



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



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.

SEPTEMBER HIGHLIGHTS



Tai Chi with Shay Enjoy Tai Chi outside in the fresh air every **Tuesday from 9-10;** held near the Dog Park located at Heritage Park. Participants must wear a mask when entering and exiting the group. Masks may only be removed when in your designated class space. Participants will be required to sign an *Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19* before their first class. Participants will also be required to sign off on a weekly health screening at the beginning of every class which is a list of questions that the instructor will ask to ensure no one has signs of COVID-19. If a participant does show signs, he/she will be instructed to leave the

class and may return once symptoms have been cleared. Sign ups are not required. Please call 525-5436 with any questions.



Medicare 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 2021. **Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!** ***If you are satisfied with your current plan you do not have to do anything.*** 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, 2020 - December 7, 2020, for coverage in 2021

Our SHINE Counselor will be available for remote appointments. To schedule a phone consultation please call 525-5436. 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.

SEPTEMBER SPECIAL NOTES



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.**



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.



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.



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



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.



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.



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.

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.



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.**

RESOURCE REPORT



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



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)**



Emergency Alert The town of East Longmeadow has an Alert System to let town residents know about town emergencies and announcements. An email address is required to sign up for alerts. To sign up for town-wide and emergency alerts please visit <https://www.eastlongmeadowma.gov/AlertCenter.aspx?CID=Emergency-Alerts-1>

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**

EAST LONGMEADOW MASTER PLAN COMMUNITY SURVEY

The East Longmeadow Department of Planning and Community Development is preparing a housing chapter for a future Master Plan. They are soliciting the opinions of residents to inform this process by asking them to participate in the Master Plan Community Survey.

The survey is open and residents are encouraged to take the survey which will provide the department with a more complete understanding of the needs of the community, its values, and what changes it would like to see in the coming years.

The survey takes about 7-10 minutes to complete and is available **on-line** at the Town's website: www.eastlongmeadowma.gov. **Physical survey copies** will be available at the East Longmeadow Public Library, during the curb-side pickup station hours, Monday 10 AM-6:30 PM and Tuesday-Friday 10 AM - 4:00 PM. *Completed surveys can be mailed to the Town Hall, 60 Center Square, East Longmeadow, MA 01028, or delivered to a designated drop box labeled Clerk's Office located outside the Town Hall entrance facing the parking lot. The Department asks that all surveys be returned by September 30, 2020.*

The results of the survey will be presented at a future community meeting and will be available on the Town's website at a future date. For more information about the survey or the Master Planning process please contact Bethany Yeo, Director of Planning and Community Development, at (413) 525-5400 ext. 1700 or bethany.yeo@eastlongmeadowma.gov or Kenneth Comia, AICP, Pioneer Valley Planning Commission, at (413) 781-6045 or kcomia@pvpc.org.

PANTRY PROGRAM

"Reaching Those in Times of Need"



SEPTEMBER FOOD DRIVE

Tuesday's in the month of **SEPTEMBER** we will be accepting **DONATIONS** for our Food Pantry

Donations may be left at The Pleasant View Senior Center
328 North Main Street on Tuesday's between 9:00-3:00

Folks who donate will be entered into a **weekly gift card raffle** sponsored by
Louis and Clark Medical Supply

September 8th Breakfast Theme

- Pancake mix
- Coffee/tea
- Jam/Jelly
- Oatmeal/Cereal
- Raisins/Dried Fruit
- Apple Sauce
- Pudding
- Crackers
- Muffin Mix
- Quick Bread Mix
- Juice Boxes

September 15th Hygiene Products

- Deodorants
- Tooth Paste
- Tooth Brushes/Floss
- Shampoo/Conditioner
- Bar/Liquid Soap
- Bath Tissue /Facial Tissue
- Laundry/Dish Soap
- Shave Cream/ Razors
- Paper Towels
- Sanitary pads

