

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



MARCH HIGHLIGHTS

MARCH FOR MEALS

This month is March for Meals. Thousands of towns and cities across our nation will be raising awareness for the need for the Meals on Wheels Program. Keep a look out on our Facebook page, www.facebook.com/ELseniors/ to see highlights of our program throughout the month.

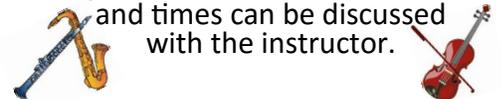


EASTER EGG HUNT

From March 26th - March 29th there will be Easter Eggs hidden throughout the Senior Center. Many of our local restaurants have generously donated gift cards to help make this a fun event. If you find an egg please bring it to the office to collect your prize! Only 1 prize per person.

MUSIC LESSONS

We are now offering music lessons! If you are interested in taking a music lesson please call the Senior Center at 525-5436 to set up an appointment. Lessons are \$7 per 30 minutes. Instruments and times can be discussed with the instructor.



FEBRUARY IN REVIEW



598 Volunteer Hours



1094 Meals Delivered



556 Lunches Served



60 Food Pantry Visits

RESOURCES REPORT

FARM SHARE SIGN UPS

Please remember to sign up for your Farm Share. These local, organic, fruits and vegetables are harvested by Crow River Farm of East Longmeadow. Choose a variety of payment options, including SNAP, HIP, check or a combination of payments. Choose weekly or bi-weekly pickups on Wednesday afternoons at the East Longmeadow Senior Center. The Program runs from July 11th through September 12th and lasts for 10 weeks. **The Deadline to reserve your Farm Share is March 9th.** Please contact Danell Tavella at 525-5436 for more information.

SENIOR CARE OPTIONS (SCO) PROGRAM

March 1st 10:30 - 12:00

SCO is a program for individuals who are 65 or older; have MassHealth Standard and Medicare, or MassHealth Standard alone. This program combines health-care services with social support services to help you maintain your health and stay in your home. Come learn about eligibility, how you get the care you need, what is covered, and the benefits of joining. Gather information from **FIVE different SCO plan providers** and learn the variances of each program. 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

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.

CHAIR YOGA

Fri 2:00 P.M.

\$5

ZUMBA GOLD &

TONING

w/Kelly Phillips

Mon 4:15 P.M.

\$5

ZUMBA

With Grace

Will resume in the Spring

Many insurance companies have fitness rebates. Some of the classes and use of the fitness center qualify for up to \$150 returned to you. Please check with your insurance company, then speak with Lissa Fontaine about appropriate documentation.

HEALTH AND WELLNESS (525-5436)

BLOOD PRESSURE

by appointment. with

Lissa Fontaine, R.N.

Ext. 1407

HEARING SCREENING

Free Screening by

Baystate Hearing Center

Call 525-5436 for Appt.

March 21st

FACIALS

by appointment 525-5436

Diane Neil, Reg. Esthetician

Cost is \$30

March 7th

MANICURES

by appointment 413-335-7422

Cathy Rasid, LM

March 8th and 22nd

FOOTCARE/PEDICARE

by appointment 525-5436

Cost is \$29, Home Visit \$50

March 13th

MASSAGE THERAPY

by appointment

Christina Conti, LMT

413-348-8370

March 12th and 26th

Alzheimer's/Dementia Caregiver Support Group

The support group meets monthly to provide emotional, educational and social support for caregivers who have a loved one living with dementia. Meeting is held at The Pleasant View Senior Center. Please call Lissa at 525-5436 ext. 1407 for more information.

The March meeting will be held on the 21st.

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



Planet Earth II:
Deserts
March 5th
49 mins



An Unfinished Life
March 6th
1 hr 47 mins
2005 PG-13



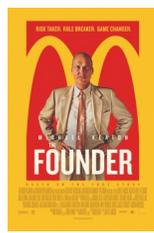
Planet Earth II:
Grasslands
March 12th
49 mins



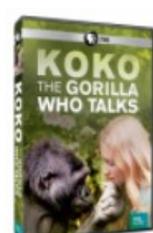
After the Ball
March 13th
1 hr 42 mins
2015 TV-PG



Planet Earth II:
Cities
March 19th
49 mins



Founder
March 20th
1 hr 55 mins
2016 PG-13



Koko: The Gorilla Who Talks
March 26th
55 mins
2016 TV-G



August Rush
March 27th
1 hr 53 mins
2007 PG

RECREATION

ART CLASS

Fridays 10:00 A.M. \$15

ASK A LIBRARIAN

Will resume in April

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.

