



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



Have you sent a card today?

SEND A CARD TO A FRIEND

Tuesday, February 18th at 10:00
Who does not love to receive a note? Come create a beautiful card with Alicia, Pleasant View's Program Coordinator, to send to a friend to let them know you are thinking of them. Each person will be able to create two cards.

All materials and postage will be provided. Space is limited, please call 525-5436 to sign up.

Sponsored by Bluebird Estates



The Pleasant View Senior Center has a new reservation policy for lunch. All lunch reservations are required to be made no later than 1:00 pm the day before.

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.



MONTH IN REVIEW



592 Volunteer Hours



603 Meals Delivered



203 Lunches Served



136 People Served

RESOURCE REPORT



A sincere and grateful "Shout Out" to the many who gave to our Pantry during our time of need. Most have been anonymous and ALL are abundantly appreciated!!

Thank You

Donations needed for the Food Pantry:

Canned Meats, Baked Beans, Prepared Meals, Cereals/Oats, Crackers and Toiletries

We appreciate all of the support from OUR community!

MOBILE FOOD PANTRY PROGRAM



The Mobile Food Pantry is brought to you by the Community Development Fund Program in conjunction with the Pleasant View Senior Center. The Mobile Food Pantry is designed to aid residents facing barriers such as transportation, mobility and other needs. **For further information please call Tracey Walz at 525-5436 ext. 1408.**

EXERCISE

BOSU CLASS with Lissa

Tue/Thur 8:30 A.M.

**Please check with Lissa before your first class*

Class Card Needed



EXERCISE CLASS with Lissa

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

Mon/Thur 10:45 A.M.

Class Card Needed



TAI CHI HEALTH with Lissa

Tue 9:30 A.M.

Wed 10:00 A.M.

Thur 9:30 A.M.

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

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

Wed 2:30 P.M. **\$5 /Class**

ZUMBA GOLD & TONING

with Kelly Phillips

Mon 4:00 P.M. **\$5/Class**

LINE DANCING CLASS

with Debbie Tracy

Fri 4:00 P.M. **\$3/Class**

Tai Chi is sponsored by CareOne at Redstone

Some health insurance companies will reimburse for fitness classes or fitness room usage. Check with your health insurer to see if attending fitness classes or using the fitness room is reimbursed. If so please let Lissa Fontaine know and she will give you documentation for you to turn into your health insurer.

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

BLOOD PRESSURE

by appointment. with

Lissa Fontaine, R.N.

Ext. 1407

HEARING SCREENING

Free Screening by

Baystate Hearing Center

by appointment 525-5436

February 19th

FOOTCARE/PEDICARE

by appointment 525-5436

Cost is \$29, Home Visit \$50

February 11th

MANICURES

by appointment 413-335-7422

Cathy Rasic, LM

February 6th and 20th

MASSAGE THERAPY

by appointment 413-348-8370

Christina Conti, LMT

February 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. For more information please call Lissa at 525-5436 ext. 1407. The February meeting will be held on the 19th.

On February 14th at 2:00 we will be holding a Valentine's Day Afternoon Tea for Caregivers and their loved ones living with dementia. Please call Lissa for more information and to RSVP.

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

February 4th

The Laundromat

1 hrs 36 mins 2019 R



When a widow gets swindled out of insurance money, her search for answers leads to two cunning lawyers in Panama who hide cast for the super rich. Starring Meryl Streep, Gary Oldman and Antonio Banderas.

February 11th

Diana: 7 Days that Shook the World

1 hr 33 mins 2017 TV-PG

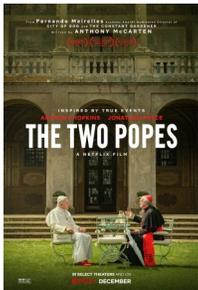


This illuminating documentary examines the aftermath of Princess Diana's tragic death and the tense, dramatic week leading up to her funeral.

February 18th

The Two Popes

2 hrs 5 mins 2019 PG-13



At a key point for the Catholic Church, Pope Benedict XVI forms a surprising friendship with the future Pope Francis. Inspired by true events. Starring Anthony Hopkins, Jonathan Pryce and Juan Minujin.



February 25th *How the Beatles Changed the World*

1 hr 49 mins 2017 TV-PG

This documentary shows interviews and rare archival footage that illuminate how the Beatles' influence over music and culture continues to be felt around the world.

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

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



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.

BOCCE

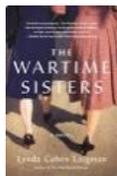
Will resume in the spring

BOOK CLUB

February 25th 10:30

The Wartime Sisters

By Lynda Cohen Loigman



BROWNSTONE CAFÉ

Tuesdays 8:00 A.M.—10:00 A.M.

CHAIR VOLLEYBALL

Wednesdays 1:00 P.M.



