

Pleasant View Senior News

From the Center of it All

328 NORTH MAIN ST. EAST LONGMEADOW, MA 01028 | MON - FRI: 8 a.m – 4 p.m. | 413.525.5436



HIGHLIGHTS

SEN. LESSER, CIDER & DONUTS

Join your fellow seniors in a conversation with Senator Eric Lesser. The conversation will also provide cider and donuts. Come by on 10/16 at 9:30 a.m.

THE BREAKFAST CLUB

Stop by Thursday mornings from 8:30 - 10 a.m. to enjoy delicious and healthy goodies from Ashley Tresoline of Bella Foodie Inc. Note a reschedule in the second week of Oct. to 10/10.

MEMORY CAFÉ

The East Longmeadow Library has started a Memory Café! The next gathering will be on 10/3. For more information and to sign up call 413-525-5432.

SEPTEMBER IN REVIEW



600 Volunteer Hours



deliver a difference

1,086 Meals Delivered



430 Lunches Served



60 Food Pantry Visits

RESOURCES REPORT

EMERGENCY FOOD PANTRY

The EL Food Pantry is in need of donations. Items in need include personal hygiene products, canned vegetables, pasta and sauces, canned meals, peanut butter, soups, cereal, and more.

Thank you for caring for your neighbors.

WEST. MASS FOOD BANK AND SNAP

SNAP (Supplemental Nutrition Assistance Program) is for everyone who qualifies including seniors, designed to help you buy healthy food.

Carol Duperre from Western Mass Food Bank will be here on Nov. 3rd from 9-12. Please call the office at 525-5436 to sign up for a 30 minute appointment. Space is limited!

FITNESS

BOSU BALANCE CLASS

Tue 8:30 A.M.
Thur 9:00 A.M.
Card needed



CHAIR EXERCISE

Mon/Wed 9:00 A.M.
FRI 8:45 A.M.
\$3/month or
\$.50/class

TAI CHI FOR HEALTH

LVL 1 Wed 10:00 A.M.
LVL 3 Tue 9:30 A.M.
LVL 2 Tue 10:30 A.M.

Sponsored by CareOne at Redstone



CHAIR YOGA

Fri 2:00 P.M.
\$5/class

ZUMBA GOLD & TONING

Mon 4:15 P.M.
w/ Kelly Phillips
\$5

EXERCISE CLASS

M/W/F 8:30 A.M.
Mon/Thur 10:45 A.M.
Card needed

ZUMBA
Wed 4:00 P.M.
w/ Grace Busto
\$5

FITNESS CENTER

The Fitness Center includes state-of-the-art cardio machines and weight stations. Medical clearance required, please schedule with the nurse. Class card of 20 visit for \$10 or \$15 for out-of-town residents. Age 90+ no charge

PAYMENTS UPDATE

Per request of the town accountant, payment processes must be streamlined. Starting 10/01/2017 everyone will need to purchase a payment card for Arthritis Exercises and BOSU classes. There will be two card types: \$5 cards for 6 classes and \$15 cards for 18 classes. All payments will need to be made at the front office with Meralee, and cards will be stamped after attending a class.

RECREATION

ART CLASS

Fri 10:00 A.M. \$15

BEAN BAG BASEBALL

Fri 9:30 A.M.

BILLIARDS

8:00 A.M. – 4:00 P.M.

BOCCE

Mon–Fri 8:00 A.M. to 4:00 P.M.
Spring thru Fall
Wed 10:00 A.M. Group Play

BOOK CLUB

The Pearl That Broke It's Shell
by Nadia Hashimi
Oct. 31

CHAIR VOLLEYBALL

Wed 1:00 P.M.

CHESS INSTRUCTION

Tue 9:00 a.m.

COMPUTER CLASS

Wed 1:00 P.M No class 10/11

FRENCH CLUB

WED 11:00 A.M.

JEWELRY CLASS

Oct. 2 9:30 A.M.
\$3/class + materials

LINE DANCING

Fri 4:00 P.M.
\$3

MORNING GLORY WALKERS

M/W/F 8:00 A.M.

