



NOVEMBER 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. 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.

NOVEMBER HIGHLIGHTS



RSVP's Healthy Bones and Balance program trains volunteers to lead strength training and balance exercise classes. Volunteers are trained to lead class participants through a series of exercises that increase strength, flexibility, mobility and balance. HBB leaders receive ongoing training by attending 2 leader meetings annually, and have access to the Master Trainer and Program Coordinator for support and advice, as needed. Leading a Healthy Bones and Balance program is a great opportunity to stay active, meet new people, and provide a valuable service for your community. **We are looking for volunteers who would be willing to commit to the two required initial trainings, and subsequently provide regularly scheduled weekly classes to be held here.** Trainings are being scheduled (tentatively) for 2020/2021. Per RSVP's sponsoring agency (CommunityActionPioneerValley), we will remain in compliance with MA DPH, the CDC, and OSHA in order to ensure that our volunteers remain safe and healthy. If you are interested, please contact Alicia Smith at 413-525-5436, ext. 1406.



Veterans Day Drive In Ceremony

Tuesday, November 10th at 11:30

We invite Veterans who are 60 years of age or over, along with one guest, to a drive in ceremony.

Fazio's Ristorante will be providing Take and Bake meals which will consist of ziti, meatballs, salad, and bread for Veterans to take home. Meals are free for Veterans and \$5 for a guest. If you are a homebound Veteran or you know of a Veteran who is, we will be providing home delivered Take and Bake meals. This event is open to residents of all towns, however in order to be eligible for a home delivered meal you must be an East Longmeadow Resident, 60 years of age or over and be homebound.

Space is limited, please call 525-5436 to reserve your spot.

NOVEMBER SPECIAL NOTES



Monthly Trivia every person who calls in with the correct answer will be entered to win a raffle prize sponsored by *Louis and Clark Pharmacy*. Trivia question of the month: **What fast-food franchise opened to the jingle, "Hold the pickle! Hold the lettuce!" in 1954?**



Line Dancing class will be held on Tuesday's from 10:00 - 11:00 in the Senior Center parking lot (weather permitting). Class is \$3 per person and no sign ups are required. Participants must wear a mask and will be required to sign an *Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19* before their first class. Please arrive a few minutes early to complete the proper paperwork. For more information please call the Senior Center at 525-5436.



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 8:45–9:45*; held in the parking lot of the Senior Center (weather permitting). 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.

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



Daylight Savings time ends on November 1st

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.*

Open Enrollment is from October 15, 2020 - December 7, 2020, for coverage in 2021

Our SHINE Counselor is 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.



FUEL ASSISTANCE *The Valley Opportunity Council, Inc. is an energy assistance program that can help you pay for heating your house or apartment during the heating season, between NOV 1 and APR 30 of each year.* This program can help you pay for any fuel that you use, including but not limited to: oil, propane, natural gas, or electric. Paperwork required: proof of identity, income verification, heating, electric, phone, mortgage, real estate tax, water & sewer, and homeowners insurance bills. ***Please call Danell Tavella @ 525-5436 ext. 1402 for an appointment to complete the paperwork.***



deliver a difference

Would you like to sponsor a Meals on Wheels recipient? If you would like to sponsor a senior resident with a hardship please contact the COA Bookkeeper, Sharon Girodano at (413)-525-5436 ext. 1405.



Real Estate Tax Senior Exemption Applications Due to the Coronavirus Pandemic Senior Tax Exemption applications were mailed this year. Completed applications can be dropped in the Black Lock Box at the entrance of Town Hall in a sealed envelope or mailed to the Board of Assessors, 60 Center Square, East Longmeadow, MA 01028. If you need assistance with your application or have any questions, please feel free to contact the Assessors at 525-5400 ext. 1600 or Danell Tavella at 525-5436 ext. 1402.



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.

PANTRY PROGRAM



With Thanksgiving fast upon us please consider donating gift cards from local grocers such as Big Y, Stop and Shop or Arnolds Meats to our pantry program. We are hoping to provide Thanksgiving Dinner and all of the fixings to our pantry participants.

Thank you once again for helping us reach those in times of need!

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*



DEMENTIA NEWS



Did you or someone in your family recently receive a diagnosis of Alzheimer's disease or another form of dementia? Would you like some help navigating decisions after a diagnosis? Are you worried about how to provide the best care for a loved one? Are you concerned about your own memory? The Alzheimer's Association provides free

Care Consultations that are confidential and personalized to the needs of individuals and families. Consultations can be provided by phone or video conference and can include family members in separate locations. Call 617-393-2100 or email careconsultationmanh@alz.org to schedule a Care Consultation today.

We know this is an unprecedented time, and no one should be doing this alone. The Alzheimer's Association staff are still operational and continue to help families each day living with dementia.

