

August 2024

News From the View



Pleasant View Senior Center

~ The Center of it All ~

328 NORTH MAIN STREET

EAST LONGMEADOW, MA 01028

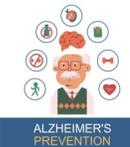
MON - FRI: 8:00 a.m. – 4:00 p.m.

413.525.5436

HIGHLIGHTS



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. *Sponsored by Day Brook Village Senior Living.*



Dementia Prevention with Drs. Clionsky Wednesday, August 14th at 2:00 One of every two cases of dementia can be prevented. You will learn how to be one of those preventable cases in this informative, interactive and entertaining talk. Together, Drs. Mitchell and Emily Clionsky will share what they have learned over their combined 70 years of experience in neuropsychology and medicine, having treated over 20,000 patients.



Crazy Man of the Air Monday, August 19th at 10:30 Presented by the New England Air Museum. Learn about early stunt pilots and the life of Charles K. Hamilton, American aviator nicknamed the "crazy man of the air", and "known for his dangerous dives, spectacular crashes, reconstructive surgeries, and ever present cigarette" (U.S. Centennial of Flight Commission).



National Senior Citizen Day Sundae Bar Wednesday, August 21st at 12:30 In honor of National Senior Citizen Day, please join us for a delicious Sundae Bar and music of the 50's and 60's by Patrick Fallon. If you would like to register for lunch that day, please call 525-5436 by 1:00 on August 20th. Lunch is a suggested donation of \$4.



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.



The Titanic Virtual Presentation Monday, August 26th at 10:30 This virtual presentation will be presented by the Titanic Museum Attraction in Pigeon Forge, TN. The museum has on display more than 400 personal and private artifacts from the ship that they will reveal and discuss. When you arrive, you will be given a boarding pass with a passenger or crew member's name, along with a brief description of them. You will learn their fate at the end of the presentation. Registration is required!



What is it Like to be a Submariner? Thursday, August 29th at 10:30 What is life like on a submarine? Carl McCargo, a member of the US Navy's Nuclear Powered Submarine Force, will share his experience with us of what it's like to be on a submarine. He will cover both technical aspects of a nuclear submarine and the social aspects of submarine life.



Labor Day Picnic Friday, August 30th at 12:00 Join us for a picnic lunch at noon. Door prizes and a musical performance by "It Takes Two" starting at 12:45. This event is \$5.00 per person. Tickets are available at the Senior Center beginning August 1st. *Sponsored by the East Longmeadow Campus of Care, Nurse Advocates, LLC, and East Village Place.*



The Little e Friday, September 6th 12:00-3:00 Enjoy live music by the band, *Jim Blanch and Boot Hill*, starting at 12:00, along with concessions, door prizes, reptiles, local vendors, a visit from Springfield Thunderbirds mascot, Boomer, and a live Chainsaw Carving demonstration at 2:00 by Kodiak Carving! This event is sponsored by Health New England, the East Longmeadow Campus of Care, Integra Home Health, East Village Place and the Springfield Thunderbirds.

HIGHLIGHTS

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

ADVANCE CARE PLANNING

Advanced Care Planning: It's About the Conversation Monday, August 5th at 10:30 Learn the importance of identifying a healthcare proxy, writing advanced directives, and, most importantly, how to have this conversation with your loved ones. Greater Springfield Senior Services will provide light refreshments and all relevant materials.



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



Group Reiki Session with Shannon Bates Monday, August 12th at 1:00 Experience the relaxing and restorative effects of a Reiki session in a group setting. Group Reiki sessions combine the healing energies of Reiki with the energies of each group member, creating a powerful opportunity for insight, growth and personal transformation. The group will begin with a guided meditation, followed by 45 minutes of Reiki and ending with a group affirmation. Participants will be seated in chairs and are invited to bring cushions, etc. for comfort. These sessions are free of charge. Registration is required.



Savvy Seniors Tuesday, August 13th at 10:30 Hear about the most common forms of senior scams, how to contact the Attorney General's Office Elder Hotline, and how to prevent and react to identity theft. Presented by the Western Mass Community Engagement Coordinator for the Attorney General's Office, Nia Johnson.



