

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



SEPTEMBER HIGHLIGHTS

Due to an increase in meal and preparation costs and a reduction in grant funding meal prices will increase to \$3.00 effective September 3rd.



VETERANS PICNIC IN THE PARK *Sunday, October 7th 11:00—5:00* *at Heritage Park*

Join us as we celebrate military families on the baseball field at Heritage Park. There will be free food, raffle prizes, a rock climbing wall, a bounce house, vendors with specific programs to help veterans and their families and more!



VETERANS PICNIC



WALK TO END ALZHEIMER'S *Sunday, September 16th* *at Holyoke Community College*

Join us for this great event to raise awareness for the millions suffering from Alzheimer's Disease. Registration begins at 8:30, ceremony is at 9:00 and the walk begins at 10:00. If you would like to drive with the center, there will be a car pool leaving from the center at 8:00. Please call 525-5436 if you would like to join us.

AUGUST IN REVIEW



1,074 Volunteer Hours



1095 Meals Delivered



639 Lunches Served



77 Food Pantry Visits

RESOURCES REPORT



MEDICAL EQUIPMENT LOANING CLOSET

The Senior Center has a medical equipment loaning closet full of walkers, wheelchairs, commodes, canes and more. If you are in need of medical equipment, please drop by or call and see what is available.

Presently, we also have a large supply of FREE adult incontinent wearables on hand. If you or a family member is in need of incontinent supplies please contact the office to learn more.



EAST LONGMEADOW FOOD PANTRY

ANY East Longmeadow resident that expresses need can register by appointment with Danell Tavella by calling 525-5436 X1402. You will need to supply proof of residency and fill out a simple pantry intake form. The hours for the food pantry are from 9:00AM – 3:00PM, Monday-Friday. For individuals using the food pantry, please bring your own bags. Please remember that two visits each month is the limit for using the EMERGENCY FOOD PANTRY.

OPEN PANTRY

This month we are looking for:

Canned Mixed Fruit, Canned Soup, Canned Meals, Jelly, Mayonnaise

Thank you everyone for your continued support and generous donations!



EXERCISE

BOSU CLASS with Lissa

Tue 8:30 A.M. ***Please check with Lissa before your first class*

* **New Time** Thur 8:30 A.M.

Card Needed

EXERCISE CLASS with Lissa

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

Mon/Thur 10:45 A.M.

Card Needed

TAI CHI HEALTH with Lissa

Tue 9:30 A.M. ***Please check with Lissa before your first class*

Tue 10:30 A.M.

Wed 10:00 A.M.

Sponsored by CareOne at Redstone

NEW TAI CHI for beginners

Thur 9:30 **starting Sept. 13th**

Please call Lissa to sign up x1407

Sponsored by CareOne at Redstone



TAI CHI with Shay

*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

with Marianne

Fri 2:00 P.M.

\$5 /Class

No Class September 7th & 14th

ZUMBA GOLD & TONING

with Kelly Phillips

Mon 4:15 P.M.

\$5/Class

FITNESS CENTER

The Fitness Center includes state-of-the-art cardio machines and weight stations. A medical clearance form is required and orientation is necessary before use. Please schedule an appointment with our nurse Lissa.

Fitness cards are 20 visits for \$10, \$15 for out-of-town residents. *Age 90+ no charge*

CLASS PAYMENTS

An Exercise Class card may be purchased for Lissa's 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. Cards will be stamped after attending a class.

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.
September 19th

FACIALS

by appointment 525-5436
Diane Neil, Reg. Esthetician
Cost is \$30
September 5th

MANICURES

by appointment 413-335-7422
Cathy Rasid, LM
September 13th and 27th

FOOTCARE/PEDICARE

by appointment 525-5436
Cost is \$29, Home Visit \$50
September 11th

MASSAGE THERAPY

by appointment
Christina Conti, LMT
413-348-8370
September 10th and 24th

Alzheimer's/Dementia Caregiver Support Group

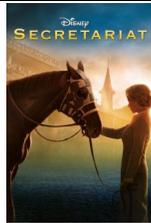
The support group meets monthly to provide emotional, educational and social support for caregivers who have a loved one living with dementia. The meeting is held at The Pleasant View Senior Center. Please call Lissa at 525-5436 ext. 1407 for more information.

The September meeting will be held on the 26th.

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

**Documentary
Cancelled
Center Closed
for
Labor Day**

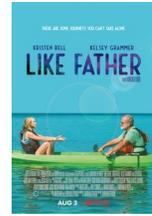
September 3rd



Secretariat
September 4th
2 hr 3mins
2010 PG



**Weird Wonders
of the World:
Season 2 Episode 4**
September 10th 50 mins



Like Father
September 11th
1 hr 43mins
2018 TV-MA



**Weird Wonders
of the Worlds:
Season 2 Episode 5**
September 17th 50 mins



The Princess Diaries
September 18th
1 hr 55 mins
2001 G



**Weird Wonders
of the Worlds:
Season 2 Episode 6**
September 24th 50 mins



**The Guernsey Literary
& Potato Peel Pie
Society**
September 25th
2 Hrs 3 mins
2018 TV-14

RECREATION



ART CLASS

Fridays 10:00 A.M. \$15

ASK A LIBRARIAN

Will resume in October

BEAN BAG BASEBALL

Fridays 9:30 A.M.