Group Play Spring thru Fall

Wednesdays 10:00 A.M.

BOOK CLUB

Redemption Mountain

By Gerry FitzGerald

March 27th 10:30 A.M.



CHAIR VOLLEYBALL

Wednesdays 1:00 P.M.

CHESS INSTRUCTION

if interested call office to set a date

COMPASSION AND KINDESSS

March. 9th 1:00 P.M.

COMPUTER CLASS

Wednesdays 1:00 P.M.

FRENCH CLUB

Wednesdays 11:00 A.M.

GIN RUMMY

Wednesdays 1:00 P.M.

JEWELRY CLASS

March 5th \$3/class + materials

KNITTING CLASS

Thursdays 1:00 \$5

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 READING

March 20th 1:00 P.M.

STRESS FREE COLORING

Tuesdays 9:00 A.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 March 1st

Bingo March 8th

St. Patrick's Party ~ Entertainer

Kate Stone desert sponsored by

Homewatch Caregivers March 15th

Bingo & Lemon Pie Sale

Sponsored by Home Helpers

March 22nd

Bingo March 29th

SPECIAL NOTES



LOUIS and CLARK
March 1st and 15th 10:30—12:00
March 9th 11:00

Louis and Clark will have representatives here on March 1st and 15th from 10:30—12:00. They will also be here on March 9th at 11:00 to educate us on medical supplies through playing Bingo. There will also be a chance to win prizes!



HEALTH PLAN OPTIONS FOR SENIORS

March 14th at 11:00

Peta Shephard of Blue Cross Blue Shield will be giving a presentation on health plan options for seniors. Come learn the difference between Medigap and Medicare Advantage plans, and know when you can switch plans. We will also learn how Medicare Part D plans work. Please sign up for this presentation by calling 525-5436.



PLANNING FOR MEDICARE **March 6th at 5:30 PM**

Peta Shepherd from Blue Cross Blue Shield will be here to give a presentation on planning for Medicare. Please call 525-5436 to sign up for this presentation.

New Date and Time
MEET AND GREET
INWARD COMMONS
Wednesday, March 7th 1:00
 Join us in the Community Room to learn about new and ongoing offerings at your Senior Center!



ESTATE PLANNING **March 23rd at 11:00**

A representative from Citizens Bank will be here to discuss estate planning. Please call 525-5436 to sign up for this presentation.



GREATER SPRINGFIELD SENIOR SERVICES

March 7th 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.



DINNER AT THE VIEW

Featuring Fazio's Ristorante
Wednesday, March 28th at 5:00

We are excited to offer monthly dinners at The Pleasant View Senior Center. Each month we will feature a local restaurant or Sponsor. We hope you can join us for a delicious, affordable dinner in a comfortable environment. **Reservations are required**, \$5 per person. Seating is limited, tickets for March's dinner hosted by Fazio's may be purchased in the office at the Senior Center from March 1st - March 23rd.

ESSENTIAL SERVICES (525-5436)

<p>LEGAL CONSULATION</p> <p>by appt. with Dave Carlson, Attorney March 20th</p>	<p>LICENSE RENEWALS</p> <p>First-time online renewals only (ages 55-74) Will resume in April</p>	<p>SHINE</p> <p>COUNSELOR</p> <p>Medicare Assistance By Appt. with Jackie Wednesdays</p>	<p>VETERANS AGENT</p> <p>John Comerford 413-267-4140 Office hours Tue and Thur 10:00 a.m. to 12:00 p.m.</p>
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VOLUNTEER OPPORTUNITIES

The East Longmeadow Public Library, in conjunction with the East Longmeadow Senior Center, has a home-bound delivery program for East Longmeadow residents who are unable to visit the library. Volunteer drivers, who have had background checks performed will bring books and movies to participants at their home and pick them up a couple of weeks later. We can get specific titles for you when we are able or find books and movies based on subjects or genres that you are interested in. If you or someone that you know would like to be a part of this program or would like to be a volunteer driver please contact Joanne Nichting at the library at 413-525-5400 ext. 1503 for more details.

