



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



JULY HIGHLIGHTS

At this time the Pleasant View Senior Center remains closed to our patrons, however the staff is still working hard and here to help! We do not have a re-opening date yet. We are working closely with the Health Department to develop a plan for a safe re-opening. While we are closed we are still providing essential services, offering curbside meal pickup and delivering Meals on Wheels. Our food pantry is open by appointment only and our Mobile Food Pantry continues to deliver food to those who are in need of assistance and can not drive. If you need assistance please call the Senior Center at 525-5436.



Online Senior Support Group with Home Helpers of Enfield

Nicole from Home Helpers will be sharing with us home care tips, support and ending our time together with a fun game of trivia. **Join us on Zoom on the last Wednesday of every month at 11:00.** To sign up, email Nicole at nmatson@homehelpershomecare.com.



Would you like a puzzle or a book? We have a volunteer that is delivering puzzles and books to East Longmeadow Seniors on Friday afternoons. If you would like a puzzle or a book please call the center at 525-5436 and we will arrange to have one dropped off on your doorstep.



Stay connected with us on Facebook! If you haven't already, be sure to like and follow our Facebook Page; Pleasant View Senior Center. We post updates on online programming, online concerts, special events and more! You can also call us at 525-5436 for updated programming information.



Dispatch Health Online Discussion Wednesday, July 8th, 12:30 Learn what medical services Dispatch Health can offer you, including COVID-19 testing, right in your home. Email alicia.smith@eastlongmeadowma.gov for the zoom login.



Online Coffee Chats, Wednesday's at 9:30 Meet new friends and catch up with current ones. Email alicia.smith@eastlongmeadowma.gov for the zoom login. Please let Alicia know if there is a specific topic you would like for us to discuss.



Matt Daniels Online Performance Tuesday, July 14th, 12:30 Matt Daniel's is an accomplished pianist, presenting Jazz and Blues styles that emanated from the Harlem Renaissance and from the southern United States. Thank you to the Longmeadow Adult Center for making this program possible. Email lgill@longmeadow.org for the Zoom login.

JULY SPECIAL NOTES



Stars and Stripes Community Project: Be sure to tune into ELCAT on July 4th to watch our video of the Stars and Stripes Community Project. This project is a thank you from East Longmeadow residents to our Veterans and Active Duty Service men and women for fighting for our freedoms. This project also raises awareness of the future **East Longmeadow Veterans Memorial**. Thank you to all of you who helped make this project possible, and a special thank you to Don Maki, Director of ELCAT, for all of his help in putting the video together. To make a donation to the Memorial, please send your check to People's Bank, 201 N. Main St., East Longmeadow, MA 01028 C/O East Longmeadow Veterans Memorial; make check payable to the East Longmeadow Veterans Memorial Committee. You can also donate online to the following:
<http://www.gofundme.com/East-Longmeadow-veterans-memorial>

Thank you to everyone who helped make this project possible!

RESOURCE REPORT



Coronavirus Aid, Relief, and Economic Security (CARES) Act

As a result of the CARES Act, some US Residents will receive an Economic Impact payment. If you have not provided a direct deposit account for tax refunds, a pre-paid debit card will be mailed to you. **Do not throw this card away.** This is money for you under the Coronavirus Aid, Relief, and Economic Security (CARES) Act. You will need this card to access your Economic Impact Payment. You must first activate your card by phone before you can use it. **The Economic Impact Payment Card is a VISA prepaid debit card.** The government has loaded your Economic Impact Payment onto the card for you. You do not need to pay this money back and you will not be taxed on this money. Once activated, your money is safe on this card and is eligible for FDIC insurance. Be sure to immediately report if your card is lost or stolen. If your card is permanently lost, stolen, or accidentally thrown away call customer service at 1.800.240.8100 (TTY: 1.800.241.9100) to report your lost or stolen card immediately.



Farm Share Pickup for those who signed up for our Farm share Program pick ups are scheduled to begin on Wednesday, July 8th from 1:00 - 3:00. Pick up will be curbside here at Pleasant View. Simply pull up and a volunteer will bring your bag to your car.



While our Shine Volunteer is not able to meet in person she is still available to help! If you have questions about Medicare enrollment, Part D prescription plans and/or Medicare Advantage plans she will try to assist you over the phone. To schedule a phone appointment please call 525-5436.



If you need assistance applying for the **Supplemental Nutrition Assistance Program (SNAP)** please call Danell Tavella, Director of Community Services at 525-5436. **Recipients can now purchase groceries with their EBT cards from Amazon and Walmart.** Please note, SNAP funds may not be used toward delivery fees.



Responses to the 2020 Census will influence funding in our community for services that help EVERY generation. You can respond to the census online, by phone or by mail. If you need assistance please call 525-5436.

