



April 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** to the public on Friday, April 19<sup>th</sup> for a private Volunteer Appreciation event.



**Celebrate Joy, Happiness and Humor** Wednesday, April 3<sup>rd</sup> from 3:00 - 4:30 A wonderfully engaging and memorable presentation that will leave participants inspired and feeling great about handling life's challenges and stresses. Dr. Steve Sobel is Longmeadow based and is a nationally adored motivational speaker, author and humorist. Light refreshments will be provided. *Sponsored by Shiloh Angels and Bluebird Estates.*



**Five Element Tai Chi** Wednesdays from 2:15-3:15 beginning April 3<sup>rd</sup> **FREE** All levels welcome! Wheelchair accessible. Taught by Grand Master Winchell Ping Chiu Woo.



Join library staff at Pleasant View Senior Center for the total eclipse viewing with a live stream from NASA on Monday, April 8<sup>th</sup> from 2:00-3:30. The first 50 participants will receive SEAL eclipse glasses. The resources and eclipse glasses are provided by STAR Library Education networks SEAL initiative, with major funding from the Gordon and Betty Moore Foundation.



**Relaxing Craft Workshop** Wednesday, April 17<sup>th</sup> at 10:00 Come unwind and create a fun craft! Make a collage of you and your loved ones in a fun, immersive craft activity with Springfield College Students: Kaylee and Aliyah. Bring photos from home to help make your memory collage unique! We will bring in all other supplies. Sign up today for this fun event!



**Reiki Learning Session** Monday, April 22<sup>nd</sup> from 10:15 to 1:45 Are you interested in learning how to practice self-Reiki? Shannon will be here on April 22nd to teach you how to perform this art. There will be a half hour break for lunch at noon. If you would like to register for lunch call 525-5436 by 1:00 on Thursday, April 18th.



**Therapeutic Creativity** Mondays at 1:00 April 22<sup>nd</sup> - May 13<sup>th</sup> Looking for creative ways to destress? Whether you have experience in the arts or not, this may be the class for you! No experience needed. You will work with a variety of exciting mixed mediums and materials such as chalk, conté, watercolors, colored pencils, and ink. Learn about the fascinating history of the works you will be recreating, as well as the period in which they were created. All materials will be provided. \$40 for all 4 sessions. Payment will be received in full at the first session on April 22nd. Refunds will not be available. Register by Friday, April 12th. Space is limited!



**Road Map to the Future!** The world has changed so much in the past 4 years! How has Pleasant View adapted to those changes and planned for the future? Be part of learning where we are going in the next year by following our Trolley along a road trip including stops at all of the Senior Center's strategic goals along the way! We'll hit the highlights of our strategic plan by playing a fun game with the chance for prizes! Everyone's welcome! **Join us on Wednesday, April 24<sup>th</sup> at 12:30 for refreshments, prizes, and maybe even some local celebrities!**



**Women of '76 Afternoon Tea** Thursday, April 25<sup>th</sup> at 12:45 Rita Parisi of Waterfall Productions is coming back for another afternoon tea as she presents her show, *Women of '76!* There will be tea and other light refreshments, along with fabulous women from 1976 you will get to meet. Learn about these women and others, patriot and loyalist, American and foreign, who witnessed the American Revolution first hand and in some cases, changed the course of it. ***This program is supported in part by a grant from the East Longmeadow Cultural Council which is supported by the Mass Cultural Council, and sponsored by East Village Place and Integra Health.***

## 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)**



**Coffee with the Town Manager Wednesday, April 3<sup>rd</sup>** Have coffee and chat with East Longmeadow's Town Manager, Tom Christensen. First Wednesday of every month at 10:30.



**Balance Clinic Friday, April 5<sup>th</sup> at 10:30** Kimberly Moran, the Director of Powerback Rehabilitation to You, will be here for those who want to come out for a screening of balance, strength and risks for falls. Register today! Screenings will be held on a first come first serve basis. Light refreshments will be provided.



**Baystate Pediatric Palliative Care Table Top Tuesday, April 9<sup>th</sup> from 10:00-12:00** Learn about their in-home volunteer program for patients and families and how you may be able to get involved.



