



SEPTEMBER 2019

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



SEPTEMBER HIGHLIGHTS

FOOD, FUN AND FACTS

*Thursday, September 12th
at 12:00*

Join us for our FREE kick off luncheon and ice cream social for **Dementia Friendly East Longmeadow**. You must sign up to reserve your spot by calling 525-5436.



BUS TRIP TO THE BIG E

Tuesday, September 24th

Join Alicia for an afternoon trip to the Big E!

The cost is \$31 per person which includes bus fair and your Big E ticket. *This price is on a 56 passenger basis.* Lunch on your own. Registration and payment are due by Wednesday, September 11th. Payments will be non-refundable as of Thursday, September 12th. Payment by check only. Please make checks payable to "Town of East Longmeadow". **Reserve your spot today!**

WALK TO END ALZHEIMER'S

Sunday, September 15th

The walk will be held at Holyoke Community College.

Please call 525-5436 for more information on how to join our team!



AUGUST IN REVIEW



578 Volunteer Hours



926 Meals Delivered



276 Lunches Served



56 Food Pantry Visits

RESOURCE REPORT

OPEN ENROLLMENT



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 2020. **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 15, 2019 - December 7, 2019***

Our SHINE Counselor is here weekly, please call 525-5436 for an appointment. If you have a general question you can 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.

EXERCISE

BOSU CLASS with Lissa

****Please check with Lissa before your first class**

Tue 8:30 A.M.
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.

Beginners Tai Chi Fri 9:45

**** Must sign up in advance ****

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

LINE DANCING CLASS

with Debbie Tracy
Fri 4:00 P.M.

\$3/Class

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.** Class Cards may be purchased at the office. Cards will be stamped after attending a 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**

HEALTH AND WELLNESS (525-5436)

BLOOD PRESSURE

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

BLOOD PRESSURE CLINIC

Free Screening by
Comfort Plus Caregivers
September 12th at 9:00

FOOTCARE/PEDICARE

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

HEARING SCREENING

Free Screening by
Baystate Hearing Center
by appointment 525-5436
September 18th

MANICURES

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

MASSAGE THERAPY

by appointment
Christina Conti, LMT
413-348-8370
September 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. The meeting is held at The Pleasant View Senior Center. For more information please call Lissa at 525-5436 ext. 1407.

The September meeting will be held on the 18th.

PLEASANT VIEW CINEMA TUESDAYS at 12:45 P.M.



September 3rd *Running for Grace*

1 hr 50 mins 2018 TV-14

In 1920's Hawaii, a young man of mixed race and the daughter of a white plantation owner must overcome racial and class prejudice to be together. Starring Matt Dillon, Ryan Potter and Jim Caviezel.



September 10th *Bombshell*

1 hr 28 mins 2017 TV-14

The documentary reveals a woman with brains as well as beauty in this audio interview of Hollywood icon Hedy Lamarr.



September 17th *The Highwayman*

2 hrs 12 mins 2019 R

Two steely former Texas Rangers are tasked with tracking and killing infamous criminals Bonnie and Clyde in this crime drama based on real events. Starring Kevin Costner, Woody Harrelson and Kathy Bates.

September 24th *Movie Cancelled*



**All movies include a 15 minute break with refreshments unless otherwise noted.*

**Movies are liable to change based on availability.*

RECREATION



ART CLASS

Fridays 10:00 A.M. \$15

ASK A LIBRARIAN

September 19th 10:30 A.M.

BEAN BAG BASEBALL

Fridays 9:30 A.M.

BILLIARDS

Mon–Fri 8:00 A.M. to 4:00 P.M.

BOCCE

Mon–Fri 8:00 A.M. to 4:00 P.M.

Group Play Wednesdays 10:00

BOOK CLUB

September 24th at 10:30

The Island of Sea Women

By Lisa See

BREAKFAST CLUB

Tuesdays 8:00 A.M.—10:00 A.M.

COMPASSION AND KINDNESS

September 13th at 1:00 P.M.

COMPUTER CLASS

Wednesdays at 1:00 P.M.

Beginning September 18th

FRENCH CONVERSATION GROUP

Wednesdays at 11:00 A.M.

HEAVEN BOOK STUDY

Fridays 10:45 A.M.

JEWELRY CLASS

Will resume in October

KNITTING CLASS

Thursdays 1:00 P.M. \$5
Beginning September 26th

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.



