



March 2025

News From the View



Pleasant View Senior Center

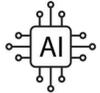
~ The Center of it All ~

328 NORTH MAIN STREET
EAST LONGMEADOW, MA 01028

MON - FRI: 8:00 a.m. – 4:00 p.m.

413.525.5436

HIGHLIGHTS



What is AI, and is it Safe? Monday, March 3rd at 11:00 Presented by Paula Hersey, Digital Communications & Website Manager for the Massachusetts Councils on Aging (MCOA).



Seniors Say the Darndest Things! Friday, March 7th at 11:00 The Mountain View Elementary Spirit Squad is coming back to join us for a live podcast!! Join us for this special intergenerational live broadcast. We need a large audience to help encourage our interviewers and panelists! Stay for lunch - our Spirit Squad will stay and enjoy lunch with us! The Mountain View Spirit Squad is a group of 3rd - 5th grade student leaders! Let's show them a warm welcome!



Group Reiki Session with Shannon Bates Monday, March 10th at 1:00 Group Reiki sessions combine the healing energies of Reiki with the energies of each group member, creating a powerful opportunity for insight and personal transformation. The group will begin with a guided meditation, followed by 45 minutes of Reiki and ending with a group affirmation. Participants will be seated in chairs and are invited to bring cushions, etc. for comfort. Free and registration is required.



Glass Blowing Demo Wednesday, March 12th at 11:00 Watch and learn how glass figurines are created. Presented by Hugh Naggar. Items will be for sale. This program is supported in part by a grant from the East Longmeadow Cultural Council which is supported by the Mass Cultural Council.



St. Patrick's Day Luncheon Thursday, March 13th at 12:00 Come celebrate with us! Tickets are \$5 per person and include lunch and entertainment. Tickets are available at the Senior Center. Each individual may purchase 2 tickets. We hope you can join us!



Nutrition with Nurse Kris Tuesday, March 18th at 1:30 Learn how you can avoid falls with the proper diet. Nutrient rich foods are important in keeping our bodies healthy and strong. Eating a balanced diet can help you continue living a healthy life in your own home.



Healthy Aging Through Technology Friday, March 21st at 10:30 Dr. Amanda Paluch, a professor at UMass's School of Public Health and Health Sciences, will explain how technology monitors movement, assesses frailty and fall-risk, and supports health as we age. She will share her research on how much activity older adults need to maintain health and independence. She will also share opportunities to get involved in research aimed at improving health and well-being for older adults.



Boost Your Brain Health by Eating Well Friday, March 21st at 12:45 There is no question that eating a diet rich in brain healthy foods can benefit people at every age. Hear from experts why making more healthful and mindful food choices such as the Mediterranean diet can benefit you. Presented by Armbrook Village.



Balance Clinic Monday, March 24th by appointment This clinic will help identify if you are at a low, moderate, or high risk for falls based on your balance and strength. In addition, you will receive recommended services and/or things you can do to decrease your risk. Sponsored by Powerback Rehab.



Are Your Affairs in Order? Monday, March 31st at 11:00 Join Attorney Marie Jablonski for a vital presentation on estate planning, wills, and protecting your loved ones. Gain expert insights on ensuring your wishes are honored and your assets are secure.

HIGHLIGHTS

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



All Things Medicare Table Top Tuesday, March 4th 11:00-12:00 Stop by to ask questions about Medicare Advantage, Medicare Supplement Plans, and general Medicare-related topics.



Paint & Glow Monday, March 10th at 10:30 Join this fun, guided painting experience where no previous experience is needed! Cost is now \$15 per person. All materials provided. Limited space. Sign up today!



Grief Support Tuesday, March 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.



Google Maps and Texting Tuesday, March 11th at 11:00 Learn the basics of using Google Maps to get from one place to the other on your phone, tablet or computer. This program will include information on how to use our new texting feature. Presented by Everyday Tech Support.