Veterans Benefits Now and Later Tuesday, August 20th at 10:30 This presentation is co-partnered with a local VA rep. and Forastiere Family Funeral & Cremation who will provide information about preparing for your future and the current and future potential benefits veterans and their families receive for honoring and serving our country. Refreshments will be provided.



Planning for Medicare Tuesday, August 20th at 6:30pm at the East Longmeadow Public Library. Presented by a Blue Cross Blue Shield of Massachusetts representative. Geared towards individuals approaching Medicare Eligibility. Registration is required by calling 525-5436 ext. 0 or online at eastlongmeadowlibrary.org.



What's the Bladder with You? Friday, August 23rd at 11:00 Bladder problems can occur at any age and worsen as we age. Allison Gendron, Occupational Therapist and Program Manager for Healthpro Heritage Outpatient Therapy will be providing an interactive lecture on how to prevent incontinence, manage symptoms and reduce the risk of further complications.



Core Strengthening Class Thursday, August 29th at 9:30 A fun 30-minute class that focuses on strengthening your core muscles. During the class, you will be seated on a yoga ball, which will help you activate your core and engage your muscles. Meets monthly on the last Thursday. *Sponsored by Glenmeadow Retirement Community.*

Tri Town Walk to End Alzheimer's Team 2024 Events - Proceeds go to the Alzheimer's Association
Deadline to register for the walk to end Alzheimer's is Monday, September 9th

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 & Peter Annone: Tuesday, August 27th 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.

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.

Walk Day: Sunday, October 20th at Holyoke Community College at 10:00. Register Today!

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 August 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.

August 6th Episodes 11-12, **August 13th** Episodes 13-14, **August 20th** Episodes 15-16, **August 27th** Episodes 17-18

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, August 7th 12:00

If it's your birthday month lunch is FREE!

Dessert sponsored by Kemple Financial



BLOOD PRESSURE CLINIC Monday,

August 26th at 10:00 Free

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

Open Play Wednesdays 9:30 (weather pending)

BREAKFAST CAFE Wednesday, August 28th

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

CELL PHONE HELP Fridays by appointment

CHAIR VOLLEYBALL Wednesdays 1:00

COFFEE & CHAT WITH TOWN MANAGER

Wednesday, August 7th 10:30

CORNHOLE Mondays 10:00

COOKING DEMO Wed., August 21st 11:00

Taste a delicious recipe! Presented by East Village Pl.

FRENCH GROUP Tuesdays 11:00

**All conversation is in French*

Friendship Thursdays at 12:45

August 1st \$2 Bingo

August 8th \$5 Bingo

August 15th \$2 Bingo

August 22nd Talent Show

August 29th \$2 Bingo



Arts 'n Brew Saturday, August

24th from 12:00-5:00 at Brew Practitioners 45 Baldwin Street.

Live music, artists, authors, food and live art demo ~ *Presented by the East Longmeadow Cultural Council.*



National Night Out Tuesday, August 6th from 5:00-8:00 at the East Longmeadow High School. Visit local vendors, enjoy delicious food and music, and grab free giveaways!

HANDCRAFTING Thursdays 1:00

JOURNALING Monday, August 12th 10:00

LIBRARY ON THE GO Will resume in Sept.

MEN'S COFFEE CHAT Tuesdays 8:30

MORNING GLORY WALKERS Monthly

Meeting Monday, August 12th 9:00

NEW MEMBER ORIENTATION Friday,

August 9th 10:30

PAINT & GLOW Ocean Theme on Canvas

Monday, August 12th 10:30 Registration required

STAMP CLUB Tuesday, August 13th and 27th 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

PITCH Mondays 12:30



Clothing Drive



What's in your closet?

Clothing Drive August 1st-August 16th Cleaning out your closet? Bring in your lightly used clothing, shoes, jewelry, and new and unopened socks and underwear to Pleasant View from August 1st through August 16th. All items will be donated to the Community Survival Center in Indian Orchard for those 60 and over who are in need.