**Community Resources Tuesday, April 9<sup>th</sup> at 10:30** Co-partnered with Forastiere Funeral Home and Cremation and the Hampden County Sheriff's Department, Deputy Elizabeth DePaula will speak about initiatives of the Sheriff's Office and the free accessible programs offered by the Triad Division. Loren Forastiere will speak about end of life programs and resources available to the community. Open to all individuals, family members, caregivers, and community leaders.



**New Member Orientation Friday, April 12<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.



**Student Piano Recital Thursday, April 18<sup>th</sup> at 11:00** Did you know that our very own Galina, a participant here at Pleasant View, is an accomplished piano teacher? Come on April 18th to watch a wonderful piano recital presented by her students. Light refreshments will be provided.



INVESTMENT  
SCAM

**The Three P's of Senior Investment Fraud: Profile, Persuasion, Prevention Wednesday, April 24<sup>th</sup> at 2:30** Join staff from the U.S. Securities and Exchange Commission for a seminar on investment fraud and financial scams—and how you can protect yourself from them. Topics covered will include: the profile of the typical investment-fraud victim, the persuasion tactics con artists use to trick seniors and other investors, and what you can do to help prevent this from happening. Investors are welcome to share their questions, stories, and concerns about these topics, about saving and investing, or about the S.E.C. generally. Free handouts, including the S.E.C.'s official guide for senior investors, will be available to take home. The speaker will be Eric Giroux, who has been a lawyer in the S.E.C.'s Boston Regional Office for over a decade.



Massachusetts Council  
for Adult Foster Care

LEADERSHIP · KNOWLEDGE · ADVOCACY

**Massachusetts Adult Foster Care Program Monday, April 29<sup>th</sup> at 10:30** The MA Adult Foster Care Program is a benefit, funded by MassHealth (Medicaid), that allows adults with disabilities and seniors needing assistance to receive at-home care from a qualified caregiver, including a care plan tailored to your loved one and around-the-clock assistance. Adult Foster Care allows those needing care to receive full-time support, financial assistance for caregiving, and personalized care, all while maintaining your loved one's independence and freedom to live at home. Information will be available for both the caregiver and those needing assistance. Presented by Careforth, along with giveaways to those who attend!



**Insurance Best For You Friday, April 26<sup>th</sup> 11:00** Learn what insurance options are available, and which one is the best option for you and your needs.



**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 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.



**Pilates Mondays and Fridays at 1:00 starting on Monday, May 6<sup>th</sup>** Pilates is a system of repetitive exercises performed to promote strength, stability, and flexibility. \$5 per class. Please bring a PILATES floor mat with you to class. Chairs will be available for those who prefer not to sit on the floor.

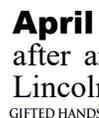
# PLEASANT VIEW CINEMA

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

*\*Movies are subject to change*



**April 2nd *Queen Bees*** 2021, PG-13, 1h 45m Temporarily forced to stay in a retirement community, a headstrong woman navigates mean cliques, high-stakes bridge games and new relationships. Charming, Feel-Good Romantic



**April 9th, *The Lincoln Lawyer Series Continued Episodes*** 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



**April 16th *Gifted Hands*** 2009, TV-PG, 1h 30m This drama charts Ben Carson's struggles in overcoming obstacles to study medicine and save lives at Johns Hopkins Hospital. Based on a true story. Inspiring, Heartfelt

**April 23rd and 30th *The Lincoln Lawyer Series Continued Episodes*** 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



## 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, April 3<sup>rd</sup> 12:00

If it's your birthday month lunch is FREE!

*Dessert sponsored by Kemple Financial*



**BLOOD PRESSURE CLINIC** Monday, April 29th at 10:00 Free

**BOCCE** Mon-Fri 8:00-4:00 (weather pending)

Open Play Wednesdays 10:00 (weather pending)

**BREAKFAST CAFE** Wednesday, April 24<sup>th</sup> 8:00-10:00 Join us for a delicious breakfast!

**CELL PHONE HELP** Fridays by appointment

**CHAIR VOLLEYBALL** Wednesdays 1:00

**TECH HELP** Wednesday, April 17<sup>th</sup> 1:00

Sign up required by calling 525-5436

**CORNHOLE** Mondays 10:00

**COOKING DEMO** Wednesday, April 10<sup>th</sup> 11:00

Taste a delicious recipe! Presented by East Village Pl.