MILITARY VETERANS MEMORIAL

The East Longmeadow Veterans Memorial Committee is dedicated and passionately committed to constructing a Veterans Memorial in the Town of East Longmeadow. The Pleasant View Senior Center (Council on Aging) is the future site and home of the East Longmeadow Veterans Memorial. This Veterans Memorial will be dedicated to honor and memorialize East Longmeadow military veterans and all members of the United States military forces who answered the "call to arms" and to recognize their sense of duty and courage. Furthermore, to honor past, current and future generations of Army, Marines, Navy, Air force and Coast Guard military members who have and will continue to protect and preserve our way of life and values.



THANK YOU

A special thank you to the East Longmeadow Women's Book Club for their donation in memory of Joanne Lyons, to Sandra Bell for her donation in memory of Earle Forbes and to The Marchant Family Charitable Fund for their donation in memory of Leon Osborne.



SCAM ALERT

Millions of Americans fall prey to scams each year. Below are a few recent scams to be aware of.

Beware the (Fake) IRS

IRS Impersonating phone calls claiming to be from IRS employees. The IRS never initiates contact with you via phone or email. The IRS can not threaten to have you arrested or deported for not paying taxes. If someone calls claiming to be from the IRS hang up the phone.

You won't pay for your new Medicare card

You may have heard that beginning this spring Medicare will be sending out new cards to all beneficiaries. The new card removes the current Social Security based identifying number and replaces it with a random number/letter sequence. The new Medicare cards are **FREE** and everyone with Medicare will be mailed a card between April 2018—April 2019. Medicare will not contact you to arrange for payment, this is a **FREE** card. Your new card will be mailed to the address Social Security has on file for you.

Recognize how scammers make you pay

Whether it's a phone call from someone impersonating a grandchild in trouble or a plea for a donation from a fake charity on a recent disaster, one of the quickest ways to spot a scam is by recognizing how you are asked to send money. The Federal Trade Commission warns consumers that if someone says you can only pay by wiring money, putting money on a gift card or loading money onto a cash reload card: It is a scam. Hang up the phone or throw away the flyer!

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

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

Meal Calendar March 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Cost is \$2.50</p> <p>Lunch Begins at Noon</p> <p>**Please reserve lunch 24 hours in advance by calling 525-5436**</p>			<p>1</p> <p>Fish Francoise Brown Rice Mixed Vegetables Peaches and Cake</p>	<p>2</p> <p>Egg Salad on a Roll Corn Chowder Carrots Mandarin Oranges</p>
<p>5</p> <p>Beef Goulash Egg Noodles Peas Fruit Bar</p> <p><i>National Cheese Doodle Day</i></p> 	<p>6</p> <p>Spaghetti and Meatballs Brussel Sprouts Vanilla Pudding</p>	<p>7</p> <p>Veal Forestier with Linguine Riviera Blend Vegetables Pineapple</p> <p><i>National Cereal Day</i></p> 	<p>8</p> <p>Baked Chicken Smashed Cauliflower Sweet Potato Mixed Fruit & Cake</p>	<p>9</p> <p>Oven Baked Fish Lemon Rice Spinach Fruited Jell-O</p>
<p>12</p> <p>BBQ Grilled Chicken Breast Sandwich 3 Bean Salad Apple Sauce</p>	<p>13</p> <p>Meat Lasagna California Blend Vegetables Peaches</p>	<p>14</p> <p>Chicken Pot Pie with Potatoes, Celery, Carrots and Peas Mandarin Oranges</p>	<p>15</p> <p>Corned Beef and Cabbage Boiled Potato And Carrots Bread Pudding</p> 	<p>16</p> <p>Vegetarian Chili Corn Bread Sliced Apples</p>
<p>19</p> <p>Stuffed Peppers with Quinoa, Pork and Black Olives Chocolate Pudding</p>	<p>20</p> <p>Cheese Ravioli Casserole in Meat Sauce Italian Vegetables Mixed Fruit</p> <p><i>National Ravioli Day</i></p> 	<p>21</p> <p>Meatloaf Sandwich Zesty Fries Beet Salad Fruited Jell-O</p>	<p>22</p> <p>Chicken and Broccoli Fried Rice Cinnamon Apples</p> <p>Lemon Pie Sale</p> 	<p>23</p> <p>Fish and Chips Coleslaw Pineapple</p>
<p>26</p> <p>Cheese Tortellini and Grilled Chicken in Tomato Cream Sauce Mixed Vegetables Peaches</p>	<p>27</p> <p>Beef Patty Marsala Mashed Potatoes Peas and Carrots Mandarin Oranges</p>	<p>28</p> <p>Chicken Parmesan Ziti Carrots and Green Beans Fruit and Cake</p>	<p>29</p> <p>Baked Fish Sweet Potato Corn Apple Sauce</p>	<p>30</p> <p>CENTER CLOSED</p> 

