



January 2025

News From the View



Pleasant View Senior Center

~ The Center of it All ~

328 NORTH MAIN STREET

EAST LONGMEADOW, MA 01028

MON - FRI: 8:00 a.m. – 4:00 p.m.

413.525.5436

HIGHLIGHTS



Pleasant View Senior Center will be closed on
Wednesday, January 1st and Monday, January 20th
~ Wishing you a safe, healthy and happy 2025 ~



Winter Concert Series



Fridays in January at 12:45 ~ Warm up your Fridays this January with our Winter Concert Series! Each week, enjoy live performances paired with sweet treats and a 50/50 raffle. This concert series is sponsored by The Friends of East Longmeadow Council on Aging.

January 3rd - Freddie Marion Freddie is coming back to kick off our Winter Concert Series! With more than 40 years in the music industry, he will make sure our kick off is as exciting as it can be!

January 10th - Tre' Johnson Singing for nearly 30 years, Tre' will blow you away with her energy and powerful vocals!

January 17th - Amanda Rowe After her breathtaking performance at our Labor Day Picnic as part of the duo, It Takes Two, Amanda is coming back for a solo performance!

January 24th - Ashly Cruz Ashly is bringing her international Cabaret Show back to Pleasant View for our Winter Concert Series! You will want to get up and dance during her show stopping performance.

January 31st - After All Duo Nick Stargu Sr. and Nancy Trecina are coming to wrap up our concert series with their talented vocals and instrumentals performing songs from the 40s through the 80s!



Paint & Glow Monday, January 13th at 10:30 Join this fun, guided painting experience where no previous experience is needed! All materials provided. Limited space. Sign up today!



RSVP Table Top Tuesday, January 14th 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. Stop by to learn more!



Breakfast Café Sandy and her crew will be back to serve breakfast on **Wednesday, January 29th from 8:00 - 10:00.** We hope you can join us!

TAKE OUR SURVEY



We Want to Hear from You! Your voice matters! Take a few minutes to complete our program survey and share your thoughts. Your feedback helps us improve and create even better programs and services for you. As a thank-you, you'll be entered for a chance to win a \$25 gift card to Big Y! You must include your name and phone number on the survey in order to enter the raffle drawing. The survey will be available online, in our weekly emails or in person at the Senior Center during the month of January. Survey closes on January 31st. Gift Card recipients will be called during the first week of February.

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, January 8th at 10:30 Have coffee and chat with East Longmeadow's Town Manager, Tom Christensen.



Italian Class Classes will be held on Wednesdays starting January 8th. **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. This session classes will be held on January: 8, 15, 22, 29 February: 5, 12, 19, 26 March: 5, 12, 19 and 26. Space is limited, sign up is required.



New Member Orientation Friday, January 10th at 10:30 An informative new member orientation and tour will take place every month on the 2nd Friday, from 10:30 - 11:30. Registration is suggested, however drop-ins are welcome.



Grief Support Tuesday, January 14th at 11:00 The Grief Support Group led by Hospice of Western Mass will be coming in once a month on the second Tuesday of the month at 11:00. Registration is required.



PleasantBREW (memory) Café Tuesday, January 21st at 11:00 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 The café is free and open to other neighboring communities. Transportation can also be provided at no cost to attend. **The café is next open on Tuesday, January 21st - Join us for a Complementary lunch and the interactive music of cellist, Ryan Mitten,** thanks to a Service Incentive Grant from MA EOEA, provided through MCOA. Sponsored by Fallon Health's PACE, Summit ElderCare®



AARP Tax Service Due to a volunteer shortage AARP will not be offering free tax preparation at the Pleasant View Senior Center. They will be offering free tax preparation at other local centers. If you are in need of tax help please contact the following locations for an appointment: Longmeadow Senior Center 565-4150 or Wilbraham Senior Center 596-8379.



Pleasant View Senior Center no longer loans out or accepts donations of medical equipment or supplies. If you are in need of gently used medical equipment please contact the following resources.

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. **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, however they are backed up with requests and therefore you may not hear back right away.

The following Senior Centers also have a loaning program: Agawam: 821-0604, Chicopee 534-3698, Hampden 566-5588, Wilbraham 596-8379.



