



November 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



The Senior Center will be closed on the following days: Monday, November 11<sup>th</sup>, Thursday, November 28<sup>th</sup> and Friday, November 29<sup>th</sup>. We will not be delivering Meals on Wheels or providing transportation services on these days. The Senior Center will be closing at 12:30 on Friday, November 22<sup>nd</sup> for a staff workshop. **We wish everyone a Happy Thanksgiving!**



**Understanding Medicare Monday, November 4<sup>th</sup> at 10:30** What is Medicare and how does it work? Hear Medicare explained in an easy-to-understand manner, as well as helping to navigate the ins and outs of signing up and choosing plans best suited to fit your needs. Presented by Cathy Hurwitz Millen of American Senior Benefits.



**Veterans Dinner Friday, November 8<sup>th</sup> at 5:00** We would like to invite our Veterans and their guests to our annual Veterans Dinner happening on Friday, November 8<sup>th</sup> at 5:00. Veterans are free to attend, and guests are \$10 each. Due to limited space only one guest is permitted per Veteran. To register please call 525-5436. Registration will close on November 1<sup>st</sup>. Thank you to our sponsors: East Village Place, Homewatch Caregivers, The Loomis Communities, Springfield Thunderbirds, and Brookhaven Hospice.



**Paint & Sip Wednesday, November 13<sup>th</sup> at 2:00 FREE**, fun painting class with light refreshments led and sponsored by All American Assisted Living. No art experience is required. Space is limited!



**Global Resources for the Aging Process Thursday, November 14<sup>th</sup> at 6:00** We are all aging. Ourselves, our parents, our grandparents, our neighbors. Learn what resources and services are available for those 60 years of age and older. A light dinner will be included. This program is presented and sponsored by the ERC5 Care Alliance, members of The East Of the River Five Town Chamber of Commerce.



**PleasantBREW (memory) Café Kickoff Tuesday, November 19<sup>th</sup> at 11:00** Join us monthly for a cup of coffee and great company! In November, we're celebrating with entertainment by Lisa Pernise Gomes and a complementary lunch for individuals experiencing memory loss and their caregivers. PleasantBREW (memory) Café is an opportunity to share in a fun and safe activity together, as well as meet others that share similar experiences and hopefully make meaningful connections. Activities will be posted monthly, and RSVP is recommended. It's free and open to other neighboring communities. Transportation can also be provided at no cost to attend. **The café is open on Nov. 19<sup>th</sup> 11-12:30. Join us to hear some favorite classics played by Lisa and enjoy a complementary lunch.** Please RSVP by Nov. 15<sup>th</sup> to 525-5436. Sponsored by Fallon Health's PACE, Summit ElderCare®



**Thanksgiving Luncheon Thursday, November 21<sup>st</sup> at 12:00** Come celebrate Thanksgiving with us! Tickets are \$5 per person and include a turkey lunch, entertainment by the Billy Arnold Duo, and door prizes! Tickets will be available at the Senior Center beginning on November 1<sup>st</sup>. Each individual may purchase 2 tickets. Sponsored by the East Longmeadow Campus of Care, The Arbors at Chicopee, and Forastiere Smith Funeral Home.



**Decluttering and Downsizing: You Can't Take it With You Friday, November 22<sup>nd</sup> at 10:30** It's easy to have an emotional attachment to our belongings and keepsakes, which can make it difficult to let them go. Learn how to let go of the stuff, and hold onto the memories. Presented by AARP.

## 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)**



**GET OUT OF MY SEAT, YOU CAN'T SIT THERE! Recognizing and Responding to Bullying Among Seniors** Tuesday, November 12<sup>th</sup> at 10:30 This workshop will explore the psycho-social aspects of bullying by taking an in-depth look at the bullying of seniors. We will explore positive interventions that can be employed to transform a senior community into a bully-free environment through discussions, case studies and role playing. Participants will understand why bullying could be conceived as a reaction to loss and a gain of control. The workshop also examines how dementia can elevate both the effects and occurrences of bullying and how to address bullying in a cognitive, friendly way. Presented by Armbrook Village.