Recycling and our Planet Friday, March 14th at 12:30 Do you want to know what happens to our recycling from Western Mass? Do you want to know the journey your recycling takes from creation to recreation? Join our town's Recycling Coordinator to hear about recycling and ask questions.



Blood Pressure Clinic Monday, March 17th 1:00-2:00 Join us on the 3rd Monday of the Month for a free Blood Pressure Clinic with nurse Kris, no appointment necessary.



Mental Health Presentation Thursday, March 20th at 11:00 Looking for help with mental health? Join us as the Massachusetts Behavioral Health Help Line explains where and how you can find the help you need. Presented by the Massachusetts Behavioral Health Helpline.



Bingo for Prizes Wednesday, March 26th at 10:30 Play a fun game of bingo for the opportunity to win prizes! Sponsored and led by Louis & Clark Pharmacy.



Brain Healthy Cooking for One Demo Thursday, March 27th at 11:00 Senior Living Residences' chefs will show you how to prepare several tasty Mediterranean-style meals from a short list of cost-effective brain-healthy ingredients, helping you eat nutritiously, reduce food waste and stretch your shopping budget when cooking for one! Presented by Armbrook Village.



Rightsizing Friday, March 28th at 11:00 Gain insights on how to go from downsizing to rightsizing. Resources for selling, disposing of and donating items in Massachusetts and Connecticut will be available, and you will receive a list of 100 items to throw away now! Snacks and refreshments provided. Presented by Amston Home Transition Solutions.



Friends of East Longmeadow COA Annual Membership Meeting Friday, March 28th at 1:30 All members of The Friends are invited to join us for an engaging and productive afternoon as we discuss current projects, upcoming events, and how we can continue supporting our community's older adult residents. Your participation and ideas are always valued, and we encourage all of The Friends members to attend. **Don't miss out on this opportunity to get involved and make a difference! We look forward to seeing you there!**



African Drumming New session starting April 3rd Thursdays at 2:30 \$30 for the 6 week session. Space is limited. Call today to register!



Seed Starting Workshop Wednesday, April 9th at 1:00 Join A. W. Brown for a seed starting workshop. We will be planting a variety of seeds that will grow over time. Space is limited. Registration is required.

PLEASANT VIEW CINEMA

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



March 4th and 11th 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.



March 18th **The Six Triple Eight** 2024, 2H 9M, PG-13 During WW11, the only US Women's Army Corps unit of color stationed overseas takes on an impossible mission in Tyler Perry's drama based on a true story. Inspiring, Heartfelt and Emotional.



March 25th **A Little White Lie** 2023, 1H 40M, PG-13 Mistaken for a famous reclusive author with the same last name, a hapless man travels to a struggling literary festival to give the keynote address.

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

BREAKFAST CAFE Wednesday, March 26th
8:00-10:00

CELL PHONE HELP Fridays by appointment

CHAIR VOLLEYBALL Wednesdays 1:00

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

CORNHOLE Mondays 10:00

COOKING DEMO Wed., March 19th 11:00
Taste a delicious recipe! Presented by East Village Pl.

FRENCH GROUP Tuesdays 11:00
*All conversation is in French

GRIEF SUPPORT GROUP Tue., March 11th
at 11:00 *Registration Required

HANDCRAFTING Thursdays 1:00

LIBRARY ON THE GO Thur., March 13th 10:30

MEN'S COFFEE CHAT Tuesdays 8:30

MORNING GLORY WALKERS Will resume
in April.

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

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

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

TECH HELP Wednesday, March 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



An exciting new way to stay connected! We're thrilled to introduce a new feature that makes it even easier for you to stay in touch with the Senior Center-our texting program! Starting this month, you can now text us directly @ 413-525-5436 with questions or to get updates about upcoming events. Whether you need information on a program, want to sign up for a class, or just want to say hello, we're here for you. Simply text 413-525-5436 and we will be ready to assist you! We're excited to offer this quick and convenient way for you to stay connected and engaged with everything happening here at the center. **Happy texting! Questions about how to text?** Register for the Google Maps presentation on March 11 @ 11:00. That program will include info on how to use this new texting feature.



