



July 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



Paint & Glow Monday, July 8th at 10:30 Join this fun painting experience as you paint your very own wine glass. No previous experience needed. All materials provided. Sign up today! This program now meets on the 2nd Monday of every month.



Book Club with Deputy Town Manager, Rebecca Lisi 2nd and 4th Tuesdays of the month at 11:00 Join East Longmeadow Deputy Town Manager, Rebecca Lisi, as she leads a book club to gain your insights and suggestions for a walkable town. We will be starting with the book *Walkable City* by Jeff Speck. Please purchase the book before joining.



RSVP Table Top Tuesday, July 9th from 10:00-12:00 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. Did you know? If you already are a volunteer at Pleasant View, and are 60 years of age or older, you can still register with RSVP and start gaining their great benefits! Stop by to learn more.



African Drumming is Coming Back! 6-week session on Fridays at 12:45 from July 12th -August 23rd (no class July 26th). The non-refundable payment for this 6-week session is due in full by July 5th. The total cost is \$30. Space is limited. Call today to register! 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.



Memory Cafe Tuesday, July 16th at 11:00 Memory Cafés are a comfortable, social gathering that allow people experiencing memory loss and a loved one to connect, socialize, and build new support networks. Cafés are free to attend and welcome to all. Starting in August the Memory Cafe will meet on the 1st and 3rd Tuesday of every month at 11:00. The meeting dates in August are: August 6th and 20th. *Sponsored by Fallon Summit ElderCare.*



Italian Class July Classes will be held on Wednesday July 10th, 17th and 24th 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.



Summer Picnic Friday, July 26th at 12:00 Join us for a picnic lunch at noon. Door prizes and magic performed by our very own Don Quixote actress, Deanna Congo starting at 12:45. This event is \$5.00 per person. Tickets are available at the Senior Center beginning July 1st. *Sponsored by the East Longmeadow Campus of Care, Nurse Advocates, LLC, and East Village Place.*



Talent Show Thursday, August 22nd at 1:00 We will be hosting our 3rd talent show this year! Come watch or share your talents with us! From singing to dancing to comedy! If you have a talent you would like to share, call 525-5436. Please note that due to the large response last year, all participants will be allotted one, 5 minute time slot.

HIGHLIGHTS

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



Core Strengthening Class Thursday, July 25th at 9:30 Join Kinga and Kelsey for a fun 30-minute class that focuses on strengthening your core muscles. Kelsey McDonald, Director of Wellness, and Kinga Guberow, Assistant Director of Wellness, both come from Glenmeadow and share a background in Occupational Therapy. During the class, you will be seated on a yoga ball, which will help you activate your core and engage your muscles. Whether you're looking to improve your posture, increase your flexibility, or boost your overall body strength, this class is perfect for you! Meets monthly on the last Thursday. *Sponsored by Glenmeadow Retirement Community.*



Active Agers Did you know that just by participating in our fitness classes or by using our fitness room you qualify for the chance to win a \$25 Visa Gift Card?! MCOA just rolled out their new Active Agers program that encourages people to participate in their Senior Center's fitness programs. **What you need to do: swipe in at one of our touch screens each time you come in to check in to the class you are attending. That's it!** Gift Cards will be awarded in September for participation that occurred January - August, 2024, and in January for participation that occurred September - December, 2024. **Have fun, stay active, and good luck in your chances to win!**

SAVE THE DATE



CT Trolley Museum Presentation Friday, August 2nd at 10:30 A Representative from The Connecticut Trolley Museum will come speak about the history of the Trolley and Streetcar Era in Greater Springfield and its impact on our local community. The discussion will also include the 80 year history of the CT Trolley Museum. Sign up today! Presented by Museum Volunteer Motorman and Instructor, Jon McPartland.



Advance Care Planning: It's About the Conversation Monday, August 5th at 10:30 Learn the importance of choosing a healthcare proxy, writing advanced care directives, and having these conversations with loved ones. Light refreshments will be served, and all participants will receive a free copy of the Honoring Choices toolkit, which includes relevant Massachusetts forms. Space is limited to 12 participants, and registration is required. *Presented and sponsored by Greater Springfield Senior Services.*



The Little e is on Friday, September 6th from 12:00-3:00! Live Music, Games, Concessions, Door Prizes, a Chainsaw Carving Demo, and More!

