryanne Guimond and to Kristin Wailgum, Susanne McCrea, Robert and Suzanne Jones, Corina Dalessio and Albert and Doreen Bushey for their donation in memory of Barbara Circosta.

# Activities Calendar February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>** Program requires sign up please call 525-5436</b></p>	<p><b>*To sign up for a Meal please call 525-5436 at least one day in advance by 1:00</b></p>		<p><b>1</b> 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 12:00 Canasta, Lunch* 12:45 <b>\$2 Bingo</b> 1:00 Handcrafting</p>	<p><b>2</b> <b>Cell Phone Help**</b> 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball, Cribbage 12:00 Lunch* 12:45 Five Crowns, <b>African Drumming**</b> 1:00 Dominoes 1:30 Heartsong Yoga** 2:00 Silver Sneakers</p>
<p><b>5</b> 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><b>6</b> <b>Footcare**</b> 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Mah-Jongg Lessons, Veterans Coffee Hour 10:30 <b>SAIL**</b> 11:00 French Group, 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie</p>	<p><b>7</b> 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Cribbage 10:15 <b>Italian Class 1</b> 11:30 <b>Italian Class 2</b> 12:00 <b>Birthday Bash*</b> 1:00 Chair Volleyball 1:00 Balance Training</p>	<p><b>8</b> <b>Manicures**</b> 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 <b>Library on the Go, SAIL**</b> 12:00 Canasta, Lunch* 12:45 <b>\$5 Bingo</b> 1:00 Handcrafting</p>	<p><b>9</b> <b>Cell Phone Help**</b> 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball, Cribbage 10:30 <b>Orientation</b> 12:00 Lunch* 12:45 Five Crowns, <b>African Drumming**</b> 1:00 Dominoes 1:30 Heartsong Yoga** 2:00 Silver Sneakers</p>
<p><b>12</b> 8:15 Cardio Drumming 8:45 Advanced Chair <b>9:00 MGW Meeting</b> 9:15 Chair Exercise 10:00 Cornhole, <b>Journaling**</b> 11:00 Support Group** 12:00 Lunch* 12:30 Pitch 12:45 <b>Nutrition Talk**</b> 1:30 Brownstone Yoga 2:00 Silver Sneakers</p>	<p><b>13</b> 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Mah-Jongg Lessons, Veterans Coffee Hour 10:30 <b>SAIL**</b> 11:00 French Group, 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 1:00 <b>Stamp Club</b></p>	<p><b>14</b> 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Cribbage 10:15 <b>Italian Class 1</b> 10:30 <b>Valentine's Day Craft**</b> 11:30 <b>Italian Class 2</b> 12:00 Lunch* 1:00 Chair Volleyball 1:00 Balance Training</p>	<p><b>15</b> 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 <b>SAIL**</b> 11:00 <b>Sen. Oliveira's Representative</b> 12:00 Canasta, Lunch* 12:45 <b>\$2 Bingo</b> 1:00 Handcrafting</p>	<p><b>16</b> <b>Cell Phone Help**</b> 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball, Cribbage 12:00 Lunch* 12:45 Five Crowns, <b>African Drumming**</b> 1:00 Dominoes 1:30 Heartsong Yoga** 2:00 Silver Sneakers</p>
<p><b>19</b> <b>CENTER CLOSED</b></p> 	<p><b>20</b> <b>Legal Consultations**</b> 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Mah-Jongg Lessons, Veterans Coffee Hour 10:30 <b>SAIL**</b> 11:00 French Group, 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie</p>	<p><b>21</b> <b>Hearing Screening**</b> 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Cribbage 10:15 <b>Italian Class 1</b> 11:00 <b>Cooking Demo**</b> 11:30 <b>Italian Class 2</b> 12:00 Lunch 1:00 Chair Volleyball, <b>Computer Help**</b> 1:00 Balance Training</p>	<p><b>22</b> <b>Manicures**</b> 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 <b>SAIL**</b> 11:00 <b>Brian Ashe's Representative</b> 12:00 Canasta, Lunch* 12:45 <b>\$5 Bingo</b> 1:00 Handcrafting</p>	<p><b>23</b> <b>Cell Phone Help**</b> 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball, Cribbage 12:00 Lunch* 12:45 Five Crowns, <b>African Drumming**</b> 1:00 Dominoes 1:30 Heartsong Yoga** 2:00 Silver Sneakers</p>
<p><b>26</b> 8:15 Cardio Drumming 8:45 Advanced Chair 9:15 Chair Exercise 10:00 <b>Blood Pressure,</b> Cornhole 11:00 Support Group** 12:00 Lunch* 12:30 Pitch 1:30 Brownstone Yoga 2:00 Silver Sneakers</p>	<p><b>27</b> 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Mah-Jongg Lessons, Veterans Coffee Hour 10:30 <b>SAIL**</b> 11:00 French Group, 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 1:00 <b>Stamp Club</b></p>	<p><b>28</b> <b>8:00 Breakfast Café</b> 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Cribbage 10:15 <b>Italian Class 1</b> 11:30 <b>Italian Class 2</b> 12:00 Lunch* 1:00 Chair Volleyball 1:00 Balance Training</p>	<p><b>29</b> 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 <b>SAIL**</b> 12:00 Canasta, Lunch* 12:45 <b>\$2 Bingo</b> 1:00 Handcrafting</p>	 <p>It's a Leap Year!</p>