BILLIARDS

Mon–Fri 8:00 A.M. to 4:00 P.M.
Free Instruction Thursdays 10:00

BOCCE

Mon–Fri 8:00 A.M. to 4:00 P.M.
Group Play Wednesdays 10:00

BOOK CLUB

September 25th

The Liars' Club

By Mary Karr

BREAKFAST CLUB

Tuesdays 8:00 A.M.—10:00 A.M.
Cancelled on Sept. 18th

CHAIR VOLLEYBALL

Wednesdays 1:00 P.M.

CHESS INSTRUCTION

call the office to schedule

COMPASSION AND KINDNESS

September 14th 1:00 P.M.

COMPUTER CLASS

Beginning September 12th
Wednesdays 1:00 P.M.

FRENCH CLUB

Wednesdays 11:00 A.M.

JEWELRY CLASS

Will resume in October

KNITTING CLASS

\$5 per class

September 20th and 27th

LINE DANCING

Fridays 4:00 P.M. \$3

MORNING GLORY

WALKERS

Mon/Wed/Fri 8:00 A.M.

MUSIC LESSONS

Call office to schedule
\$7 per 30 minute lesson

NEEDLEWORK

Fridays 1:00 P.M.

TRIVIA

Thursdays 10:00 A.M.

CARDS AND GAMES

Canasta Thur 12:00 P.M.
Cribbage Wed/Fri 10:00 A.M.
Dominoes Fri 1:00 P.M.
Mah-jongg Tue/Fri 12:30 P.M.
Pitch Mon 12:30 P.M.

SUMMER THURSDAYS

September 6th Bingo and Prizes with
Clear Captions @ 12:30

September 13th Bingo

FRIENDSHIP CLUB

September 20th Lunch and
Entertainment Sponsored by
CareOne/FC dues will be collected

September 27th \$5 Bingo



SEPTEMBER SPECIAL NOTES



**RSVP
OF THE PIONEER VALLEY
Thursday, September 6th
10:00—12:00**

A representative will be here with information on volunteer opportunities in the Pioneer Valley. Stop by and see what opportunities are available!



**NEW! TAI CHI FOR BEGINNERS
STARTING SEPTEMBER 13th**

Lissa will be starting a new Tai Chi for beginners class in September. Classes will be held on Thursday's at 9:30 beginning on September 13th. Please call Lissa at 525-5436 x1407 for more information or to sign up for the class.



REIKI

Tuesday, September 25th

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. Sign up for your one hour time slot today! 1:00, 2:00 or 3:00, \$30 per session.

**2018 Household Hazardous Waste
Collection Day**

**Saturday, September 15th
9:00-12:00**

(Residential Waste Only)

Location:

Minnechaug Regional High School
621 Main Street, Wilbraham

Watch the papers for more information!



DIABETIC SHOES

Friday, September 7th 11:00

Please join us for a presentation on diabetic shoes. Presented by Louis & Clark.



FLU CLINICS

**At the Pleasant View
Senior Center**

**Tuesday, September 18th
9:00—1:00**

Walgreens will be hosting a flu clinic.

**Thursday, September 27th
8:00—10:00**

Big Y will be hosting a flu clinic.

Please call 525-5436 to make a flu shot appointment. You must bring your Medicare or alternative insurance card with you to your appointment.



Medical Supply

LOUIS & CLARK

**Thursday, September 27th
10:00—12:00**

Louis & Clark will be here with information and to answer any questions you have about medical supplies.

Be sure to stop by and see what trips we are offering this year! Sicily, Lancaster PA, Historic Hyde Park and More!



**BUDGETING FOR THE UNEXPECTED
Wednesday, September 12th 11:15**

A representative from Cambridge Credit Counseling will be joining us to discuss why and how to budget for the unexpected.



COLLETTE TOURS

Monday, September 24th 2:00

A representative from Collette Tours will be here to discuss the upcoming Sicily trip.



DINNER AT THE VIEW

Featuring Texas Roadhouse

Wednesday, October 17th at 5:00

We hope you can join us at The Pleasant View Senior Center for a delicious, affordable dinner in a comfortable environment.

Reservations are required, dinner is \$5 per person.

