



December 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 closing at 12:00 on Tuesday, December 24th and 31st. The Center will be closed on Wednesday, December 25th and Wednesday, January 1st. We will not be delivering Meals on Wheels or providing transportation on these days. **We wish everyone a happy and healthy holiday season.**



Hearing murmurs about big changes happening around the center of town? Join Town Manager Tom Christensen and Deputy Rebecca Lisi for a lunch and then learn about the Center Town planning process that is currently underway. December 2nd 12:00-1:30 Lunch will be served at noon in the auditorium. Program immediately following - in the Media Room. The Town Manager and his Deputy will cover the details about this process including why we are exploring a new take on center town, the vision for a future mixed-use town center, and the zoning and bylaw changes that will need to take place to realize that vision. Participants will be engaged in a planning activity with PVPC that will help inform the overall plan. Please join us!! \$4 suggested donation toward lunch is appreciated. To sign up for lunch please call 525-5436 at least a day in advance by 1:00.



Fix It Clinic Friday, December 6th by appointment Free, guided assistance from volunteers with repair skills to disassemble, troubleshoot, and (hopefully) fix small household appliances, clothing, electronics, mobile devices and more. If you have an item you need fixed please call 525-5436 to make an appointment.



Christmas Craft Monday, December 9th 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!



Bingo for Prizes Wednesday, December 11th 10:30-11:30 Play a fun game of bingo for the opportunity to win prizes! Sponsored and led by Louis & Clark Pharmacy.



Paint & Glow Wednesday, December 11th at 2:00 Join this fun, holiday painting experience. No previous experience needed. All materials provided. Sign up today!



Check Your Meds Day Wednesday, December 18th by appointment Bring in your medication to go over with a pharmacist and ask them questions. Call 525-5436 to sign up for a time slot! Sponsored and led by Louis & Clark Pharmacy.



Holiday Luncheon Thursday, December 19th at 12:00 Come celebrate the holidays with us! Tickets are \$5 per person and include a turkey lunch and entertainment by the Miss Senior Massachusetts Cameo Dancers. Tickets will be available at the Senior Center beginning on December 1st. Each individual may purchase 2 tickets. We hope you can join us!



Holiday Celebration Friday, December 20th at 12:00 Join us for lunch and a sing along with The Valley Carolers! We will also enjoy cookies baked and sponsored by East Village Place. Lunch is a donation of \$4. To sign up for lunch please call 525-5436 at least a day in advance by 1:00.

HIGHLIGHTS

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



Coffee with the Town Manager Wednesday, December 4th at 10:30 Have coffee and chat with East Longmeadow's Town Manager, Tom Christensen.



National Cookie Day Wednesday, December 4th 12:00-1:00 Help us celebrate National Cookie day! Stop by Pleasant View Senior Center to receive one free cookie! (*Cookies will be given out on a first come, first served basis*)



Grief Support Tuesday, December 10th at 11:00 The Grief Support Group led by Hospice of Western Mass will be restarting on Tuesday, December 10th at 11:00 and will be coming in once a month on the second Tuesday of the month at 11:00.



Legacy Planning Thursday, December 12th at 10:30 Receive an Essential Family Preparedness Workbook and centralize important documents and information for your family and loved ones. This document will be a critical resource in the event of an emergency or major life event. Presented by Stateline Senior Services.



Is It Time for Home Care? Let's Find Out Together! Monday, December 16th at 10:30 Wondering if you or a loved one is ready for home care? Learn to identify the signs, and determine what level of care might be needed and how to choose the best home care agency tailored to your needs. Donuts and hot cocoa will be provided. Presented by Griswold Home Care.



Holiday Grief Support Tuesday, December 17th 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.



PleasantBREW (memory) Café Join us monthly for a cup of coffee and great company! This group is for individuals experiencing memory loss and their caregivers. PleasantBREW (memory) Cafe 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 next open on Tuesday, December 17th from 11:00 - 12:00 for Chair Yoga with Lynne Mia, PT from Fallon SE.** Sponsored by Fallon Health's PACE, Summit ElderCare®



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



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>



AARP Tax Service AARP is still in the process of determining which senior center locations will be offering free tax preparation. We will provide more updates in the January Newsletter. Thank you for your understanding as AARP does their best to finalize their schedule.

PLEASANT VIEW CINEMA

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



December 3rd and 10th 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.