Meal Calendar August 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 Spaghetti and Meatballs	2 BBQ Pulled Pork
5 Pot Roast	6 Baked Salmon	7 Birthday Bash Stuffed Chicken Breast	8 American Chop Suey	9 Fish & Chips
12 Chicken Caesar Wrap	13 Beef Stroganoff	14 Stuffed Peppers	15 Veal Parmesan	16 Baked Cod
19 Chili Over Rice	20 Beef Stew	21 Chef Salad Ice Cream Bar 	22 Turkey and Stuffing	23 Tuna Salad Sandwich
26 Macaroni and Cheese	37 Roast Pork	28 Veggie Omelet	29 Chicken Gruyere	30 Labor Day Picnic Ticket Required \$5 Hamburgers & Hot Dogs

We hope you can join us for on of our trips! 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. These trips are made possible through our partnership with Friendship Tours.



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. Checks due to Pleasant View by August 30th, and will be deposited after this date. Departure: 9:30 Pleasant View, Estimated Return: 5:00.



Shadows of the 60s: A Holiday Tribute to Motown at the Aqua Turf Tuesday, December 3rd

What happens when you mix the most celebrated music in American history with the most popular Holiday time of year? You get "Shadows Of The 60s—A Holiday Tribute to Motown," bringing you the best of two worlds! Enjoy the unforgettable upbeat hits of Motown and your favorite Holiday songs, done with a Motown twist that will be sure to put you in the Mood to sing and dance along. Includes coffee and donuts upon arrival and a family style lunch menu. COST: \$124pp. Checks due to Pleasant View by October 18th. Departure: 9:45am Pleasant View Senior Center, Estimated Return: 5:00pm.



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 to be added to our distribution list!

Activities Calendar August 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*To sign up for a Meal please call 525-5436 at least one day in advance by 1:00</p>	<p>** Program requires sign up please call 525-5436</p>		<p>1 8:30 Zumba 9:00 Walking Group 9:20 Cardio Drumming 10:00 Trivia 12:00 Canasta, Lunch* 12:45 \$2 Bingo 1:00 Handcrafting</p>	<p>2 Cell Phone Help** 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage 10:30 Trolley Museum 12:00 Lunch* 12:45 Five Crowns, African Drumming** 1:00 Dominoes, Pilates 1:30 Heartsong Yoga** 2:00 Silver Sneakers</p>
<p>5 8:15 Cardio Drumming 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cornhole, 10:30 Care Planning** 11:00 Support Group** 12:00 Lunch* 12:30 Pitch 1:00 Pilates 1:30 Brownstone Yoga 2:00 Silver Sneakers</p>	<p>6 8:30 Men's Coffee Chat 9:00 Balance Class, Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee Hour 11:00 French Group, Memory Café** 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 5:00 National Night</p>	<p>7 8:45 Advanced Chair 9:15 Chair Exercise 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage 10:15 Italian 1** 10:30 Town Manager 11:30 Italian 2** 12:00 Birthday Bash* 1:00 Chair Volleyball</p>	<p>8 Manicures** 8:30 Zumba 9:00 Walking Group 9:20 Cardio Drumming 10:00 Trivia 12:00 Canasta, Lunch* 12:45 \$5 Bingo 1:00 Handcrafting</p>	<p>9 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, 1:00 Dominoes, Pilates 1:30 Heartsong Yoga** 2:00 Silver Sneakers</p>
<p>12 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, Reiki** 1:30 Brownstone Yoga 2:00 Silver Sneakers</p>	<p>13 8:30 Men's Coffee Chat 9:00 Balance Class, Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee Hour 10:30 Savvy Seniors 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 1:00 Stamp Club</p>	<p>14 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 2:00 Dementia Prevention**</p>	<p>15 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 \$2 Bingo 1:00 Handcrafting</p>	<p>16 Cell Phone Help** 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</p>
<p>19 8:15 Cardio Drumming 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cornhole 10:30 Man of Air** 11:00 Support Group** 12:00 Lunch* 12:30 Pitch 1:00 Pilates 1:30 Brownstone Yoga 2:00 Silver Sneakers</p>	<p>20 8:30 Men's Coffee Chat 9:00 Balance Class, Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee Hour 10:30 Veterans Benefits** 11:00 French Group, Memory Café** 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie</p>	<p>21 Hearing Screening** 8:45 Advanced Chair 9:15 Chair Exercise 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage 11:00 Cooking Demo** 12:00 Lunch* 12:30 Sundae Bar ** 1:00 Chair Volleyball</p>	<p>22 Manicures** 8:30 Zumba 9:00 Walking Group 9:20 Cardio Drumming 10:00 Trivia 11:00 Brian Ashe's Representative 12:00 Canasta, Lunch* 1:00 Talent Show 1:00 Handcrafting</p>	<p>23 Cell Phone Help** 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage 11:00 Bladder Pres.** 12:00 Lunch* 12:45 Five Crowns, African Drumming** 1:00 Dominoes, Pilates 1:30 Heartsong Yoga** 2:00 Silver Sneakers</p>
<p>26 8:15 Cardio Drumming 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Blood Pressure, Cornhole 10:30 Titanic** 11:00 Support Group** 12:00 Lunch* 12:30 Pitch 1:00 Pilates 1:30 Brownstone Yoga 2:00 Silver Sneakers</p>	<p>27 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 Stamp Club 6:00 Concert (offsite)</p>	<p>28 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</p>	<p>29 8:30 Zumba 9:00 Walking Group 9:20 Cardio Drumming 9:30 Core Class** 10:00 Trivia 10:30 Submariner** 12:00 Canasta, Lunch* 12:45 \$2 Bingo 1:00 Handcrafting</p>	<p>30 Cell Phone Help** 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage 12:00 Picnic** 12:45 Five Crowns, Entertainment 1:00 Dominoes, Pilates 1:30 Heartsong Yoga** 2:00 Silver Sneakers 2:30 African Drum**</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 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.

