



OCTOBER 2020

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.

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

- 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.

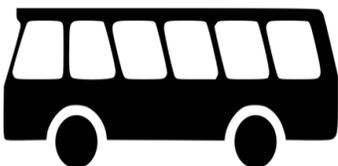
for East Longmeadow, Longmeadow, and Hampden Seniors

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****



We are looking forward to seeing new and familiar faces making use of this valuable service.



OCTOBER SPECIAL NOTES



Monthly Trivia every person who calls in with the right answer will be entered to win a raffle prize sponsored by *Louis and Clark Pharmacy*. Trivia question of the month: **What was the name of Elvis Presley's infamous estate located in Memphis, TN?**



Health Plan Options (for People with Medicare) October 15th at 11:30

Are you transitioning into Medicare or already on Medicare and want to understand the various types of Medicare plans? The presentation and discussion is led by a Senior Outreach Consultant who will provide an understanding of the basics of Medicare and the timeline of enrolling, the weights and balances between Medigap and Medicare Advantage plans and an explanation of Medicare Part D. The presentation will also include important resource numbers for attendees to find additional assistance. Please email Alicia at alicia.smith@eastlongmeadowma.gov to receive the webinar link.

This presentation is made possible by Blue Cross Blue Shield



Christmas Card Making with Home Helpers Join us via Zoom on **November 3rd, at 11:00**. Call the center to receive a Christmas Card Making Packet sponsored by *Home Helpers of Enfield*. Join us on Zoom on November 3rd as Nicole from Home Helpers walks us through making the cards.



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.



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. Please call the Senior Center at 525-5436 for more information.



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.

A NOTE FROM CAROLYN

A note from the Director and a goodbye,

It's hard to believe that so much has changed in our world, in our surroundings and really in every aspect of our lives since March, 2020. We never would have believed that such a drastic disruption was about to occur six months ago. My heart goes out to our older adults who have suffered the impact of increased isolation and in some cases isolation from ill spouses and family members.

We have missed so many of you and although we don't see you, you are in our thoughts and we are still trying to adjust to an empty senior center. The sounds we miss: the pool sticks hitting the pool balls, the chairs being set up for chair volleyball, the opening and closing of doors welcoming the participants that brought such life to the building, the chatter in the hallways, the teasing & joking, the Tuesday morning breakfast crew.....

The wonderful staff- the worker bees- have kept so many vital services in place. They are here every day ensuring that our essential services like transportation, the Food Pantry, Meals on Wheels and social services are being provided to East Longmeadow families and elders.

By the time you read this, my resignation will have already occurred. On September 15th I will have started as the new Town Administrator for the Town of Hadley.

I am so sorry that I was not able to personally say goodbye to everyone. For the past 13 ½ years, I've worked with the most gifted and giving employees and volunteers. Your love for the older adults in our community is reflected in your focus and passion.

I leave knowing that Pleasant View Senior Center is held in loving and capable hands and those arms will be spread wide open when once again the doors are opened to East Longmeadow's greatest asset –our seniors - a generation of women and men who have lived through difficult times, endured, thrived and who will continue to offer so much to our community.

THE STAFF IS HERE, CHEERING YOU ON AND CAN'T WAIT TO SEE YOU!

With warmest regards, *Carolyn*



VOLUNTEER SPOTLIGHT

This month's Volunteer Spotlight goes to Deb Fox! Deb has been volunteering with Pleasant View since 2017. She has been an integral part of so many of the programs and services we offer. She delivers for the Brown Bag Program, assists with office duties, Farm Share, Special Events, and helps lead our team and fundraising for the Walk to End Alzheimer's. Shown in this picture is a flower garden she created for the event which allowed our participants to purchase and place a flower in the garden to honor a loved one or friend who had or is currently suffering from Alzheimer's. **Thank you, Deb, for all you do! We couldn't do what we do without you!**



**VOLUNTEERS
NEEDED!**



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.

PANTRY PROGRAM



The staff at the Council on Aging and the Food Pantry would like to thank **ALL** who participated in September's FOOD DRIVE. Because of the **GENEROSITY** of **FAITHFUL GIVERS**, our pantry is continually "Reaching Those in Times of Need"

Thank you- Whole Heartedly



Pictured are Ann, Doris, Judy Lelas-George and Tracey Walz, Food Pantry Coordinator

Ann Flynn and Doris Henault from St. Luke's Greek Orthodox Church generously donated their **Endowment Fund's Mission gift** to the East Longmeadow Food Pantry. The Endowment has been established to provide help to programs of charity and to ensure the heritage and religious beliefs of St Luke's for the ages to come.

RESOURCE REPORT



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.*

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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.



Medical Equipment Lending Closet The Senior Center has a medical equipment lending 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.***



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.



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.

AUTUMN WORD SEARCH

R C S E A S O N E D P G H A T L B H T O K H
 S H N X V V X F L Q W M O L P V C R O S D E
 R E O G O Y L W D C O B B W E P A W R Q A B
 K S V U R K R F Q Y C E K W Q A L C A U W N
 S T E Q R S R R A I N C O A T M V E O I E D
 X N M P H A Y S T A C K N E U G Y E Y R M E
 J U B P O P H X D R Y L H C K P F R S R N Y
 V T E C R I S S Z S X C W K Y E V F H E T Z
 U S R K A N C Q I B A K G V D A W R A L O I
 L P S X N E F M U C H A N G E R X Z L W F A
 Y U E M G C I Z K A D N F P E S N C L N X G
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 D P T D V N O F A X H H B O N E P Q W M X A
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 C I M F E S T I V A L A Y W Z B Y N E B Z T
 W N B W V L O X Q M I G R A T I O N N I B U
 A R E C O R N F R Y C S C Y I O E I V M J M
 B X R R Z W U H J T H A N K S G I V I N G N