Due to the popularity of this event tickets will be pulled on a lottery system. **You may add your name and 1 friends name to the lottery between Monday, September 27th — Friday, September 31st. You must come to the office at the Senior Center to enter your name.** We can not accept phone calls for tickets and there are no group sign ups. **Names will be selected and notified on October 1st.**

We hope this gives everyone a fair opportunity to join us for dinner!

ESSENTIAL SERVICES (525-5436)

LEGAL CONSULATION

by appt. with
Dave Carlson, Attorney
September 18th

LICENSE RENEWALS

First-time online
renewals only
(ages 55-74)
September 19th

SHINE

COUNSELOR

Medicare Assistance
by Appt. with Jackie
Sept. 10th, 17th & 24th

VETERANS AGENT

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

RESOURCE REPORT

It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), expect an information packet from your plan by the end of September. It is important to **understand** and **save** this information: it explains the changes in your plan for 2019.

Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

During Medicare Open Enrollment, you can adjust your plan for next year. SHINE Counselors help you understand *your plan changes as well as other options you may have.*

Open Enrollment is from October 15th through December 7th

Our SHINE Counselor is here weekly, please call 525-5436 for an appointment or call **1-800-AGE-INFO** (1-800-243-4636), **then press or say 3**. If you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

FUEL ASSISTANCE

The Valley Opportunity Council, Inc. 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, or electric. Paperwork required: proof of identity, income verification, heating, electric, phone, mortgage, real estate tax, water & sewer, and homeowners insurance bills.

Call Danell Tavella @ 525-5436 X1402 for an appointment to complete the paperwork.

ELECTRIC DISCOUNT FROM NATIONAL GRID

If you are a residential customer and meet the requirements listed below, you may be eligible for a discount on your monthly electric bill. Eligibility criteria: Your bill is in your name; you are currently qualified to receive fuel assistance benefits OR are participating in the following programs: EAEDC, Food Stamps, Head Start, MassHealth, National School Lunch Program, Public Housing, School Breakfast Program, Supplemental Security Income (SSI), TAFDC, Veterans Programs – Chapter 115, DIC Surviving Parent/Spouse, and WIC. To apply, please contact Danell Tavella @ 525-5436 X1402 for an appointment.

Need **Help**
with your **Medicare**
Plan Comparisons
for Open Enrollment?



REMINDER:

Be on the alert for your new Medicare card in the mail and as always, bring your card and drug list to your appointment!

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EAST LONGMEADOW, MA 01028
Tel. (413) 525-1313 Fax (413) 525-7272



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SKILLED NURSING AGENCY



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413-224-2615

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Meal Calendar September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3 CENTER CLOSED 	4 Lo Mein with BBQ Chicken Meatballs Red and Green Peppers, Carrots and Celery Peaches	5 Pan Seared Salmon with Newburg Sauce over Risotto Mixed Vegetables Pineapple	6 Chicken Cacciatore over Linguine Broccoli Red Peppers Mixed Fruit	7 Baked Potato Crusted Pollock German Potato Salad Peas Pears
10 Low Sodium Chicken Hot Dogs on a Roll with Sauerkraut Romaine Lettuce Baked Beans Watermelon	11 Seafood Chowder Mixed Vegetables Mandarin Oranges	12 Jambalaya with Chicken Breast Strips Cauliflower and Broccoli Fruited Jell-O	13 Meatloaf with Gravy Mashed Potatoes Peas & Carrots	14 Unbreaded Baked Fish Roasted Potatoes Brussel Sprouts Apricots
17 Lasagna with Meat Sauce Italian Vegetables (Broccoli, Cauliflower and Carrots) Vanilla Pudding	18 Roasted Diced Pork with Celery and Cashews Sautéed Cabbage Apple Sauce	19 Paella Sautéed Green Beans and Red Peppers Cantaloupe	20 CareOne Sponsoring Lunch and Desert <i>Meals on Wheels Only:</i> Roasted Chicken with a Mushroom Sauce Pineapple	21 Rib BBQ Sandwich Corn Chowder Coleslaw Peaches
24 Chicken Stew with Peas, Potato, Carrots and tomatoes Apple Crisp	25 Beef Tips Bourguignon Egg Noodles Broccoli and Carrots Mixed Fruit	26 Mild Chicken Étouffée with Chicken Breast Strips, Celery, Red and Green Peppers Angle Hair Pasta Chocolate Pudding	27 French Meat Pie Mashed Potatoes Mixed Vegetables Mandarin Oranges	28 Fish Francaise Rice Pilaf Spinach Brussel Sprouts Fruit Bar
			Lunch Begins at Noon <i>*Please reserve lunch 24 hours In advance by calling 525-5436</i> <i>**Menu Subject to Change**</i>	\$3.00 Lunch Donation is Appreciated <i>**1% Milk and whole grain bread or rolls served daily, unless otherwise noted**</i>