September 22nd Condiments

- Ketchup
- Mustard
- Relish
- Olives/pickles
- Mayonnaise
- Salad dressings
- BBQ Sauce
- Taco Seasoning
- Salsa
- Taco Shells
- Spices
- Baking Goods

September 29th Soup and Canned Meals

- Stew
- Chicken Rice
- Chicken Noodle
- Tomato
- Chowder(s)
- Cream Soups
- Broth
- Crackers
- Ravioli



As always **thank you** for your continued support to
The Council on Aging and the Emergency Food Pantry

*Please no expired food



1970's TV WORD SEARCH



ALL IN THE FAMILY
 BARNEY MILLER
 BIONIC WOMAN
 BONANZA
 BRADY BUNCH

CHARLIES ANGELS
 EMERGENCY
 FANTASY ISLAND
 GOOD TIMES
 GUNSMOKE

HAPPY DAYS
 HOGANS HEROES
 LAND OF THE LOST
 NIGHT GALLERY
 POLICE WOMAN

ROCKFORD FILES
 THE JEFFERSONS
 THE ODD COUPLE
 THE WALTONS
 THREES COMPANY

SPONSORS



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
*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

Meals on Wheels and Curbside Meal Calendar September 2020

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 Sweet and Sour Chicken over Rice Stir-Fry Blend Vegetables Pineapple	3	4 Hot Dog with Bun Potato Salad Baked Beans Apple Sauce
7 CENTER CLOSED  HAPPY LABOR DAY	8	9 Lemon Chicken Garlic Green Beans Scalloped Potatoes Peaches	10	11 Red and White Bean Chili 1/2 Baked Potato Brussel Sprouts Pineapple
14 Chicken Breast Marsala Ziti Noodles California Blend Vegetables Fresh Fruit	15	16 Chicken Teriyaki White Rice Stir-Fry Blend Vegetables Pineapple	17	18 Fish Tacos with a Whole Wheat Tortilla Coleslaw Oven Fries Mandarin Oranges
21 Baked Broccoli and Cheese Stuffed Chicken Butternut Squash Mixed Vegetables Mixed Fruit	22	23 Chicken Breast Picatta over Penne Steamed Spinach Fresh Oranges	24	25 Baked Macaroni and Cheese Stewed Tomatoes Peas Fruited Jell-O
28 Eggplant Rollatini Ziti Steamed Broccoli Pears	29	30 Southwest Chicken Bake with Peppers and Onions Rice Pilaf Corn Bread Peaches	\$3.00 Lunch Donation is Appreciated **Menu Subject to Change**	**1% Milk and whole grain bread or rolls served daily, unless otherwise noted**

Curbside Pickup



During the month of September 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 September 2020

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:00 Tai Chi with Shay at Heritage Park	2 11:30 Curbside Meal Pickup*	3	4 11:30 Curbside Meal Pickup*
7 CENTER CLOSED 	8 9:00 Tai Chi with Shay at Heritage Park 9:00-3:00 Food Drive	9 11:30 Curbside Meal Pickup*	10	11 11:30 Curbside Meal Pickup*
14 11:30 Curbside Meal Pickup*	15 9:00 Tai Chi with Shay at Heritage Park 9:00-3:00 Food Drive	16 11:30 Curbside Meal Pickup*	17	18 11:30 Curbside Meal Pickup*
21 11:30 Curbside Meal Pickup*	22 9:00 Tai Chi with Shay at Heritage Park 9:00-3:00 Food Drive	23 11:30 Curbside Meal Pickup*	24	25 11:30 Curbside Meal Pickup*
28 11:30 Curbside Meal Pickup*	29 9:00 Tai Chi with Shay at Heritage Park 9:00-3:00 Food Drive	30 11:30 Curbside Meal Pickup*	 <h1>September</h1>	

***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
*Administrative
Accountant*
Ext. 1405



Barbara Fenney
Dispatcher
Ext. 1410

Margit Daley
*Kitchen Assistant,
Dishwasher*

Alicia Smith
*Program And
Volunteer Coordinator*
Ext. 1406

www.facebook.com/elseniors



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