

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



APRIL HIGHLIGHTS

SPRING CLEAN UP

April 2nd—April 6th

Please stop by the office during the first week of April to make sure the information we have on file for you (i.e. your emergency contacts) is up to date. Those who check in with us will be entered to win a raffle!



Thank you to the restaurants in East Longmeadow who donated gift cards for our Easter Egg Hunt! Panera Bread, Center Square Grill, Coughlin's Place and Koffee Tyme.

Stop by the center to see the great trips that we offer! Included is a trip to Amish Country in Lancaster, PA a visit to the Aqua Turf Club to see Bobby Rydell, a guided driving tour in Kennebunkport, ME and more!

BREAKFAST CLUB

New Time

Please join us on **TUESDAY** mornings from **8:00-9:30** 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!



MARCH IN REVIEW



824 Volunteer Hours



1108 Meals Delivered



584 Lunches Served



60 Food Pantry Visits

RESOURCES REPORT

DO YOU KNOW YOUR NEIGHBOR???

If you are concerned about the **Health and Welfare** of a neighbor, PLEASE contact us to make us aware. Anonymous calls are welcome and ALL will be addressed.

Danell Tavella, Director of Community Services, COA 413-525-5436 X1402
Officer Dan Atwater, ELPD 413-525-5440
OR, Elder Abuse Hotline 1-800-922-2275 (7days/wk , 24/hrs a day)

HOSPICE 101 DISPELLING the MYTHS OF HOSPICE CARE

Wednesday, April 18th 11:15

Please join us for a presentation hosted by Hospice Life Care to find out more about Hospice and what services they provide. Dispel some common myths of Hospice care, find out who is eligible and have any questions answered you may have about Hospice services answered.

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM

Friday, April 20th 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 April 20th. **Please call the office at 525-5436 to sign up for a 30 minute appointment.** Space is limited!

EXERCISE

BOSU CLASS

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



CHAIR YOGA

Fri 2:00 P.M.
\$5
(no class 4/20 or 4/27)

EXERCISE CLASS

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



ZUMBA GOLD & TONING

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

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.

****Beginning Wednesday, April 11th Tai Chi level 1 will start learning a new Tai Chi series. If you want to learn Tai Chi this is your chance, it's a good time to come and join us. Please let Lissa know to expect you. ****

ZUMBA with Grace

Will resume in May
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.

HEALTH AND WELLNESS (525-5436)

BLOOD PRESSURE

by appointment. with
Lissa Fontaine, R.N.
Ext. 1407

FACIALS

by appointment 525-5436
Diane Neil, Reg. Esthetician
Cost is \$30
April 4th

FOOTCARE/PEDICARE

by appointment 525-5436
Cost is \$29, Home Visit \$50
April 10th

HEARING SCREENING

Free Screening by
Baystate Hearing Center
Call 525-5436 for Appt.
April 18th

MANICURES

by appointment 413-335-7422
Cathy Rasid, LM
April 5th and 19th

MASSAGE THERAPY

by appointment
Christina Conti, LMT
413-348-8370
April 9th and 23rd

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 April meeting will be held on the 18th.

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

**No
Documentary**

April 2nd



**While You Were
Sleeping**
April 3rd
1 hr 43 mins
1995 PG



**Fairground
Attractions:
Episode 1**
April 9th
40mins



The Great Gilly Hopkins
April 10th
1 hr 37 mins
2016 PG

**No
Documentary**

Center Closed
April 16th



People Like Us
April 17th
1 hr 55 mins
2012 PG-13



**Fairground
Attractions:
Episode 2**
April 23rd
41 mins



America's Sweethearts
April 24th
1 hr 43 mins
2001



**Fairground
Attractions:
Episode 3**
April 30th
41mins

RECREATION

ART CLASS

Fridays 10:00 A.M. \$15

ASK A LIBRARIAN

April 12th 10:30 A.M.

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

Cooking for Picasso

By Camille Aubray

April 24th 10:30 A.M.



