



FEBRUARY 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



### MEET OUR NEW COA DIRECTOR

**“Man never made any material as resilient as the human spirit” - Bernard Williams**



Hello everyone, my name is Mary Beth Dowd. I am the new Executive Director at your Council on Aging. I am excited to be working here in East Longmeadow. I have been working in human services for more than 30 years, concentrating on helping people find the resources and services they need to make informed decisions and live their lives with dignity. Over the years, I have been fortunate to meet and work with some of the finest people and to learn from their determination to keep on going in times of difficulty. I truly believe they have helped me more than I ever helped them.

I am fortunate to live here in East Longmeadow with my husband, Christopher, and our three children. I am looking forward to being a member of the great team at the Pleasant View Senior Center. I want to be a part of what makes this town a great place to live and I encourage you to reach out to me in the coming weeks and months with any ideas or issues you may have. I am ready to “jump right in”.

Life certainly has been very different since March of 2020 and taking this new job in the midst of a pandemic is a little strange, to say the least. I do believe that in the next few months, we will see a return to life that more closely resembles what we were used to and I am looking forward to the day when the center is filled with all of you and I can meet you face to face. Patience is needed through this last phase and we must continue to wear our masks, maintain a social distance, and if able, take advantage of vaccines when they become available. I strongly believe this is a time when society can look to its older adults for examples and lessons in how inner strength and resiliency can help us all through this. After all, as it is what has been helping them to cope, and thrive, through the many challenges they have already faced. We here at the Center remain committed to being a resource for you and your families and will continue to share information as it becomes available.



## FEBRUARY PROGRAMS



**Pantry Raffle** During the month of February every time you donate to our Food Pantry you will be entered to win a raffle! When you donate be sure to leave your name and phone number with one of our staff members. There will be two raffle winners announced during the first week of March. Prize includes our very own East Longmeadow Food Pantry T-Shirt and a \$10 Gift Card to Big Y.



**Current Pantry Requests:** Beverages, Crackers; **Condiments:** Mayonnaise, Relish, Pickles, Jam/Jelly, Syrup, Applesauce; **Cleaning Supplies:** Dish soap, laundry soap, Paper Towels, Surface Spray



**Parking Lot Bingo** Join us for Parking Lot Bingo **Wednesday's 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. Thank you to **Eric Aasheim from Oasis Senior Advisors** for sponsoring the Bingo prizes for the month of February!



**Trivia Time** Join us on **Thursday's at 11:00** beginning on February 11th for online Trivia. Please Email [alicia.smith@eastlongmeadowma.gov](mailto:alicia.smith@eastlongmeadowma.gov) to register and receive the Zoom login.



**Send A Card to a Friend Day** Join us online on **Tuesday, February 16th at 11:00** as we make cards to send to our friends and/or family. Kits will be available for pickup at the Senior Center. Limited space! You will need a pen, tape, and scissors. Please Email [alicia.smith@eastlongmeadowma.gov](mailto:alicia.smith@eastlongmeadowma.gov) to register and receive the Zoom login.



**Italian Class** Would you like to learn how to speak Italian? Join us for a new class on **Mondays at 12:30** beginning on February 22nd. All levels are welcome. Email [alicia.smith@eastlongmeadowma.gov](mailto:alicia.smith@eastlongmeadowma.gov) to register and receive the Zoom login.



**Ice Skating** The EL Recreation Department has put up an ice skating rink in the center of town for public use. **Senior Skate Hours are Monday - Friday, 1:00-3:00 and Saturdays, 9:00-11:00.** Use of the ice rink is **FREE.** You must register for a spot by calling the EL Recreation Department at 413-525-5400. Please bring your own skates.



**E-Newsletter** If you would like to receive our monthly e-newsletter which contains information about upcoming events and program please email [leah.weaver@eastlongmeadowma.gov](mailto:leah.weaver@eastlongmeadowma.gov).

### A Pleasant View February Air Dates

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 program! Tune into ELCAT (Channel 191) on:



**Wednesday, February 17th at 11:00 and 7:00**  
**Friday, February 19th at 11:00**  
**Saturday, February 20th at 3:00**



## 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*. To sign up please call 525-5436.

## VOLUNTEER SPOTLIGHT

**This month's Volunteer Spotlight goes to Maria Forbes!** Maria has been volunteering with Pleasant View since 2000. She has been an integral part of our Center by delivering hot meals to homebound seniors through our Meals On Wheels program and by helping our Kitchen staff prep and serve meals for our In-house and Curbside Pickup Lunch Programs as well as for our Meals on Wheels participants.

**Thank you Maria for all that you do and for your continued dedication to our Center and those we serve! We couldn't do what we do without you!**



## VALENTINES DAY WORD SEARCH

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

ADORE  
AFFECTION  
ARROW  
BE MINE  
BELOVED  
BOYFRIEND  
CANDY  
CHAMPAGNE  
CHERUB  
CHOCOLATE



LOVE  
PINK  
POEM  
RED  
ROMANCE  
ROSES  
SWEETHEART  
VALENTINE



CUPID  
DARLING  
DEAREST  
FLOWERS  
GIFTS  
GIRLFRIEND  
HEARTS  
HUG  
I LOVE YOU  
KISS



# 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.



AARP is once again 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. 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.



