

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



OCTOBER HIGHLIGHTS

CANDIDATES FORUM

Thursday, October 18th 7:00 pm

The East Longmeadow COA and the East Longmeadow Cable Access (ELCAT) will host a Candidates Night for candidates of the 2nd Hampden House District at the Pleasant View Senior Center.

Representative Brian Ashe and Allison Werder will be given three minutes to state why they are running for this seat and then a question and answer period will follow. Beth Ward, news anchor for Western Mass news will be moderating the event.

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!

A huge thank you to all of those who joined us as we walked to end Alzheimer's last month! Thank you to everyone who supported the cause one way or another and a very special thank you to our volunteers who coordinated our team!

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

SEPTEMBER IN REVIEW



468 Volunteer Hours



964 Meals Delivered



320 Lunches Served



52 Food Pantry Visits

RESOURCES REPORT

SNAP APPOINTMENTS

Friday, October 26th 9:00—12:00

Are you age 60 or older? Do you need to boost your food budget? You may be eligible for SNAP, the card that allows you to buy food at most grocery stores and many farmers markets. A representative from the Western Mass Food Bank will be here on **October 26th from 9:00-12:00**.

Please call the office at 525-5436 to sign up for a 30 minute appointment.



Space is limited!

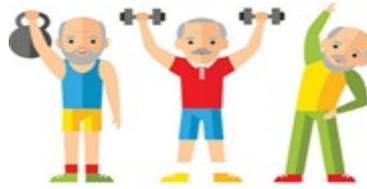


CONGREGATE HOUSING

Applications are being accepted for McLaren House subsidized congregate housing located on 82 Quarry Hill Road in East Longmeadow. Congregate Housing is a shared living environment for individuals with physical limitations not requiring 24-hour supervision or medical care. It is ideal for people who no longer feel comfortable living alone but who still wish to be independent and have privacy. Tenants have their own private bedroom/sitting areas and share a large kitchen, dining room and living room. Supportive services may include homemaker, personal care and a shared meal program. **The East Longmeadow Housing Authority is accepting applications for Congregate Housing.** For more information or to arrange a tour, contact the Greater Springfield Senior Services congregate housing coordinator at 413-781-8800 ext. 182.

EXERCISE

BOSU CLASS with Lissa
 Tue 8:30 A.M. ***Please check with Lissa before your first class*
 Thur 8:30 A.M.
Card Needed



CHAIR EXERCISE
 Mon/Wed 9:00 A.M.
 Fri 8:45 A.M.
 No Charge

EXERCISE CLASS with Lissa
 M/W/F 8:30 A.M.
 Mon/Thur 10:45 A.M.
Card Needed



CHAIR YOGA
 with Marianne
 Fri 2:00 P.M.
 \$5 /Class

TAI CHI HEALTH with Lissa
 Tue 9:30 A.M.
 Tue 10:30 A.M.
 Wed 10:00 A.M.
 Thur 9:30 A.M.
Sponsored by CareOne at Redstone

TAI CHI
with Shay
First Congregational Church
 Tue 9:00 A.M.

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

FACIALS

by appointment 525-5436
 Diane Neil, Reg. Esthetician
 Cost is \$30
 October 3rd

FOOTCARE/PEDICARE

by appointment 525-5436
 Cost is \$29, Home Visit \$50
 October 9th

HEARING SCREENING

Free Screening by
 Baystate Hearing Center
 Call 525-5436 for Appt.
 October 17th

MANICURES

by appointment 413-335-7422
 Cathy Rasid, LM
 October 4th and 18th



MASSAGE THERAPY

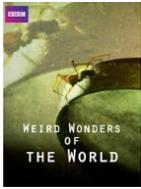
by appointment
 Christina Conti, LMT
 413-348-8370
 October 22nd

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 October meeting will be held on the 17th.

