

# 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



## JANUARY HIGHLIGHTS

### BREAKFAST CLUB

***\*New Day and Time\****

Please join us on **TUESDAY** mornings from 9:00-10:30 to enjoy delicious breakfast goodies. We have pancakes, sausage and more! Breakfast items are 50 cents per item. We hope you can stop in and join us for breakfast on Tuesdays.

### EQUIPMENT TUNE UP

It's back! On **Tuesday, January 2nd at 11:00** Home Helpers will be here along with Louis and Clark Medical Supply Company to help you with equipment alterations for your wheelchair, cane, walker and more! This is a free service that will take place quarterly. Sign up today by calling 525-5436!

*Happy New Year*

*We will be closed on Monday, January 1st and Monday, January 15th. Meals on Wheels will not be delivered on these days.*

## DECEMBER IN REVIEW



783 Volunteer Hours



1061 Meals Delivered



550 Lunches Served



72 Food Pantry Visits

## RESOURCES REPORT

### SENIOR CARE OPTIONS

**January 10th 11:00**

Please join us for a presentation on the Senior Care Options (SCO) program presented by Fallon Health. This program combines necessary health care along with social support to help you stay healthy and remain at home. Please sign up by calling 525-5436.

### GREATER SPRINGFIELD SENIOR SERVICES

**January 17th at 11:00**

Greater Springfield Senior Services will be coming to do a community educational program on accessing and paying for elder care services. Join us to find out how to make homecare more affordable. Please sign up by calling 525-5436.

## EXERCISE

### BOSU BALANCE CLASS

Tue 8:30 A.M.

Thur 9:00 A.M.

Card Needed

### EXERCISE CLASS

M/W/F 8:30 A.M.

Mon/Thur 10:45 A.M.

Card Needed

### TAI CHI HEALTH with Lissa

Level 1 Wed 10:00 A.M.

Level 2 Tue 10:30 A.M.

Level 3 Tue 9:30 A.M.

*Sponsored by CareOne at Redstone*

### TAI CHI with Shay

*At First Congregational Church*

Tue 9:00 A.M.



### CHAIR EXERCISE

Mon/Wed 9:00 A.M.

Fri 8:45 A.M.

No Charge

### CHAIR YOGA

Fri 2:00 P.M.

\$5

### ZUMBA GOLD & TONING

w/Kelly Phillips

Mon 4:15

\$5

### ZUMBA and ZUMBA GOLD

With Grace

Will resume in the Spring



## FITNESS CENTER

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

## PAYMENTS

An Exercise Class card may be purchased for Exercise and BOSU classes. There are two cards available: \$5 cards for 6 classes and \$15 cards for 18 classes. All payments will need to be made at the front office with Meralee. Cards will be stamped after attending a class.

## HEALTH AND WELLNESS (525-5436)

### BLOOD PRESSURE

by appointment. with

Lissa Fontaine, R.N.

Ext. 1407

### MASSAGE THERAPY

by appointment

Christina Conti, LMT

413-348-8370

Jan. 8th and 22nd

### MANICURES

by appointment

Cathy Rasid, LM

413-335-7422

Jan. 11th and 25th

### HEARING SCREENING

Free Screening by

Baystate Hearing Center

Call 525-5436 for Appt.

Jan. 17th

### FOOTCARE/PEDICARE

by appointment 525-5436

Cost is \$29, Home Visit \$50

Jan. 9th



### 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 January meeting will be held on the 17th.

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



### Hitch

Jan. 2

1 hr 58 mins

2005 PG-13



### Wild North: The Coast

Jan. 8

52 mins



### The Young Victorian

Jan. 9

1 hr 44 mins

2009 PG



### Our Souls at Night

Jan. 16

1 hr 43 mins

2017 TV-14



### Wild North: The Forest

Jan. 22

51 mins



### Princess Kaiulani

Jan. 23

1 hr 37 mins

2009 PG



### Wild North: The Mountains

Jan. 29

51 mins



### 42: The True Story of an American Legend

Jan. 30

2 hrs 8 mins 2013 PG-13

## RECREATION

### ART CLASS

Fridays 10:00 A.M. \$15

### ASK A LIBRARIAN

Jan. 11th 10:30 *if interested call the office to set a date*

### BEAN BAG BASEBALL

Fridays 9:30 A.M.