**Adventures in Photography Part II** Thursday, November 14<sup>th</sup> at 10:30 We are happy to welcome back Richard Harper, a local photographer and resident of East Longmeadow who will be presenting a new series of photographs in a Powerpoint Presentation with instrumental accompaniment. The title of his program is 'Capturing the Beauty of Everyday Life' in which he will share a variety of different photographs to include landscapes, nature, landmarks, artistic photography and more. Q&A to follow.



**VOLUNTEER Volunteering as a Pathway to Employment** Friday, November 15<sup>th</sup> at 11:00

Grounded in research on the benefits of volunteerism, this presentation explores the possibilities in volunteering as part of your job search. Learn about how the changing patterns of "retirement" impact the future of work while opening an expanded set of options available today for Encore careers, whether paid or unpaid. Join in with others in exploring the benefits of volunteering in your work-life balance.

FALL PREVENTION



**Fall Safety** Monday, November 18<sup>th</sup> at 11:00 One in four people age 65 and older fall in the US per year. Learn the importance and how-to's of falling safely and fall recovery. Presented by Powerback Rehab to You.



**Grief Support** Tuesday, November 19<sup>th</sup> at 2:00 With the holidays approaching, it is normal for us to think about the loved ones we miss. Forastiere will be here to offer support.



**Italian Class** Classes will be held on Wednesdays starting October 30<sup>th</sup>. **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.



**Strength and Stretch with Kelly** Mondays at 8:15 starting on November 4<sup>th</sup>. This is a great way to begin your week! Perfect for all abilities and all levels. \$5 per class. Can be done in a chair or standing. Exercise with Kelly is always "Your way is the right way".



**Christmas Craft** Monday, December 9<sup>th</sup> at 1:00 Join us as we create festive Christmas ornaments. These ornaments are easy to make and you don't need to be super crafty to make them. Registration is limited, sign up today!



**Meet the Detectives** Friday, November 15<sup>th</sup> at 5:00 at Pleasant View. Join Detective Dieni from East Longmeadow Police and Detective Dabrea from Longmeadow Police for an evening of safety tips and insights! Hear about trending crime in our area and prevention tips to help keep you and your community safe. Pizza will be provided! Bring your questions and join them for an informative session.



If you are interested in being featured in our podcast show "Stories from the View", a show documenting and sharing the stories of Pleasant View Seniors, call us at 525-5436. View our podcast here: <https://www.youtube.com/ELCAT01028>

# PLEASANT VIEW CINEMA

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

\*Movies are subject to change



**November 5<sup>th</sup> *Field of Dreams*** 1989, 1H 45M A mysterious voice encourages an Iowa farmer to build a baseball diamond in his cornfield, where a ghostly team of legends comes out to play. Kevin Costner, Amy Madigan, Gaby Hoffmann and more. Sentimental, Nostalgic, Emotional

**November 12<sup>th</sup> and 19<sup>th</sup>** we will be continuing 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.



**November 26<sup>th</sup> *Like Father*** 2018, 1H 43M After she's left at the altar, a workaholic advertising executive ends up on her Caribbean honeymoon cruise with her estranged father. Drama, Comedy, Heartfelt, Emotional

## 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, Nov. 6<sup>th</sup> 12:00

If it's your birthday month lunch is FREE!

Dessert sponsored by Kemple Financial



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

Open Play Wednesdays 9:30 (weather pending)

**BREAKFAST CAFE** Postponed until further notice

**CHAIR VOLLEYBALL** Wednesdays 1:00

**COFFEE & CHAT WITH TOWN MGR.**

Wednesday, November 6<sup>th</sup> 10:30

**CORNHOLE** Mondays 10:00

**COOKING DEMO** Wednesday, Nov. 20<sup>th</sup> 11:00

Taste a delicious recipe! Presented by East Village Pl.

**FRENCH GROUP** Tuesdays 11:00

\*All conversation is in French

**HANDCRAFTING** Thursdays 1:00

**LIBRARY ON THE GO** Thur., Nov. 14<sup>th</sup> 10:30

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

**MORNING GLORY WALKERS** Monthly  
Meeting Monday, November 18<sup>th</sup> 9:00

**NEW MEMBER ORIENTATION** Friday,  
November 8th at 10:30

**PLEASANTBREW (memory) CAFÉ**

Tuesday, November 19<sup>th</sup> 11:00 Registration required

**STAMP CLUB** Tuesday, Nov. 12<sup>th</sup> and 26<sup>th</sup> 1:00

**TECH HELP** Wednesday, November 20<sup>th</sup> 1:00  
Registration required

**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

November 7th \$2 Bingo

November 14th \$5 Bingo

November 21st Thanksgiving

Luncheon with entertainment by  
the Billy Arnold Duo.