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



**Weird Wonders
Of the World**
October 1st



**Princess Diaries 2:
Royal Engagement**
October 2nd
1 hr 53mins
2004 G

**October 8th
Documentary
Cancelled
Center Closed
for
Columbus Day**



Big Eyes
October 9th
1 hr 45mins
2014 PG-13



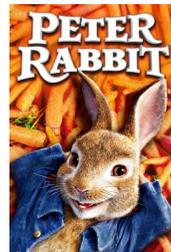
**Weird Wonders
Of the World**
October 15th



**Same Kind of
Different As Me**
October 16th
1 hr 59 mins
2017 PG-13



**Weird Wonders
of the World**
October 22nd



Peter Rabbit
October 23rd
1 Hr 34 mins
2018 PG



**Weird Wonders
Of the World**
October 29th



Penelope
October 30th
1 Hr 29mins
2006 PG

RECREATION



ART CLASS

Fridays 10:00 A.M. \$15

ASK A LIBRARIAN

October 11th 10:30

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

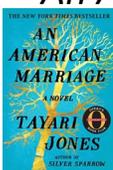
BOOK CLUB

October 30th

An American Marriage

By

Tayari Jones



BREAKFAST CLUB

Tuesdays 8:00 A.M.—10:00 A.M.

CHAIR VOLLEYBALL

Wednesdays 1:00 P.M.

No Volleyball on 10/31

CHESS INSTRUCTION

call the office to schedule

COMPASSION AND KINDNESS

October 12th 1:00 P.M.

COMPUTER CLASS

Wednesdays 1:00 P.M.

FRENCH CLUB

Wednesdays 11:00 A.M.

JEWELRY CLASS

October 1st 9:30 A.M.

\$3 + materials

KNITTING CLASS

Thursdays 1:00 P.M. \$5

LINE DANCING

Fridays 4:00 P.M. \$3

MORNING GLORY

WALKERS

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

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.

FRIENDSHIP CLUB

October 4th Singer Kate Stone

October 11th Board Meeting 10:00

October 11th Bingo and Prizes

Sponsored by CareOne

October 18th \$5.00 Bingo

October 25th Bingo with Guest

Representative Brian Ashe



OCTOBER SPECIAL NOTES



CYBER ATTACKS

Wednesday, October 3rd 11:15

Home Instead Senior Care will be holding a presentation on Cyber Attacks. Refreshments will be provided.



BREAKFAST WITH REPRESENTATIVE BRIAN ASHE

Tuesday, October 9th 8:00

You are invited to join Vice Chairman on Elder Affairs Committee, State Rep. Brian Ashe for breakfast on Tuesday, October 9th from 8-9:30 here at the Senior Center. Rep. Brian Ashe will be available to discuss any concerns you may have and to enjoy a delicious breakfast with you.



REIKI

Tuesday, October 16th

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.



DRESS FOR SUCCESS®
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DRESS FOR SUCCESS

Thursday, October 4th 10:00

A representative from Dress for Success, a global organization that provides professional attire for low income women to help support their job-search and interview process will be here to answer any questions you may have about volunteering to help women Dress for Success!



BLOOD PRESSURE CLINIC

**Monday, October 15th
8:30—10:00**

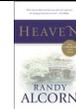
Comfort Plus Caregivers will be sponsoring a blood pressure clinic. Please stop in if you would like to have your blood pressure checked.

Louis & Clark
Medical Supply

LOUIS & CLARK

**Thursday, October 18th
10:00—12:00**

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



“HEAVEN” BOOK STUDY
Friday’s at 10:00 Beginning
October 5th

Come learn about Heaven and what the Bible has to say about it. The co-leaders for this group have asked that those who would like to join this study purchase their own copy of the book: “Heaven” by Randy Alcorn. Check Amazon for best book price.

FINANCIAL PLANNING

Join us for a 3 part series on Financial Planning presented by a representative from Morgan Stanley.

Estate Planning:

Wednesday, Oct. 10th 11:15

Investments:

Wednesday, Oct. 17th 11:15

Planning for Retirement:

Wednesday, Oct. 24th 11:15



LET'S MAKE A DEAL

Wednesday, October 31st 12:30

Are you ready to make a deal?
Come in a costume and ready to play “Let’s Make A Deal”! Don’t miss the prizes and sweet treats.