SENIOR SHOPPING HOURS

Many local stores are offering special hours 7 days a week for Seniors to shop

Big Y 7:00am - 8:00am Stop & Shop 6:00am - 7:30am CVS 9:00am - 10:00am Walgreens 8:00am - 9:00am

Meals on Wheels and Curbside Meal Calendar July 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>**1% Milk and whole grain bread or rolls served daily, unless otherwise noted**</p> <p>*Curbside lunches include hot meal only</p>	<p>\$3.00 Lunch Donation is Appreciated</p> <p>**Menu Subject to Change**</p>	<p>1</p> <p>Fish Tacos</p> <p>Coleslaw</p> <p>Yellow Rice</p> <p>Fresh Fruit</p>	<p>2</p>	<p>3</p> <p>CENTER CLOSED</p> 
<p>6</p> <p>Lemon Pepper Chicken</p> <p>Scalloped Potatoes</p> <p>Garlic Green Beans</p> <p>Peaches</p>	<p>7</p>	<p>8</p> <p>Salisbury Steak with Gravy</p> <p>Dilled Carrots</p> <p>Mashed Potatoes</p> <p>Applesauce</p>	<p>9</p>	<p>10</p> <p>Baked, Un-Breaded Pollock</p> <p>Sautéed Spinach</p> <p>Rice Pilaf</p> <p>Pineapple</p>
<p>13</p> <p>Chicken Alfredo</p> <p>Ziti</p> <p>Broccoli</p> <p>Oranges</p>	<p>14</p>	<p>15</p> <p>Grilled BBQ Chicken</p> <p>Sweet Potatoes</p> <p>Tossed Salad</p> <p>Pears</p>	<p>16</p>	<p>17</p> <p>Hot Dog in a Bun</p> <p>Potato Salad</p> <p>Baked Beans</p> <p>Apple Sauce</p>
<p>20</p> <p>Honey Mustard Chicken</p> <p>Pasta</p> <p>Brussel Sprouts</p> <p>Pudding</p>	<p>21</p>	<p>22</p> <p>Roast Turkey with Gravy</p> <p>Cauliflower</p> <p>Yellow Rice</p> <p>Fresh Fruit</p>	<p>23</p>	<p>24</p> <p>Chicken Breast Stuffed with Broccoli and Cheese</p> <p>Mashed Potatoes</p> <p>Peas</p> <p>Peaches</p>
<p>27</p> <p>Macaroni and Cheese</p> <p>Stewed Tomatoes</p> <p>Pineapple</p>	<p>28</p>	<p>29</p> <p>Meatloaf with Mushrooms and Gravy</p> <p>1/2 Baked Potato</p> <p>Broccoli</p> <p>Pears</p>	<p>30</p>	<p>31</p> <p>American Chop Suey</p> <p>California Blend Vegetables</p> <p>Mixed Fruit</p>



During the month of July we will be offering curbside meal pickup on Monday, Wednesday and Friday's. Meals are \$3 and can be picked up in the Senior Center parking lot at 11:30. If you would like to order a curbside lunch please call 525-5436 at least a day in advance by 1:00pm.

** Curbside lunches include hot meal only*

PANTRY PROGRAM

FOOD PANTRY

Thank you to the community for your countless donations and continued support! The Pantry is still accepting donations. Please call 525-5436 to schedule a drop off. **Donations needed for the Food Pantry:** Canned Meals, Soup, Oatmeal, Cereal, Pancake, Bread/Muffin Mix, Peanut Butter, Jelly, Crackers, Canned Meats, Tuna, Mayonnaise, Hygiene and Incontinence Supplies.

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.**



Mobile Food Pantry

TROLLEY

We are currently making plans to restart the Tri-Town Trolley. We will publicize a start date as soon we know when we can resume service.

If you have an questions regarding the Tri-Town Trolley please call 525-5412.



COA LIAISONS

Police Department

Daniel Atwater
413-525-5440



Fire Department/Fire and Life Safety

Chris Beecher
413-525-5430



Veterans Agent

John Comerford
413-267-4140



Tue and Thur

10:00 a.m. to 12:00 p.m.

PLEASANT VIEW STAFF AND CONTACTS

Carolyn Brennan
Executive Director

Meralee Kratovil
Office Manager
Ext. 1404

Tracey Walz
Food Pantry
Coordinator
Ext. 1408

Stephen Plifka
Chef

Danell Tavella
Community Services
Ext. 1402

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

Terry Glusko
Transportation
Coordinator
Ext. 1410

Sandy Bell
Meal Site
Coordinator
Ext. 1413

Sharon Giordano
Accountant
Ext. 1405

Alicia Smith
Program And
Volunteer Coordinator
Ext. 1406



Barbara Fenney
Dispatcher
Ext. 1410

Margit Daley
Kitchen Assistant,
Dishwasher

www.facebook.com/elseniors



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