



February 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



Valentine Craft Monday, February 3rd at 1:00 Join us to make a Valentine's Day wreath! No wreath making experience necessary! Space is limited and registration is required.



Let's Get to the Heart of It All Monday, February 3rd at 10:30 Join Nurse Kris to learn about heart health. Learn about how the heart functions and how nutrition and exercise play a part in having a healthy heart! Presented by East Longmeadow's Town Nurse, Kris Buffington.



Super Bowl Lunch Party Friday, February 7th beginning at 11:30 Enjoy appetizers at 11:30, lunch and a Super Bowl Highlights video at 12:00 and Super Bowl Bingo at 12:30. Call now to reserve lunch. Lunch is a \$4 donation. Prizes will be available for Bingo winners!



Paint & Glow Monday, February 10th at 10:30 Paint a valentine themed wine glass! Join this fun, guided painting experience where no previous experience is needed! All materials provided. Limited space. Sign up today!



Savor the Sweet Story of Chocolate! Thursday, February 20th at 10:30 Join us for this virtual presentation presented by The Hershey Story Museum (Hershey, PA) for a mouthwatering adventure of "Sweet Success: The Story of Milton Hershey & International Chocolate Tasting". Discover how Milton Hershey turned a simple cocoa bean into one of the most iconic chocolate brands in the world! But that's not all – you'll embark on a guided chocolate tasting and explore the delicious flavor profiles of single-source chocolates from across the globe. Limited spots available – and trust us, you don't want to miss this tasty experience! Registration is required to participate in this program. *Sponsored by Attorney Dave Carlson.*



Ins and Outs of Rightsizing Monday, February 24th at 11:00 Have you considered downsizing your home, or "rightsizing" as we like to call it, and are not sure of where to begin? We will walk you through the process including: How to make your home "show" ready, what things you could update or fix that will bring you the biggest return on your investment, how to properly price your home, and how to navigate the market of Selling and Buying at the same time.



The East Longmeadow Senior Center Writer's Group Tuesday, February 25th at 10:30 Come hear about our new writer's group starting in March! You will hear from the leader of the group, Danny Lynch, who will talk about the value of informal writing of memories, and personal and fictional stories.



Nurse Advocate Consultations: Take Charge of Your Healthcare Wednesday, Feb. 26th from 1:00-4:00 Sign up for a FREE, 15-minute session with a Nurse Advocate to address challenges in navigating the healthcare system. Whether it's clarifying long-term care insurance, dealing with medical bills, or finding new providers, these consultations provide personalized support. Spots are limited. *Sponsored by Maura Lessard of Nurse Advocates, LLC.*



The Friends of East Longmeadow COA Membership Meeting Brunch Friday, February 28th at 10:30 Whether you are a member of The Friends of East Longmeadow COA, or are interested in learning more about what that means, The Friends invite you to join them for their Membership Meeting Brunch which will include light refreshments along with information about the role of an East Longmeadow COA Friend.

HIGHLIGHTS

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



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: Hampden Senior Center 566-5588, Longmeadow Senior Center 565-4150 or Wilbraham Senior Center 596-8379.



Italian Class Classes are held on Wednesdays. **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.



Looking for Work? Thursday, February 6th at 10:30 The 50+ Job Seekers Group can help you gain information and skills in entering or reentering the working world. Come and learn about this Networking Group and find out what resources and materials are available to you as a mature job seeker. Can't make it to the session? See more at 50plusjobseekers.org



Grief Support Tuesday, February 11th 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.



New Member Orientation Friday, February 14th 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.



PleasantBREW (memory) Café Tuesday, February 18th 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, February 18th - Join us for a Complimentary lunch and special entertainment.** Lunch and entertainment provided thanks to a Service Incentive Grant from MA EOE, provided through MCOA. *Sponsored by Fallon Health's PACE, Summit ElderCare®*



African Drumming NEW DAY and TIME The next 6-week session will be held on **Thursdays at 2:30 from February 20th - March 27th.** The non-refundable payment for this 6-week session is due in full by February 14th. The total cost is \$30 (you get one class for FREE!). Space is limited. Call today to register! Scientific studies show that the effects of regular group drumming can be as or more powerful than medications in alleviating anxiety and depression, as well as relieving pain and boosting the immune system.



Makeup for Mature Women Forum Thursday, March 6th 9:30 - 12:00 Presented by Celebrity Makeup Artist, Joby Rogers. This 2.5 hour forum is the perfect place for mature women & women of all ages & experience to learn how to create a MakeUp style that compliments their personal features & skin tone. We will explore products, tools & 'must haves' for your personal makeup collection. You will participate in 'hands-on' makeup demonstrations & leave knowing that with a little practice you can perfect your personal appearance for all occasions. **This FREE program requires registration and is limited to only 20 people.** We encourage you to come make up free. You may also bring your own makeup. Both are encouraged, but neither are required.



Artists & Authors Fair Saturday, May 17th from 9:00-12:00 Vendor applications become available February 1st for local artists and authors. This fair is not open to crafters.