**FRENCH GROUP** Tuesdays 11:00

*\*All conversation is in French*



**New Walking Group** Thursdays at 10:00 Starting on May 2<sup>nd</sup> Join us at the Rail Trail every Thursday at 10:00. Meet at The Depot at Graham Central Station to get those steps in!

**HANDCRAFTING** Thursdays 1:00

**JOURNALING** Monday, April 8<sup>th</sup> 10:00

**LIBRARY ON THE GO** Thursday, April 11<sup>th</sup> 10:30 - 12:00

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

**MORNING GLORY WALKERS** Monthly Meeting Monday, April 8<sup>th</sup> 9:00

**STAMP CLUB** Tuesday, April 9<sup>th</sup> and 23<sup>rd</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

**PITCH** Mondays 12:30

### Friendship Thursdays at 12:45

April 4th \$5 Bingo

April 11th Lotus Lantern

April 18th \$5 Bingo

April 25th Afternoon Tea



Thank you to the Breakfast Café Volunteer Crew from Sandy! They are such a great help to me! I may do all the cooking, but they do everything else. Without their help the Breakfast Café would not be as successful as it is. Thank you for all you do!  
*Sandy Bell*

# Meal Calendar April 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

Please let us know if you are not able to make it to lunch. 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. *Partial funding provided by the Federal Administration for Community Living/MA Executive Office of Elder Affairs & Greater Springfield Senior Services, Inc.*

Meals will also include a starch, a vegetable and a fruit. 1% milk and whole grain bread or rolls are served daily, unless otherwise noted.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Baked Ham	2 Chicken Marsala	3 <b>Birthday Bash</b> Penne with Sausage and Peppers	4 BBQ Chicken Leg	5 Tuna Noodle Casserole
8 American Chop Suey	9 Meatloaf	10 Ziti, Broccoli and Chicken	11 Quiche Lorraine	12 Lasagna
15 CENTER CLOSED 	16 Salisbury Steak	17 Chicken Parmesan	18 Jambalaya over Rice	19 Center Closed for Volunteer Appreciation Event <i>No lunch or Meals on Wheels Delivery</i>
22 Chicken Gruyere	23 Meatball Grinder	24 Beef Stroganoff	25 Spaghetti and Meatballs	26 Baked Salmon
29 Chicken Dijon	30 Stuffed Peppers		**Menu Subject to Change	\$4.00 Lunch Donation is Appreciated



**Cape Cod Canal Cruise Tuesday, June 25<sup>th</sup>** This man-made canal is the widest sea-level canal without locks in the world. Departing from Onset, MA, the Cape Cod Canal cruise will pass under the impressive railroad and highway bridges, the Bourne and Sagamore, and sail along a parade of pleasure boats and commercial vessels. A knowledgeable commentator leads you on a 2-hour cruise detailing the history and natural beauty of this fascinating waterway. Enjoy a Buffet Lunch at Mezza Luna Restaurant in Buzzards Bay prior to the cruise. Cost is \$144 pp. Make checks payable to "Friendship Tours". Checks due to Pleasant View Senior Center by May 10th, and will be deposited after this date. Departure: 8:00am Pleasant View Senior Center, 328 North Main St. Estimated Return: 7:15pm East Longmeadow. **To register for ALL trips or for more information please call our trip coordinator Karen Knight 413-747-5819.**



**SHOW CIRCUS Saturday, May 11th at 11:00** The circus performers who joined us at The Little E will be bringing their **BIG SHOW** to East Longmeadow! ***This event will take place at the East Longmeadow High School.*** Doors open at 10:00AM with refreshments and free balloon creations by Brie's Balloons. This event is FREE and open to ALL ages, and is supported in part by a grant from the East Longmeadow Cultural Council which is supported by the Mass Cultural Council, and sponsored by Pleasant View Senior Center, the East Longmeadow Recreation Department, the East Longmeadow Campus of Care, and the East Longmeadow Rotary Club. Registration is encouraged by calling 525-5436.