Each year, we deliver a bag of essential and fun items to our Meals on Wheels recipients. If you would like to help us spread joy, we are looking for donations of items such as oatmeal packets, canned soup, granola bars, small containers of fruit, paper goods, new crossword puzzles, etc. for about 60 households. Items must be donated to the Senior Center by December 1<sup>st</sup>. **Thank you for your generosity!**



**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, videos, puzzles, CD's, medical supplies or household items.**

# Meal Calendar November 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
				<b>1</b> Macaroni and Cheese with Ham
<b>4</b> Spaghetti and Meatballs	<b>5</b> Turkey Pot Pie	<b>6</b> <i>Birthday Bash</i> Stuffed Chicken Breast	<b>7</b> BBQ Pulled Pork	<b>8</b> Salmon
<b>11</b> <b>CENTER CLOSED</b> 	<b>12</b> Roast Pork	<b>13</b> Stuffed Peppers	<b>14</b> Chicken Gruyere	<b>15</b> Broccoli and Mushroom Quiche
<b>18</b> BBQ Chicken Breast	<b>19</b> Lasagna with Meat Sauce	<b>20</b> Kielbasa and Sauerkraut	<b>21</b> Thanksgiving Turkey Luncheon \$5 <i>Ticket Required</i> 	<b>22</b> Veal Parmesan
<b>25</b> Chicken Marsala	<b>26</b> Macaroni and Cheese with Ham	<b>27</b> Shepherds Pie	<b>28</b> <b>CENTER CLOSED</b>	<b>29</b> <b>CENTER CLOSED</b> 



We are thrilled to announce the formation of The Friends of the East Longmeadow Council on Aging (TFoELCOA)! We invite all Pleasant View patrons to become members of The Friends of the East Longmeadow Council on Aging for an annual fee of just \$5. Your membership fee directly supports our efforts to create meaningful experiences for older adults and ensures the sustainability of Pleasant View Senior Center programs. Members are welcome to attend monthly Board of Directors meetings, held the 1<sup>st</sup> Tuesday of each month. Members will also be invited to the annual membership meeting. To join TFoELCOA and start making a difference in our community, simply complete the membership form available at the Pleasant View Senior Center.



**Thank you to everyone that joined us on our trips this year. Keep a look out for our 2025 calendar! A special thank you to Karen Knight, our trip coordinator and to Friendship Tours for all of their help in making these trips possible.**

**November 5, 2024 State Election 7:00 am - 8:00 pm Birchland Park Middle School, 50 Hanward Hill for all precincts.** Early in person voting will take place at the East Longmeadow Library on: Saturday, Oct. 19<sup>th</sup> and 26<sup>th</sup> 9:00-3:00 ~ Monday, Oct. 21<sup>st</sup> - Friday, Oct. 25<sup>th</sup> from 8:00-4:00 ~ Monday, Oct. 28<sup>th</sup> - Friday, Nov. 1<sup>st</sup> 8:00-4:00. The last day to register for this election, if not already registered, is Saturday, Oct. 26<sup>th</sup>. If you have any questions please contact the Town Clerk's Office at 525-5400 x1000.