Activities Calendar September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 CENTER CLOSED</p> 	<p>4 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi 10:30 Tai Chi 12:30 Mah-jongg 12:45 Movie</p>	<p>5 Facials* 8:00 Rail Trail, Walkers 8:30 Exercise Class 9:00 Chair Exercise, 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 11:00 French 1:00 Chair Volleyball</p>	<p>6 8:30 Bosu Class 10:00 Billiards Lesson, Trivia, RSVP 10:45 Exercise Class 12:00 Canasta 12:30 Bingo and Prizes</p>	<p>7 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class, Cribbage 11:00 Diabetic Shoes 12:30 Mah-jongg 1:00 Dominoes, Needlework 4:00 Line Dancing</p>
<p>10 Massage Therapy*, SHINE* 8:00 Walkers 8:30 Exercise Class 9:00 MGW Meeting 10:45 Exercise Class 12:30 Pitch 12:45 Documentary 4:15 Zumba Toning</p>	<p>11 Pedicare* 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi 10:30 Tai Chi 12:30 Mah-jongg 12:45 Movie</p>	<p>12 8:00 Rail Trail, Walkers 8:30 Exercise Class 9:00 Chair Exercise, 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 11:00 French 11:15 Budgeting Presentation 1:00 Chair Volleyball, Computer Class</p>	<p>13 Manicures* 8:30 Bosu Class 9:30 Beginners Tai Chi 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 12:00 Canasta 12:30 Bingo</p>	<p>14 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class, Cribbage 12:30 Mah-jongg 1:00 Compassion and Kindness, Dominoes, Needlework 4:00 Line Dancing Class</p>
<p>17 SHINE* 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>18 Flu Clinic*, Legal Consultations* 8:30 Bosu Class 9:30 Tai Chi 10:30 Tai Chi 12:30 Mah-jongg 12:45 Movie</p>	<p>19 Hearing Screening*, License Renewals* 8:00 Rail Trail, Walkers 8:30 Exercise Class 9:00 Chair Exercise, 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 11:00 French 1:00 Chair Volleyball, Computer Class</p>	<p>20 8:30 Bosu Class 9:30 Beginners Tai Chi 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 11:00 Eric Lesser Rep. 12:00 Canasta 12:00 Lunch and Entertainment 1:00 Knitting</p>	<p>21 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class, Cribbage 12:30 Mah-jongg 1:00 Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing Class</p>
<p>24 Massage Therapy*, SHINE* 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:45 Exercise Class 12:30 Pitch 12:45 Documentary 2:00 Collette Tours 4:15 Zumba Toning</p>	<p>25 Reiki* 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi 10:30 Book Club, Tai Chi 12:30 Mah-jongg 12:45 Movie</p>	<p>26 Support Group 8:00 Rail Trail, Walkers 8:30 Exercise Class 9:00 Chair Exercise, 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 11:00 French 1:00 Chair Volleyball, Computer Class</p>	<p>27 Flu Clinic*, Manicures* 8:30 Bosu Class 9:30 Beginners Tai Chi 10:00 Billiards Lesson, Trivia, Louis & Clark 10:45 Exercise Class 11:00 Brian Ashe Rep. 12:00 Canasta 12:30 \$5 Bingo 1:00 Knitting</p>	<p>28 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class, Cribbage 12:30 Mah-jongg 1:00 Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing Class</p>
<p>* By Appointment</p> 				

SWAP PROGRAM

The Town of East Longmeadow is accepting applications for positions under the Senior Tax Work-Off Abatement Program

The Town of East Longmeadow is currently accepting applications for 20 positions under the Senior Work-Off Abatement Program (SWAP) for abatement on the fiscal year 2020 (July 1, 2019 to June 30, 2020) property tax bill. Basic requirements are: taxpayers must be 60 years of age prior to January 1, 2019, must be an assessed owner of property in East Longmeadow, and must have owned and occupied a home in East Longmeadow for at least five years.

The compensation will be calculated at the state minimum wage of \$11 per hour, and the maximum allowable abatement is \$1,375 per property. As a result, seniors will need to work 125 hours (as voted at the May 2015 Annual Town Meeting) to receive the full abatement of \$1,375 (less federal income tax and Medicare deductions). Seniors will complete the hours from January 1, 2019 to November 30, 2019.

Positions being offered this year include: clerical, data entry, gardening, and general maintenance. Seniors have an opportunity to lower their property tax bill, and taxpayers are benefiting from the superior talent and work experience seniors bring to the job at a very low cost to the town.

Interested senior residents can pick up applications and information packets at the Senior Center at 328 North Main Street or print it at home from our website by following: www.eastlongmeadowma.gov. **Applications should be submitted to the Senior Center, Attention: Alicia Smith, COA Volunteer Coordinator, no later than October 1, 2018.**

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.

**** All 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

Leah Weaver
Administrative Assistant
Ext. 1404

Sandy Bell
*Meal Site
Coordinator*

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

