



DECEMBER 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.

DECEMBER HIGHLIGHTS

Jingle Jaunt Holiday Tour Join us for a *Drive By Jingle Jamboree* December 1st-18th. Drive by the following facilities in East Longmeadow to view the beautiful Outdoor Holiday Displays.



- Care One at Redstone 135 Benton Drive
- East Village Place 50 Benton Drive
- Pleasant View Senior Center (Gazebo) 328 N Main Street
- The Reserve at East Longmeadow 741 Parker Street
- Bluebird Estates 1 Apple Blossom Lane



Call or email your vote for "The Most Festive Facility" to Michelle Altobello 413-224-3202 or maltobello@care-one.com. Everyone that votes will be entered into a raffle drawing for prizes. Raffles will be drawn on December 19th. *This event is sponsored by CareOne at Redstone.*



Parking Lot Christmas Bingo Wednesday, December 9th at 12:30. Please join us for a fun afternoon of Bingo. Due to Covid-19 restrictions all guests must remain in their vehicle at all times and a mask must be worn when your bingo card is checked. Our building is closed to the public and there will be no bathrooms available. Register by calling 525-5436.



Grab and Go Hot Chocolate and Cookies Thursday, December 17 - The COA and the Recreation Departments are hosting this festive event for you to stop by and grab some Hot Cocoa and Cookies. You will be assigned a time slot upon registration. To register through the COA call 525-5436. To register through the Rec. Dept. visit elrec.recdesk.com. Registration is open through December 11. *This event is sponsored by The Reserve.*

HOLIDAY HOURS Pleasant View Senior Center will be closing at 12:00 on Thursday, December 24th and 31st. We will be closed on Friday, December 25th and January 1st. *We wish everyone a happy and healthy holiday season.*



Happy Holidays!

DECEMBER 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 all-time great boxer once went by the name Cassius Clay?



Council On Aging Directors from throughout Western Massachusetts have been working with **Mass Appeal** co-host **Patrick Berry** on a special edition of the show that will focus on older adults. The entire show will be dedicated to the topic of aging adults in our area. **The Mass Appeal Senior Holiday Show will be aired on WWLP 22 on Tuesday, December 8th from 11:00 -12:00.**



Be sure to tune in to see musical performances, holiday pieces, senior beneficial content and much more!



Tea and Trivia Please join us on Tuesday December 8th, 15th and 22nd at 11:00 on Zoom for trivia and tea. Trivia winner wins a box of holiday tea! Please email alicia.smith@eastlongmeadowma.gov to receive the Zoom login.



Online Book Discussion *The Goodness of God: Assurance of Purpose in the Midst of Suffering*. Have you ever wondered how, when there is so much suffering in our world, God is good? Then you will want to join this online book discussion happening **Tuesdays at 1:00 beginning on January 12th**. Email alicia.smith@eastlongmeadowma.gov to receive the Zoom login.



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.



E-Newsletter Beginning in January we will be sending out a monthly e-newsletter which will contain information about upcoming events and programs. If you would like to be added to this email list email leah.weaver@eastlongmeadowma.gov.



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.



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 receive calls from a Friendly Caller please contact Alicia at 525-5436 or alicia.smith@eastlongmeadowma.gov



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.



The Aging Together Study at UMass Boston is looking for seniors (aged 65+) whose parents (aged 90+) have dementia. They want to learn what their relationship with their parent is like, what challenges they may face, and what types of support they need. We are also interested in how COVID-19 may be impacting families, and how they are navigating the current challenges. This is a one-time, approximately 90 minute interview that will be conducted remotely via method of the participants choice (phone or video calls). Participants will receive \$40 as a thank you. For more information please email or call agingtogether@umb.edu, 617-901-1082.

RESOURCE REPORT



DISPATCH HEALTH provides quality healthcare from the convenience of your home. Dispatch Health has partnered with leading health insurance companies including Medicare to make medical care at home quick, easy and affordable 7 days a week from 8am-10pm. For more information or to request a visit call 888-908-0553



POWER OUTAGE-WATCH LIST If you know of an East Longmeadow Resident that **NEEDS** electricity for medical equipment, such as oxygen, please contact Pleasant View Senior Center with their name, address and phone number. These individuals will be added to a **WATCH LIST** for those who need electricity to maintain good health during a power outage.