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 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 are available at the Senior Center and on the town's website and must be submitted by September 30, 2024.** Please feel free to call the Senior Center with any questions 525-5436.

NURSES CORNER

Healthy Tips During Extreme Heat 1. Wear loose, light weight clothes 2. Stay in A/C as much as possible 3. Stay hydrated - with water 4. Limit outdoor activities 5. Stay away from sugary drinks and alcohol 6. Eat light meals. Call your local Board of Health for cooling centers. In case of heat exhaustions or heat stroke CALL 911 Stay Safe!! *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, August 26th at 10:00 Free with Nurse Kris

Footcare/Pedicare 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 Wed., August 21st Free Screening by Baystate Hearing Center by appt. 525-5436

Manicures Thursday, August 8th and 22nd 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

The State Primary election will be Tuesday, September 3, 2024 from 7am to 8pm, and all precincts will vote at Birchland Park Middle School. A sample ballot is available on the Town's website, www.eastlongmeadowma.gov and at the Clerk's Office. Early in person voting for this election will take place in the Library Conference Room, 60 Center Square, during the following days and times: Saturday, August 24th 9:00-5:00 ~ Monday, August 26th 8:00-4:00 ~ Tuesday, August 27th 8:00-4:00 ~ Wednesday, August 28th 8:00-4:00 ~ Thursday, August 29th 8:00-4:00 ~ Friday, August 30th 8:00-4:00

Saturday, August 24th is the last day to register to vote, if you are not already a registered voter, or change your party enrollment for the State Primary. You can do this at the Clerk's Office in the Town Hall during regular business hours, Mon-Fri, 8-4, or on August 24th in the Library Conference Room. You will be sent a Vote by Mail ballot for this election if you had checked this off on the Vote by Mail application you received in January. If you have any questions please contact the Town Clerk's Office at 525-5400 x1000.

RESOURCES

Medicare SAVINGS PROGRAM

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. **Medicare Savings Programs (MSPs)**, formerly known as the MassHealth Senior Buy-In and Buy-In Programs, can help with your Medicare costs. 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. Call the 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:** black beans, kidney beans, canned chicken and pasta sauce.



Pleasant View Recipe 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.

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

****The Tri -Town Trolley will NOT be running on Monday, August 19th so that our drivers can complete their annual driver training****

MEMORIAL DONATIONS



A special thank you to The Greek Orthodox Church of St. Luke, Inc. for their donation in
memory of Billy Cokotis.



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

Nurse Advocates, LLC
navigating healthcare

Maura Lessard RN, BSN, CCM, CDP
Nurse Advocate, Board Certified Case Manager, Aging Lifecare
Advanced Profession & Certified Dementia Practitioner

cell/text: 413-237-5724

www.NurseAdvocatesLLC.com • Maura@NurseAdvocatesLLC.com

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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 & Social Media Coordinator
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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