



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



FEBRUARY HIGHLIGHTS



**Thursday, February 14th
at 9:00**

Comfort Plus Caregivers will be here to take your blood pressure and provide you with information regarding blood pressure on the second Thursday of each month.

NATIONAL CANNED FOOD MONTH

We challenge you! February is National Canned Food Month and in order to raise awareness of our local food pantry which is housed here at The Pleasant view Senior Center, we will be collecting canned goods during National Random Acts of Kindness Week which is February 11th—15th.

Our goal is to reach 300 cans!

Please drop cans off anytime Monday -Friday from 8:00-4:00

VALENTINE LUNCHEON

**Tuesday, February 12th
at 12:00**



Please join us at The Pleasant View Senior Center for a FREE luncheon and entertainment sponsored by CareOne Redstone.

**We will be closed on
Monday, February 18th
in observance of
President's Day**



JANUARY IN REVIEW



700 Volunteer Hours



1009 Meals Delivered



340 Lunches Served



75 Food Pantry Visits

RESOURCES REPORT

REAL ESTATE TAX

SENIOR EXEMPTION APPLICANTS

Exemption Applications for fiscal year 2019 are being accepted in the Assessor's office.

The applications are available for you to pick up at the Town Hall or by appointment with Danell Tavella.

If you have any questions or need assistance, please contact the Assessor's office at 525-5400 ext. 1600 or Danell Tavella at 525-5436 ext. 1402

AARP TAX HELP

AARP volunteers will be preparing taxes at The Pleasant View Senior Center on Fridays through April 12th. *This free service is geared towards seniors of low to moderate income who are filling out a simple tax return.* Our tax appointments are currently filled, however if you would like to be added to our Wait List or would like information on other free tax services available in our area please call 413-525-5436.

Items to bring to your tax appointment:
Social Security Card, Photo ID, Copy of last years tax return, Health Care Forms (1095, Mass Health , etc.), water and property tax bills

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

MANICURES

by appointment 413-335-7422
Cathy Rasid, LM
February 7th and 21st

MASSAGE THERAPY

by appointment
Christina Conti, LMT
413-348-8370
February 11th and 25th

HEARING SCREENING

Free Screening by
Baystate Hearing Center
Call 525-5436 for Appt.
February 20th

FOOTCARE/PEDICARE

by appointment 525-5436
Cost is \$29, Home Visit \$50
February 12th

REIKI

by appointment 525-5436
Cost is \$30 for a 1 hour slot
February 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. The meeting is held at The Pleasant View Senior Center. For more information please call Lissa at 525-5436 ext. 1407. ***The February meeting will be held on the 20th.***

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



Nature's Weirdest Events
February 4th
50 Mins



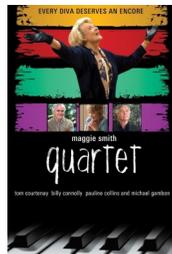
Dumplin'
February 5th
1 hr 50 mins
2018 PG-13



Nature's Weirdest Events
February 11th
50 Mins

**February 12th
Movie cancelled
due to Valentine
Luncheon
sponsored by
CareOne**

**February 18th
Center
Closed
Presidents Day**



Quartet
February 19th
1 hr 38 mins
2012 PG-13



Nature's Weirdest Events
February 25th
50 Mins



A Wrinkle in Time
February 26th
1 hr 49 mins
2018 PG

RECREATION



ART CLASS

Fridays 10:00 A.M. \$15

BEAN BAG BASEBALL

Fridays 9:30 A.M.

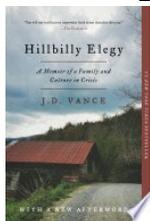
BILLIARDS

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



February 26th
Hillbilly Elegy
By J.D. Vance

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

February 8th 1:00 P.M.

COMPUTER CLASS

Wednesdays 1:00 P.M.

FRENCH CLUB

Wednesdays 11:00 A.M.

JEWELRY CLASS

Will resume in March
\$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

February 7th \$5 Bingo



February 14th Valentine's Day Party
with The Resurrection Airmen Band

February 21st Entertainment by
Lisa and Dave

February 28th Regular Bingo



FEBRUARY SPECIAL NOTES



INTRO TO CANNABIS AS MEDICINE

Monday, February 4th at 2:15

Are you interested in learning more about utilizing cannabis as an alternative to prescription drugs?

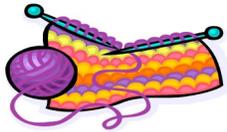
Come hear an overview of how cannabis can benefit you and have a chance to ask your questions. There will be light refreshments and plenty of information brought to you by Canna Care Docs.



HEALTHCARE NEEDS

Thursday, February 7th at 10:30

A representative from Nurse Advocates LLC will be available with information on how you or your loved one can acquire assistance with coordinating/facilitating healthcare related needs.



KNITTING

Thursday's at 1:00

Knitting Class is back on Thursdays at 1:00, \$5.00 per class. Please call ahead to sign up. Bring a piece you are working on or come to learn new patterns.