# Activities Calendar April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</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	<b>2</b> <b>Footcare**</b> 8:30 Men's Coffee Chat 9:00 Balance Class, 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	<b>3</b> 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Bocce, Cribbage 10:15 <b>Italian Class 1</b> 10:30 <b>Town Manager</b> 11:30 <b>Italian Class 2</b> 12:00 <b>Birthday Bash*</b> 1:00 Chair Volleyball 2:15 5 Element Tai Chi 3:00 <b>Celebrate Joy</b>	<b>4</b> <b>Manicures**</b> 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 <b>SAIL**</b> 12:00 Canasta, Lunch* 12:45 <b>\$5 Bingo</b> 1:00 Handcrafting	<b>5</b> <b>Cell Phone Help**</b> 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage 10:30 <b>Balance Clinic**</b> 12:00 Lunch* 12:45 Five Crowns, 1:00 Dominoes 1:30 Heartsong Yoga** 2:00 Silver Sneakers
<b>8</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 1:30 Brownstone Yoga 2:00 <b>Eclipse Viewing,</b> Silver Sneakers	<b>9</b> 8:30 Men's Coffee Chat 9:00 Balance Class, Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee Hour, <b>Palliative Care Info.</b> 10:30 <b>Community</b> <b>Resources, SAIL**</b> 11:00 French Group, 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 1:00 <b>Stamp Club</b>	<b>10</b> 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Bocce, 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 2:15 5 Element Tai Chi	<b>11</b> 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 <b>Library on</b> <b>the Go, SAIL**</b> 12:00 Canasta, Lunch* 12:45 <b>Lotus Lantern**</b> 1:00 Handcrafting	<b>12</b> <b>Cell Phone Help**</b> 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage 10:30 <b>Orientation</b> 12:00 Lunch* 12:45 Five Crowns 1:00 Dominoes 1:30 Heartsong Yoga** 2:00 Silver Sneakers
<b>15</b> <b>CENTER CLOSED</b> 	<b>16</b> <b>Legal Consultations**</b> 8:30 Men's Coffee Chat 9:00 Balance Class, Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee Hour 10:30 <b>SAIL**</b> 11:00 French Group, 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie	<b>17</b> <b>Hearing Screening**</b> 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Bocce, <b>Craft</b> <b>Workshop**</b> , Cribbage 12:00 Lunch* 1:00 Chair Volleyball, <b>Tech Help**</b> 2:15 5 Element Tai Chi	<b>18</b> <b>Manicures**</b> 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 <b>SAIL**</b> 11:00 <b>Piano Recital,</b> <b>Sen. Oliveira's</b> <b>Representative</b> 12:00 Canasta, Lunch* 12:45 <b>\$5 Bingo</b> 1:00 Handcrafting	<b>19</b> <b>Center Closed for</b> <b>Volunteer</b> <b>Appreciation</b> <b>Event</b> 
<b>22</b> 8:15 Cardio Drumming 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cornhole 10:15 <b>Reiki**</b> 11:00 Support Group** 12:00 Lunch* 12:30 Pitch 1:00 <b>Creativity**</b> 1:30 Brownstone Yoga 2:00 Silver Sneakers	<b>23</b> 8:30 Men's Coffee Chat 9:00 Balance Class, 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 <b>Stamp Club</b>	<b>24</b> <b>8:00 Breakfast Café</b> 8:45 Advanced Chair 9:15 <del>Chair Exercise</del> 10:00 Baystate Deaf Seniors, Bocce, Cribbage 12:00 Lunch* 12:30 <b>Strategic Plan</b> <b>Event</b> 1:00 Chair Volleyball 2:15 5 Element Tai Chi 2:30 <b>Investment Fraud</b>	<b>25</b> 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 11:00 <b>Brian Ashe's</b> <b>Representative</b> 12:00 Canasta, Lunch* 12:45 <b>Afternoon</b> <b>Tea**</b> 1:00 Handcrafting	<b>26</b> <b>Cell Phone Help**</b> 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage 11:00 <b>Insurance</b> 12:00 Lunch* 12:45 Five Crowns, 1:00 Dominoes 1:30 Heartsong Yoga** 2:00 Silver Sneakers
<b>29</b> 8:15 Cardio Drumming 8:45 Advanced Chair 9:15 Chair Exercise 10:00 <b>Blood Pressure,</b> Cornhole 10:30 <b>Adult Foster</b> 11:00 Support Group** 12:00 Lunch* 12:30 Pitch 1:00 <b>Creativity**</b> 1:30 Brownstone Yoga 2:00 Silver Sneakers	<b>30</b> 8:30 Men's Coffee Chat 9:00 Balance Class, 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		<b>** Program</b> <b>requires sign up</b> <b>please call</b> <b>525-5436</b>	<b>*To sign up for a</b> <b>Meal please call</b> <b>525-5436 at</b> <b>least one day in</b> <b>advance by 1:00</b>

## 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 New Day/Time Tuesdays 9:00** 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. \*Mondays class will be taught by Nurse Kris.

