



JANUARY 2021

# 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



To Our Pleasant View Family,

To say that the year 2020 was difficult is an understatement. People all over the world suffered in different ways. Some suffered from illness, others from feelings of isolation and others from loss. As we continue to live in times of uncertainty, we are hopeful that the year 2021 will be one that brings healing and positive change. We want you to know that we are and will continue to be here for you in the best ways that we can.

We would like to take the time to update you on some new and exciting changes that have occurred since our closing.

Jeremiah Ferris is our new custodian and he has been working around the clock to keep our center looking its very best! He is a welcome addition to our team and we cannot wait for you to be able to meet him!

Danell Tavella, our Director of Community Services, has also stepped into the role of interim Executive Director. She continues to provide essential services to our community and is a wonderful support to all of us here at Pleasant View. We value her leadership and guidance as we continue to navigate this difficult time.

While Pleasant View Senior Center remains closed to the public, our staff continues to work diligently to provide our community with essential services including offering curbside meal pick up and Meals on Wheels deliveries to homebound seniors. Our Emergency Food Pantry is open by appointment only for individuals and families experiencing food insecurity. Our Mobile Pantry also continues to deliver food to those who are in need of assistance and cannot drive. If you are in need of any of these services, we encourage you to call the senior center.

In addition to reading our monthly newsletter, you may follow Pleasant View on Facebook, sign up for our E-Newsletter or tune into “A Pleasant View”, our new TV show on ELCAT, to stay up to date on current events happening in and around our community.

We miss you all and look forward to the day we can share these halls together once more.



~ Wishing you a safe, healthy and happy 2021 ~

*Your friends at Pleasant View Senior Center*

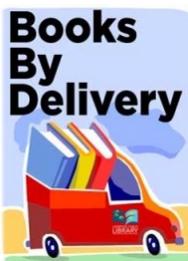
## NEW PROGRAMS



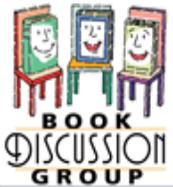
**Parking Lot Bingo** Join us for Parking Lot Bingo every Wednesday at 12:30! Bring a pen, pencil or bingo dauber along with something hard to write on such as a book. Paper bingo cards will be handed out upon arrival. Due to Covid-19 restrictions all guests must remain in their vehicles at all times and a mask must be worn when your bingo card is being checked. Our building is closed to the public and there will be no bathrooms available. Register by calling 525-5436. Please note we will not be holding Bingo on January 27th.



**Online Stress Free Coloring** Grab a coloring book and some colored pencils and join us on **Tuesday, January 12th at 2:15** on Zoom for a fun, stress-free afternoon of coloring with friends. If you do not have a coloring book, call our Center at 525-5436 to receive one while supplies last. Email [alicia.smith@eastlongmeadowma.gov](mailto:alicia.smith@eastlongmeadowma.gov) to receive the Zoom login.



**Library At Home** East Longmeadow residents age 60 and over who are homebound or staying home during this time can now borrow books and/or movies from the East Longmeadow Library through our Library at Home delivery program. Call our Center at 525-5436 when you would like to borrow a book or a movie. You will then receive a call from the Library to put in your request(s). The library will put your order together and a Senior Center volunteer will deliver it to your home and pick it up when it is time to be returned. You will need a library card for this program. If you do not have one, the library can assist you over the phone.



**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](mailto:alicia.smith@eastlongmeadowma.gov) to receive the Zoom login.



**Drive Thru at The View** Drive thru our parking lot on **Thursday, January 21st** to pick up a Take & Bake meal provided by Fazio's. Meals are \$5 each. You will receive the meal cold and fully cooked. It will need to be brought home and put in the microwave to heat up. The meal will consist of ziti, meatballs, salad, bread and butter. Register by Friday, January 15th by calling 525-5436. You will be assigned a specific time frame to pick up your meal(s) when you register.



**E-Newsletter** Beginning this month 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 please email [leah.weaver@eastlongmeadowma.gov](mailto:leah.weaver@eastlongmeadowma.gov).