NEEDLEWORK

Fri 1:00 P.M.

POETRY CLASS

Oct. 16 1:00 P.M.

VOICES AND VISIONS

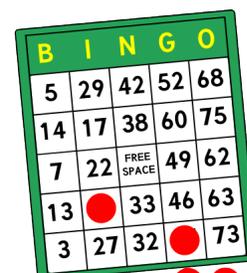
Oct. 12 2:00 P.M.

CARDS AND GAMES

Canasta Thur 12:30 P.M.
Cribbage W/F 10:00 A.M.
Dominoes Fri 1:00 P.M.
Mahjong Tue 12:30 P.M.
Pitch Mon 12:30 P.M.

FRIENDSHIP CLUB

Bingo Oct. 5
Bake Sale Oct. 12 12:30 P.M.
\$5 Bingo Oct. 19
Harvest Dinner with Bingo Oct. 26



MOVIES AND DOCUMENTARIES (MON. AND TUES. 12:45 P.M.)

Wildest Islands: Sri Lanka
Oct. 2
52 mins 2013

Coffee Shop
Oct. 3
88 mins 2014, TV-PG

Burnt
Oct. 10
100 mins 2015 R

Wildest Islands: The Hebrides
Oct. 16
52 mins 2013

The Double
Oct. 17
98 mins 2011 PG-13

Wildest Islands: Japan
Oct. 23
52 mins 2013

From the Rough
Oct. 24
97 mins 2013 PG

Wildest Islands: Amazon River Islands
Oct. 30
52 mins 2013

A Cinderella Story
Oct. 31
95 mins 2004 PG



SPECIAL THANK YOU

Thank you to Kerisa Fitzgerald from Crow River Farm for the generous donation of fresh vegetables on Friday's. Your donations make healthy living possible and we appreciate your efforts.



HEALTH AND WELLNESS (525-5436)

BLOOD PRESSURE
by appt. with
Lissa Fontaine, R.N.
Ext. 1407

MASSAGE THERAPY
by appointment
Christina Conti, LMT
413-348-8370
Oct. 23

MANICURES
by appointment
Cathy Rashid, LM
413-335-7422
Oct. 5 & 19

HEARING SCREENINGS
Baystate Hearing Center
Call 525-5436 for appt.
Oct. 18

FOOTCARE/PEDICARE
by appointment
525-5436
Oct. 10

Tai Chi
Tue 9:00 A.M.
At the First
Congregational Church

Alzheimer's/Dementia Caregiver Support Group and Loved Ones Engaged

Discuss experiences with fellow caregivers in the support group, while your loved ones living with dementia enjoy their own support group and the facilities at Pleasant View. Call 525-5436 ext. 1407 to pre-register. The October meeting will be held on the 18th.

ESSENTIAL SERVICES (525-5436)

FINANCIAL ADVICE
by appt. with Jason
Hicklen, CFP
Oct. 4

LEGAL CONSULATION
by appt. with
Dave Carlson, Attorney
Oct. 17

LICENSE RENEWALS
First-time online renewals only
Ages 55-74
Oct. 17

SPECIAL NOTICES



STOP & SHOP FLU CLINIC
Stop & Shop will host a Flu Clinic at the center on Oct. 11. Call 525-5436 to schedule an appointment. Sign up in advance and bring your insurance card.



HAROLD GRINSPOON FOUNDATION VOICES AND VISIONS
Grinspoon Foundation project for discussion around the interpretation of famous quotes. Join us on Oct. 12 at 2 p.m.



HOME SAFETY
On Oct. 13 at 11 A.M. come learn from Kelly of Reidy Home Medical Alarms of ways you can feel secure in your home.



PERSONAL TOUCH HOME CARE
On Oct. 20, at 11 A.M., Mary Scibelli of Personal Touch Home Care will teach ways to prevent falls and mishaps in the home.



EQUIPMENT TUNE-UP
On Oct. 24 at 10 A.M. Home Helpers of Enfield along with Agawam Medical supply will be here to service your wheelchair, cane, or walker, for FREE



IDENTITY THEFT PROTECTION
On Oct. 27 at 11 A.M. Marcia of ID Shield and E.L. Police Officer Dan Atwater will teach ways to protect your identity.