# Activities Calendar November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>** Program requires sign up please call 525-5436</b></p>	<p><b>*To sign up for a Meal please call 525-5436 at least one day in advance by 1:00</b></p>			<p><b>1</b> 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage, 12:00 Lunch* 12:45 <b>African Drum**</b>, 5 Crowns 1:00 Dominoes 1:30 Heartsong Yoga 2:00 Silver Sneakers</p>
<p><b>4</b> 8:15 Strength w/Kelly 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cornhole 10:30 <b>Medicare</b> 12:00 Lunch* 12:30 Pitch 1:30 Brownstone Yoga 2:00 Silver Sneakers</p>	<p><b>5</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</p>	<p><b>6</b> 8:45 Advanced Chair 9:15 Chair Exercise 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage 10:15 <b>Italian 1**</b> 10:30 <b>Town Manager</b> 11:30 <b>Italian 2**</b> 12:00 <b>Birthday Bash*</b> 1:00 Chair Volleyball</p>	<p><b>7</b> 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 12:00 Canasta, Lunch* 12:45 <b>\$2 Bingo</b> 1:00 Handcrafting</p>	<p><b>8</b> 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage, 10:30 <b>New Member Orientation</b> 12:00 Lunch* 12:45 5 Crowns 1:00 Dominoes 1:30 Heartsong Yoga 2:00 Silver Sneakers 5:00 <b>Veterans Dinner*</b></p>
<p><b>11</b> <b>CENTER CLOSED</b></p> 	<p><b>12</b> 8:30 Men's Coffee Chat 9:00 Balance Class, Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee Hour 10:30 <b>Bullying</b> 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 1:00 <b>Stamp Club</b></p>	<p><b>13</b> 8:45 Advanced Chair 9:15 Chair Exercise 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage 10:15 <b>Italian 1**</b> 11:30 <b>Italian 2**</b> 12:00 Lunch* 1:00 Chair Volleyball 2:00 <b>Paint &amp; Sip**</b></p>	<p><b>14</b> <b>Manicures**</b> 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 <b>Library on Go, Adventures in Photo</b> 12:00 Canasta, Lunch* 12:45 <b>\$5 Bingo</b> 1:00 Handcrafting 6:00 <b>ERC5**</b></p>	<p><b>15</b> 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage 11:00 <b>Volunteering</b> 12:00 Lunch* 12:45 5 Crowns 1:00 Dominoes 1:30 Heartsong Yoga 2:00 Silver Sneakers 5:00 <b>Meet Detectives</b></p>
<p><b>18</b> 8:15 Strength w/Kelly 8:45 Advanced Chair 9:00 <b>MGW Meeting</b> 9:15 Chair Exercise 10:00 Cornhole 11:00 <b>Fall Safety</b> 12:00 Lunch* 12:30 Pitch 1:30 Brownstone Yoga 2:00 Silver Sneakers</p>	<p><b>19</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 11:00 French Group, <b>Memory Café**</b> 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 2:00 <b>Grief Support**</b></p>	<p><b>20</b> <b>Hearing Screening**</b> 8:45 Advanced Chair 9:15 Chair Exercise 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage 10:15 <b>Italian 1**</b> 11:00 <b>Cooking Demo**</b> 11:30 <b>Italian 2**</b> 12:00 Lunch* 1:00 Chair Volleyball, <b>Tech Help**</b></p>	<p><b>21</b> 8:30 Cardio Drumming 9:20 Zumba 9:30 <b>Core Class**</b> 10:00 Trivia 11:00 <b>Sen. Oliveira's Representative Thanksgiving Lunch**</b> 12:00 Canasta, 1:00 Handcrafting</p>	<p><b>22</b> 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage 10:30 <b>Downsizing</b> 12:00 Lunch* <b>Center Closing at 12:30</b> 12:45 5 Crowns 1:00 Dominoes 1:30 Heartsong Yoga 2:00 Silver Sneakers</p>
<p><b>25</b> <b>Footcare**</b> 8:15 Strength w/Kelly 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cornhole 12:00 Lunch* 12:30 Pitch 1:30 Brownstone Yoga 2:00 Silver Sneakers</p>	<p><b>26</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></p>	<p><b>27</b> 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><b>28</b> <b>CENTER CLOSED</b></p> 	<p><b>29</b> <b>CENTER CLOSED</b></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. A 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 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 Thursday, November 21<sup>st</sup> at 9:30** Free, registration required. 30 minute class that focuses on strengthening your core muscles. *Sponsored by Glenmeadow Retirement Community.*

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

**Silver Sneakers Monday and Friday from 2:00-3:00** at the Senior Center. Designed for seniors of all fitness levels, led by an instructor from HealthTrax. A class pass is required, 6 classes for \$10.