FILE OF LIFE Please contact Pleasant View Senior Center to obtain a **FREE File of Life**. The **File of Life** is a red, magnetic packet that contains important medical information about you. The **File of Life** also provides an area to list contact information for your doctor, family members, insurance information and any other special circumstances that rescue personnel should know in caring for you. ***This information should be posted in an easy to spot location, such as the front of your refrigerator.***



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. ***Please call Danell Tavella @ 525-5436 ext. 1402 for further information.***
The following checklist will help you gather the information needed to complete the application. Other information may be needed based on your situation.

- PROOF OF IDENTITY, SOCIAL SECURITY CARD, and BIRTH CERTIFICATE
- HEATING BILL, ELECTRIC BILL (most recent)
- PROOF OF INCOME (Social Security, SSDI, Pensions, Annuities, IRA, Capital Gains, Stocks, Bonds, Interest Dividends, Rental Income, Unemployment, Wages)
- PAYSTUBS FOR THOSE WITH EARNED INCOME (most recent, 4 consecutive paystubs)
- MORTGAGE STATEMENT (if not paid off) or MONTHLY RENT
- PROPERTY TAX, HOMEOWNERS INSURANCE, WATER AND SEWER BILL
- COPY OF LEASE with LANDLORD INFO (if renter)

Yearly Income 2020-2021 Season	
Family Size	Income Limit
1	\$39,105
2	\$51,137
3	\$63,169
4	\$75, 201



SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

Is your budget getting tight? Do you need help purchasing food? You may be eligible for the Supplemental Nutrition Assistance Program (SNAP), formerly known as food stamps. If eligible, SNAP provides a monthly benefit to buy nutritious foods. Benefits are provided on an EBT card, used like a bankcard, to buy food at grocery stores.

Pleasant View Senior Center is here to help! Contact Danell Tavella at 525-5436 ext. 1402 to make an appointment. Please do not delay if you are experiencing food insecurity. We are available to help with your application, recertification and accessing information about your account. **The East Longmeadow Council on Aging is a proud SNAP Outreach Partner with the Department of Transitional Assistance (DTA).**

Monthly Income (10/1/20—9/30/21)	
Family Size	Income Limit
1	\$2, 127
2	\$2, 873
3	\$3, 620

MEMORIAL DONATIONS



A special thank you to Paul and Dorothy Joyce for their donation in memory of Maryann Haraty and to Barbara Fazio for her donation in memory of Tony Fazio.



COMING SOON



A PLEASANT VIEW DEBUT

The Pleasant View Senior Center is working on a special project with East Longmeadow Cable Access Television (ELCAT) to bring important local information to the community.

Watch our premiere TV show on Wednesday, December 16th at 11:00 am or 7:00 pm; Saturday, December 19th at 11:00 or Sunday December 20th at 3:00 on Channel 191.

What topics would you like to learn more about?

We would like to hear what topics **YOU** would like to see spotlighted, useful, and entertaining. Please email Alicia.smith@eastlongmeadowma.gov or call 525-5436 to let us know what you would like featured! We are open to all of your ideas and suggestions!

Some things we will be featuring are:



Legal and Tax Tidbits



10 Minute Exercise



Featuring local talent from East Longmeadow



THANK YOU

THANK YOU to our community for all that you have done for those experiencing hardship. Thank you for the food, toiletries, monetary and gift card donations. It has been a heartwarming experience to watch this community pull together and take care of each other. A BIG thank you for those of you that have chosen to sponsor an individual on Meals on Wheels. We are able to touch the lives of so many in need with you, OUR Community. **THANK YOU!**



THANK YOU to Chestnut Hill for sponsoring our Wish List Gift Bags, to the East Longmeadow Rotary Club for donating masks and to Alison Manley, a sophomore at ELHS for her note of encouragement.



On October 19th **Senator Eric P. Lesser** joined us to help serve Curbside Lunch.

 THANK YOU to everyone that helped us honor our Veterans at our Drive in Ceremony on November 10th. A special thank you to our sponsors that helped make this special event possible. Golden Years Homecare Services, Paul Rasid; Regional Director for Golden Years Homecare Services of EL, Home Sweet Home, Home Helpers of Enfield, Louis and Clark Medical Supply, Nurse Advocates LLC, Fazio's Ristorante and Noah Lis. 