COMPASSION AND KINDNESS

February 14th 1:00 P.M.

COMPUTER CLASS

February 18th 1:00 P.M.

FRENCH CONVERSATION GROUP

Wednesdays 11:00 A.M.

HEAVEN BOOK READING

February 7th 10:30 A.M.

JEWELRY CLASS

Will resume in March

\$3 + Materials

KNITTING CLASS

Thursdays 1:00 P.M. \$5

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 6th *Bingo*

February 13th *Entertainment by*

The Resurrection Airmen

February 20th *\$5 Bingo*

February 27th *Entertainer David*

Colucci



FEBRUARY SPECIAL NOTES



OH MY
ACHES
AND
PAINS

INJURY SCREENING

Wednesday, February 5th by appointment

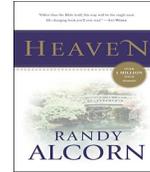
Do you experience aches or pains in your back, your neck or maybe your shoulders or knees? If so, you will want to meet Sarah Saffee, PT, DPT, from Bay State Physical Therapy. Call 525-5436 to sign up for your injury screening where Sarah will go through a brief assessment to look at your flexibility, strength and range of motion and then discuss exercises and strategies that you can do on your own to help with the pain.



SIMPLE TECH SERVICES

Tuesday, February 11th at 11:00

Learn how to send a text, take pictures on your cell phone and do a simple web search. Be sure to bring your questions about how to use specific functions on your phone. Please call 525-5436 to sign up.



HEAVEN BOOK READING

Friday, February 7th at 10:30

Ever wondered what Heaven is like? A book group here at the center will be reading *Heaven* by Randy Alcorn and invite you to stop by to watch an introduction video about the book.



MONTHLY BIRTHDAY BASH

Wednesday, February 12th at 12:00

The second Wednesday of every month we will have a Birthday Bash to celebrate participants with a birthday in the current month. ***If it is your birthday month come enjoy a free lunch!*** Please sign up by calling 525-5436.

Cupcakes sponsored by Glenmeadow



Please sign up for all programs by calling 413-525-5436. This helps us to prepare for each event properly and will allow us to contact you if we need to cancel an event.

AARP TAX HELP

AARP volunteers will be preparing taxes at The Pleasant View Senior Center on THURSDAYS beginning February 6th and ending on April 9th. *This free service is geared towards seniors of low to moderate income who are filling out a simple tax return.* Please call 413-525-5436 or stop by our office to sign up for your time slot. Sign ups begin on January 2nd. Please note that if for any reason you need to cancel or reschedule your appointment there is no guarantee you will receive a new time slot due to the high demand of this service.



When coming to your appointment you must bring: 1 Form of ID, a copy of last years taxes, any health care forms such as Mass Health, 1095 etc. and your social security card. If filing jointly both spouses MUST come in together.

INCLEMENT WEATHER POLICY

When East Longmeadow Public Schools are closed due to weather, all programs will be cancelled and 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.***



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.

Village Green: February 18th 11:00 - 12:00

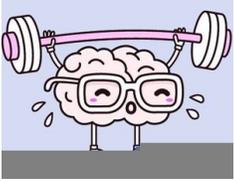
Inward Commons: February 18th 2:00 - 3:00

Quarry Hill: February 24th 1:00 - 2:00

COMING SOON

MEMORY TRAINING

Wednesday's, March 4th-25th from 11:00-1:00



What is memory training? Memory Training is an innovative, educational course that teaches individuals techniques to improve their memory in a fun, interactive classroom environment. This 2-hour once per week course is designed to benefit individuals with age-related memory challenges over its four-weeks of lessons and beyond.

What will I learn in class?

What memory is and how it works ~ How to reduce tip of the tongue moments ~ How to reduce your memory burden ~ Your learning style ~ Better memory habits and techniques for some of the most common memory complaints

Upcoming courses: Wednesdays, March 4th-25th, 11:00-1:00 at the Pleasant View Senior Center.

Register by calling Lissa Fontaine at 525-5436 ext. 1407. Space is limited

THANK YOU

Thank you to **Pete's Sweets** and **TD Bank** for supporting our Alzheimer's Caregivers Support Groups' cookie decorating project.



Thank you to **UNICO** for hosting a delicious pasta dinner that was enjoyed by all!



Thank you to **CareOne at Redstone** for sponsoring our *Jingle Bags*. Our homebound seniors appreciated this holiday surprise!



RESOURCE REPORT

WANT TO LOWER YOUR MEDICARE COSTS?