### BILLIARDS

8:00 A.M. – 4:00 P.M.

Free Instruction Thursdays 10:00

### BOCCE

Mon–Fri 8:00 A.M. to 4:00 P.M.

Spring thru Fall

Wednesdays 10:00 A.M.

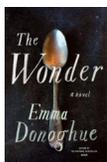
Group Play

### BOOK CLUB

#### The Wonder

By Emma Donoghue

Jan. 30th 10:30 A.M.



### CHAIR VOLLEYBALL

Wednesdays 1:00 P.M.

### CHESS INSTRUCTION

### COMPASSION AND KINDESS

Jan. 12th 1:00

### COMPUTER CLASS

Wednesdays 1:00 P.M.

### CREATIVE COLORING

Jan. 18th 2:00 P.M.

### FRENCH CLUB

Wednesdays 11:00 A.M.

### JEWELRY CLASS

Will resume in February

\$3/class + materials

### LINE DANCING

Fridays 4:00 P.M. \$3

### MORNING GLORY WALKERS

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

### NEEDLEWORK

Fridays 1:00 P.M.

### POETRY CLASS

Jan. 16th 1:00 P.M.

### VOICES AND VISIONS

Jan. 11th 2:00 P.M.

### CARDS AND GAMES

Canasta Thur 12:00 P.M.

Cribbage W/F 10:00 A.M.

Dominoes Fri 1:00 P.M.

Mah-jongg Tue 12:30 P.M.

Pitch Mon 12:30 P.M.

### FRIENDSHIP CLUB

\$5 Bingo Jan. 4th

Entertainment ~ Kate Stone

Jan. 11th

Bingo Jan. 18

\$5 Bingo Jan. 25



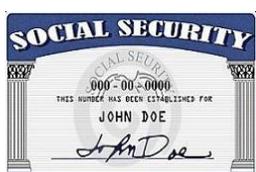
## SPECIAL NOTES



### BROWN BAG

**With Western New England University  
College of Pharmacy  
January 4th 1:00—3:00**

Do you have questions regarding your medications? Bring them here and have student and pharmacists from WNEU review them and answer your questions. Please sign up in advance by calling 525-5436.



### MAXIMIZING SOCIAL SECURITY (Time Is Money!!) January 17 at 6:00

When you choose to activate your Social Security benefits can have a dramatic impact on the amount that you will receive. Learn how Social Security rewards you for waiting to collect your benefits-- up to 24%...and how to keep your financial plans on track to for a worry-free retirement.

The Social Security Administration (SSA) cannot give advice, ask you about other assets, or evaluate the impact of your decision on the rest of your financial plan. Get the information you need to put together an income plan in retirement that will last as long as you do.

***Presented by John G. Dee and Cyndi Stewart  
President, Wealth Preservation Group, Inc.***



### MEET & GREET

**January 10th 1:00—2:00 Inward Commons Community Room  
January 31st 10:00—11:00 Village Green Community Room**

Join Danell Tavella, Director of Community Services and Alicia Smith, Program and Volunteer Coordinator for an informal meet and greet session. Come learn about new and ongoing offerings at your Senior Center. Please see future newsletters for a Meet & Greet near you or feel free to call or come visit us at the Senior Center.



### WINTER READINESS January 19th at 11:00

Rehab director, Kim Liimatainen, from CareOne at Redstone will be here to discuss ways for us to be safe and prepared during the winter months. Please sign up in advance by calling 525-5436.



### ESTATE PLANNING January 26th at 11:00

A representative from Citizens Bank will be here to discuss estate Planning. Please sign up in advance by calling 525-5436.

