



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



AUGUST 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 cannot drive. If you need assistance please call the Senior Center at 525-5436.



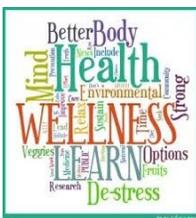
Protecting Yourself Against Scams Join us on *Tuesday, August 18th at 1:00* for this online program. Robin Putnam, Research and Special Projects Manager of the Massachusetts Office of Consumer Affairs and Business Regulation, will be informing us of the current scams happening in relation to COVID-19 and how we can keep our personal information safe. Please email alicia.smith@eastlongmeadowma.gov for the Zoom login.



30 Days To Healthy Living Join us on *Friday, August 7th at 1:00* for this online program. Do you experience joint pain, digestive upset, fatigue, headaches, brain fog, low energy, bloating, weight gain, trouble sleeping or skin problems? Hear from a Wellness Coach on how food choices affect our bodies. Please email alicia.smith@eastlongmeadowma.gov for the Zoom login.



Friendly Caller Program During this time of quarantine it can be very easy to feel lonely at times. We have volunteers ready to call you for consistent check-ins and friendly conversation. If you would like to be a Friendly Caller Volunteer or receive calls from a Friendly Caller please contact Alicia at 525-5436 or alicia.smith@eastlongmeadowma.gov



Living a Healthy Life with Chronic Conditions Work one on one with a certified group leader through Greater Springfield Senior Services who will walk with you step by step through this course to help you learn how to live an independent life with chronic conditions. You will receive a 'toolbox' which includes the 4th edition of *Living a Healthy Life with Chronic Conditions*, a relaxation and exercise CD and a workbook. Your group leader will call you regularly and lead you through all of the different exercises and goal setting. To sign up for this course please call 525-5436.

AUGUST SPECIAL NOTES

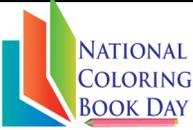


Online Senior Support Group with Home Helpers of Enfield

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.



National Coloring Book Day Call us on Tuesday, August 4th between 1:00-3:00, tell us your favorite color and be entered to win a coloring book bundle! Included is one coloring book and a set of colored pencils.



Pen Pal Program Sign up today to become a **Pen Pal** with local RSVP Volunteers. RSVP is a local volunteer organization for adults 60 years of age and older and one of our partners. To sign up please call 525-5436.



Do you have a Wish List? As part of our mission to keep seniors safe and socially engaged, especially during this time of pandemic, we want to offer activities for those 60 years of age and older who live in East Longmeadow to do in your home. Such ideas are crossword puzzles, word searches, and activity books. **Please call us at 525-5436 if you are interested in receiving such activities and to tell us what you would like on the wish list.**

A NOTE FROM CAROLYN

Congratulations Lissa!

Since 1983, I have been extremely blessed to have shared the majority of my career working with Lissa Fontaine.

We met after College when we began our careers in Gerontology working at Greater Springfield Senior Services. We worked together for a few years at GSSSI and then I went to work for the Amherst Council on Aging but we were to be reunited again when we both began working for the Hampden Council on Aging where we worked together for many years.

Our lives took us down different roads again, but we were united once again when she came to work at the East Longmeadow Council on Aging.

Lissa has been more than a co-worker; she has been one of my dearest friends. Lissa had been warning me since last summer that she was beginning to plan her retirement and although our closing due to COVID-19 was not the reason she retired, I think it helped her make that departure easier.

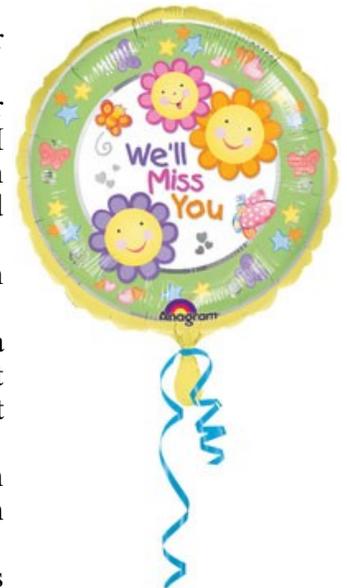
I truly feel like I have never worked without her. She has encouraged me with honesty, reprimanded me lovingly and has always been my sounding board both professionally and personally.

I know many of her participants will be sad at this announcement and there is definitely an absence that is noticed at the Center without her here.