On **January 1, 2020** the income and asset limits for the Medicare Savings Programs* increased. If you qualify, these programs will pay your Part B premium and in some cases your Part A and B deductibles, co-pays and Part A premium (if you have one). In addition, you will **automatically receive Extra Help, a program that will lower your Medicare Part D premium and co-pays.**

Income and Asset Limits Effective 1-1-2020

Individual: Income/Month \$1,738 Assets \$15,720

Married Couple: Income: Income/Month \$2,346 Assets \$23,600



To learn more and to request an application, contact MassHealth at: **1-800-841-2900** or **TTY at: 1-800-497-4648**. SHINE can also assist you with the application process. To make an appointment with our SHINE Counselor please call 413-525-5436.

Applications are also available on-line at: <https://tinyurl.com/MassMSP>

* Medicare Savings Programs are also called "MassHealth Buy-In" and are administered by MassHealth.

ESSENTIAL SERVICES

LEGAL CONSULATION
by appt. with
Dave Carlson, Attorney
525-5436
February 18th

NOTARY PUBLIC SERVICES
by appt. with
Danell Tavella
525-5436 ext. 1402

SHINE COUNSELOR
Medicare Assistance
by appt. with Karen
525-5436

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

Meal Calendar February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lunch Begins at Noon</p> <p><i>*Please reserve lunch in advance by calling 525-5436. Reservations must be made No later than 1pm the day before</i></p>	<p>**1% Milk and whole grain bread or rolls served daily, unless otherwise noted**</p> <p>\$3.00 Lunch Donation is Appreciated</p> <p>**Menu Subject to Change**</p>			
<p>3</p> <p>Fish Sandwich</p> <p>Carrots and Corn</p> <p>Fresh Fruit</p>	<p>4</p> <p>Meatball Stroganoff with Egg Noodles</p> <p>Mixed Vegetables</p> <p>Spiced Apples</p>	<p>5</p> <p>Chicken Breast Da Vinci</p> <p>Brussel Sprouts</p> <p>Ziti</p> <p>Peaches</p>	<p>6</p> <p>Taco Salad</p> <p>Yellow Rice</p> <p>Crispy Tortillas</p> <p>Fruited Jell-O</p>	<p>7</p> <p><i>Café Fridays Served from 11:30 - 1:00</i></p> <p>BBQ Chicken Drumsticks</p> <p>Rice</p> <p>Pineapple</p>
<p>10</p> <p>Sweet and Sour Pork</p> <p>Stir Fry Oriental Vegetables</p> <p>White Rice</p> <p>Tapioca Pudding</p>	<p>11</p> <p>Baked Stuffed Chicken Breast</p> <p>Steamed Spinach</p> <p>Mashed Yams</p> <p>Mandarin Oranges</p>	<p>12</p> <p><i>Birthday Lunch</i></p> <p>Shepard's Pie</p> <p>Glazed Carrots</p> <p></p> <p><i>Dessert Sponsored by Glenmeadow</i></p>	<p>13</p> <p>Crispy Fish Filet</p> <p>Potato Wedges</p> <p>Salad</p> <p>Peach Crisp</p>	<p>14</p> <p><i>Café Fridays Served from 11:30 - 1:00</i></p> <p>Hot Dog </p> <p>Onions and Peppers</p> <p>Baked Beans</p> <p>Fresh Fruit</p>
<p>17</p> <p>CENTER CLOSED</p> <p></p>	<p>18</p> <p>Eggplant Rollatini</p> <p>Steamed Broccoli</p> <p>Ziti with Marinara</p> <p>Pears</p>	<p>19</p> <p>Chicken with Gravy</p> <p>Collard Greens</p> <p>1/2 Baked Potato</p> <p>Apple Sauce</p>	<p>20</p> <p>Lemon Butter Pollock</p> <p>Green Beans</p> <p>Scalloped Potatoes</p> <p>Vanilla Pudding</p>	<p>21</p> <p><i>Café Fridays Served from 11:30 - 1:00</i></p> <p>BBQ Pork Sliders</p> <p>Sweet Potatoes</p> <p>Coleslaw</p> <p>Pineapple</p>
<p>24</p> <p>American Chop Suey</p> <p>Mixed Vegetables</p> <p>Apples</p>	<p>25</p> <p>Jambalaya</p> <p>Stewed Tomatoes</p> <p>Rice</p> <p>Butterscotch Pudding</p>	<p>26</p> <p>Fish Tacos</p> <p>Coleslaw</p> <p>Yellow Rice</p> <p>Mixed Fruit</p>	<p>27</p> <p>Turkey Breast with Gravy</p> <p>Au Gratin Potatoes</p> <p>Cranberry Stuffing</p> <p>Mandarin Oranges</p>	<p>28</p> <p><i>Café Fridays Served from 11:30 - 1:00</i></p> <p>Cold Plate</p> <p>Chicken Breast Sandwich with Lettuce and Tomato</p> <p>Potato Salad</p> <p>Fresh Fruit</p>