December 17th **Christmas with You** 2022, 1H 30M, TV-PG Seeking inspiration for a hit holiday song, a pop star grants a young fan's Christmas wish to meet her and finds a shot at true love along the way. Family Movie Romantic Charming feel Good Heartfelt



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, Dec. 4th 12:00
If it's your birthday month lunch is FREE!
Dessert sponsored by Kemple Financial



BREAKFAST CAFE Postponed until further notice

CHAIR VOLLEYBALL Wednesdays 1:00

COFFEE & CHAT WITH TOWN MGR.
Wednesday, December 4th 10:30

CORNHOLE Mondays 10:00

COOKING DEMO Wednesday, Dec. 18th 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., Dec. 12th 10:30

MEN'S COFFEE CHAT Tuesdays 8:30

MORNING GLORY WALKERS Monthly
Meeting Monday, December 9th 9:00

NEW MEMBER ORIENTATION Friday,
December 13th at 10:30

PLEASANTBREW (memory) CAFÉ
Tuesday, December 17th 11:00 Registration required

STAMP CLUB Tuesday, December 10th 1:00

TECH HELP Wednesday, December 18th 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

December 5th \$2 Bingo

December 12th \$5 Bingo

December 19th Holiday Luncheon
with Entertainment

December 26th \$5 Bingo



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.**



INCLEMENT WEATHER POLICY When the East Longmeadow Public Schools are closed due to weather, there will be no in house lunch, meals on wheels, or programming. When the EL Public Schools are delayed due to weather, there will be no programs that were scheduled during the delay. Staff will be in the building to answer questions and for emergencies. If Town Hall is closed, we are closed. Please watch WGGB Channel 40 and WWLP Channel 22 for updates.

Meal Calendar December 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
2 Broccoli and Mushroom Quiche	3 Jambalaya Over Rice	4 Birthday Bash Stuffed Chicken Breast	5 Roast Pork	6 Veggie Omelet
9 Chicken Parmesan	10 Meatball Grinder	11 Salisbury Steak	12 BBQ Pulled Pork On a Roll	13 Meat Lovers Pizza
16 BBQ Chicken Breast	17 Pot Roast	18 Stuffed Peppers	19 Holiday Luncheon Turkey \$5 Ticket Required	20 Tuna Noodle Casserole
23 American Chop Suey	24 Center Closing at 12:00	25 CENTER CLOSED 	26 Chicken Gruyere	27 Salmon
30 Meatloaf	31 Center Closing at 12:00	HAPPY NEW YEAR! 		



We invite all Pleasant View patrons to become members of The Friends of the East Longmeadow Council on Aging (TFoELCOA) 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 1st 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.

The East Longmeadow Veterans Memorial Committee is raising funds to construct a **Veterans Memorial** in front of the Senior Center. This Veterans Memorial will be dedicated to honor and memorialize the sacrifice of the East Longmeadow military veterans who answered the “call to arms” and to recognize their sense of duty and courage...especially those who sacrificed their lives for the freedoms we enjoy today. **Veterans Memorial tee-shirts are available for \$10.00 and military bracelets for \$5.00. The Committee has paver/bricks for sale for \$125 each. If you have a veteran in your family or just want to make a donation, please call Terry Glusko at 413-525-5412 or 413-782-3890.**