LINE DANCING CLASS
Join us every Friday at 4 p.m. for Line Dancing! Skill level is intermediate to expert, \$3.



COOKING CLASS
Join Bella Foodie for \$15 at 11:00 A.M. at the Community Life Center for cooking lessons on Oct. 12!



CROSSTOWN QUILTERS SHOW
On Oct. 28 & 29, from 10 A.M. – 4:00 P.M. see the Crosstown Quilters Show at Pleasantview Senior Center. Admission is \$5. There will be crafts, raffles, light lunch, and more!

VOLUNTEER OPPORTUNITIES



If helping others is something you love to do then becoming a Meals On Wheels driver might be the perfect opportunity for you! If interested, please schedule an appointment with Alicia Smith at 525-5436 ext. 1406.

MEDICARE INFORMATION



Medicare Open Enrollment begins October 15

If you have Medicare, sometime during the month of September you will be receiving important information known as an Annual Notice of Change from your Prescription Drug Plan or your Medicare Advantage Plan. The mailing will explain any changes to your plan in the coming year regarding premiums, drug coverage (formulary), providers, and restrictions. It is very important to review the letter to make sure the plan still works for you. This is the time when you can join, drop, or change your insurance, and the new coverage will begin on January 1, 2018.

I like to call this time of year “Your Insurance Check-up” because it’s a time when you can evaluate your current plan and decide if you want to make changes. If the plan you are in continues to meet your needs, then you may want to keep it. It is also a time where you may want to shop around for a new plan to help you save money or decrease or increase coverage.

Our NEW SHINE COUNSELOR, Jackie Bangs, will be starting weekly appointments on WEDNESDAY, SEPTEMBER 13, from 9:00 A.M. – Noon. Her hours will change beginning on WEDNESDAY, OCTOBER 4TH from 9:00 A.M. – Noon AND 1:00 P.M. – 4:00 P.M. These are 1 hour appointments. PLEASE stop in or call the COA at 525-5436 to set up your appointment today.

If you are “just shopping”, and would like to research plans based on your medications, feel free to pick up a “Medicare Open Enrollment Plan Search form” which can be mailed to the SHINE Regional Office and a Planfinder Report will be mailed back to you.

– Alicia Germain, Hampden County Regional SHINE Program Director

SPONSORS



200 North Main Street | North Building | Suite 103
East Longmeadow, MA 01028
TEL. (413) 525-7979
www.hampdenhearing.com

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



Maureen Coughlan, Realtor
COLDWELL BANKER
“Home” work is what I do best
CELL (413) 221-7075
Maureen.Coughlan@NEMoves.com

Wealth Preservation Group, Inc.
John G. Dec, *President*

Find out how to spend your children’s
inheritance and have them love you for it!
Call for a free, no obligation consultation today!
1-800-679-2771

Meal Calendar October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2 Eggplant parmesan w/ meatsauce Italian bread Apricots	3 Open-faced turkey sandwich w/ gravy Beet salad Mandarin orange	4 BBQ chicken drumsticks Scalloped potato Mashed cauliflower Butterscotch pudding	5 Sliced beef w/ pepper, mushrooms, and onions Smashed potatoes Carrots Mixed fruit	6 Potato crusted baked fish Rice pilaf Green beans Pears
9 Closed for 	10 Chicken caprese with tomato, mozzarella cheese, balsamic reduction sauce Mixed veggies Sliced Apples	11 French meat pie Roasted vegetable medley Pineapple	12 Seafood chowder Corn bread Tapioca Pudding	13 Chicken meatballs in marinara sauce Penne California blend Jello-O with fruit
16 Crustless quiche lorraine, with broccoli, swiss, and bacon Toasted garlic butter english muffins Fruit loaf	17 Cheese tortellini Beef casserole Peas & mushrooms Fruit cocktail	18 Honey mustard grilled chicken wrap with lettuce, tomato, bacon Pickled cucumber Peaches Cake	19 Beef patty marsala Mashed potato Normandy blend Mandarin oranges	20 Baked fish nuggets Seasoned fries Coleslaw Sliced apples
23 Rigatoni w/ sweet italian sausage, grape tomatoes, and broccoli Pineapple	24 Tuna melt sandwich Cucumber & tomato salad Pears Cake	25 Stiry-fry cabbage with pork & bacon Fried rice Banana pudding	26 HARVEST PARTY Meatloaf w/ gravy Au gratin potato Mixed veggies Fruit Cake	27 Teriyaki chicken bowl Rice Mandarin vegetables Fresh fruit
30 Fish francaise Quinoa Roasted brussel- sprouts Peaches	31 HALLOWEEN Low-sodium hot dogs on buns Sauerkraut Baked beans Devilled eggs Jell-O	MENU SUBJECT TO CHANGE 1% Milk served daily *** Indicates high Sodium	Cost: \$2.50 Begins at noon Please reserve lunch 24 hours in advance by calling 525-5436.	Partially funded by the MA Executive Office of Elder Affairs and the Federal Administration