**Line Dancing Tuesdays at 10:00** at the senior center, \$3 per class, payable to the instructor.

**Pilates Mondays and Fridays at 1:00 starting on Monday, May 6<sup>th</sup>** Pilates is a system of repetitive exercises performed to promote strength, stability, and flexibility. \$5 per class. Please bring a floor mat with you to class. Chairs will be available for those who prefer not to sit on the floor.

**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.

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

**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.

**Walking Group Thursdays at 10:00 Beginning May 2<sup>nd</sup>** at the Rail Trail—weather permitting.

**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:** spaghetti sauce, cereal, crackers, peanut butter and jelly.



**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.

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**: Do you or a loved one need Incontinence Supplies?** We get occasional donations and would be happy to  
 : check to see if we have what you are in need of.  
 .....

## HEALTH AND WELLNESS

### HEARING SCREENING

Free Screening by Baystate Hearing Center  
 April 17th by appointment  
 525-5436

### FOOTCARE/PEDICARE

With Deborah  
 April 2nd by appt. 525-5436  
 Cost is \$35

### MANICURES

April 4th and 18th  
 by appt. Cathy Rasid, LM  
 413-335-7422

## NURSES CORNER



Hi, my name is Kris, your new town health nurse. I have an office at the Senior Center and in Town Hall. I am available at the Senior Center on Mondays and Thursdays from 9:00 - 3:00 or by appointment. I'm here to help with medical questions, blood pressure checks or just to say hi. I would love to hear from you. Please introduce yourself whenever you have a chance.

## RESOURCES



**Summer Farmshare Signups** Crow River Farm along with the Council on Aging is pleased to offer its Summer Farmshare program again this year from July 10 - September 11. Participants will receive a bag of fresh, naturally-grown veggies each week. Both 5 and 10 week shares are available. SNAP recipients can use the Healthy Incentives Program (HIP) benefit to purchase their share (Private pay is also an option). To learn more and to sign up, contact farmer Kerisa Fitzgerald at [kerisaperazella@gmail.com](mailto:kerisaperazella@gmail.com) or 413-285-5322 or Danell Tavella at 525-5436 x1402. Spots are limited!

### Medicare SAVINGS PROGRAM

**Medicare Savings Program (MSP)** If you have limited income and assets, eligible for Medicare, you may qualify for a Medicare Savings Program that will pay your monthly Medicare Part B premium, which is now deducted from your social security benefit. If you qualify for a Medicare Savings Program (MSP), you will also automatically qualify for Extra Help, a program that will help pay for your prescription drugs under Medicare. If your income and assets are below the amounts listed in the chart, you may qualify. Questions call Danell Tavella at 525-5436 ext. 1402 or call Mass Health at 1-800-841-2900.

<b>Monthly Income</b> (Effective 1/1/2024)		
<b>You Are</b>	<b>Income at or Below</b>	<b>Assets at or Below</b>
Single	\$2,734/ month	\$18,860
Married Couple	\$3,698/ month	\$28,260



**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.

<b>Monthly Income</b> (Effective 2/1/2024)	
Family Size	Income Limit
1	\$2,510
2	\$3,407
3	\$4,303
4	\$5,200

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.**

<b>Yearly Income 2024 Season</b>	
Family Size	Income Limit
1	\$45,392
2	\$59,359
3	\$73,326
4	\$87,294

## ESSENTIAL SERVICES

### FREE LEGAL CONSULTATION

With Attorney Dave Carlson  
By appointment April 16th 525-5436

### NOTARY PUBLIC SERVICES

By appointment with Danell 525-5436

### SHINE COUNSELOR

Free Medicare Assistance  
By appointment 525-5436

## 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**



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!

## MEMORIAL DONATIONS



A special thank you to John and Carol Cavanaugh for their donations in memory of Walter Labroad.

## 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!*

**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

**Kris Buffington**  
Health Nurse  
Ext. 1112



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

[www.facebook.com/elseniors](http://www.facebook.com/elseniors)



To receive Email Updates please call 525-5436 or email [coa@eastlongmeadowma.gov](mailto:coa@eastlongmeadowma.gov)