**Friendship Thursdays
at 12:45**

March 6th \$5 Bingo

**March 13th St. Patrick's Day
Lunch and Entertainment**

March 20th \$2 Bingo

March 27th \$5 Bingo

Meal Calendar March 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 Macaroni and Cheese with Ham	4 Meatball Grinder	5 Birthday Bash Broccoli and Mushroom Quiche	6 Jambalaya	7 Baked Cod Florentine <i>Dessert sponsored by CareOne at Redstone</i>
10 Meatloaf	11 Chicken Parmesan	12 Kielbasa and Sauerkraut	13 St. Patrick's Day Corned Beef Lunch <i>\$5 Ticket Required</i>	14 Salmon
17 Stuffed Chicken	18 Lasagna with Meat Sauce	19 Roast Pork	20 BBQ Pulled Pork	21 Baked Cod
24 Stuffed Peppers	25 Chicken Marsala	26 Spaghetti and Meatballs	27 Turkey and Stuffing	28 Fish and Chips
31 Turkey Pot Pie				



Harvard Glass Museum & The Mapparium, Thursday, May 8, 2025 Picture a giant, hollow ball made of glass, completely indoors, surrounded by lights, and skewered through its middle by a footbridge. Now, stain the inside of the glass ball as if it were a political map of the Earth turned inside-out. You are inside the Mapparium at the Mary Baker Eddy Library. This huge globe shows the world's boundaries frozen in time circa 1935. Enjoy a three-course family-style Italian lunch at Maggiano's Little Italy. Next, be amazed by the realistic flowers made of blown glass at The Glass Flowers exhibit in the Harvard Museum of Natural History. COST: \$142/pp based on 35-45 passengers. Departure: 7:45am Estimated Return: 7:30pm **To register for ALL trips or for more information please call our trip coordinator Karen Knight 413-747-5819.** *Payments are non-refundable unless a substitution is provided. Checks Payable to: "Friendship Tours". Must register with Karen BEFORE bringing in your check. Payment Due by: March 28th. Trip flyers are available at Pleasant View. *These trips are made possible through our partnership with Friendship Tours.*



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.

SAVE THE DATE

Pleasant View Theatre Performance April 25th and 26th

Artists & Authors Fair Saturday, May 17th from 9:00-12:00

Tri Town Tag Sale Saturday, May 31st 9:00-2:00 Applications are now available at the Center.

Activities Calendar March 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 8:15 Everything Fitness Class w/Kelly 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cornhole 11:00 What is AI** 12:00 Lunch* 12:30 Pitch 1:30 Brownstone Yoga 2:00 Silver Sneakers	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, Medicare Tabletop 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie	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	6 Manicures** 8:30 Zumba 9:20 Cardio Drumming 9:30 Makeup** 10:00 Trivia 12:00 Canasta, Lunch* 12:45 \$5 Bingo 1:00 Handcrafting 2:30 African Drum**	7 Cell Phone Help** 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage, 11:00 Live Podcast 12:00 Lunch* 12:45 5 Crowns 1:00 Dominoes 1:30 Heartsong Yoga 2:00 Silver Sneakers
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 1:00 Reiki Session** 1:30 Brownstone Yoga 2:00 Silver Sneakers	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, Tech Presentation** , Grief Support** 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 1:00 Stamp Club	12 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Cribbage 10:15 Italian 1** 11:30 Italian 2** 11:00 Glass Demo 12:00 Lunch* 1:00 Chair Volleyball	13 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 Library on the go 12:00 Canasta, St. Patrick's Day Lunch* 1:00 Handcrafting 2:30 African Drum**	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* 12:30 Recycling** 12:45 5 Crowns 1:00 Dominoes 1:30 Heartsong Yoga 2:00 Silver Sneakers
17 8:15 Everything Fitness Class w/Kelly 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cornhole 12:00 Lunch* 12:30 Pitch 1:00 Blood Pressure Clinic 1:30 Brownstone Yoga 2:00 Silver Sneakers	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 1:30 Nutrition Talk**	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**	20 Manicures** 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 11:00 Mental Health, Sen. Oliveira's Representative 12:00 Canasta, Lunch* 12:45 \$2 Bingo 1:00 Handcrafting 2:30 African Drum**	21 Cell Phone Help** 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage 10:30 Healthy Aging** 12:00 Lunch* 12:45 Brain Health** , 5 Crowns 1:00 Dominoes 1:30 Heartsong Yoga 2:00 Silver Sneakers
24 Footcare**, Balance Clinic** 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	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	26 8:00 Breakfast Café 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Cribbage 10:15 Italian 1** 10:30 Bingo** 11:30 Italian 2** 12:00 Lunch* 1:00 Chair Volleyball	27 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 11:00 Brian Ashe's Representative, Healthy Cooking** 12:00 Canasta, Lunch* 12:45 \$5 Bingo 1:00 Handcrafting 2:30 African Drum**	28 Cell Phone Help** 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage 11:00 Rightsizing** 12:00 Lunch* 12:45 5 Crowns 1:00 Dominoes 1:30 Friends Meeting , Heartsong Yoga 2:00 Silver Sneakers
31 8:15 Everything Fitness Class w/Kelly 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cornhole 11:00 Affairs Order** 12:00 Lunch* 12:30 Pitch 1:30 Brownstone Yoga 2:00 Silver Sneakers			*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 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.