Tri Town Walk to End Alzheimer's Team 2024 Events - Proceeds go to the Alzheimer's Association
Alzheimer's Fundraiser Dinner Dance: Saturday, July 20th at 5:30 Join Hampden Senior Center for a night of great food, music & dancing! \$30.00 per person includes entertainment by Off The Record, Appetizers, Chicken Dinner, Complimentary Cocktail and Dessert. Cash Bar & Raffle Prizes! Reserve/purchase your tickets by calling 566-5588. Checks payable to: Friends of Hampden Senior Citizens.

Raffles: July 20th-August 2nd at Hampden Senior Center; **August 5th-August 16th** at Pleasant View. \$1 per ticket, or 6 for \$5. Winners announced on August 16th at 11:30 at Pleasant View.

Evening Concert with Richie Mitnick & Joe Samieri: Tuesday, July 23rd at 6:00 at the Longmeadow Adult Center. Ticket cost: \$5.00. Call 565-4150 to register.

Trunk Sale: Saturday, September 14th 9:00 - 2:00 at Pleasant View Rain Date: Sunday, Sept. 15th. Come shop or set up a trunk with your household items for sale! For those who would like to sell items, parking spots are \$25 per Vendor, or two spaces next to each other for \$40 per vendor. You keep your earnings! If interested in being a vendor, contact Linda at 413-627-8509.

Evening Concert with Richie Mitnick & Peter Annone: Tuesday, August 27th at 6:00 at the Longmeadow Adult Center. Ticket cost \$5.00. Call 565-4150 to register.

Open Play Pickleball: Saturday, September 21st 9:00 - 4:00 at the Longmeadow Adult Center. Cost \$10.00 per person / 60-minute slot. All ages are welcome. Please call 413-565-4150 after August 1st.

A friendly reminder to always lock your car doors even when parked in your driveway or garage!

PLEASANT VIEW CINEMA



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

***Movies are subject to change**



During the month of July we will be showing the series **Designated Survivor** 2019, TV-MA This political thriller set in Washington, D.C. features Kiefer Sutherland, Kal Penn and Maggie Q. Political, Drama, Suspense, Exciting.

July 2nd Episodes 1 & 2, **July 9th** Episodes 3 & 4, **July 16th** Episodes 5 & 6, **July 23rd** Episodes 7 & 8 and **July 30th** Episodes 9 & 10.

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, July 3rd 12:00

If it's your birthday month lunch is FREE!

Dessert sponsored by Kemple Financial



BLOOD PRESSURE CLINIC Monday,

July 29th at 10:00 Free

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

Open Play Wednesdays 9:30 (weather pending)

BREAKFAST CAFE Wednesday, July 31st

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

CELL PHONE HELP Will resume in August

CHAIR VOLLEYBALL Wednesdays 1:00

COFFEE & CHAT WITH TOWN MANAGER

Wednesday, July 3rd 10:30

CORNHOLE Mondays 10:00

COOKING DEMO Wednesday, July 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, July 8th 10:00

LIBRARY ON THE GO Thursday, July 11th

10:30 - 12:00

MEN'S COFFEE CHAT Tuesdays 8:30

MORNING GLORY WALKERS Monthly

Meeting Monday, July 8th 9:00

NEW MEMBER ORIENTATION Friday,

July 12th at 10:30

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

STRONGER EVERYDAY SUPPORT

GROUP Mondays at 11:00 Registration required by

calling 413-224-2015

TECH HELP Will resume in the fall

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 Sign

up required by calling 525-5436

PITCH Mondays 12:30

Friendship Thursdays at 12:45

July 4th Center Closed

July 11th \$2 Bingo

July 18th \$5 Bingo

July 25th \$2 Bingo



Are you interested in being featured in our podcast show "Stories from the View?" Call us today! View our podcast here: <https://www.youtube.com/ELCAT01028>



We are excited to share that we have partnered with the Hampden County Sheriff's Department for our medical loaning closet! They have FREE medical equipment such as motorized and non-motorized wheelchairs, transport chairs, hospital beds, walkers, and more to be loaned out. **If you are in need of borrowing an item, or have items to donate, contact them at 413-858-0060.** They will drop off and pick up. Pleasant

View will no longer be accepting donations of medical supplies or loaning out medical equipment.