PANTRY PROGRAM



Seasons Greetings from the Pantry

Please consider giving the gift of Gift Cards this holiday season
Big Y, Stop N Shop, The Dollar Store and Costco to name a few

We are also in need of: Coffee, Hot Chocolate, Tea, Fruit Cups, Apple Sauce, Crackers, Cookies and Condiments (Mayo, Relish, Ketchup, Salad Dressing, Pickles)

**Thank you once again for helping us reach those in times of need!
 Your support is invaluable and we appreciate ALL your giving**



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.

WINTER WORD SEARCH

F	G	S	B	W	M	T	X	H	Q	L	T	S	A	J	D	T	N	L	M	D	U	L	F	SNOWBOARDING
S	A	G	A	K	R	X	H	B	L	C	T	J	L	V	I	V	H	Q	V	I	Y	G	D	SNOWFLAKE
S	M	C	F	L	V	P	T	O	I	C	D	C	H	H	D	O	P	L	O	W	V	N	K	COLD
N	W	W	B	Y	T	P	L	O	T	A	S	N	U	V	M	C	Q	V	B	Z	I	I	T	SNOWBALL
O	Q	C	M	O	G	N	I	T	A	K	S	U	G	F	N	L	T	D	M	J	M	I	D	PLOW
W	C	U	W	M	F	V	P	S	A	A	X	T	D	R	A	Z	Z	I	L	B	B	K	R	FLURRIES
M	J	L	F	Z	I	R	F	X	W	V	Z	U	C	P	P	T	E	O	B	A	F	S	A	BOOTS
A	A	I	E	V	J	T	E	S	N	W	E	B	P	Y	I	L	K	Q	K	R	U	S	M	TUBING
N	C	A	S	B	V	H	T	E	T	L	X	I	U	N	W	R	E	I	S	D	G	E	E	MITTENS
Q	K	K	X	C	L	K	T	E	Z	F	X	N	X	F	R	O	N	Q	G	N	E	I	K	BELOW ZERO
E	F	R	G	D	R	A	S	Z	N	I	I	G	R	L	T	G	N	J	N	P	L	R	A	SLIDING
O	R	C	N	U	X	A	S	E	Q	S	N	R	G	I	A	O	D	S	I	B	B	R	L	SKIING
J	O	O	X	N	E	H	P	J	M	J	L	G	D	D	P	U	N	Z	H	S	D	U	F	SNOWMOBILE
Y	S	L	R	Z	M	H	F	E	V	N	B	I	G	E	Z	O	U	I	S	O	F	L	W	SCARF
P	T	D	F	T	G	V	F	U	R	W	Z	F	G	F	R	A	C	S	I	Z	F	F	O	JACK FROST
B	M	L	E	F	Q	C	J	I	E	N	Y	X	W	Y	P	K	J	H	F	Y	F	U	N	BAKING
H	O	S	N	O	W	B	A	L	L	H	O	C	K	E	Y	B	G	N	I	D	I	L	S	SCRAPER
Y	Z	K	M	E	F	X	G	A	B	U	M	M	Y	O	U	L	K	B	A	D	B	D	H	BLIZZARD
G	S	L	L	E	B	H	G	I	E	L	S	S	W	T	V	I	O	Q	X	U	V	Q	E	HOCKEY
S	L	T	E	K	C	A	J	C	S	N	O	W	B	O	A	R	D	I	N	G	L	F	L	ICICLE
H	K	O	L	P	S	N	W	L	E	R	T	V	G	D	W	U	G	S	O	R	Q	V	C	GLOVES
R	X	G	V	I	B	T	W	F	T	Y	T	W	E	L	I	B	O	M	W	O	N	S	I	SNOWMAN
M	Q	O	R	E	O	S	P	S	Q	O	Q	O	R	E	Z	W	O	L	E	B	A	E	C	SLEIGHBELLS
D	F	I	B	T	S	N	D	R	W	M	S	N	X	N	N	Q	Z	H	L	Z	T	P	I	FREEZING