The Knights of Columbus (KOC) #4306 gave their annual Thanksgiving donation of \$2000 worth of Big Y gift cards to Pleasant View Senior Center to randomly distribute to their members who are East Longmeadow residents. Winners were chosen from a lottery. **The Senior Center would like to thank the Knights of Columbus #4306 for their generous donation!** Pictured from left to right: Richard Freccero, KOC Treasurer; Alicia Smith, COA Program & Volunteer Coordinator; Erin Koebler, COA Director; Ken Turowsky, KOC President.

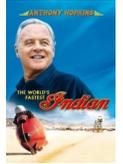
PLEASANT VIEW CINEMA

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



January 7th, 14th and 21st 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.

January 28th **The Worlds Fastest Indian** 2005, 2H 6M, PG-13 An ambitious New Zealander in his 60's strives to break speed records on his beloved custom motorcycle-no matter what it takes. Based on a true story. Nostalgic Understated feel good movie.



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 - Sign up required

BIRTHDAY BASH Wednesday, Jan. 8th 12:00
If it's your birthday month lunch is FREE!
Dessert sponsored by Kemple Financial



BREAKFAST CAFE Wednesday, January 29th

CELL PHONE HELP Fridays by appointment

CHAIR VOLLEYBALL Wednesdays 1:00

COFFEE & CHAT WITH TOWN MGR.
Wednesday, January 8th 10:30

CORNHOLE Mondays 10:00

COOKING DEMO Wednesday, Jan. 15th 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., Jan. 9th 10:30

MEN'S COFFEE CHAT Tuesdays 8:30

MORNING GLORY WALKERS Will resume
in April.

NEW MEMBER ORIENTATION Friday,
January 10th at 10:30

PLEASANTBREW (memory) CAFÉ
Tuesday, January 21st 11:00 Registration required

STAMP CLUB Tuesday, Jan. 14th and 28th 1:00

TECH HELP Wednesday, January 15th 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

January 2nd \$2 Bingo

January 9th \$5 Bingo

January 16th \$2 Bingo

January 23rd \$5 Bingo

January 30th \$2 Bingo



Cell Phone Help Fridays by appointment beginning January 10th
Do you have questions about how to use certain functions on your cell phone? Is your cell phone acting funny or not working correctly? Would you like to learn how to use the Big Y or Stop & Shop app? Sign up for a FREE 45 minute one-on-one tech help session with one of East Longmeadow's SWAP volunteers.



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 WGG Channel 40 and WWLP Channel 22 for updates.

Meal Calendar January 2025



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 CENTER CLOSED HAPPY NEW YEAR!	2 Macaroni and Cheese with Ham	3 Spaghetti and Meatballs
6 Turkey Pot Pie	7 BBQ Pulled Pork	8 Birthday Bash Stuffed Chicken 	9 Meatball Grinder	10 Salmon
13 Roast Pork	14 Stuffed Peppers	15 Chicken Gruyere	16 Broccoli and Mushroom Quiche	17 Veal Parmigiana
20 CENTER CLOSED 	21 BBQ Chicken Breast	22 Lasagna with Meat Sauce	23 Kielbasa and Sauerkraut	24 Chicken Marsala
27 American Chop Suey	28 Meatloaf	29 Chicken Parmesan	30 Jambalaya Over Rice	31 Baked Fish



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.



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>



Thank you to everyone that donated to The Giving Tree. The foster and adoptive families appreciated the generous gifts that were donated for the children! Thank you to everyone that donated items to fill our Jingle Bags! The recipients were all very grateful and thankful for the items they received in their bags. We appreciated everyone's generosity.