BREAKFAST CLUB

Tuesdays 8:00 A.M.—9:30 A.M.

CHAIR VOLLEYBALL

Wednesdays 1:00 P.M. if interested call office to set a date

CHESS INSTRUCTION

if interested call office to set a date

COMPASSION AND KINDESS

April 13th 1:00 P.M.

COMPUTER CLASS

Wednesdays 1:00 P.M.

FRENCH CLUB

Wednesdays 11:00 A.M.

JEWELRY CLASS

April 2nd 9:30 A.M.

\$3/class + materials

KNITTING CLASS

Thursdays 1:00 \$5

Materials Required

LINE DANCING

Fridays 4:00 P.M. \$3

MORNING GLORY WALKERS

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

MUSIC LESSONS

if interested call office to set a date
\$7 per 30 minute lesson

NEEDLEWORK

Fridays 1:00 P.M.

POETRY READING

April 17th 1:00 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

April 5th \$5 Bingo

April 12th Bingo

April 19th **Entertainment by**

Willie Nininger

April 26th **Entertainment by EL**

High School Chorus

SPECIAL NOTES



EQUIPMENT TUNE UP

Tuesday, April 3rd 10:00—11:00
Home Helpers along with Louis & Clark will be here to help you with any minor repairs needed on equipment included, but not limited to, wheelchairs, canes and walkers.



EMPOWERING WOMEN FOR A SUCCESSFUL RETIREMENT

Wednesday, April 11th 6:30 p.m.

Women face unique challenges when planning for retirement —longer expected lifetimes, financial impacts from divorce or the death of a spouse, and legacy planning issues. Join us for a discussion about what you need to know to address these issues and more — by women, for women!

Presented by Mary Dee,
Cyndi Steward and Elder Law
Attorney Abbe McLane



FREE PAPER SHREDDING EVENTS

Upcoming free shred events.

Saturday, April 7th 9:00—12:00 at Longmeadow High School.

The event is open to all area residents and small businesses. 2 blue bin limit. If you have any questions call the Longmeadow DPW at 567-3400.

Saturday, April 28th 9:00—12:00 at East Longmeadow High School.



BINGO & DESERT

Tuesday, April 10th 1:00

Join us as CareOne at Redstone brings us Bingo and Desert!

Travel



FRIENDSHIP TOURS

Wednesday, April 11th 11:00

Brett Isaacson, President of Friendship Tours, will be here to tell you about the great trips we have coming up!



ASK A LIBRARIAN

**Thursday, April 12th
10:30—11:30**

A representative from the EL Library will be here to answer any questions you may have for them.



GOLF INSTRUCTION

Bob Lake, PGA Pro will offer a series of golf lessons for seniors at Fenway Golf in East Longmeadow.

Lessons are Wednesdays from 11:00 -12:00. The cost is \$89 per six week session.

Session I May 2- June 6

Session II July 11-August 15

Session III September 5-October 5

Please call Bob directly at
413-330-1578



COOKING CLASS with BELLA FOODIE

Wednesday, April 11th 3:00

At the Pleasant View Senior Center

Come practice some tips for meal prepping with fresh vegetables. Cost is \$15. Includes a copy of the recipe as well as the food you make in class. Please call 525-5436 to sign up for the cooking class.



COMPASSION AND KINDNESS

April 13th 1:00

Calling all sewers, knitters and crocheters your talents are needed to give back to our word-wide community. We meet monthly to plan, sew, knit, or crochet. Our projects go to local organizations. We are always looking for more people to help out!



DINNER AT THE VIEW

**Featuring EAST VILLAGE PLACE
Wednesday, April 25th at 5:00**

We are excited to offer monthly dinners at The Pleasant View Senior Center. 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 April's dinner **hosted by East Village Place** may be purchased in the office at the Senior Center beginning April 2nd.