**Strength and Stretch with Kelly Mondays at 8:15** starting on November 4<sup>th</sup>. This is a great way to begin your week! Perfect for all abilities and all levels. Can be done in a chair or standing. Exercise with Kelly is always "Your way is the right way". \$5 per class, payable to the instructor.

**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.

**Zumba Thursdays at 8:30** Join us for this fun, upbeat class! \$5 per class, payable to the instructor.

**Active Agers** MCOA has rolled out their new Active Agers program that encourages people to participate in their Senior Center's fitness programs. By participating in our fitness classes or by using our fitness room you qualify for the chance to win a \$25 Visa Gift Card?! **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 January for participation that occurred September - December 2024. **Have fun, stay active, and good luck in your chances to win!**

## NURSES CORNER

**November is "American Diabetes Month"** Diabetes is a serious disease that requires meal planning, physical activity and most importantly taking care of your blood glucose levels. A good relationship with your doctor can promote a healthy life. To learn more about Diabetes follow this link: <http://www.diabetes.org>

**Nurse Office Hours** Monday and Thursday from 10:00-3:00. Ask Nurse Kris any medical or medication related questions, learn how to use your inhaler, or have your blood pressure checked. Walk-ins only.  
*Kris Buffington, Town Health Nurse, 525-5436 X1112*

## HEALTH AND WELLNESS

**Footcare/Pedicure Monday, November 25<sup>th</sup>** By appointment 525-5436. Footcare Nurse will trim and file toenails, as well as assess and identify problem areas. Cost is \$40

**Hearing Screening Wed., Nov. 20<sup>th</sup>** Free Screening by Baystate Hearing Center by appt. 525-5436

**Manicures Thursday, November 14<sup>th</sup>** by appointment with Cathy Rasid, LM 413-335-7422

## ESSENTIAL SERVICES

**Free Legal Consultation Tuesday, November 19<sup>th</sup>** by appt. with Attorney Dave Carlson 525-5436

**Shine Counselor** Free Medicare Assistance by appointment 525-5436

## RESOURCES

**Open Enrollment:** If you are enrolled in a Medicare Prescription Drug Plan, Medigap Plan or a Medicare Advantage Plan (HMO/ PPO), expect an information packet from your plan by the end of September. This information explains the changes in your plan for 2025. **Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!** During Medicare Open Enrollment, you can adjust or change your plan for next year. SHINE Counselors can help you understand your plan changes as well as determine other options you may have. **Open Enrollment is from October 15, 2024 - December 7, 2024.** Our SHINE Counselor is here weekly, please call 525-5436 for an appointment. If you have a general question you can call **1-800-AGE-INFO (1-800-243-4636), then press or say 3.**

**Real Estate Tax Senior Exemption Applications** Exemption applications for fiscal year 2025 will be accepted in the Assessor's Office starting November 1, 2024. The applications are available for you to pick up in the Assessor's Office at 382 North Main Street Suite 205 or they can be mailed to you. Other Exemptions available are Surviving Spouse, Legally Blind and Disabled Veterans. For more information or if you need assistance or please contact the Assessor's Office 525-5400 x1600.

**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 the Senior Center for further information.**

Yearly Income 2024 Season	
Family Size	Income Limit
1	\$49,196
2	\$64,333
3	\$79,470
4	\$94,608



### **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. 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



A big thank you to everyone who donated items during our weekly September food drive. Thanks to your kindness and generosity you provided dozens of meals for our food pantry participants. The East Longmeadow community continues to show our pantry so much support.

With the upcoming holidays, we will be receiving many donations from local organizations, but if you are making an individual or household donation to our pantry **please consider some of these items which are always appreciated by our families: ground coffee, coffee creamers, cooking oils (olive, avocado and even vegetable for holiday baking) as well as sugar and flour.** These items are often not able to be purchased when people are budgeting for their weekly shopping, so it's nice to be able to offer them especially around the holidays. **We accept donations of unexpired food year round Monday - Friday from 9:00 - 4:00.**



**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**



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 Susan and Benito Mancinone for their donation in memory of Barbara Circosta and to The Friends of George Gaudet for their donation in memory of George Gaudet.



## 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



**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](http://www.NurseAdvocatesLLC.com) • [Maura@NurseAdvocatesLLC.com](mailto:Maura@NurseAdvocatesLLC.com)

*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)