Activities Calendar February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<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>3 SHINE* 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:45 Exercise Class 12:30 Pitch, Pool League 4:00 Zumba Toning</p>	<p>4 8:00 Brownstone Café 8:30 Bosu Class 9:30 Tai Chi 12:30 Mah-jongg 12:45 Pleasant View Cinema</p>	<p>5 Injury Screening* 8:00 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 2:30 Chair Yoga</p>	<p>6 Manicures* 8:30 Bosu Class 9:30 Tai Chi 10:00 Trivia 10:45 Exercise Class 12:00 Canasta 12:30 Bingo 1:00 Knitting Class</p>	<p>7 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art, Cribbage 10:30 Heaven Video 12:30 Mah-jongg 1:00 Dominoes, Needlework 4:00 Line Dancing Class</p>
<p>10 Massage Therapy*, SHINE* 8:00 Walkers 8:30 Exercise Class 9:00 MGW Meeting 10:45 Exercise Class 12:30 Pitch, Pool League 4:00 Zumba Toning</p>	<p>11 Pedicare* 8:00 Brownstone Café 8:30 Bosu Class 9:30 Tai Chi 11:00 Simple Tech Services 12:30 Mah-jongg 12:45 Pleasant View Cinema</p>	<p>12 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 11:00 French Group 12:00 Birthday Bash 1:00 Chair Volleyball 2:30 Chair Yoga</p>	<p>13 8:30 Bosu Class 9:30 Tai Chi 10:00 Trivia 10:45 Exercise Class 12:00 Canasta 12:30 The Resurrection Airmen 1:00 Knitting Class</p>	<p>14 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art, Cribbage 12:30 Mah-jongg 1:00 Compassion and Kindness, Dominoes, Needlework 4:00 Line Dancing Class</p> 
<p>17 CENTER CLOSED</p> 	<p>18 Legal Consultation* 8:00 Brownstone Café 8:30 Bosu Class 9:30 Tai Chi 10:00 Send a Card to a Friend 12:30 Mah-jongg 12:45 Pleasant View Cinema</p>	<p>19 Hearing Screening*, Support Group 8:00 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 2:30 Chair Yoga</p>	<p>20 Manicures* 8:30 Bosu Class 9:30 Tai Chi 10:00 Trivia 10:45 Exercise Class 11:00 Eric Lesser Rep. 12:00 Canasta 12:30 \$5 Bingo 1:00 Knitting Class</p>	<p>21 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art, Cribbage 12:30 Mah-jongg 1:00 Dominoes, Needlework 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, Pool League 4:00 Zumba Toning</p>	<p>25 8:00 Brownstone Café 8:30 Bosu Class 9:30 Tai Chi 10:30 Book Club 12:30 Mah-jongg 12:45 Pleasant View Cinema</p>	<p>26 SHINE* 8:00 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 2:30 Chair Yoga</p>	<p>27 8:30 Bosu Class 9:30 Tai Chi 10:00 Trivia 10:45 Exercise Class 11:00 Brian Ashe Rep. 12:00 Canasta 12:30 Entertainer David Colucci 1:00 Knitting Class</p>	<p>28 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art, Cribbage 12:30 Mah-jongg 1:00 Dominoes, Needlework 4:00 Line Dancing Class</p>

MEMORIAL DONATIONS

 A special thank you to Edward and Gail Orzechowski, The Baystate Deaf Seniors, Carol Murray, Jane Abts, Bernard and Mary Healy, Ernest and Susan Zemba and Susanne and John Emanuelson for their donations in memory of Ernie Booth, to Joan Thomas for her donation in memory of Anne Arment and to Jim and Nancy Pelletier for their donation in memory of Felix Valletti. 

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.

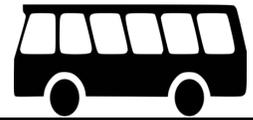
Cost is \$1 each way for in-town transportation and \$2 each way for out-of-town transportation.

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

Lissa Fontaine, R.N.
Health Educator
Ext. 1407

Danell Tavella
Community Services
Ext. 1402

Alicia Smith
*Program And
Volunteer Coordinator*
Ext. 1406

Sharon Giordano
Accountant
Ext. 1405

Meralee Kratovil
Office Manager
Ext. 1404

Leah Weaver
*Administrative Assistant/
Social Media Coordinator*
Ext. 1404

Tracey Walz
*Food Pantry
Coordinator*
Ext. 1408

Terry Glusko
*Transportation
Coordinator*
Ext. 1410

Barbara Fenney
Dispatcher
Ext. 1410

Stephen Plifka
Chef

Sandy Bell
*Meal Site
Coordinator*
Ext. 1413

Margit Daley
*Kitchen Assistant,
Dishwasher*

www.facebook.com/elseniors



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



SPONSORS

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Michael Robie, Real Estate Broker 413-575-7236	

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