Activities Calendar March 2018

Monday	Tuesday	Wednesday	Thursday	Friday
*By Appointment			1 9:00 Bosu Balance 10:00 Billiards Lesson, Trivia 10:30 Louis & Clark, SCO Representatives 10:45 Exercise Class 12:00 Canasta 12:30 \$5 Bingo 1:00 Knitting Class	2 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 Chair Yoga 4:00 Line Dancing Class
5 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	6 8:30 Bosu Balance 9:00 Breakfast Club, Stress Free Coloring 9:30 Tai Chi, Level 3 10:30 Tai Chi, Level 2 12:30 Mah-jongg 12:45 Movie 5:30 Planning for Medicare Presentation	7 Facials*, SHINE* 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise, 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 1 11:00 Elder Care Services Presentation, French 1:00 Chair Volleyball, Computer Class, Gin Rummy, Meet and Greet Inward Common	8 Manicures* 9:00 Bosu Balance 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 12:00 Canasta 12:30 Bingo 1:00 Knitting Class	9 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class, Cribbage 11:00 Louis & Clark 1:00 Compassion and Kindness, Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing Class *Farm Share Deadline
12 Massage Therapy* 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	13 Pedicare* 8:30 Bosu Balance 9:00 Breakfast Club, Stress Free Coloring 9:30 Tai Chi, Level 3 10:30 Tai Chi, Level 2 12:30 Mah-jongg 12:45 Movie	14 SHINE * 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise, 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 1 11:00 French, Health Plan Options Presentation 1:00 Chair Volleyball, Computer Class, Gin Rummy	15 9:00 Bosu Balance 10:00 Billiards Lesson, Trivia 10:30 Louis & Clark 10:45 Exercise Class 11:00 Eric Lesser Rep. 12:00 St. Patrick's Party with Entertainer Kate Stone 12:30 Bingo 1:00 Knitting Class	16 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 Chair Yoga 4:00 Line Dancing Class
19 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	20 Legal Consultations* 8:30 Bosu Balance 9:00 Breakfast Club, Stress Free Coloring 9:30 Tai Chi, Level 3 10:30 Tai Chi, Level 2 12:30 Mah-jongg 12:45 Movie 1:00 Poetry Reading	21 Hearing Screening*, SHINE *, Support Group 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise, 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 1, French 1:00 Chair Volleyball, Computer Class, Gin Rummy	22 Manicures* 9:00 Bosu Balance 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 11:00 Brian Ashe Rep. 12:00 Canasta 12:30 Bingo and Lemon Pie Sale 1:00 Knitting Class	23 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class, Cribbage 11:00 Estate Planning Presentation 1:00 Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing Class
26 Massage Therapy* 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	27 8:30 Bosu Balance 9:00 Breakfast Club, Stress Free Coloring 9:30 Tai Chi, Level 3 10:30 Book Club, Tai Chi, Level 2 12:30 Mah-jongg 12:45 Movie	28 SHINE* 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, Gin Rummy 5:00 Dinner at the View	29 9:00 Bosu Balance 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 11:00 Brian Ashe Rep. 12:00 Canasta 12:30 Bingo 1:00 Knitting Class	30 CENTER CLOSED 

SILVER SNIPPET

We are continuing on our wellness wheel and its seven dimensions.

The focus for March is the *Intellectual dimension which encourages individuals to expand their knowledge and skill base through a variety of resources and cultural activities. Engaging in imaginative pursuits and stimulating activities is a proven approach to keeping minds alert and active. This dimension involves creative thinking and life-long learning which keeps your mind working while exploring new ideas.*

The Pleasant View Senior Center has choices to continue with your learning and creative thinking. There is art class, billiards, book club, chess instruction, computer class, French club, knitting class, poetry reading, as well as gin rummy, canasta, cribbage, dominoes, mah-jongg and pitch. Does this list look similar to last month's list of activities? That is because the dimension's benefits often overlap so while you are involved in a creative or intellectual pursuit you could also be developing some new relationships in your social realm.

Time to get busy and visit us here on North Main Street.

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**

48-72 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

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Coordinator*
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Terry Glusko
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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