Meal Calendar July 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. *This service has been made possible in part by funding from the Older Americans Act as granted by 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. ****Menu Subject to Change**

Monday	Tuesday	Wednesday	Thursday	Friday
1 BBQ Pulled Pork	2 Meatball Grinder	3 Birthday Bash Stuffed Chicken Breast	4  CENTER CLOSED 	5 Kielbasa and Sauerkraut
8 Shepherds Pie	9 Chicken Parmesan	10 Swedish Meatballs	11 BBQ Chicken Leg	12 Tuna Sandwich
15 Chicken Marsala	16 Turkey Pot Pie	17 Macaroni and Cheese	18 Stuffed Peppers	19 Cod Florentine
22 Salisbury Steak	23 Beef Stew	24 Roast Turkey	25 Meat Lovers Pizza	26 SUMMER PICNIC <i>Ticket Required \$5</i> Hamburgers & Hot Dogs
29 Roast Pork	30 Tuna Noodle Casserole	31 Seafood Salad Platter		

We hope you can join us for on of our trips!



Salem & Marblehead: Beautiful New England Coast on Thursday, September 19th Upon arrival in Salem, enjoy a Buffet Lunch at the Historic Hawthorne Hotel right on the Salem Common. After lunch, meet our Guide for a riding tour of Salem and Marblehead with opportunities to step off. Our guide will point out many of the Salem highlights while sharing stories. We will continue onto Marblehead to see the Old Town, Beautiful Homes, and Castle Rock for spectacular views of the Atlantic. Free time for shopping in Salem on Pickering Wharf. COST: \$134.pp based on 35-50. Departure: 8:00 Pleasant View. Estimated Return: 6:15. **To register for ALL trips or for more information please call our trip coordinator Karen Knight at 747-5819.** *Payments are non-refundable unless a substitution is provided. Please make checks payable to: "Friendship Tours". Must register with Karen BEFORE bringing in your check. Trip flyers are available at Pleasant View.



The Ultimate Cher Experience: Thursday, October 10th at The Grand Oak Villa in Oakville, CT. Get ready to go on a musical journey of Cher's spectacular career. Lisa Carter promises to bring in the elaborate costumes and wigs, banter and comedy to this magical show. Alongside Lisa, special guest Freddie Marion will be showcasing country crooner Kenny Rogers' greatest hits. Don't miss this tribute show bringing in the Glitz, the Glam, the Music and the Mackie...all wrapped up in one rhinestoned and feathered extravaganza! Includes appetizers, a family style meal, and wine on every table. COST: \$124pp. Make checks payable to "Friendship Tours". Checks due to Pleasant View Senior Center by August 30th, and will be deposited after this date. Departure: 9:30 Pleasant View Estimated Return: 5:00. **To register for ALL trips or for more information please call our trip coordinator Karen Knight 413-747-5819.** *Payments are non-refundable unless a substitution is provided. Must register with Karen BEFORE bringing in your check. Trip flyers are available at Pleasant View. This trip is made possible through our partnership with Friendship Tours.