## ESSENTIAL SERVICES (525-5436)

<b>LEGAL CONSULATION</b>	<b>LICENSE RENEWALS</b>	<b>SHINE</b>	<b>VETERANS AGENT</b>
by appt. with Dave Carlson, Attorney Jan. 16th	First-time online renewals only (ages 55-74) Jan. 24th	<b>COUNSELOR</b> Medicare Assistance By Appt. with Jackie Wednesday's	John Comerford 413-267-4140 Office hours Tue and Thur 10:00 a.m. to 12:00 p.m.

## VOLUNTEER OPPORTUNITIES



We are in need of kitchen assistants. This includes prepping for Meals on Wheels, helping our chef prepare daily lunches, cleaning etc. If interested, please schedule an appointment with Alicia Smith at 525-5436 x 1406.

# NUTRITION PROGRAMS

## ***EXCITING NEWS for SNAP RECIPIENTS***

We are happy to announce that Crow River Farm will be partnering with the East Longmeadow Council on Aging to provide a summer farm share program. This program will be available for SNAP recipients and will allow you to utilize your HIP dollars on fresh New England seasonal vegetables. We will have an information session in the next few months regarding this exciting new program!



## **SNAP, HIP and MEDICAL EXPENSES**

***Friday, January 12th 11:00***

Representatives from the Department of Transitional Assistance will be providing an information session to help individuals receiving SNAP to better understand the Healthy Incentive Program (HIP). They will also explain how to increase your SNAP benefits by submitting eligible medical expenses. Call 525-5436 to sign up.

## **SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)**

***January 19th 9:00—12:00***

SNAP (Supplemental Nutrition Assistance Program) is for everyone who qualifies including seniors. It was designed to help you buy healthy food. Carol Duperre from Western Mass Food Bank will be here on January 19th from 9:00-12:00. Please call the office at 525-5436 to sign up for a 30 minute appointment. Space is limited!

# SILVER SNIPPET

**It's a new year-let's look at balancing your wellness wheel.**

There are seven dimensions of wellness: *physical, spiritual, intellectual, social, vocational, emotional, environmental* - all of which are important for whole person wellness. The dimensions overlap and coordinate to provide for a rich and full life. If one area is lacking, your "wheel" will be out of balance and life will not "roll" as smoothly.

January is a time when people make many resolutions. Let's resolve to use the Wellness Wheel model as a framework to become more engaged in our lives.

Physical dimension: this area promotes increased knowledge about healthy lifestyle habits including physical activity, personal safety, medical self-care and use of the medical system. Some elements that are within this dimension are fitness, nutrition, safety, weight management, functional abilities, health screenings, and healthy lifestyle habits.

The Pleasant View Senior Center offers many activities to enhance your physical dimension. We offer a variety of exercise classes to meet your needs. We serve a healthy meal once a day and we deliver Meals on Wheels to community members that are homebound. Stop by and see how you can improve the physical aspect of your wheel.



# 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

**HAMPDEN**  
HEARING CENTER

200 North Main Street • North Building • Suite 103  
East Longmeadow, MA 01028  
413-525-7979 [www.hampdenhearing.com](http://www.hampdenhearing.com)

**Wealth Preservation Group, Inc.**  
John G. Dee, *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



**Maureen Coughlan, Realtor**  
**COLDWELL BANKER**

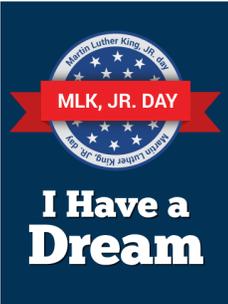
*"Home" work is what I do best!*  
CELL (413) 221-7075  
[Maureen.Coughlan@NEMoves.com](mailto:Maureen.Coughlan@NEMoves.com)



