



DECEMBER 2018

# News From the View

## Pleasant View Senior Center-The Center of it All

328 NORTH MAIN ST. EAST LONGMEADOW, MA 01028 | MON - FRI: 8 a.m. – 4 p.m. | 413.525.5436



### DECEMBER HIGHLIGHTS

*Please note we will be closed on the following days*  
Monday, December 24th  
Tuesday, December 25th  
Monday, December 31st  
Tuesday, January 1st  
*We wish everyone a happy and healthy holiday season!*



#### SANTA CLAUS IS COMING TO TOWN

*Santa Claus is coming to The Pleasant View Senior Center on Saturday, December 15th!* Santa will be here from 9:00-12:00. All ages are welcome. *There will be pictures with Santa, face painting, cookie decorating, raffles, Christmas carols, refreshments and your dog can even have its picture taken with Santa from 9:00—9:30!* All dogs must be on a leash, up to date on immunizations and be friendly towards children, adults and other dogs.  
*We look forward to seeing you!*

#### UNICO DINNER

*Friday, December 7th at 5:00*  
Come join the fun as UNICO serves us a pasta dinner at their annual UNICO Dinner here at Pleasant View. Dinner will be served at 5:00, with desert and raffles to follow.  
**You must sign up ahead as seats are limited.** *Those who call in may sign up themselves and one guest.*

### NOVEMBER IN REVIEW



781 Volunteer Hours



908 Meals Delivered



460 Lunches Served



76 Food Pantry Visits

### RESOURCES REPORT

#### 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.**

#### HOME MEDICAL ALARMS

*Home medical alarms offer independence and piece of mind.*

If you fall or are not feeling well, it's important to get help quickly.

With one push of the button on a home medical alarm—help is on the way!

**With a home medical alarm you are never alone—help is at your fingertips.**

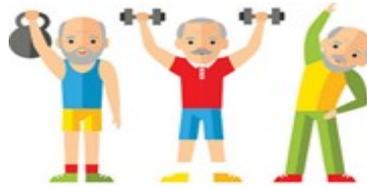
*For more information on available alarms please call Danell at 525-5436 ext. 1402.*

## 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

*No class on 12/21 and 12/28*

### 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  
 December 5th

### FOOTCARE/PEDICARE

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

### HEARING SCREENING

Free Screening by  
 Baystate Hearing Center  
 Call 525-5436 for Appt.  
 December 19th

### MANICURES

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



### MASSAGE THERAPY

by appointment  
 Christina Conti, LMT  
 413-348-8370  
 December 10th

### REIKI

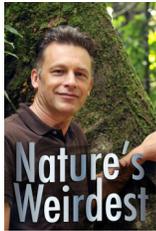
by appointment 525-5436  
 Cost is \$30 for a  
 1 hour time slot  
 December 18th

### 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. For more information please call Lissa at 525-5436 ext. 1407

***The December meeting will be held on the 19th.***

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



**Nature's Weirdest Events**  
December 3rd  
49 Mins



**Christmas in Connecticut**  
December 4th  
1 hr 42mins 1945



**Nature's Weirdest Events**  
December 10th  
50 Mins



**The Holiday Calendar**  
December 11th  
1 hr 35mins  
2018 TV-PG



**Nature's Weirdest Events**  
December 17th  
50 Mins



**A Christmas Prince**  
December 18th  
1 hr 52 mins  
2017 TV-PG

**December 24th  
and 25th  
Center Closed  
Happy Holidays!**



**December 31st  
Center Closed**



## RECREATION



### ART CLASS

Fridays 10:00 A.M. \$15

### 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 (Spring—Fall)

Wednesdays 10:00

### BOOK CLUB

December 18th

**The Tea Girl of Hummingbird Lane**

By

Lisa See



### BREAKFAST CLUB

Tuesdays 8:00 A.M.—10:00 A.M.



### CHAIR VOLLEYBALL

Wednesdays 1:00 P.M.

### CHESS INSTRUCTION

call the office to schedule

### COMPASSION AND KINDNESS

December 14th 1:00 P.M.