SUMMER THURSDAY'S

September 5th Lunch and Learn

with Raffle presented and sponsored by Glenmeadow at 12:00 . See "Education and Bullying" on page 4

September 12th Food, Fun and Facts.

Join us for our Dementia Friendly East Longmeadow Kick Off Party! **Free Pizza and Ice Cream Social.** Must sign up in advance by calling 525-5436.

FRIENDSHIP CLUB

September 19th Bingo

September 26th \$5 Bingo and Lunch and Learn

with Raffle presented by The Hampden District Attorney's Office at 12:00. See "Presentation Against Senior Exploitation" on page 4

COOKBOOK

If you would like your favorite family recipe to be featured in our **Pleasant View Cookbook** please drop off your recipe(s) at the office.



SEPTEMBER SPECIAL NOTES



EDUCATION AGAINST BULLYING
Thursday, September 5th
at 12:00

Join us for this Lunch and Learn presented by Glenmeadow. They will be providing desert and a raffle prize for those in attendance. Please sign up in advance by calling 525-5436.



9/11 REMEMBRANCE
Wednesday, September 11th
at 8:00 p.m.

The East Longmeadow Fire Department will hold its eighteenth annual Candlelight Vigil to remember the victims of the September 11, 2001 attacks against the United States. The ceremony will be held on the front lawn of the fire department at 150 Somers Road, East Longmeadow, MA. The vigil begins at 8:00 P.M. and will last approximately one half hour.

VOLUNTEER OPPORTUNITY

If you would like to volunteer for the 2nd Annual "Veterans Picnic in the Park" visit <https://www.vetspip.org/> or call Alicia Smith at 413-525-5436 ext. 1406. ***This years picnic will be held at Spec Pond in Wilbraham on Saturday, October 5th.***



BETTER BREATHER'S MONTHLY SUPPORT GROUP

Monday, September 9th at 2:00

Designed to educate and support individuals in the community who experience respiratory and pulmonary disease. **Meetings are held at The Pleasant View Senior Center ~ Refreshments will be served.** Please RSVP by calling 413-224-3290. **Sponsored by CareOne at Redstone.**



MONTHLY VIDEO SERIES

Monday, September 16th at 12:45

Join us for our monthly video series hosted by Jane Seymour. **This months topic is Brain Health.** The monthly video series and raffle prizes are **sponsored by Right At Home Homecare.** *Jane Seymour will not be here in person.



PRESENTATION AGAINST SENIOR EXPLOITATION

Thursday, September 26th at 12:00

Join us for this Lunch and Learn presented by Joan O'Brien from the Hampden District Attorney's Office. There will be a raffle prize for one lucky winner who attends! You must be present during the presentation for the chance to win. Please sign up by calling 525-5436.



SENIOR CARE OPTIONS
Wednesday, September 11th
at 11:15

Learn what senior care options such as Adult Day Programs, Care for Loved Ones and more are available for you in our area. Please sign up by calling 525-5436. **Presented by Safe Harbor.**



Thursday, September 19th
at 10:30

Don't have a library card? Need to update your information? Stop by to do just that or to see what books and special programs the library has to offer.



Thursday, September 26th
From 8:00-10:00

Walk in's are welcome but sign ups are encouraged by calling 525-5436. You must bring your Medicare or alternative insurance card with you to your appointment. **Sponsored by Stop and Shop.**

ESSENTIAL SERVICES (525-5436)

LEGAL CONSULATION

by appt. with
 Dave Carlson, Attorney
 413-525-5436
 September 17th

SHINE

COUNSELOR

Medicare Assistance
 by Appt. with Karen
 Sept. 9th, 16th, 19th, 23rd and 30th



VETERANS AGENT

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

RESOURCE REPORT



Medicare Counseling Programs are being bombarded with calls and ads for “free” genetic cancer screening kits. *This is entirely bogus.* Agents claim Medicare will pay for them...**and they are making cold calls to convince you to buy one! ! Medicare DOES NOT pay for mail order kits for cancer screening.** Medicare covers many genetic tests to **diagnose cancer once symptoms are present**, but there is *only ONE* test to screen (for colorectal cancer). **Only screening by a physician will be covered by Medicare! Report sales complaints to SHINE (1-800-243-4636, press 3) or the Senior Medicare Patrol Project (978-946-1200).**

Do not be scammed!!