## FITNESS PROGRAMS

**Fitness Room Open Monday - Friday from 8:00 - 4:00** The Fitness Center includes state of the art cardio machines and weight stations. An annual medical clearance form is required. Fitness cards are 20 visits for \$10, \$15 for out of town residents. *Age 90+ no charge.*

**Balance and Fall Prevention Training Wednesdays 1:00** This class uses the stretches and movements of Tai Chi along with other evidence-based fall prevention training programs to improve your balance and increase lower body strength. 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.

**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.

**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:** toothpaste, soups, canned chicken, granola, protein bars, jelly, crackers 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  
February 21st by appointment  
525-5436

### FOOTCARE/PEDICARE

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

### MANICURES

February 8th and 22nd  
by appt. Cathy Rasid, LM  
413-335-7422

## ESSENTIAL SERVICES

### FREE LEGAL CONSULTATION

With Attorney Dave Carlson  
By appointment Feb. 20th 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](mailto: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](https://www.aarp.org/money/taxes/aarp_taxaide/locations.html)

**R U O.K.?** Is a **FREE service that could save your life.** The Hampden County Sheriff's Office, East Longmeadow Police Department, ambulance services and the EL Council on Aging have collaborated to offer this **free service** to seniors and disabled residents. The Hampden County Sheriff's Dept. will call those enrolled at a chosen time and day(s) to "check in" on their well-being. If there is no answer after two attempts, first responders will be notified immediately to check on their status. **This program is designed to provide peace of mind to the individual and their loved ones.** If interested please contact: Corporal Liz DePaula, TRIAD Officer with the Hampden County Sheriff's Department at 413-858-0060.



**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.**

**Alzheimer/Autism/Disability Alert Form** Are you caring for a person with Alzheimer's Disease, dementia or other memory impairments? Do you have a fear of them wandering or becoming lost? The Silver Alert Program saves crucial time when a person has gone missing. For further information on how to fill out this valuable form please contact the East Longmeadow Police Department at 525-5440 or the Senior Center at 525-5436.



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

**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.**



**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](mailto:coa@eastlongmeadowma.gov) to be added to our distribution list!

## 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](mailto:vso@eastlongmeadowma.gov)

## 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!*

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

**Kris Buffington**  
Health Nurse  
Ext. 1112



**MON - FRI: 8-4 PM 413-525-5436**

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