### COMPUTER CLASS

Wednesdays 1:00 P.M.

### FRENCH CLUB

Wednesdays 11:00 A.M.

### JEWELRY CLASS

December 3rd 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

December 6th Bingo

December 13th Bingo

December 20th Silent Auction  
and Christmas Carols

December 27th \$5 Bingo



## DECEMBER SPECIAL NOTES

**MedMinder™**

**Thursday, December 6th  
10:30—12:00**

Stop by and pick up information about MedMinder, a pill dispenser with built-in cellular connections that help remind you of when to take your medication.

**Louis & Clark**  
Medical Supply

**Thursday, December 20th  
11:00—12:00**

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



The Pleasant View Senior Center will be sponsoring a Giving Tree featuring Campbell's Soup products. *All proceeds from the tree will be used to provide holiday "Jingle Bags" to our town's homebound seniors. Tickets are \$2 each or 3 for \$5.* Raffle tickets for the tree will be available until Friday, December 14th. Please stop in the office soon to purchase a raffle ticket and help make our holiday jingle bags more festive. **The winner of the tree will be drawn on Monday, December 17th.**



**Friday, December 7th  
8:00—9:00**

Nursing students from Elms College and Greenfield Community College will be here to take your blood pressure and provide you with information regarding blood pressure.



### MONTHLY ONSITE HOUSING OFFICE HOURS

Each month Danell Tavella, Director of Community Services, will be holding office hours in the Community Room of the housing developments to answer questions regarding assistance programs.

**Quarry Hill: Monday, December 10th 1:30-2:30**

**Inward Common: Tuesday, December 18th 2:00-3:00**

**Village Green: Wednesday, December 19th 11:00-12:00**

### INCLEMENT WEATHER POLICY

When East Longmeadow Public Schools are closed due to weather, there will be no congregate meals served or Meals on Wheels delivered. The Senior Center remains open for phone calls and emergencies unless the Town Hall closes. Weather updates can be viewed on WGGB Channel 40 and WWLP Channel 22. *When there is a two hour delay, please call the Senior Center to inquire about lunch and Meals on Wheels.*

### EAST LONGMEADOW VETERANS MEMORIAL

The Pleasant View Senior Center would like to help raise funds to benefit the construction of the East Longmeadow Veterans Memorial. We are proud to have this memorial built right here on the front lawn of our senior center. The Veterans Memorial will honor all East Longmeadow Military Veterans who served our country. If you would like to purchase a Veterans Memorial Card to show your support please visit the Veterans Memorial table we have set up in the Auditorium. All cards purchased will be placed on our Wall of Honor. ***On behalf of all of the men and women who gave their all, thank you!***

If you are unable to come to the Senior Center and would like to support this project please send your tax exempt check (Tax Exempt ID #82-2777412) to:

Peoples Bank 201 North Main Street East Longmeadow, MA 01028

RE: E.L Veterans Memorial

**Make check payable to: East Longmeadow Veterans Memorial Fund**



## ESSENTIAL SERVICES (525-5436)

<b>LEGAL CONSULATION</b>	<b>LICENSE RENEWALS</b>	<b>SHINE COUNSELOR</b>	<b>VETERANS AGENT</b>
by appt. with Dave Carlson, Attorney December 18th	First-time online renewals only (ages 55-74) Will resume in January	Medicare Assistance by Appt. with Jackie Dec. 3rd, 10th, 17th	John Comerford 413-267-4140 Office hours Tue and Thur 10:00 a.m. to 12:00 p.m.

## RESOURCE REPORT

### ***Housing Rehabilitation Grant through Community Development Block Grant (CDBG)***

The Town of East Longmeadow was recently awarded funds for the FY18 Community Assistance Program through the Community Block Development Block Grant (CDBG). This is a zero (0%) percent deferred payment loan, which becomes a grant after 15 years. At that time, the lien is released and no money is owed (forgiven). Income guidelines apply.