## VOLUNTEER SPOTLIGHT

**This month's Volunteer Spotlight goes to Marjorie Donahue, otherwise known as Marge!** Marge has been volunteering with Pleasant View since 2008. She has been an integral part of our Center by helping our Kitchen staff prep and serve meals for our in-house Lunch Program as well as for our Meals on Wheels participants. "My favorite part is talking with the participants as they come through the lunch line. It's great to hear their stories and say hello". **Thank you Marge for all that you do and for your continued dedication to our Center and those we serve!**



## ONGOING PROGRAMS



**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](mailto: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.



**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.



**A Pleasant View January Air Dates**  
**Wednesday, January 20, 11:00AM and 7:00PM**  
**Saturday, January 23, 11:00AM**  
**Sunday, January 24, 3:00PM**



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. Don't miss this fun informative new program!

**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](mailto: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!

## NEW YEAR WORD SEARCH

fireworks  
gathering  
holiday  
music  
parade



party  
sparkler  
streamers  
time  
tradition

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

clock  
confetti  
countdown  
evening  
festivities



ball  
balloons  
calendar  
celebrate  
cheers

# RESOURCE REPORT



**SHINE (Serving the Health Insurance Needs of Everyone)** Open enrollment may have ended, however you can still get assistance with Medicare, Medicare Advantage Plans, Medigap Plans and Prescription Plans. Our SHINE Volunteer is available for **phone appointments** to assist individuals new to Medicare and/or wanting to talk about their current Medicare plans. To sign up for a phone appointment please call the Senior Center at 525-5436.



Starting in February, AARP will once again be offering free tax preparation here at Pleasant View with a primary emphasis on **low to moderate income senior taxpayers who live in East Longmeadow and are 60 years of age or older**. This service is for **simple tax returns only** and **for those who had their taxes previously done by AARP**.

Due to COVID-19 restrictions no one will be permitted to enter the building to work with the preparers. Instead, tax documents will be handed in to the Senior Center and all communications involving the preparation, quality review and completion of the tax return will be by phone.

**On the day of your appointment you must:**

- Commit to drop off necessary documentation the morning of
- Be available ALL day by phone to receive calls from the preparers
- Pick up the completed returns by 4:00 pm

**The documentation you will be required to hand in is:**

- Completed Input Form which can be picked up at the senior center
- Your current taxes and last years return
- Copy of your license or valid ID

Appointments fill up fast. **We will begin taking appointments on Tuesday, January 5th.** Please call us at 525-5436 to make an appointment. More information will be available at the time your appointment is made.



**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)

<b>Yearly Income 2020-2021 Season</b>	
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).**

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

## RESOURCE REPORT



**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 Giordano at (413)-525-5436 ext. 1405.



**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.

**SWAP Program** Due to the pandemic the Senior Work-off Abatement Program (SWAP) will remain to be discontinued for the year 2021. We apologize for any inconvenience and hope to restart the program in 2022. If you have any questions please call us at 525-5436.

### Local Resources

MA Elder Abuse Hotline: 800-922-2275  
Alzheimer's Helpline 800-272-3900  
24/7 Crisis Behavioral Health Network 413-733-6661  
National Distress Hotline 800-985-5990



**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.**

## PANTRY PROGRAM

**HAPPY NEW YEAR from the Pantry!** The generosity from the public, local businesses, churches and organizations has brought GREAT success to the Emergency Food Pantry. **Thank you for KEEPING IT LOCAL!** The Pantry continues to accept donations Monday - Friday from 8:00 am - 4:00 pm. **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.**

## THANK YOU



THANK YOU to **Monson Savings Bank** for their \$10,000 donation and to **Westfield Bank** for their \$2,500 donation toward the construction of the East Longmeadow Veterans Memorial.

Donations toward the construction of The Veterans Memorial can be made by sending a check to Peoples Bank, 201 N. Main St., East Longmeadow, MA 01028. Checks should be made out to the East Longmeadow Veterans Memorial Committee; To purchase a paver/brick please call 413-525-5412.

Thank you to David Mickiewicz, the ITAM Vets Post 64, Cookies Café and Mickiewicz Brothers Landscaping for preparing and donating Thanksgiving dinners that were delivered to our seniors on Thanksgiving Day. Thank you also to CareOne at Redstone for also providing Thanksgiving meals to our Homebound Seniors.