Activities Calendar January 2025

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 CENTER CLOSED </p>	<p>2 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 12:00 Canasta, Lunch* 12:45 \$2 Bingo 1:00 Handcrafting</p>	<p>3 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage, 12:00 Lunch* 12:45 Concert Series , 5 Crowns 1:00 Dominoes 1:30 Heartsong Yoga 2:00 Silver Sneakers</p>
<p>6 8:15 Everything Fitness Class 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>7 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>8 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* 1:00 Chair Volleyball</p>	<p>9 Manicures** 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 Library on the go 12:00 Canasta, Lunch* 12:45 \$5 Bingo 1:00 Handcrafting</p>	<p>10 Cell Phone Help** 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 Concert Series , 5 Crowns 1:00 Dominoes 1:30 Heartsong Yoga 2:00 Silver Sneakers</p>
<p>13 8:15 Everything Fitness Class w/Kelly 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cornhole 10:30 Paint & Glow** 12:00 Lunch* 12:30 Pitch 1:30 Brownstone Yoga 2:00 Silver Sneakers</p>	<p>14 8:30 Men's Coffee Chat 9:00 Balance Class, Tai Chi (offsite) 10:00 Line Dancing, RSVP Table Top, 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</p>	<p>15 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**</p>	<p>16 8:30 Zumba 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>17 Cell Phone Help** 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage 12:00 Lunch* 12:45 Concert Series , 5 Crowns 1:00 Dominoes 1:30 Heartsong Yoga 2:00 Silver Sneakers</p>
<p>20 CENTER CLOSED </p>	<p>21 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</p>	<p>22 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Cribbage 10:15 Italian 1** 11:30 Italian 2** 12:00 Lunch* 1:00 Chair Volleyball</p>	<p>23 Manicures** 8:30 Cardio Drumming 9:20 Zumba 10:00 Trivia 11:00 Brian Ashe's Representative 12:00 Canasta, Lunch* 12:45 \$5 Bingo 1:00 Handcrafting</p>	<p>24 Cell Phone Help** 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage 12:00 Lunch* 12:45 Concert Series , 5 Crowns 1:00 Dominoes 1:30 Heartsong Yoga 2:00 Silver Sneakers</p>
<p>27 Footcare** 8:15 Everything Fitness Class 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>28 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</p>	<p>29 8:00 Breakfast Café 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Cribbage 10:15 Italian 1** 11:30 Italian 2** 12:00 Lunch* 1:00 Chair Volleyball</p>	<p>30 8:30 Cardio Drumming 9:20 Zumba 10:00 Trivia 12:00 Canasta, Lunch* 12:45 \$2 Bingo 1:00 Handcrafting</p>	<p>31 Cell Phone Help** 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage 12:00 Lunch* 12:45 Concert Series , 5 Crowns 1:00 Dominoes 1:30 Heartsong Yoga 2:00 Silver Sneakers</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.*

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 the last Monday 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.

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.

Everything Class with Kelly Mondays at 8:15 Stretch, Strength, Core, Balance, and a little cardio too! Seated or standing, bring your own light weights, if you choose. All levels welcome, class is for EVERYONE! All functional exercise for better mobility for life. \$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.

NURSES CORNER

 **Happy New Year!** January is "Integrative Health month." It means taking traditional medicine and applying holistic care to be one with - mind, body, spirit and community. You can achieve all that here at Pleasant View with many of the programs that are offered.

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/Pedicare Monday, January 27th 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., January 15th Free Screening by Baystate Hearing Center by appt. 525-5436

Manicures Thursday, January 9th and 23rd by appointment with Cathy Rasid, LM 413-335-7422

PANTRY PROGRAM

 Thank you so very much to all the churches, scouting troops, sports teams, rotary clubs, schools, and individuals who generously donated over the holidays to support our pantry. Your support for those in need within our community is heartfelt and appreciated. Happy New Year!

We accept donations of unexpired food year round Monday - Friday from 9:00 - 4:00. We are currently in need of oatmeal, cold cereal, crackers, coffee and Personal Care Items.

 **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.

RESOURCES



In-home vaccinations are available for people (including children) who have difficulty getting to a community vaccination location, particularly those facing mobility or transportation challenges. There is no cost to the patient (note that if you have insurance, they will be billed for the cost of the vaccine). **Call the In-Home Vaccination Central Intake Line at (833) 983-0485.** CDR Health, which operates the call center, can schedule appointments and deliver in-home vaccinations Monday - Friday from 9:00 to 5:00.



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. This program is 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.**

<i>Yearly Income 2024 Season</i>	
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.

<i>Monthly Income</i> (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).



Medicare Advantage Open Enrollment Each year there is a Medicare Advantage Open Enrollment Period from January 1st—March 31st. During this time, if you're in a Medicare Advantage Plan and want to change your health plan, you have options. The Medicare Advantage Open enrollment period isn't for people who only have Original Medicare or those with Original Medicare and a Medigap plan. If you have a Medicare Advantage plan and want to change your plan call 1-888- MEDICARE or make an appointment with one of our SHINE volunteers.



Consider becoming a volunteer ombudsman Ombudsmen provide an essential voice for residents of nursing homes and assisted living facilities, help residents understand their rights and resolve issues, offer support and encouragement, receive ongoing training and create their own schedules. Contact Greater Springfield Senior Services for more information at 413-781-8800 x374 or info@gsssi.org

ESSENTIAL SERVICES

Free Legal Consultation Tuesday, January 21st 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

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

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.**



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



Nurse Advocates, LLC
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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*
 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 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