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.

Inward Commons: Sept. 3rd from 2:00 - 3:00

Village Green: Sept. 9th from 12:00 - 1:00

Quarry Hill: Sept. 9th from 1:15 - 2:15

BEREAVEMENT SUPPORT GROUP



If you believe there is a need for a bereavement support group here at the center please contact our Program Coordinator, Alicia Smith at 525-5436 ext. 1406 to discuss possible support groups here at Pleasant View.

The Town of East Longmeadow will be accepting applications for the Senior Work-Off Abatement Program (SWAP) for abatement on the property tax bill for the fiscal year of 2021 (July 1, 2020 - June 30, 2021) * Applications available July 1st

Taxpayers must be 60 years of age prior to January 1, 2020, 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 \$12.75 per hour, and the maximum allowable abatement is \$1,593.75 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 \$1,593.75 (less federal income tax and Medicare deductions). Seniors will complete the hours from January 1, 2020 to November 30, 2020. 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, 2019.

SPONSORS

THE REAL ESTATE MARKET CENTER	Never overpay to sell your home with my 3% and/or 4% Commission Plan! www.3or4plan.com
Michael Robie, Real Estate Broker	413-575-7236

DAVID G. CARLSON ATTORNEY AT LAW <i>Estate Planning • Wills & Trusts • Probate of Estates Elder Issues</i>
200 NORTH MAIN STREET • SUITE 6 EAST LONGMEADOW, MA 01028 Tel. (413) 525-1313 Fax (413) 525-7272



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 September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 CENTER CLOSED 	3 Stuffed Shells with Meat Sauce Italian Blend Vegetables Mixed Fruit	4 Roasted Garlic and Herb Chicken Breast Mashed Potatoes Green Beans Fresh Watermelon	5 Un-Breaded Baked Pollack with Herbs Brown Rice Mixed Vegetables Peaches	6 <i>Fall Fridays Served from 11:30 - 1:00</i> Cheeseburger and Fries Soup of the Day Three Bean Salad Mixed Fruit
9 Grilled Cheese Sandwich Soup Steamed Carrots Fresh Apple Slices	10 Chicken Breast Piccata Over Penne California Blend Vegetables Fresh Oranges	11 BBQ Pulled Pork Sandwich Coleslaw Carrots Apple Sauce	12 <i>Dementia Friendly Kick Off Luncheon</i>  Pizza Salad Ice Cream Social 	13 <i>Fall Fridays Served from 11:30 - 1:00</i> Pick your own, Ham or Egg Salad Soup of the Day Peaches
16 Lasagna with Meat Sauce Peas and Carrots Pineapple	17 Low Sodium Hotdogs Beans Sauerkraut Pears	18 Chicken Leg Menudo Potatoes and Celery Peas and Carrots Mixed Fruit	19 Chicken Breast Parmesan over Spaghetti Broccoli and Cauliflower Chocolate Pudding	20 <i>Fall Fridays Served from 11:30 - 1:00</i> Tuna Melt Sandwich with Coleslaw Soup of the Day Fries Mandarin Oranges
23 Mediterranean Chicken Breast Quinoa Spinach, Olives, Peppers and Tomatoes Fresh Watermelon	24 Fish and Chips Fries Three Bean Salad Cinnamon Apples	25 Beef Bolognese Mixed Vegetables Peaches	26 Spaghetti and Meatballs Italian Blend Vegetables Fruited Jell-O	27 <i>Fall Fridays Served from 11:30 - 1:00</i> Deli Sandwich with Chips Soup of the Day Apple Sauce
30 Fish Francaise Rice Pilaf Green Beans Mixed Fruit			**1% Milk and whole grain bread or rolls served daily, unless otherwise noted** \$3.00 Lunch Donation is Appreciated	Lunch Begins at Noon <i>*Please reserve lunch 24 hours in advance by calling 525-5436</i> **Menu Subject to Change**