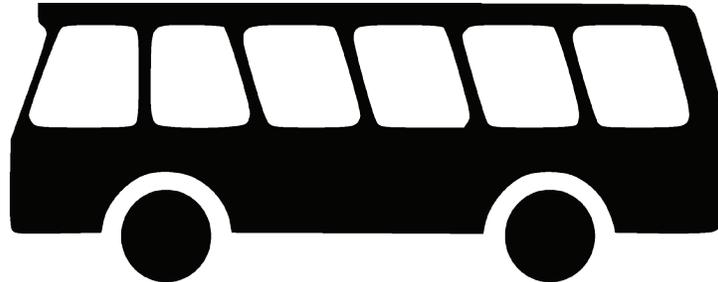
Activities Calendar October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 9:30 Jewelry Class 10:45 Exercise Class 12:30 Pitch 12:45 Documentary 4:15 Zumba Toning</p>	<p>3</p> <p>8:30 Bosu Balance 9:00 Chess Instruction 9:30 Tai Chi, Level 3 10:30 Tai Chi, Level 2 12:30 Mah Jongg 12:45 Movie</p>	<p>4</p> <p>Financial Advice, SHINE appointments 8:00 Rail Trail Walk 8:30 Exercise Class 9:00 Chair Exercise, Shine 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 1 11:00 French 1:00 Chair Volleyball, Computer Class 4:00 Zumba w/ Grace*</p>	<p>5</p> <p>Manicures** 8:30 Breakfast Club 9:00 Bosu Balance 10:00 Trivia, Billiards 10:45 Exercise Class 11:00 State Rep. Ashe Visit 12:30 Bingo*, Canasta</p>	<p>6</p> <p>8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class*, Cribbage 1:00 Dominoes, Needlework 4:00 Line Dancing Class*</p>
<p>9</p> <p style="text-align: center;">Closed for</p>  <p style="text-align: center;">COLUMBUS DAY</p>	<p>10</p> <p>Pedicare** 8:30 Bosu Balance, Breakfast Club 9:00 Chess Instruction 9:30 Tai Chi, Level 3 10:30 Tai Chi, Level 2 12:30 Mah Jongg 12:45 Movie</p>	<p>11</p> <p>Stop & Shop Flu Clinic 8:00 Rail Trail Walk 8:30 Exercise Class 9:00 Chair Exercise, Shine 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 1 11:00 French 1:00 Chair Volleyball 4:00 Zumba w/ Grace*</p>	<p>12</p> <p>9:00 Bosu Balance 10:00 Trivia, Billiards 10:30 Ask a Librarian 10:45 Exercise Class 11:00 Cooking Class 12:30 Bingo*, Canasta, Bake Sale 2:00 Voices & Vision</p>	<p>13</p> <p>8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class*, Cribbage 11:00 Home Safety 1:00 Dominoes, Needlework, Compassion and Kindness Endeavor 2:00 Chair Yoga 4:00 Line Dancing Class*</p>
<p>16</p> <p>Cider & Donuts w/ Sen. Eric Lesser 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:45 Exercise Class 12:30 Pitch 12:45 Documentary 1:00 Poetry Class 4:15 Zumba Toning</p>	<p>17</p> <p>Legal Consultations and License Renewals** 8:30 Bosu Balance 9:00 Chess Instruction 9:30 Tai Chi, Level 3 10:30 Tai Chi, Level 2 12:30 Mah Jongg 12:45 Movie</p>	<p>18</p> <p>Hearing Screenings, Support Group 8:00 Rail Trail Walk 8:30 Exercise Class 9:00 Chair Exercise, Shine 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 1 11:00 French 1:00 Chair Volleyball, Computer Class 4:00 Zumba w/ Grace*</p>	<p>19</p> <p>Manicures** 8:30 Breakfast Club 9:00 Bosu Balance, 10:00 Trivia, Billiards 10:45 Exercise Class 12:30 \$5 Bingo*, Canasta</p>	<p>20</p> <p>8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class*, Cribbage 11:00 Personal Touch Home Care 1:00 Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing Class*</p>
<p>23</p> <p>Massage** 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:45 Exercise Class 12:30 Pitch 12:45 Documentary 4:15 Zumba Toning</p>	<p>24</p> <p>Equipment Tune-Up 8:30 Bosu Balance 9:00 Chess Instruction 9:30 Tai Chi, Level 3 10:00 Equipment Tune-Up 10:30 Tai Chi, Level 2 12:30 Mah Jongg 12:45 Movie</p>	<p>25</p> <p>8:00 Rail Trail Walk 8:30 Exercise Class 9:00 Chair Exercise, Shine 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 1 11:00 French 1:00 Chair Volleyball, Computer Class 4:00 Zumba w/ Grace*</p>	<p>26</p> <p>Harvest Dinner with Bingo 8:30 Breakfast Club 9:00 Bosu Balance 10:00 Trivia, Billiards 10:45 Exercise Class 11:00 State Rep. Brian Ashe 12:30 Canasta</p>	<p>27</p> <p>8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class*, Cribbage 11:00 Identity Theft Protection 1:00 Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing Class*</p>
<p>30</p> <p>8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:45 Exercise Class 12:30 Pitch 12:45 Documentary 4:15 Zumba Toning</p>	<p>31</p> <p>8:30 Bosu Balance 9:00 Chess Instruction 9:30 Tai Chi, Level 3 10:30 Tai Chi, Level 2; Book Club 12:30 Mah Jongg 12:45 Movie</p>			<p>* Indicates additional fee</p> <p>**By appointment</p>