Activities Calendar December 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2 8:15 Strength w/Kelly 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cornhole 12:00 Lunch*, Town Planning Process with Town Manager 12:30 Pitch 1:30 Brownstone Yoga 2:00 Silver Sneakers	3 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	4 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Cribbage 10:15 Italian 1** 10:30 Town Manager 11:30 Italian 2** 12:00 Birthday Bash* 12:00 Free Cookie Day 1:00 Chair Volleyball	5 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 12:00 Canasta, Lunch* 12:45 \$2 Bingo 1:00 Handcrafting	6 Fix it Clinic** 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage, 12:00 Lunch* 12:45 5 Crowns 1:00 Dominoes 1:30 Heartsong Yoga 2:00 Silver Sneakers
9 8:15 Strength w/Kelly 8:45 Advanced Chair 9:00 MGW Meeting 9:15 Chair Exercise 10:00 Cornhole 12:00 Lunch* 12:30 Pitch 1:00 Christmas Craft ** 1:30 Brownstone Yoga 2:00 Silver Sneakers	10 8:30 Men's Coffee Chat 9:00 Balance Class, Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee Hour 11:00 French Group, Grief Support** 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 1:00 Stamp Club	11 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Cribbage 10:15 Italian 1** 10:30 Bingo for Prizes 11:30 Italian 2** 12:00 Lunch* 1:00 Chair Volleyball 2:00 Paint & Glow**	12 Manicures** 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 Legacy Planning**, Library on the go 12:00 Canasta, Lunch* 12:45 \$5 Bingo 1:00 Handcrafting	13 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 5 Crowns 1:00 Dominoes 1:30 Heartsong Yoga 2:00 Silver Sneakers
16 8:15 Strength w/Kelly 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cornhole 10:30 Home Care 12:00 Lunch* 12:30 Pitch 1:30 Brownstone Yoga 2:00 Silver Sneakers	17 Legal Consultations** 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 2:00 Holiday Grief Support**	18 Check your Meds Day**, Hearing Screening** 8:45 Advanced Chair 9:15 Chair Exercise 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, Tech Help**	19 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 11:00 Sen. Oliveira's Representative Luncheon and Entertainment** 12:00 Canasta, Holiday 1:00 Handcrafting	20 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage 12:00 Lunch*, Holiday Sing Along 12:45 5 Crowns 1:00 Dominoes 1:30 Heartsong Yoga 2:00 Silver Sneakers
23 Footcare** 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	24 8:30 Men's Coffee Chat 9:00 Balance Class, Tai Chi (offsite) 10:00 Line Dancing , Veterans Coffee Hour 11:00 French Group CENTER CLOSING AT 12:00	25 CENTER CLOSED 	26 Manicures** 8:30 Cardio Drumming 9:20 Zumba 10:00 Trivia 11:00 Brian Ashe's Representative 12:00 Canasta 12:45 \$5 Bingo 1:00 Handcrafting	27 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage 12:00 Lunch* 12:45 5 Crowns 1:00 Dominoes 1:30 Heartsong Yoga 2:00 Silver Sneakers
30 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	31 8:30 Men's Coffee Chat 9:00 Balance Class, Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee Hour, 11:00 French Group CENTER CLOSING AT 12:00		*To sign up for a Meal please call 525-5436 at least one day in advance by 1:00	** Program requires sign up please call 525-5436

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.*

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.

Line Dancing Tuesdays at 10:00 at the senior center, \$3 per class, payable to the instructor. **No class 12/24.**

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. **No class 12/2.**

Strength and Stretch with Kelly Mondays at 8:15 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.



The Hampden County Sheriff's Department has a **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 no longer accepts donations of medical supplies or loaning out medical equipment.

NURSES CORNER



The month of December can bring on many different emotions. Here at Pleasant View Senior Center we strive everyday to create a positive, warm social environment. We have many holiday events that bridge the gap of social isolation with all inclusive programs for individuals that struggle with this time of year. Making connections with others can improve; mental and physical health during this holiday season. *Happy Holidays, Nurse Kris*

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, December 23rd 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., December 18th Free Screening by Baystate Hearing Center by appt. 525-5436

Manicures Thursday, December 12th and 26th by appointment with Cathy Rasid, LM 413-335-7422

ESSENTIAL SERVICES

Free Legal Consultation Tuesday, December 17th 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



Sand for Seniors We have partnered with the Hampden County TRIAD Program and the East Longmeadow Fire Department to bring **Sand for Seniors** to East Longmeadow. Designed to increase safety during the winter. We have a limited amount of buckets to provide to eligible seniors and disabled persons who are physically or financially unable to acquire their own bucket of ice melt product. Buckets are delivered and can be refilled when empty. If you are interested in a bucket of sand, please call the senior center at 413-525-5436.

Real Estate Tax Senior Exemption Applications Exemption applications for fiscal year 2025 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



The Emergency Food Pantry would like to thank the following organizations for their contributions to support our food pantry. Special thank you to St. Paul's Evangelical Lutheran Church for their very generous monetary donation to sustain our pantry for years to come. Thank you also to the First Congregational Church for their monetary support and to Amy Stocks and the students and families of Mapleshade Elementary School for continuing their annual food drive in support of our pantry. Your generosity and support of our community is so appreciated.

We accept donations of unexpired food year round Monday - Friday from 9:00 - 4:00.

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), sugar, flour and Personal Care Items.** 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.



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 Trolley will not be running on the following days: Tuesday, December 24th, Wednesday, December 25th,
Tuesday, January 31st or Wednesday, January 1st



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



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cell/text: 413-237-5724
www.NurseAdvocatesLLC.com • Maura@NurseAdvocatesLLC.com

We hope you support our valued sponsors!

DAVID G. CARLSON
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*Estate Planning • Wills & Trusts • Probate of Estates
Elder Issues*
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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

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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

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Meralee Kratovil
Office Coordinator
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

www.facebook.com/elseniors



To receive Email Updates please call 525-5436 or email coa@eastlongmeadowma.gov