SALT
FISHING

Meals on Wheels and Curbside Meal Calendar December 2020

Monday	Tuesday	Wednesday	Thursday	Friday
1% Milk and whole grain bread or rolls served daily, unless otherwise noted	1	2 Vegetable Lasagna Rollups Steamed Spinach Mixed Fruit	3	4 Lemon Dill Pollack Rice Pilaf Roasted Carrots Pineapple Tidbits
7 Country Baked Crispy Chicken Breast with Gravy Mashed Potatoes Corn Pineapple	8	9 Roast Turkey Breast Mashed Potatoes Green Beans Peaches	10	11 Baked Fish over Roasted Potatoes Peas and Carrots Lemon Pudding
14 Sweet and Sour Pork Oriental Vegetables White Rice Tapioca Pudding	15	16 Rosemary Lime Chicken Breast Ziti Mixed Vegetables Pears	17	18 Macaroni and Cheese Brussel Sprouts Pears
21 American Chop Suey Italian Vegetables Chocolate Pudding Fresh Fruit	22	23 Pork Roast with Gravy Brown Rice Roasted Beets Mandarin Oranges	24 CENTER CLOSSES AT 12:00 No lunch or meals or wheels will be served	25 CENTER CLOSED 
28 Meatloaf with Gravy Mashed Potatoes Green Beans, Red Bell Peppers and Tomato Peaches	29	30 Teriyaki Glazed Meatballs Sweet Potato Peas Fruited Jell-O	31 CENTER CLOSSES AT 12:00 No lunch or meals or wheels will be served	\$3.00 Lunch Donation is Appreciated **Menu Subject to Change**



During the month of December 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 December 2020

Monday	Tuesday	Wednesday	Thursday	Friday
	1 	2 11:30 Curbside Meal Pickup*	3 	4 11:30 Curbside Meal Pickup*
7 11:30 Curbside Meal Pickup*	8 11:00 Tea and Trivia ** 11:00 Mass Appeal Holiday Show on WWLP	9 11:30 Curbside Meal Pickup* 12:30 Parking Lot Christmas Bingo	10 	11 11:30 Curbside Meal Pickup*
14 11:30 Curbside Meal Pickup*	15 11:00 Tea and Trivia **	16 11:00 A Pleasant View Debut Channel 191 11:30 Curbside Meal Pickup* 7:00 A Pleasant View Debut Channel 191	17 Grab and Go Hot Chocolate and Cookies	18 11:30 Curbside Meal Pickup*
21 11:30 Curbside Meal Pickup*	22 11:00 Tea and Trivia **	23 11:30 Curbside Meal Pickup*	24 CENTER CLOSING AT 12:00 	25 CENTER CLOSED 
28 11:30 Curbside Meal Pickup*	29 	30 11:30 Curbside Meal Pickup*	31 CENTER CLOSING AT 12:00	

*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

INCLEMENT WEATHER POLICY When East Longmeadow Public Schools are closed due to weather, all programs will be cancelled and there will be no curbside lunch or Meals on Wheels delivered. The Senior Center remains open for phone calls and emergencies unless the Town Hall closes. Weather updates can be viewed on WGGB Channel 40 and WWLP Channel 22. **When there is a two hour delay, please call the Senior Center at 525-5436 to inquire about lunch and Meals on Wheels.**

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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VOLUNTEER SPOTLIGHT

This month's Volunteer Spotlight goes to Mike Michaelis! Mike has been volunteering with Pleasant View since 2012. He has been an integral part in some of the programs and services we offer. He has been teaching a computer class here at the Center since 2014 which allows seniors to bring in their own, personal device along with their questions. He also delivers Meals On Wheels to homebound seniors weekly. **Thank you, Mike, for all you do! We couldn't do what we do without you!**



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****



Due to the holidays the trolley will not be running on December 24th, December 25th, December 31st or January 1st



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

Sharon Giordano

Administrative
Accountant
Ext. 1405

Alicia Smith

Program And
Volunteer Coordinator
Ext. 1406

Meralee Kratovil

Office Manager
Ext. 1404

Leah Weaver

Administrative Assistant/
Social Media Coordinator
Ext. 1414

Tracey Walz

Food Pantry
Coordinator
Ext. 1408

Terry Glusko

Transportation
Coordinator
Ext. 1410

Barbara Fenney

Dispatcher
Ext. 1410



Stephen Plifka

Chef

Sandy Bell

Meal Site
Coordinator
Ext. 1413

Margit Daley

Kitchen Assistant,
Dishwasher