MEMORIAL DONATIONS

Special thanks to The French Club for their donation in memory of Willard Rivers and for their donation in memory of Roger Maurice, and to the Morning Glory Walkers for their donation in memory of Pearl McCurry.

TRI -TOWN TROLLEY



The Tri-Town Trolley is available Mon. thru Fri. 9:00 A.M. – 3:00 P.M. for East Longmeadow, Longmeadow, and Hampden Seniors. Cost is \$1 each way for in-town transportation and \$2 each way for out-of-town transportation to Springfield.

Every Tuesday an additional van is run for shopping. Coverage is for grocery, banking, and other store shopping in East Longmeadow or to Allen & Cooley Street in Springfield. Cost is \$1 each way.

24 hours notification is required for booking any transportation. Please call 525-5412.

COA LIASONS

Police Department
Daniel Atwater
413-525-5440

Fire Department/Fire and Life Safety
Chris Beecher
413-525-5430

PLEASANT VIEW STAFF AND CONTACTS

Carolyn Brennan
Executive Director

Danell Tavella
Community Services
Ext. 1402

Lissa Fontaine, R.N.
Health Educator
Ext. 1407

Alicia Smith
Prog. and Volunteer
Coordinator
Ext. 1406

Meralee Kratovil
Office Manager
Ext. 1404

Terry Glusko
Transportation
Coordinator
Ext. 1410

Sharon Giordano
Bookkeeper
Ext. 1405

Margrit Daley
Kitchen Assistant,
Dishwasher

Grace Busto
Chef