Activities Calendar July 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 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 1:00 Pilates 1:30 Brownstone Yoga 2:00 Silver Sneakers	2 8:30 Men's Coffee Chat 9:00 Balance Class, Tai Chi (offsite) 10:00 Line Dancing, Mah-jongg Lesson**, Veterans Coffee Hour 11:00 French Group, 12:00 Lunch* 12:30 Discover Your Encore**, Mah-jongg 12:45 5 Crowns, Movie	3 8:45 Advanced Chair 9:15 Chair Exercise 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage 10:30 Town Manager 12:00 BirthDay Bash* 1:00 Chair Volleyball	4 <div style="text-align: center;"> CENTER CLOSED  </div>	5 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage 12:00 Lunch* 12:45 Five Crowns 1:00 Dominoes, Pilates 1:30 Heartsong Yoga** 2:00 Silver Sneakers
8 8:15 Cardio Drumming 8:45 Advanced Chair 9:00 MGW Meeting 9:15 Chair Exercise 10:00 Cornhole, Journaling** 10:30 Paint & Glow** 11:00 Support Group** 12:00 Lunch* 12:30 Pitch 1:00 Pilates 1:30 Brownstone Yoga 2:00 Silver Sneakers	9 8:30 Men's Coffee Chat 9:00 Balance Class, Tai Chi (offsite) 10:00 Line Dancing, Mah-jongg Lesson**, RSVP , Veterans Coffee Hour 11:00 Book Club , French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 1:00 Stamp Club	10 8:45 Advanced Chair 9:15 Chair Exercise 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage 10:15 Italian 1** 11:30 Italian 2** 12:00 Lunch* 1:00 Chair Volleyball	11 Manicures** 8:30 Zumba 9:00 Walking Group 9:20 Cardio Drumming 10:00 Trivia 10:30 Library on the Go 12:00 Canasta, Lunch* 12:45 \$2 Bingo 1:00 Handcrafting	12 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage 10:30 New Member Orientation 12:00 Lunch* 12:45 Five Crowns, African Drumming** 1:00 Dominoes, Pilates 1:30 Heartsong Yoga** 2:00 Silver Sneakers
15 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 1:00 Pilates 1:30 Brownstone Yoga 2:00 Silver Sneakers	16 8:30 Men's Coffee Chat 9:00 Balance Class, Tai Chi (offsite) 10:00 Line Dancing, Mah-jongg Lesson**, Veterans Coffee Hour 11:00 French Group, Memory Café** 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie	17 8:45 Advanced Chair 9:15 Chair Exercise 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage 10:15 Italian 1** 11:00 Cooking Demo** 11:30 Italian 2** 12:00 Lunch* 1:00 Chair Volleyball	18 8:30 Zumba 9:00 Walking Group 9:20 Cardio Drumming 10:00 Trivia 11:00 Sen. Oliveira's Representative 12:00 Canasta, Lunch* 12:45 \$5 Bingo 1:00 Handcrafting	19 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage 12:00 Lunch* 12:45 Five Crowns, African Drumming** 1:00 Dominoes, Pilates 1:30 Heartsong Yoga** 2:00 Silver Sneakers
22 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 1:00 Pilates 1:30 Brownstone Yoga 2:00 Silver Sneakers	23 8:30 Men's Coffee Chat 9:00 Balance Class, Tai Chi (offsite) 10:00 Line Dancing, Mah-jongg Lesson**, Veterans Coffee Hour 11:00 Book Club , French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 1:00 Stamp Club	24 8:45 Advanced Chair 9:15 Chair Exercise 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage 10:15 Italian 1** 11:30 Italian 2** 12:00 Lunch* 1:00 Chair Volleyball	25 Manicures** 8:30 Zumba 9:20 Cardio Drumming 9:00 Walking Group 9:30 Core Class** 10:00 Trivia 11:00 Brian Ashe's Representative 12:00 Canasta, Lunch* 12:45 \$2 Bingo 1:00 Handcrafting	26 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage 12:00 Picnic** 12:45 Five Crowns, Magic Show 1:00 Dominoes, Pilates 1:30 Heartsong Yoga** 2:00 Silver Sneakers
29 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 1:00 Pilates 1:30 Brownstone Yoga 2:00 Silver Sneakers	30 Footcare** 8:30 Men's Coffee Chat 9:00 Balance Class, Tai Chi (offsite) 10:00 Line Dancing, Mah-jongg Lesson**, Veterans Coffee Hour 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie	31 8:00 Breakfast Café 8:45 Advanced Chair 9:15 Chair Exercise 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage 12:00 Lunch* 1:00 Chair Volleyball	<div style="text-align: center;"> *To sign up for a Meal please call 525-5436 at least one day in advance by 1:00 </div>	<div style="text-align: center;"> ** Program requires sign up please call 525-5436 </div>

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 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. *No class on the last Wednesday of the month.*

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.

Core Strengthening Class Fun 30-minute class that focuses on strengthening your core muscles. Meets monthly on the last Thursday, free. *Sponsored by Glenmeadow Retirement Community.*

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

Pilates Mondays and Fridays at 1:00 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.

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. For Zoom link call 525-5436.

Walking Group Thursdays at 9:00 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.