NATIONAL HOT BREAKFAST MONTH

Join us every Tuesday between 8:00 - 10:00 for a delicious hot breakfast! Fifty cents per item, Breakfast is served every Tuesday throughout the year. You don't need to make a reservation, just stop in and join us!



A librarian from the East Longmeadow Library will be here on **Thursday, February 28th from 10:30-12:00**. Come ask questions or borrow a book!



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. She will be available to answer questions regarding assistance programs.

Please see the Community Board in your housing development for February's dates and times.



BETTER BREATHER'S MONTHLY SUPPORT GROUP

Monday, February 4th at 2:00

Designed to educate and support individuals in the community who experience respiratory and pulmonary disease.

Meetings will be held at The Pleasant View Senior Center the first Monday of every month at 2:00, refreshments will be served. Please RSVP by calling 413-224-3290
Sponsored by CareOne at Redstone



Our next Dinner at the View will be held on Wednesday, March 27th at 5:00. March's dinner will be provided by Fazio's Ristorante. Please look for all of the details in the March newsletter!
We look forward to a fun evening.

We would like to thank Home Helpers of Enfield and Louis & Clark for sponsoring our Tune Up and Trivia event that was held on January 15th!

Be sure to stop by and see what trips we are offering!



ESSENTIAL SERVICES (525-5436)

LEGAL CONSULATION

by appt. with
Dave Carlson, Attorney
February 19th

LICENSE RENEWALS

First-time online
renewals only
(ages 55-74)
February 20th

SHINE

COUNSELOR
Medicare Assistance
by Appt. with Karen
February 4th, 11th,
14th & 25th

VETERANS AGENT

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

RESOURCE REPORT



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 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 at 525-5436 ext. 1402 for an appointment to complete the paperwork.

OPTIONS COUNSELING

What is it? Options counseling is a free service that assists people in making informed decisions about nursing home placement, living at home or living at other community settings with services.

Who Qualifies? People age 60 or older, people of any age who have any type of disability and caregivers qualify.

An Elder Care Advisor will work with you to help develop a long term plan, explore financial resources, make recommendations and more.

To connect with an Elder Care Advisor contact Greater Springfield Senior Services (GSSI) at 413-781-8800.



THE SHINE PROGRAM

The SHINE (Serving the Health Insurance Needs of Everyone) Program provides free health insurance information and counseling to all Massachusetts residents with Medicare and their caregivers. People who have Medicare or who are about to become eligible for Medicare, can meet with a counselor to learn about benefits and options available. A counselor will review programs that help people with limited income to pay health care costs.

We have a SHINE Counselor available at The Pleasant View Senior Center that comes in weekly by appointment. If you wish to make an appointment with our SHINE counselor please call 413-525-5436.

If you have a general question you can also call the SHINE answering machine at 413-750-2893 leave your name and number and a volunteer will call you back, as soon as possible.

Need Help
with your Medicare
Plan Comparisons
for Open Enrollment?



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.



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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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Meal Calendar February 2019


| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| <p>**1% Milk and whole grain bread or rolls served daily, unless otherwise noted**</p> <p>\$3.00 Lunch Donation is Appreciated</p> | <p>Lunch Begins at Noon</p> <p><i>*Please reserve lunch 24 hours In advance by calling 525-5436</i></p> <p>**Menu Subject to Change**</p> |  | | <p>1 Island spice pork riblets</p> <p>Sweet potato</p> <p>Stir-fry cabbage and peppers</p> <p>Sliced apples</p> |
| <p>4 Spaghetti and Meatballs</p> <p>Broccoli, cauliflower and carrots</p> <p>Mixed fruit cup</p> | <p>5 Chicken breast Cacciatore</p> <p>Carrots, celery, Peppers and tomato</p> <p>Potatoes</p> <p>Peaches</p> | <p>6 Grilled chicken breast</p> <p>Buttermilk ranch sauce</p> <p>Mashed potatoes</p> <p>Mixed vegetables (corn, green beans, carrots and peas)</p> <p>Pears</p> | <p>7 Fish and chips</p> <p>Coleslaw</p> <p>Zesty fries</p> <p>Strawberry fruit cup</p> | <p>8 Tuna salad sandwich</p> <p>3 bean salad</p> <p>Mandarin oranges</p> |
| <p>11 Glazed chicken legs</p> <p>Sweet potato</p> <p>Green beans and peppers</p> <p>Pineapple</p> | <p>12 Valentine Luncheon (Sponsored by CareOne)</p> <p><u>Meals on Wheels Only</u></p> <p>Stuffed cabbage with ground pork, quinoa, peppers and tomato</p> <p>Apple sauce</p> | <p>13 Beef stew with Carrots, celery, and potatoes</p> <p>Peas</p> <p>Fruited jell-O</p> | <p>14 Meatloaf with gravy</p> <p>Mashed potato</p> <p>Mixed vegetables (corn, green beans, carrots and peas)</p> <p>Bread pudding</p> | <p>15 Crustless cheese quiche</p> <p>Broccoli</p> <p>French onion soup</p> <p>Fruit cocktail</p> |
| <p>18</p> <p>CENTER CLOSED</p>  | <p>19 Vegetarian chili with red, white, and green beans and chickpeas</p> <p>Corn bread</p> <p>Mandarin oranges</p> | <p>20 Country style crispy chicken legs</p> <p>Mashed potatoes</p> <p>Roasted corn</p> <p>Banana pudding and fresh bananas</p> | <p>21 Roast turkey breast dinner</p> <p>Mashed potatoes</p> <p>Green bean Casserole</p> <p>Peaches</p> | <p>22 Baked, un-breaded pollock</p> <p>Brown rice</p> <p>Spinach and Tomatoes</p> <p>Pineapple</p> |
| <p>25 Eggplant parmesan with meat sauce over penne</p> <p>Mixed vegetables</p> <p>Vanilla pudding</p> <p>Pears</p> | <p>26 Beef burgundy</p> <p>Tomatoes, carrots and peas</p> <p>Mixed fruit cup</p> | <p>27 Grilled chicken breast cordon bleu (Swiss cheese and ham slices)</p> <p>Rivera blend vegetables</p> <p>Strawberry fruit cup</p> | <p>28 Shepard's pie (with corn and mashed potatoes)</p> <p>Peas and carrots</p> <p>Apricots</p> |  |