NOVEMBER
 HAYSTACK
 SQUIRREL
 SEPTEMBER
 PEARS
 SQUASH



PUMPKIN
 ACORN
 CORN
 PINE CONE
 AUTUMN
 RAINCOAT



HALLOWEEN
 LEAVES
 YELLOW
 ORANGE
 CHANGE
 APPLE



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 EAST LONGMEADOW, MA 01028
 Tel. (413) 525-1313 Fax (413) 525-7272

Meals on Wheels and Curbside Meal Calendar October 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>\$3.00 Lunch Donation is Appreciated</p> <p>**Menu Subject to Change**</p>	<p>**1% Milk and whole grain bread or rolls served daily, unless otherwise noted**</p>		<p>1</p>	<p>2</p> <p>Baked Fish with Creole Sauce</p> <p>Sautéed Spinach</p> <p>Rice Pilaf</p> <p>Pineapple</p>
<p>5</p> <p>Stuffed Shells in Marinara Sauce</p> <p>Peas and Carrots</p> <p>Fresh Melon</p>	<p>6</p>	<p>7</p> <p>Herbed Pork Loin</p> <p>Mashed Potatoes</p> <p>Sautéed Green Beans</p> <p>Peaches</p>	<p>8</p>	<p>9</p> <p>Crispy Chicken Drumstick</p> <p>Mashed Potatoes</p> <p>Sautéed Carrots, Peas and Beans</p> <p>Mixed Fruit</p>
<p>12</p> <p>CENTER CLOSED</p> 	<p>13</p>	<p>14</p> <p>Beef Stew with Peas, Celery, Carrots and Potato</p> <p>Pears</p>	<p>15</p>	<p>16</p> <p>Grilled Chicken Breast on a Whole Wheat Wrap with Honey Mustard Sauce, Bacon, Lettuce and Tomato</p> <p>3 Bean Salad</p> <p>Peaches</p>
<p>19</p> <p>3-Bean Turkey Chili with Cheese and Tortilla Chips</p> <p>Corn Bread</p> <p>Cantaloupe</p>	<p>20</p>	<p>21</p> <p>Chicken Alfredo</p> <p>Ziti</p> <p>Broccoli</p> <p>Oranges</p>	<p>22</p>	<p>23</p> <p>BBQ Chicken Leg</p> <p>Sweet Potato</p> <p>Zucchini and Squash</p> <p>Pears</p>
<p>26</p> <p>Veal Cutlets</p> <p>Stewed Tomatoes</p> <p>Butternut Squash</p> <p>Mixed Fruit</p>	<p>27</p>	<p>28</p> <p>Diced Roasted Pork over Rice</p> <p>Red and Green Peppers</p> <p>Sautéed Cabbage</p> <p>Pineapple</p>	<p>29</p>	<p>30</p> <p>Chicken Breast Francaise</p> <p>Rice Pilaf</p> <p>Garlic Green Beans</p> <p>Mandarin Oranges</p>



During the month of October 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 may include hot meal only **Please bring exact change

Activities Calendar October 2020

Monday	Tuesday	Wednesday	Thursday	Friday
				2 11:30 Curbside Meal Pickup*
5 11:30 Curbside Meal Pickup*	6 9:00 Tai Chi with Shay at Heritage Park	7 11:30 Curbside Meal Pickup*	8	9 11:30 Curbside Meal Pickup*
12 CENTER CLOSED 	13 9:00 Tai Chi with Shay at Heritage Park	14 11:30 Curbside Meal Pickup*	15 11:30 Health Plan Options Zoom Presentation*	16 11:30 Curbside Meal Pickup*
19 11:30 Curbside Meal Pickup*	20 9:00 Tai Chi with Shay at Heritage Park	21 11:30 Curbside Meal Pickup*	22	23 11:30 Curbside Meal Pickup*
26 11:30 Curbside Meal Pickup*	27 9:00 Tai Chi with Shay at Heritage Park	28 11:30 Curbside Meal Pickup*	29	27 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 login information.**



Update your contact info!

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!



Like us on
Facebook

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.***

FREQUENTLY ASKED QUESTIONS

Are you open? Unfortunately at this time we do not have a re-opening date.

Is there Footcare? We have not restarted Footcare. Please call the Senior Center at 525-5436 if you would like information on scheduling an in home visit.

Can I still borrow medical equipment? Call us with your requests and we can let you know what is available and leave it outside for pickup.

Are you accepting donations? We are still accepting donations of non-perishable food items and gently used wheelchairs, walkers and canes. When you arrive please ring the doorbell and a staff member will come out to accept the donation.

TOWN OF EAST LONGMEADOW PRESS RELEASE



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.



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**

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

Danell Tavella

Community Services
Ext. 1402

Meralee Kratovil

Office Manager
Ext. 1404

Terry Glusko

Transportation
Coordinator
Ext. 1410

Stephen Plifka

Chef

Sandy Bell
Meal Site
Coordinator
Ext. 1413

Sharon Giordano

Administrative
Accountant
Ext. 1405

Leah Weaver

Administrative Assistant/
Social Media Coordinator
Ext. 1414

Barbara Fenney

Dispatcher
Ext. 1410

Margit Daley

Kitchen Assistant,
Dishwasher

Alicia Smith

Program And
Volunteer Coordinator
Ext. 1406

Tracey Walz

Food Pantry
Coordinator
Ext. 1408

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