I share that sadness, but I am so happy for Lissa and her growing family (hint, hint) and I am absolutely crazy excited that soon I WILL BE HER NEIGHBOR ON THE LAKE! My husband and I are in the process of moving into a little house two doors down from Lissa and George.

It will be a little more work to walk down the bumpy dirt road to her house instead of opening my office door into hers, but I think she will appreciate that I will no longer be yelling “Hey Lissa, what are your thoughts on.....” from the next office!

Carolyn



RESOURCE REPORT



The Pleasant View Senior Center is operating during normal hours, Monday through Friday from 8:00am - 4:00pm. Our **Emergency Food Pantry and Mobile Pantry** are available for **ALL** town residents experiencing food insecurity. Please do not hesitate to contact us and set up a safe, confidential pick up or delivery. If you are in need of food assistance please call 525-5436.



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.



Supplemental Nutrition Assistance Program (SNAP) is available for eligible individuals experiencing difficulty purchasing food. The DTA is making it easier to submit an application during these uncertain times. Applications can be newly submitted by PHONE, by calling the DTA Assistance Line at 877-382-2363. As always, online and paper applications are being accepted. If you need assistance with your application, we are here to help. Please contact Danell Tavella, Director of Community Services at 525-5436.

SNAP GROSS INCOME LIMITS

Household Size	Gross Monthly Income Limit
1	\$2,127.00
2	\$2,873.00
3	\$3,555.00



Medical Equipment Lending Closet The Senior Center has a medical equipment loaning closet full of walkers, wheelchairs, canes and more. If you are in need of medical equipment, please call 525-5436 to see what is available. If you are in need of incontinence supplies please let us know. Occasionally we receive donations and would be happy to contact you so you can pick up these necessary, costly items. **We are also accepting donations of gently used walkers, wheelchairs and canes.**



Do you know your neighbor?? If you are concerned about the **Health and Welfare** of a neighbor, PLEASE contact us to make us aware. Anonymous calls are welcome and ALL will be addressed. **Danell Tavella, COA 525-5436, Officer Dan Atwater, ELPD 525-5440 OR, Elder Abuse Hotline 1-800-922-2275 (7days/wk ,24/hrs a day)**



SWAP Program The Town of East Longmeadow will be postponing the normal July 1st through October 1st application period for positions under the Senior Tax Work-Off Abatement Program (SWAP). We will have more information on the SWAP program in the future.

TOWN OF EAST LONGMEADOW PRESS RELEASE



The East Longmeadow Town Council has appointed a Charter Review Committee for the purpose of recommending to the Town Council any changes to the Town Charter which are deemed necessary or desirable. The Charter Review Committee will be meeting on a regular basis and would welcome any and all comments from the public regarding the Town Charter.

Comments can be sent via email to charterreview@eastlongmeadowma.gov or by U.S. mail to East Longmeadow Town Clerk, 60 Center Square, East Longmeadow, MA 01028

THANK YOU

We would like to say a heartfelt thank you to our community and our many volunteers that have offered to help during this time of need. **Thank you for all of your help and support, we appreciate all you do!!**



We are currently in need of volunteers for our Friendly Caller Program, Substitute Meals On Wheels Drivers, and our Kitchen. For more information please call Alicia at 525-5436.

MEMORIAL DONATIONS



A special thank you to Sora Torff, Alton and Janice Livingstone, Paul Joyce and Estherae Davis for their donation in memory of Stephanie Bergquist and to Kay Thompson for her donation in memory of Beth Tierney.

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Tel. (413) 525-1313 Fax (413) 525-7272

Greetings from State Senator Eric P. Lesser, 1st Hampden Hampshire District

The Census is important to complete as we celebrate our Independence this July 4. Resources for communities are decided for the next 10 years with your 10 minutes of time to complete. We need your count and your voice. Go to my2020census.gov, to complete your household census.

2020 Elections In June, I joined my colleagues in the Senate to unanimously pass legislation to expand voter access and address safety for all remaining 2020 elections, including the September 1, 2020 state primary and November 3, 2020 general election, in light of the ongoing COVID-19 pandemic. Through wars, pandemics, and natural disasters, the American people and the people of Massachusetts vote. That is a sacred right and it is the foundational right on which every right depends. This legislation lays out a clear process for making sure the 2020 elections are conducted safely and with maximum participation.