Thank you to our Jingle Bags Sponsors; **CareOne at Redstone, Commonwealth Care Alliance and Home Sweet Home SLA.** Your generosity helped us surprise our Homebound Seniors with a special holiday gift!

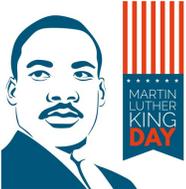
# Meals on Wheels and Curbside Meal Calendar January 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>**1% Milk and whole grain bread or rolls served daily, unless otherwise noted**</b></p>	<p><b>\$3.00 Lunch Donation is Appreciated</b></p> <p><b>**Menu Subject to Change**</b></p>			<p>1</p> <p><b>CENTER CLOSED</b></p> 
<p>4</p> <p>Teriyaki Chicken Breast</p> <p>Broccoli, Carrots, Peppers and Mushrooms</p> <p>Pineapple</p>	<p>5</p>	<p>6</p> <p>Stuffed Chicken Breast with Broccoli and Cheese with Penne</p> <p>Green Beans with Carrots and Peppers</p> <p>Peaches</p>	<p>7</p>	<p>8</p> <p>Lasagna with Meat Sauce</p> <p>California Blend Vegetables</p> <p>Cinnamon Pears</p>
<p>11</p> <p>Baked 3 Cheese Macaroni and Cheese</p> <p>Mixed Vegetables</p> <p>Strawberry Fruit Cup</p>	<p>12</p>	<p>13</p> <p>Diced Pork over Pineapple</p> <p>Yellow Rice with Red and Green Peppers</p> <p>Tangerines</p>	<p>14</p>	<p>15</p> <p>Beef Stew with Potatoes, Carrots and Celery</p> <p>Corn Bread</p> <p>Chocolate Pudding</p>
<p>18</p> <p><b>CENTER CLOSED</b></p> 	<p>19</p>	<p>20</p> <p>Grilled Chicken Sandwich with BBQ Sauce</p> <p>Potato Wedges</p> <p>3 Bean Salad</p> <p>Peaches</p>	<p>21</p>	<p>22</p> <p>Herb Baked Fish</p> <p>Sweet Potatoes</p> <p>Brussel Sprouts</p> <p>Apple Sauce</p>
<p>25</p> <p>Garlic Grilled Chicken Breast</p> <p>Scalloped Potatoes</p> <p>Green Beans and Peppers</p> <p>Banana</p>	<p>26</p>	<p>27</p> <p>Beef Bolognese</p> <p>Broccoli and Carrots</p> <p>Applesauce</p>	<p>28</p>	<p>29</p> <p>Baked Creole Fish</p> <p>Spinach, Tomatoes and Peppers</p> <p>Rice Pilaf</p> <p>Pineapple</p>



During the month of January 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 January 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				1 <b>CENTER CLOSED</b> 
4 11:30 Curbside Meal Pickup*	5	6 11:30 Curbside Meal Pickup*  12:30 Parking Lot Bingo	7	8 11:30 Curbside Meal Pickup*
11 11:30 Curbside Meal Pickup*	12 1:00 Online Book Discussion**  2:15 Online Stress Free Coloring**	13 11:30 Curbside Meal Pickup*  12:30 Parking Lot Bingo	14	15 11:30 Curbside Meal Pickup*
18 <b>CENTER CLOSED</b> 	19 1:00 Online Book Discussion**	20 11:00 A Pleasant View on ELCAT  11:30 Curbside Meal Pickup*  12:30 Parking Lot Bingo  7:00 A Pleasant View on ELCAT	21 Drive Thru at The View **	22 11:30 Curbside Meal Pickup*
25 11:30 Curbside Meal Pickup*	26 1:00 Online Book Discussion**	27 11:30 Curbside Meal Pickup*	28	29 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](mailto: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!*



Never overpay to sell your home with my 3% and/or 4% Commission Plan!  
**[www.3or4plan.com](http://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

## MEMORIAL DONATIONS



*A special thank you to Geraldine Kennedy for her donations in memory of Stephen Reed and Karen Mayo and to Genevieve Aurise for her donation in memory of Janice Michaelis.*

## 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\*\***



**The Trolley will not be running on Friday, January 1st or Monday, January 18th**

## 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*