# ❄️ Meal Calendar January 2018 ❄️

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>CENTER CLOSED</b> 	<b>2</b> Teriyaki Chicken Asian Blend Vegetables Asian Noodles Pineapple	<b>3</b> BBQ Pork Riblets Roasted Potatoes Carrots Peaches	<b>4</b> Oven Baked Fish Rice Pilaf Creamed Spinach Oranges	<b>5</b> Deluxe Cheeseburger Beet Salad Mixed Fruit
<b>8</b> Macaroni in a Gorgonzola Cheese Sauce Hawaiian Sweet Sausage California Veg. Blend Pears	<b>9</b> Veal Parmesan over Egg Noodles Roasted Brussel Sprouts Sliced Apples	<b>10</b> Mediterranean Chicken with Olives & Tomatoes Mandarin Oranges 	<b>11</b> Meatloaf w/Gravy Mashed Potatoes Mixed Vegetables Pudding National Milk Day 	<b>12</b> Fish And Chips Coleslaw Corn Chowder Cake
<b>15</b> <b>CENTER CLOSED</b> 	<b>16</b> BBQ Chicken Meatballs Au Gratin Potatoes Fruited Jell-O	<b>17</b> Tuna Salad in a Roll 3 Bean Salad Pineapple	<b>18</b> Turkey Roast Green Bean Casserole Mashed Potato Peaches	<b>19</b> Beef and Broccoli Fried Rice Apple Sauce  National Popcorn Day
<b>22</b> Spaghetti and Meatballs Hawaiian Blend Vegetables Mixed Fruit	<b>23</b> Stir Fry Rice Noodles with Turkey Asian Blend Vegetables Pears	<b>24</b> Chicken Coq Au Vin Smashed Cauliflower Sliced Apples  National Peanut Butter Day	<b>25</b> Shepard's Pie Mixed Vegetables Mandarin Oranges 	<b>26</b> Baked Fish with Lemon Sauce Broccoli Brown Rice Apricots
<b>29</b> Meatloaf Sandwich 3 Bean Salad Mixed Vegetables Pineapple	<b>30</b> Beef and Barley Soup Caesar Salad Cake and Fruit	<b>31</b> Salmon Santorini Lemon Rice Artichokes and Spinach Fruited Jell-O		
				<b>Cost is \$2.50</b> <b>Lunch Begins at Noon</b> <b>**Please reserve lunch 24 hours in advance by calling 525-5436**</b>