SWAP Applications Available July 1! Senior Work-off Abatement Program (SWAP) will be offered again beginning in January of 2025. This program allows property owners of the age of 60 and over, who have lived in their East Longmeadow Property for 5 or more years, the opportunity to volunteer services to the town and have their wages applied towards their property tax. **Applications will be available at the Senior Center and on the town's website beginning July 1, 2024, and must be submitted by September 30, 2024.** Please feel free to call the Senior Center with any questions 525-5436.

NURSES CORNER



Learn more with Nurse Kris! Drinking water and its importance: prevents kidney problems, prevents constipation and urinary infections, falls prevention and more. Come visit and lets talk about how to stay hydrated! *Kris Buffington, Town Health Nurse, is at the Senior Center on Mondays and Thursdays from 9:00 - 3:00 or by appointment by calling 525-5436 X1112.*

HEALTH AND WELLNESS

Blood Pressure Clinic Monday, July 29th at 10:00 Free with Nurse Kris

Footcare/Pedicare Tuesday, July 30th by appointment 525-5436. Dr. Cindy Stark Galloveti will trim and file toenails, as well as assess and identify problem areas. Cost is \$45

Hearing Screening Wednesday, July 17th Free Screening by Baystate Hearing Center by appt. 525-5436

Manicures Thursday, July 11th and 25th by appointment with Cathy Rasid, LM 413-335-7422

ESSENTIAL SERVICES

Free Legal Consultation Will resume in September by appt. with Attorney Dave Carlson 525-5436

Notary Public Services By appointment with Danell 525-5436

Shine Counselor Free Medicare Assistance by appointment 525-5436

RESOURCES



It's almost Farmers' Market Coupon time! The Senior Farmers' Market Nutrition Program (SFMNP) provides low-income seniors with coupons that can be exchanged for eligible foods (fruits, vegetables, honey, and fresh-cut herbs) at farmers' markets, roadside stands, and community supported agriculture (CSA) programs. **To be eligible to receive Senior Farmers' Market Coupons, you must be 60 years of age or older and your gross household income must be lower than the income limits: 1 Person Household: \$27,861 2 Person Household: \$37,814. We will be notifying former recipients once the booklets are available for distribution. If you did not receive coupons last year, but feel you are eligible this year, please call Danell at 525-5436 to determine eligibility. Booklets are available on a first come first serve basis.**



What can SHINE do for you? SHINE is an acronym: Serving the Health Insurance Needs of Everyone - on or eligible for Medicare. SHINE counselors are highly trained volunteers (and some who counsel as part of their jobs) who will assist you with learning about Medicare and Medicare Savings Programs, whether you are exploring Medicare or are already enrolled. **Medicare Savings Programs (MSPs)**, formerly known as the MassHealth Senior Buy-In and Buy-In Programs, can help with your Medicare costs. In Massachusetts, MSPs are managed by MassHealth and there are three different types of MSPs, with different levels of coverage assistance. **A SHINE counselor will help you determine eligibility, based on income and/or assets for ALL potential cost saving programs.** The recent elimination of asset guidelines for MSPs may mean that you are eligible now, when you may not have been eligible before. This can make a big difference in your monthly healthcare premiums. If your income is below the amounts listed in the chart, you may qualify. If you qualify for a MSP, you will also qualify for Extra Help, a program that will help pay for your prescription drugs under Medicare. If you are not eligible, a SHINE counselor can review your Medicare coverage to help determine if you are in the most cost-effective plan and will help determine opportunity for change if so. Call the Pleasant View Senior Center at 525-5436 to schedule an appointment with a certified SHINE Counselor.

Monthly Income (Effective 1/1/2024)	
You Are	Income at or Below
Single	\$2,824/month
Married Couple	\$3,833/month



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 2/1/2024)	
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).

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:** Ritz Crackers, Cereal, Condiments, Shampoo, Soap, Deodorant, Dish Detergent and Cleaning Supplies.



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.

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. We have a used book bin located in the back parking lot if you have old, damaged books. **The Senior Center is NOT able to accept donations of clothing, books, videos, puzzles, CD's or household items.**



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!

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

SPONSORS

Would you like your business or company to reach over 3,000 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

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