ESSENTIAL SERVICES (525-5436)

LEGAL CONSULTATION

by appt. with
Dave Carlson, Attorney
April 10th

LICENSE RENEWALS

First-time online
renewals only
(ages 55-74)
Will resume in May

SHINE

COUNSELOR

Medicare Assistance
By Appt. with Jackie
Wednesdays

VETERANS AGENT

John Comerford
413-267-4140
Office hours
Tue and Thur
10:00 a.m. to 12:00 p.m.

RESOURCES REPORT

**You're getting a new Medicare card! Cards will be mailed between
April 2018 – April 2019**

Between April 2018 and April 2019, Social Security numbers will be removed from Medicare cards and each person will be mailed a new card. You'll get a new Medicare Number that's unique to you, and it will only be used for your Medicare coverage. The new card won't change your coverage or benefits.

- Make sure your mailing address is up to date. If your address needs to be corrected, contact Social Security at ssa.gov/myaccount or 1-800- 772-1213. TTY users can call 1-800- 325-0778.
- Beware of anyone who contacts you about your new Medicare card. We'll never ask you to give us personal or private information to get your new Medicare Number and card.
- Understand that mailing everyone a new card will take some time. Your card might arrive at a different time than your friend's or neighbor's.

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.

Changes to the Healthy Incentives Program (HIP)

The DTA (Department of Transitional Assistance) has announced that HIP (Healthy Incentives Program) will be suspended, effective April 15, 2018. As of that date, SNAP clients will stop receiving a HIP incentive when they make a qualified SNAP purchase. **SNAP clients can continue to use their EBT cards to purchase eligible foods at any SNAP retailer location, including SNAP authorized farmers' markets, farm stands, mobile markets and Community Supported Agriculture (CSA) programs;** however, the matching HIP incentive will not be available during the program suspension. The DTA will be notifying SNAP participants of this change. We are hopeful that the Governor's 2019 budget recommendation will be accepted and additional funding will allow the program to resume, begin in July 2018. Please feel free to contact the Project Bread Food Source Hotline at 1-800-645-8333 with any additional questions.

Do you or a loved one need Incontinence Supplies?

If you are in need of incontinence supplies, please contact Danell Tavella at 525-5436 x1402 and leave your name and number. We get occasional donations and would be happy to contact you so you can pick up these necessary, costly items.

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Michael Robie, Real Estate Broker 413-575-7236

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

 **FARMINGTON BANK**
Visit our East Longmeadow branch at 61 North Main St.
Toll-Free 877-376-BANK | farmingtonbankct.com Member FDIC. Equal Housing Lender

 **HAMPDEN**
HEARING CENTER
200 North Main Street • North Building • Suite 103
East Longmeadow, MA 01028
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John G. Dee, President
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**DTA Opens New Senior Assistance Office
(SAO) 1-833-712-8027**
If you have questions about changes, denials or being terminated from SNAP, the DTA has opened a new SENIOR ASSISTANCE OFFICE, to be answered by LIVE workers.

Meal Calendar April 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2 Sweet Italian Sausage Rigatoni with Garlicky Broccoli Peaches	3 Sweet and Sour Chicken Meatballs Couscous Mixed Vegetables Mixed Fruit	4 Salisbury Steak Egg Noodles Peas and Mushrooms Mandarin Oranges	5 BBQ Chicken Roasted Potatoes Steamed Carrots Chocolate Pudding	6 Fish and Cheese Sandwich Coleslaw Fries Sliced Applies
9 New Orleans Chicken Rice Asian Vegetable Blend	10 Crustless Quiche with Broccoli, Cheese, Bacon and Corn Desert Provided by Redstone	11 Beef Bolognese Elbow Macaroni Key West Vegetable Blend Peaches	12 Fish Francoise Quinoa Green Beans Apple Sauce Cups	13 Soup and Salad Pasta Faggioli Caesar Salad Garlic Bread Pears
16 CENTER CLOSED 	17 Eggplant Parmesan with Meat Sauce Ziti Pineapple	18 Chicken Caprese with Tomato, Mozzarella and Balsamic Reduction Sauce Mixed vegetables Jell-O	19 Deluxe Bacon Cheese Burger Fries 3- Bean Salad Cake and Fruit	20 Baked Pollock with Tartar Sauce Rice Pilaf Brussel Sprouts Vanilla Pudding
23 Steak and Cheese Sandwich Fries 3-Bean Salad Cake and Fruit	24 Lemon Alfredo Tortellini with Shrimp Linguine Spinach Fruit Cocktail	25 Chicken Afritada with Peas, Carrots, Red Bell Peppers, Tomato and Potato Brown Rice Apple	26 Sweet Honey BBQ Ribs Mashed Potato California Blend Vegetables Peaches	27 Teriyaki Meatballs Sweet Potato Corn Pineapple
30 Coriander Rubbed Chicken with Salsa Verde Quinoa Green Beans Fruited Jell-O			Cost is \$2.50 Lunch Begins at Noon **Please reserve lunch 24 hours in advance by calling 525-5436**	