# Activities Calendar January 2018

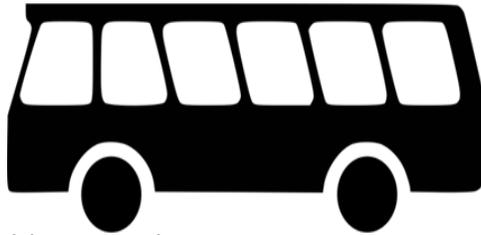
Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>CENTER CLOSED</b> 	<b>2</b> 8:30 Bosu Balance 9:00 Breakfast Club 9:30 Tai Chi, Level 3 10:30 Tai Chi, Level 2 11:00 <b>Equipment Tune Up</b> 12:30 Mah-jongg 12:45 Movie	<b>3</b> 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise, 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 1 11:00 French 1:00 Chair Volleyball, Computer Class	<b>4</b> 9:00 Bosu Balance 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 12:00 Canasta 12:30 \$5 Bingo 1:00 <b>Brown Bag with WNEU</b>	<b>5</b> 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 2:00 Yoga 4:00 Line Dancing Class
<b>8</b> <b>Massage Therapy*</b> 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise, MGW Meeting 10:45 Exercise Class 12:30 Pitch 12:45 Documentary 4:15 Zumba Toning	<b>9</b> <b>Pedicare*</b> 8:30 Bosu Balance 9:00 Breakfast Club 9:30 Tai Chi, Level 3 10:30 Tai Chi, Level 2 12:30 Mah-jongg 12:45 Movie	<b>10</b> <b>SHINE Appointments*, Meet and Greet Inward Commons</b> 8:30 Walkers 8:30 Exercise Class 9:00 Chair Exercise, 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 1 11:00 French, <b>Presentation on Senior Care Options</b> 1:00 Chair Volleyball, Computer Class	<b>11</b> <b>Manicures*</b> 9:00 Bosu Balance 10:00 Billiards Lesson, Trivia 10:30 Ask A Librarian 10:45 Exercise Class 12:00 Canasta 12:30 <b>Entertainment Kate Stone</b> 2:00 Voices and Visions	<b>12</b> 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class, Cribbage 11:00 <b>Presentation on Assistance Programs</b> 1:00 Compassion and Kindness, Dominoes, Needlework 2:00 Yoga 4:00 Line Dancing Class
<b>15</b> <b>CENTER CLOSED</b> 	<b>16</b> <b>Legal Consultations*</b> 8:30 Bosu Balance 9:00 Breakfast Club 9:30 Tai Chi, Level 3 10:30 Tai Chi, Level 2 12:30 Mah-jongg 12:45 Movie 1:00 Poetry Class	<b>17</b> <b>Hearing Screening*, SHINE Appointments*, Support Group</b> 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise, 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 1 11:00 French, <b>Presentation on Homecare</b> 1:00 Chair Volleyball, Computer Class 6:00 <b>Presentation on Social Security</b>	<b>18</b> 9:00 Bosu Balance 10:00 Billiards Lesson, Trivia 10:30 Ask a Librarian 10:45 Exercise Class 11:00 Eric Lesser Rep. 12:00 Canasta 12:30 Bingo 2:00 Creative Coloring	<b>19</b> <b>SNAP Appointments*</b> 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class, Cribbage 11:00 <b>Presentation on Winter Readiness</b> 1:00 Dominoes, Needlework 2:00 Yoga 4:00 Line Dancing Class
<b>22</b> <b>Massage Therapy*</b> 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	<b>23</b> 8:30 Bosu Balance 9:00 Breakfast Club 9:30 Tai Chi, Level 3 10:30 Tai Chi, Level 2 12:30 Mah-jongg 12:45 Movie	<b>24</b> <b>License Renewal*, SHINE Appointments*</b> 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise, 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 1 11:00 French 1:00 Chair Volleyball, Computer Class	<b>25</b> <b>Manicures*</b> 9:00 Bosu Balance 10:00 Billiards Lesson, Trivia, Friendship Club Board Meeting 10:45 Exercise Class 11:00 Brian Ash Rep. 12:00 Canasta 12:30 \$5 Bingo	<b>26</b> 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class, Cribbage 11:00 <b>Presentation on Estate Planning</b> 1:00 Dominoes, Needlework 2:00 Yoga 4:00 Line Dancing Class
<b>29</b> 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	<b>30</b> 8:30 Bosu Balance 9:00 Breakfast Club 9:30 Tai Chi, Level 3 10:30 Book Club, Tai Chi, Level 2 12:30 Mah-jongg 12:45 Movie	<b>31</b> <b>SHINE Appointments*, Meet and Greet Village Green</b> 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise, 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 1 11:00 French 1:00 Chair Volleyball, Computer Class	<b>*By Appointment</b>	

## THANK YOU UNICO

On December 1st UNICO served a delicious Italian Dinner to over 125 seniors at the Senior Center. Thank you to all of the members of UNICO as well as all of the volunteers that helped make this such a wonderful evening!



## 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.

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.

**\*\* As of October 26th all shopping Shuttle transportation is \$1 each way for in town transportation and \$2 each way for out-of-town transportation\*\***

24-48 hour notification is required for booking any transportation. **For medical appointments we recommend calling as soon as you schedule your appointment.** 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

**Alicia Smith**  
Program And Volunteer  
Coordinator  
Ext. 1406

**Terry Glusko**  
Transportation  
Coordinator  
Ext. 1410

**Grace Busto**  
Chef

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

**Sharon Giordano**  
Bookkeeper  
Ext. 1405

**Barbara Fenney**  
Dispatcher  
Ext. 1410

**Margit Daley**  
Kitchen Assistant,  
Dishwasher

**Danell Tavella**  
Community Services  
Ext. 1402

**Meralee Kratovil**  
Office Manager  
Ext. 1404

**Sandy Bell**  
Meal Site  
Coordinator

**MON - FRI: 8:00 a.m. – 4:00 p.m. | 413-525-5436**