Their 24/7 Helpline is available at 1-800-272-3900 to anyone who needs to talk about the challenges of dementia during this time. Their Helpline staff are available around the clock for any questions or concerns you might have. They can help address feelings of isolation, and link you to other resources.

Additionally, they are now offering all of their educational programs and support groups via video conference or over the phone. They also offer Meet Ups for those living with dementia. Virtual Alz Meet Ups are a fun, social hour that provide an opportunity to connect with others living through a similar experience.

VOLUNTEER SPOTLIGHT

This month's Volunteer Spotlight goes to Ruth Arnold! Ruth has been volunteering with Pleasant View since 2014. She has been an integral part of so many of the programs and services we offer. She co-leads fundraising and team building for the Walk to End Alzheimer's, delivers for the Brown Bag and Meals On Wheels Programs, assists with office duties, special events, Farm Share, and is always willing to help when needs arise. **Thank you, Ruth, for all you do! We couldn't do what we do without you!**



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



THANKSGIVING WORD SEARCH



Happy Turkey Day!

Apple
Blessings
Cornucopia
Cranberry Sauce
Family
Feather
Give Thanks
Gobble
Greatful
November
Pumpkin
Scarecrow
Thanksgiving
Tradition
Turkey



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

THANK YOU



On September 26th **State Representative Brian Ashe** joined us to help serve Curbside Lunch.



Thank you to **Chestnut Hill of East Longmeadow** for sponsoring our outdoor concert on September 25th. Over 35 seniors enjoyed music by Noah Lis.

SPONSORS

Would you like your business or company to reach over 5,000 households each month through The Reminder? For information please contact Meralee at 413-525-5436.

We hope you support our valued sponsors!



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



Meals on Wheels and Curbside Meal Calendar November 2020



Monday	Tuesday	Wednesday	Thursday	Friday
2 Grilled Chicken Fajita Wrap with Peppers and Onions on a Whole Wheat Wrap Lettuce and Tomato Pudding	3	4 Hungarian Goulash Egg Noodles Carrots and Whole Potatoes Pineapple	5	6 Potato Crusted Pollack with Tartar Sauce Coleslaw Potato Wedges Banana
9 Pork and Broccoli in Garlic Sauce Rice Pilaf Mandarin Oranges	10	11 CENTER CLOSED  VETERANS DAY	12	13 Macaroni and Cheese Stewed Tomatoes Mixed Fruit
16 Crispy Chicken Breast Oven Fries Italian Zucchini with Tomatoes and Onions Pears	17	18 Turkey Dinner with Cranberry Sauce Mashed Potatoes Stuffing Garlic Green Beans Applesauce	19	20 Low Sodium Hot Dogs Baked Beans Sauerkraut Apricots
23 Tuna and Noodles California Blend Vegetables Mixed Fruit	24	25 Spaghetti and Meatballs in Marinara Sauce Peas Pineapple	26 CENTER CLOSED 	27 CENTER CLOSED
30 Grilled BBQ Chicken Breast Cauliflower and Carrots Sliced Apples			**1% Milk and whole grain bread or rolls served daily, unless otherwise noted**	\$3.00 Lunch Donation is Appreciated **Menu Subject to Change**



During the month of November 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 November 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 11:30 Curbside Meal Pickup*	3	4 11:30 Curbside Meal Pickup*	5	6 11:30 Curbside Meal Pickup*
9 11:30 Curbside Meal Pickup*	10 8:45 Tai Chi with Shay 10:00 Line Dancing 11:30 Veterans Drive In Ceremony*	11 CENTER CLOSED VETERANS DAY	12	13 11:30 Curbside Meal Pickup*
16 11:30 Curbside Meal Pickup*	17 8:45 Tai Chi with Shay 10:00 Line Dancing	18 11:30 Curbside Meal Pickup*	19	20 11:30 Curbside Meal Pickup*
23 11:30 Curbside Meal Pickup*	24 8:45 Tai Chi with Shay 10:00 Line Dancing	25 11:30 Curbside Meal Pickup*	26 CENTER CLOSED	27 CENTER CLOSED
30 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.**



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.*

MEMORIAL DONATIONS



A special thank you to Barbara Schaler for her donation in memory of Millie Austin
and to Mary Delnegro for her donation in memory of Kay Thompson.



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.



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

Sharon Giordano

Administrative
Accountant
Ext. 1405

Leah Weaver

Administrative Assistant/
Social Media Coordinator
Ext. 1414

Barbara Fenney

Dispatcher
Ext. 1410

Sandy Bell

Meal Site
Coordinator
Ext. 1413

Alicia Smith

Program And
Volunteer Coordinator
Ext. 1406

Tracey Walz

Food Pantry
Coordinator
Ext. 1408



Margit Daley
Kitchen Assistant,
Dishwasher

www.facebook.com/elseniors



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