Activities Calendar February 2019



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| <p>* By Appointment</p> <p>To make an appointment or to sign up for a program at The Pleasant View Senior Center please call 413-525-5436</p> |  | | | <p>1</p> <p>AARP Taxes*</p> <p>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</p> |
| <p>4</p> <p>SHINE*</p> <p>8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:45 Exercise Class 12:30 Pitch, Pool League 12:45 Documentary 2:00 Better Breather's Support Group 2:15 Intro to Cannabis as Medicine 4:15 Zumba Toning</p> | <p>5</p> <p>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>6</p> <p>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</p> | <p>7</p> <p>Manicures*</p> <p>8:30 Bosu Class 9:30 Tai Chi 10:00 Billiards Lesson, Trivia 10:30 Healthcare Needs Table 10:45 Exercise Class 12:00 Canasta 12:30 \$5 Bingo 1:00 Knitting</p> | <p>8</p> <p>AARP Taxes*</p> <p>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 4:00 Line Dancing</p> |
| <p>11</p> <p>Massage Therapy*, SHINE*</p> <p>8:00 MGW Meeting 8:30 Exercise Class 9:00 Chair Exercise 10:45 Exercise Class 12:30 Pitch, Pool League 12:45 Documentary 4:15 Zumba Toning</p> | <p>12</p> <p>Pedicare*</p> <p>8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi 10:30 Tai Chi 12:00 Valentine's Day Luncheon and Entertainment 12:30 Mah-jongg</p> | <p>13</p> <p>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</p> | <p>14</p> <p>SHINE*</p> <p>8:30 Bosu Class 9:00 Blood Pressure Clinic 9:30 Tai Chi 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 12:00 Canasta 12:30 Valentine's Day Party and Resurrection Airmen Band 1:00 Knitting</p> | <p>15</p> <p>AARP Taxes*</p> <p>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</p> |
| <p>18</p> <p>CENTER CLOSED</p> <div style="text-align: center;">  </div> | <p>19</p> <p>Legal Consultations</p> <p>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>20</p> <p>Hearing Screening*, License Renewals*, Support Group</p> <p>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</p> | <p>21</p> <p>Manicures*</p> <p>8:30 Bosu Class 9:30 Tai Chi 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 11:00 Eric Lesser Rep. 12:00 Canasta 12:30 Entertainment By Lisa and Dave 1:00 Knitting</p> | <p>22</p> <p>AARP Taxes*</p> <p>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</p> |
| <p>25</p> <p>Massage Therapy*, SHINE*</p> <p>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</p> | <p>26</p> <p>Reiki*</p> <p>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>27</p> <p>8:00 Walkers 8:30 Exercise Class 9:30 Chair Exercise 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 11:00 French 1:00 Chair Volleyball, Computer Class</p> | <p>28</p> <p>8:30 Bosu Class 9:30 Tai Chi 10:00 Billiards Lesson, Trivia 10:30 Ask A Librarian 10:45 Exercise Class 11:00 Brian Ashe Rep. 12:00 Canasta 12:30 Bingo 1:00 Knitting</p> |  |

DONATIONS

OPEN PANTRY

This month we are looking for:
Crackers, Peanut Butter and Jelly, Canned Chili and Beef Stew, Snack Items and Toiletries.
Please check the expiration dates, we can only accept donations of food that have not expired!
Thank you everyone for your continued support and generous donations!

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.*

MEMORIAL DONATIONS

A special thank you to Diane Marcoux for her donation in memory of Charlie Lockhart and To Cyndy Ford for her donation in memory of Beverly Palmer.



TROLLEY



The Tri-Town Trolley is available Monday thru Friday from 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.

48-72 hour notification is required for booking any transportation. When booking appointments please have the complete address and phone number of your destination.
****For medical appointments we recommend calling as soon as you schedule your appointment****

To schedule a ride 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
Accounting Administrative Assistant
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

Sandy Bell
Meal Site Coordinator



MON - FRI: 8:00 a.m. – 4:00 p.m. | 413-525-5436 www.facebook.com/elseniors