Activities Calendar September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 CENTER CLOSED</p> 	<p>3 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi 10:30 Tai Chi 12:30 Mah-jongg 12:45 Pleasant View Cinema</p>	<p>4 8:00 Rail Trail, Walkers 8:30 Exercise Class 9:00 Chair Exercise, 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 11:00 French Group, 1:00 Chair Volleyball</p>	<p>5 Manicures* 8:30 Bosu Class 9:30 Tai Chi 10:00 Trivia 10:45 Exercise Class 12:00 Canasta, Lunch and Learn</p>	<p>6 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art, Cribbage 10:45 "Heaven" Study 12:30 Mah-jongg 1:00 Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing Class</p>
<p>9 Massage Therapy*, SHINE* 8:00 Walkers 8:30 Exercise Class 9:00 MGW Meeting 10:45 Exercise Class 12:30 Pitch, Pool League 2:00 Better Breather's Support Group 4:15 Zumba Toning</p>	<p>10 Pedicare* 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi 10:30 Tai Chi 12:30 Mah-jongg 12:45 Pleasant View Cinema</p>	<p>11 8:00 Rail Trail, Walkers 8:30 Exercise Class 9:00 Chair Exercise, 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 11:00 French Group, 11:15 Senior Care Options Presentation 1:00 Chair Volleyball 8:00 9/11 Remembrance at the EL Fire Station</p>	<p>12 8:30 Bosu Class 9:00 Blood Pressure Clinic 9:30 Tai Chi 10:00 Trivia 10:45 Exercise Class 12:00 Canasta 12:00 Dementia Friendly Kick Off</p>	<p>13 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 9:45 Tai Chi 10:00 Art, Cribbage 10:45 "Heaven" Study 12:30 Mah-jongg 1:00 Compassion and Kindness, Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing Class</p>
<p>16 SHINE* 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:45 Exercise Class 12:30 Pitch, Pool League 12:45 Video Series 4:15 Zumba Toning</p>	<p>17 Legal Consultation* 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi 10:30 Tai Chi 12:30 Mah-jongg 12:45 Pleasant View Cinema</p>	<p>18 Hearing Screening*, 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 Group 1:00 Chair Volleyball, Computer Class</p>	<p>19 Manicures*, SHINE 8:30 Bosu Class 9:30 Tai Chi 10:00 Trivia 10:30 Ask A Librarian 10:45 Exercise Class 11:00 Eric Lesser Rep. 12:00 Canasta 12:30 Bingo</p>	<p>20 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 9:45 Tai Chi 10:00 Art, Cribbage 10:45 "Heaven" Study 12:30 Mah-jongg 1:00 Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing Class</p>
<p>23 Massage Therapy*, SHINE* 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:45 Exercise Class 12:30 Pitch, Pool League 4:15 Zumba Toning</p>	<p>24 Big E Bus Trip* 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi 10:30 Book Club, Tai Chi 12:30 Mah-jongg</p>	<p>25 8:00 Rail Trail, Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 11:00 French Group 1:00 Chair Volleyball, Computer Class</p>	<p>26 8:00 Flu Clinic 8:30 Bosu Class 9:30 Tai Chi 10:00 Trivia 10:45 Exercise Class 11:00 Brian Ashe Rep. And Learn 12:00 Canasta, Lunch 12:30 \$5 Bingo 1:00 Knitting Class</p>	<p>27 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art, Cribbage 9:45 Tai Chi 10:45 "Heaven" Study 12:30 Mah-jongg 1:00 Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing Class</p>
<p>30 SHINE* 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:45 Exercise Class 12:30 Pitch, Pool League 4:15 Zumba Toning</p>				<p>* By Appointment To make an appointment or to sign up for a program at The Pleasant View Senior Center please call 413-525-5436</p>

EMERGENCY FOOD PANTRY

For those 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.



Donations to the Food Pantry are always accepted. This month we are in need of:
**Toilet Paper, Laundry Detergent, Soap, Toothpaste, Shampoo, Cereal, Crackers,
Canned Whole Meals and School Snacks**

Please check the expiration dates, we can only accept donations of food that have not expired.

We appreciate all of the support from OUR community. With your help, we are able to assist numerous individuals and families each month. Thank You!!

MEMORIAL DONATIONS

A special thank you to Roger and Barbara Farrell and to Theodore and Jean Medrek for their donations in memory of Irene Brasile, to Mary DelNegro for her donation in memory of Al Circosta and to Geraldine Kennedy for her donation in memory of Kenneth Mayo Sr.

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
*Administrative Assistant/
Social Media Coordinator*
Ext. 1404

Sandy Bell
*Meal Site
Coordinator*



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