East Longmeadow Veterans Memorial Committee Presents

A Spaghetti Dinner Fundraiser

To Benefit Construction of

The East Longmeadow Veterans Memorial

Friday, October 12, 2018 5:00pm-7:30pm

Pleasant View Senior Center

328 North Main Street

\$12 Per Person (Cash Only Non-Refundable)

Call 413-525-5436 to reserve a seat

Tickets can be purchased at the Senior Center

Monday-Friday from 8:00 am-4:00 pm



FLU and VACCINATION CLINICS

At The Pleasant View Senior Center

Wednesday, October 10th 9:00—10:00

Flu, TDAP and Pneumonia Vaccinations

The East Longmeadow Mobile Vaccination Clinic,

Sponsored by The East Longmeadow Health

Department



Thursday, October 25th 8:00—10:00

Flu Clinic Sponsored by Stop & Shop

Please call 525-5436 to make an appointment.

You must bring your Medicare or alternative insurance card with you to your appointment.

ESSENTIAL SERVICES (525-5436)

LEGAL CONSULATION

by appt. with

Dave Carlson, Attorney

October 16th

LICENSE RENEWALS

First-time online

renewals only

(ages 55-74)

October 17th

SHINE

COUNSELOR

Medicare Assistance

by Appt. with Jackie

October 1st, 15th,

22nd & 29th

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.

OPTIONS COUNSELING FOR LONG TERM CARE

Options counselors from Greater Springfield Senior Services are there to help you learn what your options are for Long Term Care. The counselors will assist you in making choices that are best for you and your family. This service is available to people of any age with any type of disability, people aged 60 or older and caregivers. The counselors will help you to develop a personal long term care plan, explore financial resources as well as community services. **To connect with an Elder Care Advisor call Greater Springfield Services Information and Referral Department @ 413-781-8800.**

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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Meal Calendar October 2018

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| 1 Stuffed Shells in Marinara Sauce Peas & Carrots Frozen Strawberry Fruit Cups | 2 Liver and Onions Mashed Potato Sautéed Green Beans Peaches | 3 Beef Bolognese Elbow Macaroni Broccoli & Cauliflower Watermelon | 4 Pier 17 Fish Rice Pilaf Spinach Mandarin Oranges | 5 Scalloped Potatoes with Ham Peas & Mushrooms Pineapple |
| 8 CENTER CLOSED  Columbus Day | 9 Beef Stew with Peas, Celery, Carrots and Potato Corn Bread Pears | 10 Cheese and Vegetable Lasagna with Meat Sauce Sautéed Kale Pineapple | 11 BBQ Chicken Leg Sweet Potato Zucchini & Squash Chocolate Pudding Mixed Fruit | 12 Baked Potato Crusted Pollack with Tartar Sauce Mashed Cauliflower Broccoli Apple Sauce |
| 15 Grilled Chicken Breast Wrap with Honey Mustard Sauce and Bacon, Lettuce and Tomato 3 Bean Salad Peaches | 16 Crustless Quiche with Broccoli, Cheese and Chicken Sausage Soup Du Jour Banana Vanilla Pudding | 17 Pork Loin with Sauerkraut Boiled Potatoes Pears and Apple Crisp | 18 Cheese Burger on a Bun with Bacon, Lettuce and Tomato Seasoned Fries Fruited Jell-O | 19 Spaghetti and Meatballs Italian Vegetable Blend Watermelon |
| 22 Buffalo (mild) Chicken Chili with Blue Cheese and Blue Chips Corn Bread Cantaloupe Banana Pudding | 23 Cheese Ravioli Alfredo Roasted Garlic Brussel Sprouts Mandarin Oranges | 24 Diced Roasted Pork over Rice Red and Green Peppers and Sautéed Cabbage Frozen Strawberry Fruit Cup | 25 Fish 'N Chips Baked Fish Seasoned Potato Wedges Coleslaw Peaches | 26 Crispy Chicken Drumsticks Mashed Potato Sautéed Carrots & Green Beans Mixed Fruit |
| 29 Beef Tips Stroganoff Egg Noodles Mushrooms with Green and Red Peppers Sliced Apples | 30 Chicken Breast Francaise Rice Pilaf Green Beans Almandine Peaches | 31 <i>HALLOWEEN PARTY</i> <i>Finger Food</i> English Muffin Pizza Deviled Eggs Tossed Salad  | 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 October 2018