Thrive After 55 Senior Fair

We also recently hosted our Thrive After 55 Senior Fair as a broadcast event on Mass Appeal. Although we missed seeing you all in person, we hope that you tuned in for some helpful resources and information. If you missed it, you can always re-watch on massappeal.com or visit senatorlesser.com/thrive for highlights! As always, please reach out to my office if there is anything that we can do for you and visit senatorlesser.com/covid19 for updates and resources that may be of help during this time.



On June 24th, Senator Eric P. Lesser joined us to help with curbside meal pickup.

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 Tuna and Chicken, Soup, Peanut Butter, Ravioli, Crackers, School Snacks, Cereal/Oatmeal, Jelly, Muffin/Biscuit Mix, Coffee and Tea, Baking Supplies, Juice Boxes, Powdered Milk, Hygiene Products, Soap and Gift Cards.



A special thank you to our local grocers Big Y and Stop and Shop for helping us collect food for our Food Pantry

We appreciate your support!



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.**



**Tracey Walz, Food Pantry Coordinator,
Reaching Those in Times of Need**

Meals on Wheels and Curbside Meal Calendar August 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3 Meatball Stroganoff California Blend Vegetables Egg Noodles Pears	4	5 Chicken Davinci Brussel Sprouts Ziti Noodles Peaches	6	7 Sweet and Sour Pork Stir Fry Blend Vegetables White Rice Fresh Fruit
10 3-Bean Turkey Chili 1/2 Baked Potato Steamed Peas Lemon Pudding	11	12 Pepper Steak Dilled Carrots Parsley Potatoes Pineapple	13	14 Meatball Sandwich Tater Tots Broccoli Apple Sauce
17 Chicken Fajitas Peppers and Onions Rice Pilaf Mixed Fruit	18	19 Shepard's Pie with Mashed Potato Topping Mixed Vegetables Pears	20	21 Crispy Fish Fillet Crinkle Cut Fries Steamed Spinach Peaches
24 Sweet and Sour Chicken over Rice Broccoli Oranges	25	26 Cape Cod Chicken Salad on a Whole Wheat Wrap Coleslaw Penne Pasta Salad Pineapple	27	28 Taco Salad on a Whole Wheat Wrap Yellow Rice Crispy Tortillas Fruited Jell-O
31 Stuffed Chicken Breast with Broccoli and Cheese Mixed Vegetables Mashed Potato Peaches			\$3.00 Lunch Donation is Appreciated **Menu Subject to Change**	**1% Milk and whole grain bread or rolls served daily, unless otherwise noted**



During the month of August 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

Activities Calendar August 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3 11:30 Curbside Meal Pickup*	4 1:00-3:00 National Coloring Book Day	5 11:30 Curbside Meal Pickup*	6	7 11:30 Curbside Meal Pickup* 1:00 30 Days To Healthy Living Zoom Program**
10 11:30 Curbside Meal Pickup*	11	12 11:30 Curbside Meal Pickup*	13	14 11:30 Curbside Meal Pickup*
17 11:30 Curbside Meal Pickup*	18 1:00 Protecting Yourself Against Scams Zoom Program**	19 11:30 Curbside Meal Pickup*	20	21 11:30 Curbside Meal Pickup*
24 11:30 Curbside Meal Pickup*	25	26 11:00 Online Senior Support Group** 11:30 Curbside Meal Pickup*	27	28 11:30 Curbside Meal Pickup*
31 11:30 Curbside Meal Pickup*				

***To sign up for a Curbside Meal please call 525-5436 at least one day in advance by 1:00pm.**

****To sign up for an Online Program please email alicia.smith@eastlongmeadowma.gov for the Zoom login.**



Have you recently moved? Do you have a new phone number? We don't want to miss you. Please let us know so we can update your contact information!



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.*

TRI-TOWN TROLLEY



**The Tri-Town Trolley has resumed senior transportation services
To help keep everyone safe we have put a few safety features in place**

- Only 1 passenger will be allowed on the van at any given time
- All passengers and drivers must wear a mask and use hand sanitizer upon entering the van
- All caretakers must follow the same safety guidelines as the passenger

When booking a ride, each passenger will be asked a series of questions pertaining to COVID-19; these questions are designed and necessary to ensure the safety of both the passenger and driver

Please call 413-525-5412 for updated information on our ride services

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****

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. 1414

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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