PLEASANT VIEW CINEMA

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



February 4th, 11th, 18th and 25th 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.

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, Feb. 5th 12:00
If it's your birthday month lunch is FREE!
Dessert sponsored by Kemple Financial

BREAKFAST CAFE Wednesday, Feb. 26th
8:00-10:00

CELL PHONE HELP Fridays by appointment

CHAIR VOLLEYBALL Wednesdays 1:00

COFFEE & CHAT WITH TOWN MGR.
Wednesday, February 5th 10:30

CORNHOLE Mondays 10:00

COOKING DEMO Wednesday, Feb. 19th 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., Feb. 13th 10:30

MEN'S COFFEE CHAT Tuesdays 8:30

MORNING GLORY WALKERS Will resume
in April.

NEW MEMBER ORIENTATION Friday,
February 14th at 10:30

PLEASANTBREW (memory) CAFÉ
Tuesday, February 18th 11:00 Registration required

STAMP CLUB Tuesday, Feb. 11th and 25th 1:00

TECH HELP Wednesday, February 19th 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

February 6th \$5 Bingo
February 13th \$2 Bingo
February 20th \$5 Bingo
February 27th \$2 Bingo



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.



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 February 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
3 Spaghetti and Meatballs	4 BBQ Pulled Pork on a Roll	5 Birthday Bash Stuffed Chicken 	6 Salisbury Steak	7 Tuna Noodle Casserole SUPER BOWL PARTY 
10 Beef and Vegetable Stew	11 BBQ Chicken Leg	12 Chicken Marsala	13 American Chop Suey	14 Cheeseburger with Toppings  <i>Cupcakes sponsored by the East Longmeadow Campus of Care</i>
17 CENTER CLOSED 	18 Veal Parmesan	19 Roast Pork	20 BBQ Chicken Breast	21 Tuna Sandwich
24 Baked Ham	25 Chicken Parmesan	26 Stuffed Peppers	27 Turkey and Stuffing	28 Salmon

2024 Recap

2024 was another successful year that we are so grateful for and we thank you for being a part of it!

25 sponsored programs and events ~ 83 volunteers served over 7,938 hours ~ 589 NEW members ~ 11,251 Meals On Wheels served ~ Over 1,895 participants

Thank you for help making our year so successful!



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.

Activities Calendar February 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>3 8:15 Everything Fitness Class w/Kelly 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cornhole 10:30 Heart Presentation** 12:00 Lunch* 12:30 Pitch 1:00 Valentine Craft** 1:30 Brownstone Yoga 2:00 Silver Sneakers</p>	<p>4 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>5 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>6 Manicures** 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 Job Seekers 12:00 Canasta, Lunch* 12:45 \$5 Bingo 1:00 Handcrafting</p>	<p>7 Cell Phone Help** 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage, 11:30 Super Bowl Party** 12:00 Lunch* 12:45 5 Crowns 1:00 Dominoes 1:30 Heartsong Yoga 2:00 Silver Sneakers</p>
<p>10 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>11 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</p>	<p>12 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>13 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 Library on the go 12:00 Canasta, Lunch* 12:45 \$2 Bingo 1:00 Handcrafting</p>	<p>14 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 5 Crowns 1:00 Dominoes 1:30 Heartsong Yoga 2:00 Silver Sneakers</p>
<p>17 CENTER CLOSED</p> 	<p>18 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>19 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>20 Manicures** 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 Story of Chocolate** 11:00 Sen. Oliveira's Representative 12:00 Canasta, Lunch* 12:45 \$5 Bingo 1:00 Handcrafting 2:30 African Drum**</p>	<p>21 Cell Phone Help** 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</p>
<p>24 Footcare** 8:15 Everything Fitness Class w/Kelly 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cornhole 11:00 Rightsizing** 12:00 Lunch* 12:30 Pitch 1:30 Brownstone Yoga 2:00 Silver Sneakers</p>	<p>25 8:30 Men's Coffee Chat 9:00 Balance Class, Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee Hour 10:30 Writers Group** 11:00 French Group, 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 1:00 Stamp Club</p>	<p>26 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, Take Charge of Your Health Consults**</p>	<p>27 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 11:00 Brian Ashe's Representative 12:00 Canasta, Lunch* 12:45 \$2 Bingo 1:00 Handcrafting 2:30 African Drum**</p>	<p>28 Cell Phone Help** 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage 10:30 Friends OF COA Brunch** 12:00 Lunch* 12:45 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



February is Heart Health Month. Join me February 3rd at 10:30am about "Getting to the Heart of it All." We will be talking about how to maintain a healthy heart. Wear your Red!

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, February 24th 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., February 19th Free Screening by Baystate Hearing Center by appt. 525-5436

Manicures Thursday, February 6th and 20th 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.

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.

MEMORIAL DONATIONS



A special thank you to the McCarthy Family for their donation in memory of Eloise Sheranko.



ESSENTIAL SERVICES

Free Legal Consultation Tuesday, February 18th by appt. with Attorney Dave Carlson 525-5436

Notary Public Services By appointment with Danell 525-5436 ext. 1402

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
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

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 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