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| 1 SHINE* 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 9:30 Jewelry Class 10:45 Exercise Class 12:30 Pitch, Pool League 12:45 Documentary 4:15 Zumba Toning | 2 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi 10:30 Tai Chi 12:30 Mah-jongg 12:45 Movie | 3 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 11:15 Cyber Attacks Presentation 1:00 Chair Volleyball, Computer Class | 4 Manicures* 8:30 Bosu Class 9:30 Beginners Tai Chi 10:00 Billiards Lesson, Dress for Success Trivia 10:45 Exercise Class 12:00 Canasta 12:30 Singer Kate Stone 1:00 Knitting | 5 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class, Book Study, Cribbage 12:30 Mah-jongg 1:00 Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing |
| 8 CENTER CLOSED  Columbus Day | 9 Pedicare* 8:00 Breakfast Club, Breakfast with Rep. Brian Ashe 8:30 Bosu Class 9:30 Tai Chi 10:30 Tai Chi 12:30 Mah-jongg 12:45 Movie | 10 Vaccination Clinic* 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 Estate Planning 1:00 Chair Volleyball, Computer Class | 11 8:30 Bosu Class 9:30 Beginners Tai Chi 10:00 Billiards Lesson, Friendship Club Board Meeting, Trivia 10:30 Ask a Librarian 10:45 Exercise Class 12:00 Canasta 12:30 Bingo and Prizes 1:00 Knitting | 12 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class, Book Study, Cribbage 12:30 Mah-jongg 1:00 Compassion and Kindness, Dominoes, Needlework 2:00 Chair Yoga 5:00 Fundraiser Dinner |
| 15 SHINE* 8:00 Walkers 8:30 Blood Pressure Clinic, Exercise Class 9:00 Chair Exercise 10:45 Exercise Class 12:30 Pitch, Pool League 12:45 Documentary 4:15 Zumba Toning | 16 Legal Consultations*, Reiki* 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi 10:30 Tai Chi 12:30 Mah-jongg 12:45 Movie | 17 Hearing Screening*, License Renewals*, 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 11:15 Investment Presentation 1:00 Chair Volleyball, Computer Class | 18 Manicures* 8:30 Bosu Class 9:30 Beginners Tai Chi 10:00 Billiards Lesson, Louis & Clark, Trivia 10:45 Exercise Class 11:00 Eric Lesser Rep. 12:00 Canasta 12:30 \$5 Bingo 1:00 Knitting 7:00 Candidates Forum | 19 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class, Book Study, Cribbage 12:30 Mah-jongg 1:00 Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing Class |
| 22 Massage Therapy*, SHINE* 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:45 Exercise Class 12:30 Pitch, Pool League 12:45 Documentary 4:15 Zumba Toning | 23 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi 10:30 Tai Chi 12:30 Mah-jongg 12:45 Movie | 24 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 Planning for Retirement 1:00 Chair Volleyball, Computer Class | 25 Flu Clinic* 8:30 Bosu Class 9:30 Beginners Tai Chi 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 11:00 Brian Ashe Rep. 12:00 Canasta 12:30 Bingo with Rep. Brian Ashe 1:00 Knitting | 26 SNAP Appointments* 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class, Book Study, Cribbage 12:30 Mah-jongg 1:00 Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing Class |
| 29 SHINE* 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:45 Exercise Class 12:30 Pitch, Pool League 12:45 Documentary 4:15 Zumba Toning | 30 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 | 31 8:00 Rail Trail, Walkers 8:30 Exercise Class 9:00 Chair Exercise, 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 11:00 French 12:30 Lets Make A Deal 1:00 Computer Class | * By Appointment  | |

VOLUNTEER

Do you enjoy reading? Or solving math problems?
Mapleshade School and Pleasant View Senior Center are excited to announce a possible opportunity for you to partner up with a child and become reading buddies or help enhance a child's math skills. We are currently checking to see if there is an interest for this type of program. If you are interested please call us at 413-525-5436 and speak with Alicia Smith our Volunteer Coordinator.



OPEN PANTRY

This month we are looking for:
Cereal, Tuna, Soups, Pasta and Sauce, Canned Meals, Shampoo, Soap and Toilet Paper

Thank you everyone for your continued support and generous donations!

MEMORIAL DONATIONS



A special thank you to Patricia Dudley for her donation in memory of Eugene Stacy, to Walter LaBroad for his donation in memory of James W. Kocot Jr. and to Aline Mouton for her donation in memory of Alice Maybury.



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