**DISPATCH HEALTH** provides quality healthcare from the convenience of your home. By offering on-demand healthcare for people of all ages in the comfort of their home, Dispatch Health helps reduce unnecessary emergency room visits and hospitalizations. They have 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. Dispatch Health will assess your symptoms and will test for COVID-19, flu and strep. They will determine the tests and treatments you might need. Your cost for the visit is typically the same as a traditional urgent care visit.

**For more information or to request a visit call 888-908-0553**

### 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

We are thriving as we continually serve needs here at the East Longmeadow Food Pantry. Thank you to those who have partnered with us! The Pantry continues to accept donations Monday - Friday from 8:00 am - 4:00 pm.

**Current Pantry Requests:** Beverages, Crackers; **Condiments:** Mayonnaise, Relish, Pickles, Jam/Jelly, Syrup, Applesauce; **Cleaning Supplies:** Dish soap, laundry soap, Paper Towels, Surface Spray



**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.**

## SCAM ALERT

### Be on the lookout for COVID-19 Scams

#### Here are things you need to know about the COVID-19 Vaccine:

- You likely will not need to pay anything out of pocket to get the vaccine during this public health emergency.
- You cannot pay to Put your name on a list to get the vaccine early.
- You will not be solicited door to door to receive the vaccine.
- Beware of providers offering other products, treatments or medicines to prevent the virus.
- No one from a vaccine distribution site or health care payer, like a private insurance company, will call you asking for your Medicare number, Social Security number, or your credit card or bank account information to sign you up to get the vaccine.



Contact Senior Medical Patrol (SMP) to report Medicare fraud, error or abuse at 877-808-2468 or at [smpresource.org](http://smpresource.org)

# Meals on Wheels and Curbside Meal Calendar February 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Chicken Broccoli Alfredo with Penne Pasta  Spring Mix Salad with Cucumbers and Tomatoes  Spiced Peaches	<b>2</b>	<b>3</b> Grilled Chicken Breast Cordon Bleu  Carrots and Peas  Fresh Fruit	<b>4</b>	<b>5</b> Hot Dog on a Bun  Baked Beans  Onions, Red and Green Peppers  Pears
<b>8</b> Glazed Chicken Drumsticks  Sweet Potato  Green Beans and Peppers  Pineapple	<b>9</b>	<b>10</b> Mini Ravioli with Meat Sauce  Tuscan Blend Vegetables  Apple Sauce	<b>11</b>	<b>12</b> Chicken Breast Cacciatore  Carrots, Celery, Peppers and Tomatoes  Peaches
<b>15</b> <b>CENTER CLOSED</b>  	<b>16</b>	<b>17</b> Country Style Crispy Chicken Drumstick  Mashed Potatoes  Roasted Corn and Peppers  Bananas	<b>18</b>	<b>19</b> Baked, Un-Breaded Cod  Brown Rice  Spinach and Tomatoes  Pineapple
<b>22</b> Baked Potato Bar  Chili with Salsa and Sour Cream  Cheesy Spinach  Fresh Fruit	<b>23</b>	<b>24</b> Beef Burgundy  Stewed Tomatoes  Carrots  Mixed Fruit Cup	<b>25</b>	<b>26</b> Shepard's Pie with Corn and Mashed Potatoes  Peas and Carrots  Apricots
			<b>\$3.00 Lunch Donation is Appreciated</b>  <b>**Menu Subject to Change**</b>	<b>**1% Milk and whole grain bread or rolls served daily, unless otherwise noted**</b>



During the month of February 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 February 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 11:30 Curbside Meal Pickup*	<b>2</b>	<b>3</b> 11:30 Curbside Meal Pickup*  <b>12:30 Parking Lot Bingo</b>	<b>4</b>	<b>5</b> 11:30 Curbside Meal Pickup*
<b>8</b> 11:30 Curbside Meal Pickup*	<b>9</b>	<b>10</b> 11:30 Curbside Meal Pickup*  <b>12:30 Parking Lot Bingo</b>	<b>11</b> <b>11:00 Trivia Time**</b>	<b>12</b> 11:30 Curbside Meal Pickup*
<b>15</b> CENTER CLOSED  	<b>16</b> <b>11:00 Send a Card To a Friend Day**</b>	<b>17</b> <b>11:00 A Pleasant View on ELCAT</b>  11:30 Curbside Meal Pickup*  <b>12:30 Parking Lot Bingo</b>  <b>7:00 A Pleasant View on ELCAT</b>	<b>18</b> <b>11:00 Trivia Time**</b>	<b>19</b> <b>11:00 A Pleasant View on ELCAT</b>  11:30 Curbside Meal Pickup*
<b>22</b> 11:30 Curbside Meal Pickup*  <b>12:30 Italian Class**</b>	<b>23</b>	<b>24</b> 11:30 Curbside Meal Pickup*  <b>12:30 Parking Lot Bingo</b>	<b>25</b> <b>11:00 Trivia Time**</b>	<b>26</b> 11:30 Curbside Meal Pickup*



\*To sign up for a Curbside Meal please call 525-5436 at least one day in advance by 1:00 pm

\*\*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!*



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

## 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**

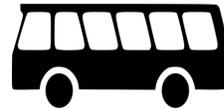
The Tri-Town Trolley is available Monday thru Friday from 9:00 A.M. – 3:00 P.M.  
for East Longmeadow, Longmeadow, and Hampden Seniors

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 Monday, February 15th**

## 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

### Mary Beth Dowd

Executive Director  
Ext. 1401

### 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



[www.facebook.com/elseniors](http://www.facebook.com/elseniors)



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



**February**