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



Join us on the 3rd Monday of the Month for a free Blood Pressure Clinic with nurse Kris, no appointment necessary. **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, March 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., March 19th Free Screening by Baystate Hearing Center by appt. 525-5436

Manicures Thursday, March 6th and 20th by appointment with Cathy Rasid, LM 413-335-7422

PANTRY PROGRAM



The Emergency Food Pantry here in East Longmeadow is fortunate to be able to provide food to families and seniors in town due to the ongoing generosity of local families and organizations. We are continually seeing an increase in people who need the service of our pantry, and we are proud of the fact that we can accommodate this increase in participation. This month we would especially like to thank Michelle Durej and the East Longmeadow Marlins swim team for their generous boxed cereal drive. We would also love to thank the participants of St. Michael's Church for collecting a van full of food during their food drive. Lastly, a big thank you to Marna Shields and her staff at the Busy Bees Preschool for holding a food drive during the month of February. Without these partnerships the food pantry would never be able to assist so many in need. THANK YOU!

We accept donations of unexpired food year round Monday - Friday from 9:00 - 4:00. We are currently in need of Condiments, Coffee, Shelf Stable Milk and Personal Care Items.



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



PleasantBREW (memory) Café Join us monthly for a cup of coffee, lunch and great company! **On March 18th, we're celebrating with Sarah the Fiddler and a complimentary lunch for individuals experiencing memory loss and their caregivers.** It is an opportunity to share in a fun and safe activity and meet others that share similar experiences. It's free and open to other neighboring communities. Transportation is available at no cost to attend. **RSVP is required by March 11th to 413-525-5436.** Lunch and entertainment provided thanks to a Service Incentive Grant from MA EOE, provided through MCOA. Sponsored by Fallon Health's PACE, Summit Eldercare. *Sponsored by Fallon Health's PACE, Summit ElderCare®*



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.

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 2/1/2025)	
Family Size	Income Limit
1	\$2,608
2	\$3,525
3	\$4,442
4	\$5,358

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 Rae and Howie Davis for their donation in memory of Gloria Hogan and to Ed and Bonnie Capasso, Joyce Webster and IBEW Local 455 for their donations in memory of Pat Morace.



ESSENTIAL SERVICES

Free Legal Consultation Tuesday, March 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, Brimfield and Wales. VSO Burgener is available by appointment by calling 413-640-0540 or jason.burgener@eastlongmeadowma.gov

SPONSORS



Nurse Advocates, LLC
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Maura Lessard RN, BSN, CCM, CDP
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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 &
 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