*Interested homeowners should contact Shirley Stephens, at 413-781-6045. Or, visit the ELCOS for a Pre-Application Form.*

### **HOME MODIFICATION LOAN (HMLP)**

The HMLP was established by the Massachusetts legislature and is a lending program that finances housing adaptations or modifications to improve accessibility for seniors and individuals with disabilities. Some examples are ramps and lifts, grab bars, widening doors, and walk in tub/showers. Loans for property owners are available in the amounts between \$1,000 and \$50,000 for modifications. These loans allow individuals to remain in their homes and help them to function on a daily basis. For more information please call or e-mail Shirley Stephens at 413-781-6045 or [sstephens@pvpc.org](mailto:sstephens@pvpc.org).

## THANK YOU

Thank you to **The Texas Road House** for sponsoring our October's *Dinner at the View*. Over 100 seniors enjoyed an affordable night out with a delicious dinner prepared by **The Texas Road House**. We would also like to thank all of our volunteers who helped make this event so successful. We appreciate all you did to help this event run so smoothly!



## SPONSORS



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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



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John G. Dee, *President*



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*Call for a free, no-obligation consultation today!*  
1-800-679-2771



**Notary Public services are now available at The Pleasant View Senior Center.**

Please call Danell Tavella at 525-5436 ext. 1402 to make an appointment.



# Meal Calendar December 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Stuffed Shells in Creamy Mushroom Sauce  Kale  Peaches	<b>4</b> Open Faced Turkey Breast Sandwich with Gravy  Roasted Root Vegetables  Sliced Apples	<b>5</b> Country Baked Crispy Chicken Breasts and Gravy  Mashed Potatoes  Corn  Pineapple	<b>6</b> French Meat Pie  Mixed Vegetables  Apple Crisp  Mixed Fruit	<b>7</b> Fish and Chips  Fries  Coleslaw  Pears
<b>10</b> Creamy Chicken Sausage and Rigatoni  California Blend Vegetables  Mandarin Oranges	<b>11</b> BBQ Pulled Pork Sandwich  Cinnamon Apples  3-Bean Salad  Apple Sauce	<b>12</b> American Chop Suey  Italian Vegetables  Chocolate Pudding	<b>13</b> Roasted Turkey Breast  Mashed Potatoes  Green Beans  Peaches	<b>14</b> Teriyaki Glazed Meatballs  Sweet Potato  Peas  Fruited Jell-O
<b>17</b> Beef and Broccoli in Garlic Sauce  Brown Rice  Cinnamon Apples	<b>18</b> Turkey Pot Stew with Potatoes, Celery, Peas and Carrots  Pineapple  Vanilla Pudding	<b>19</b> Seafood Chowder  Corn Bread  Romaine Lettuce and Tomato Salad  Mixed Fruit Bar	<b>20</b> <b><i>Friendship Club Christmas Party</i></b>  Parmesan Chicken Breast with Penne  Riviera Blend Vegetables  Pears  Special Desert	<b>21</b> BBQ Pork Rib Sandwich  3 Bean Salad  Mandarin Oranges  Muffin
<b>24</b> <b>CENTER CLOSED</b>  	<b>25</b> <b>CENTER CLOSED</b>	<b>26</b> BBQ Chicken Glazed Chicken Leg  Scalloped Potatoes  Mixed Vegetables  Sliced Apples	<b>27</b> Meatloaf with Gravy  Mashed Potatoes  Green Beans and Red Bell Peppers and Tomatoes  Peaches	<b>28</b> Baked Fish  Rice Pilaf  Spinach  Strawberry Fruit Cups
<b>31</b> <b>CENTER CLOSED</b>	<b>1</b> <b>CENTER CLOSED</b>  	<b>\$3.00 Lunch Donation is Appreciated</b>  <b>**Menu Subject to Change**</b>	<b>Lunch Begins at Noon</b>  <b><i>*Please reserve lunch 24 hours in advance by calling 525-5436</i></b>	<b>**1% Milk and whole grain bread or rolls served daily, unless otherwise noted**</b>