Activities Calendar April 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 9:30 Jewelry Class 10:45 Exercise Class 12:30 Pitch 4:15 Zumba Toning	3 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi, Level 3 10:00 Equipment Tune Up 10:30 Tai Chi, Level 2 12:30 Mah-jongg 12:45 Movie	4 Facials*, 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	5 Manicures* 9:00 Bosu Class 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 12:00 Canasta 12:30 \$5 Bingo 1:00 Knitting Class	6 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
9 Massage Therapy* 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:00 MGW Meeting 10:45 Exercise Class 12:30 Pitch 12:45 Documentary 4:15 Zumba Toning	10 Legal Consultations*, Pedicare* 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi, Level 3 10:30 Tai Chi, Level 2 12:30 Mah-jongg 12:45 Movie 1:00 Bingo and Desert	11 SHINE* 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise, 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 1 11:00 French, Friendship Tours Presentation 1:00 Chair Volleyball, Computer Class 3:00 Cooking Class with Bella Foodie	12 9:00 Bosu Class 10:00 Billiards Lesson, Trivia 10:30 Ask A Librarian 10:45 Exercise Class 12:00 Canasta 12:30 Bingo 1:00 Knitting Class	13 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class, Cribbage 1:00 Compassion and Kindness, Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing Class
16 CENTER CLOSED 	17 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi, Level 3 10:30 Tai Chi, Level 2 12:30 Mah-jongg 12:45 Movie 1:00 Poetry Reading	18 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 11:00 French 11:15 Hospice 101 Presentation 1:00 Chair Volleyball, Computer Class	19 Manicures* 9:00 Bosu Class 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 11:00 Eric Lesser Rep. 12:30 Entertainment by Willie Nininger 1:00 Knitting Class	20 SNAP Appointments*, 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
23 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	24 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi, Level 3 10:30 Book Club, Tai Chi Level 2 12:30 Mah-jongg 12:45 Movie	25 SHINE 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	26 9:00 Bosu Class 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 11:00 Brian Ashe Rep. 12:00 Canasta 12:30 Entertainment by the EL High School Chorus 1:00 Knitting Class	27 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
30 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				*By Appointment

SILVER SNIPPET

Dementia Friendly Massachusetts

The East Longmeadow Council on Aging along with our police and fire liaisons are launching the process for East Longmeadow to become a ***Dementia Friendly Community***. The Commonwealth is encouraging all communities to strive towards this goal. We will partner with town departments and area business to work towards this designation.

Why-Because everyone has a story of a loved one, friend, or neighbor living with, or who has lived with dementia. Our first step is to develop a coalition of community leaders to help plan and implement the goals of a Dementia Friendly Community. These goals include education, training, and resources for people living with dementia, their caregivers as well as community members who may encounter someone living with dementia.

Look for information and updates in the local media and our newsletter as to what's next with Dementia Friendly East Longmeadow.

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 LIAISONS

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