# Activities Calendar December 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>SHINE*</b> 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise <b>9:30 Jewelry Class</b> 10:45 Exercise Class 12:30 Pitch, Pool League 12:45 Documentary 4:15 Zumba Toning	<b>4</b> 8:00 Breakfast Club, 8:30 Bosu Class 9:30 Tai Chi 10:30 Tai Chi 12:30 Mah-jongg 12:45 Movie	<b>5</b> <b>Facials*</b> 8:00 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	<b>6</b> 8:30 Bosu Class 9:30 Tai Chi 10:00 Billiards Lesson, Trivia 10:30 <b>MedMinder</b> 10:45 Exercise Class 12:00 Canasta 12:30 <b>Bingo</b> 1:00 Knitting	<b>7</b> <b>8:00 Blood Pressure Clinic,</b> 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 5:00 <b>Unico Dinner</b>
<b>10</b> <b>Massage Therapy*, SHINE*</b> 8:00 <b>MGW Meeting</b> 8:30 Exercise Class 9:00 Chair Exercise 10:45 Exercise Class 12:30 Pitch, Pool League 12:45 Documentary 4:15 Zumba Toning	<b>11</b> <b>Pedicare*</b> 8:00 Breakfast Club, 8:30 Bosu Class 9:30 Tai Chi 10:30 Tai Chi 12:30 Mah-jongg 12:45 Movie	<b>12</b> 8:00 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	<b>13</b> <b>Manicures*</b> 8:30 Bosu Class 9:30 Tai Chi 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 11:00 <b>Baystate Volunteer Rep.</b> 12:00 Canasta 12:30 <b>Bingo</b> 1:00 Knitting	<b>14</b> 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 <b>Compassion and Kindness,</b> Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing
<b>17</b> <b>SHINE*</b> 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	<b>18</b> <b>Legal Consultations*, Reiki*</b> 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi 10:30 <b>Book Club,</b> Tai Chi 12:30 Mah-jongg 12:45 Movie	<b>19</b> <b>Hearing Screening*, Support Group</b> 8:00 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	<b>20</b> 8:30 Bosu Class 9:30 Tai Chi 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 11:00 <b>Eric Lesser Rep., Louis &amp; Clark Table</b> 12:00 Canasta 12:30 <b>Silent Auction &amp; Christmas Carols</b> 1:00 Knitting	<b>21</b> 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 4:00 Line Dancing Class
<b>24</b> <b>CENTER CLOSED</b> 	<b>25</b> <b>CENTER CLOSED</b>	<b>26</b> 8:00 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	<b>27</b> <b>Manicures*</b> 8:30 Bosu Class 9:30 Tai Chi 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 11:00 <b>Brian Ashe Rep.</b> 12:00 Canasta 12:30 <b>\$5 Bingo</b> 1:00 Knitting	<b>28</b> 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 4:00 Line Dancing Class
<b>31</b> <b>CENTER CLOSED</b>	<b>1</b> <b>CENTER CLOSED</b> 	<b>To make an appointment or to sign up for a program at The Pleasant View Senior Center please call 413-525-5436</b>	<b>* By Appointment</b>	

## DONATIONS

### OPEN PANTRY

This month we are looking for: **Canned Meat, Canned Ravioli, Snack Items, Toilet Paper, Tissue and Toothpaste.**

**Thank you everyone for your continued support and generous donations!**



A big **THANK YOU** to everyone that participated in and donated to the Breast Cancer Awareness fundraiser for The Rays of Hope. We collected \$100 in donations!



## MEMORIAL DONATIONS

A special thank you to Nancy Gagnon, Mary Villamaino, Connie Shea, Robert Davis, Judith Serra, Sharon Grigely and Terry Watkin, Michael La Roche, The Serafin Family, Math Works, Ralph and Madeline Martin, Louise Collins, Elaine and Edwin Wnorowski and Lola and Joseph Tilli for their donations in memory of Anne Grigely, to Marie Hunt and Judy Labine for their donations in Memory of Marjorie Hanks and to Kelly Silvestri, Bernice Drumheller and Charles and Linda Sargent for their donations in memory of Mary Middleton Tedeschi.



## 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 www.facebook.com/elseniors**