



News From the View

Pleasant View Senior Center-The Center of It All

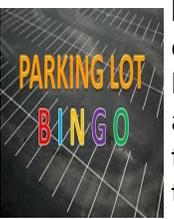
328 NORTH MAIN ST. EAST LONGMEADOW, MA 01028 | MON - FRI: 8 a.m. – 4 p.m. | 413.525.5436



MARCH PROGRAMS



St. Patrick's Day Meal Drive through our parking lot on **Wednesday, March 17th** to pick up a delicious Corned Beef meal sponsored by CareOne at Redstone. Meals will be free, however signs ups are required. To reserve a St. Patrick's Day Meal please call 525-5436. You will be assigned a specific time frame to pick up your meal(s) when you register.



Parking Lot Bingo Join us for Parking Lot Bingo **Wednesdays 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 **John and Julie Dunlop, COA Board Member**, for sponsoring the Bingo prizes for the month of March! We will not be holding Bingo on March 3rd; Bingo on March 17th will be held at 1:00.



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. Simply call the Senior 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.



Trivia Time Join us on **Tuesdays at 11:00** for online Trivia. Please Email 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 Italian class on **Mondays at 12:30**. All levels are welcome. Email 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 Tuesdays and Thursdays, 11:00-1:00 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.

NOTES FROM THE DIRECTOR'S DESK

Happy March! Spring is coming and in honor of St Patrick's Day and a brighter future due to the rollout of the vaccines, I offer you all a traditional Irish "toast":

May the saddest day of your future be no worse than the happiest day of your past

Here at the Senior Center we are excited to be a part of the team assisting with the COVID – 19 vaccine distribution for East Longmeadow residents. Below is some information for adults 65 years of age and older as of **February 12th**, the date this newsletter went to press. If you have any questions, please call the senior center at: (413) 525-5436 for the most up to date information.

1. When can I get a vaccine?

- As of February 12th Massachusetts has started Phase Two GROUP ONE eligibility in the Vaccination process. Group One of this Phase consists ONLY of individuals who are **75 years of age and older. All individuals 75 and older may make appointments at this time to receive the vaccine.**
- An individual who accompanies a person age 75 or older to one of the four mass vaccination sites to receive the vaccine will be eligible to receive the vaccine, if they have an appointment booked. **Both the companion and the individual age 75 or older must have an appointment for the same day and both individuals must be present.** Only one companion is permitted. The companion must attest that they are accompanying the individual to the appointment.
- The town of East Longmeadow has started a **waitlist** for Individuals age **65 and older AND adults under 65** with at least **TWO** of the following medical conditions:
Cancer • Chronic Kidney Disease • COPD • Down Syndrome • Heart Conditions • Weakened immune system from a solid organ transplant • Obesity (BMI of 30 or higher) • Pregnancy • Sickle Cell Disease • Active Smokers • Type 2 Diabetes Mellitus

When the Governor announces the vaccine distribution is open to **Group TWO**, Members of this group can schedule appointments to receive the vaccine.

2. Where can I get a vaccine? Do I need an appointment?

- Vaccines are by Appointment ONLY. Do NOT show up without an appointment.
- If **you live in East Longmeadow** and are **eligible**, you may receive your vaccine at a clinic being operated at the Pleasant View Senior Center. In order to receive your vaccine in East Longmeadow you must have your name on a list put together by the Health Department. If your name is NOT already on the list **email** your name, age, phone number and address to vaccine@eastlongmeadowma.gov OR call **(413) 486-9000**. Someone from **the town will call YOU** once an appointment is available.
- **You may also choose to make an appointment at any other public vaccine clinic in Massachusetts.** You can find other clinics at <https://www.mass.gov/info-details/covid-19-vaccination-locations>. You can also call **211** for assistance.

3. Will I need a second dose? How will I get the second dose?

- East Longmeadow is currently administering the Moderna vaccine which does require a second dose 28 days after your first dose. You must receive the Moderna vaccine for your second dose. If you receive your vaccine at the **Senior Center, someone will help you schedule** your return appointment for your second vaccine dose before you leave.

VOLUNTEER SPOTLIGHT

This month's Volunteer Spotlight goes to Jane Desilets! Jane has been volunteering with Pleasant View since 2015. She has been an integral part of our Center by helping our staff with office duties such as project research, answering incoming calls, data entry and more! She also assists us with activities and events and has recently become one of our Board Members. **Thank you Jane 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!**



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



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.

A Pleasant View March 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, March 10th at 11:00 and 7:00
Saturday, March 13th at 11:00
Sunday, March 14th at 3:00



WORD SEARCH

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| Patrick | Green |
| Potato | Ireland |
| Dublin | Limerick |
| Mischief | Gaelic |
| Saint | Leprechaun |
| Emerald Isle | Four Leaf Clover |
| Seventeenth | Blarney Stone |
| Shamrock | Pot of Gold |
| Whiskey | Rainbow |
| Guinness | Snakes |
| Gold | Jig |
| Irish | Wish |
| Lucky | Magic |
| Stew | Harp |



RESOURCE REPORT

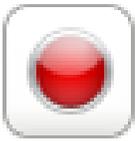


Medical Equipment Lending Closet The Senior Center has a medical equipment loaning closet full of walkers, wheelchairs, canes and more. If you are in need of medical equipment, please call 525-5436 to see what is available. **If you are in need of incontinence supplies please let us know.** Occasionally we receive donations and would be happy to contact you so you can pick up these necessary, costly items.

At this time our supply closet is full and we are not able to accept donations of medical equipment



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.



Emergency Alert The town of East Longmeadow has an Alert System to let town residents know about town emergencies and announcements. An email address is required to sign up for alerts. To sign up for town-wide and emergency alerts please visit <https://www.eastlongmeadowma.gov/AlertCenter.aspx?CID=Emergency-Alerts-1>



E-Newsletter If you would like to receive our monthly e-newsletter which contains information about upcoming events and programs please email leah.weaver@eastlongmeadowma.gov.



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)



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

RESOURCE REPORT



REGISTRY OF MOTOR VEHICLES

The RMV is extending Senior Hours at RMV Service Centers through March for customers age 75 and older. RMV Senior hours are offered on Wednesdays at 17 RMV Service Center locations by reservation only. The RMV has also expanded the license renewal appointments available for these customers to include registration and title services and transactions. Individuals in this age group are required by state law to renew their Massachusetts driver's license in-person.

Below are the options for seniors to schedule in-person appointments during designated service hours:

- If you are a AAA member, you may make a reservation now to renew your driver's license/ID or conduct certain other transactions at a AAA location. Visit aaa.com/appointments to schedule your visit.
- If you are not a AAA member, visit Mass.Gov/RMV to make a reservation to renew or conduct most other transactions at an RMV Service Center. Visit the Make/Cancel a Reservation transaction tab in the MyRMV Service Center and select "Senior Transaction" for all available RMV transactions. Reservations can be booked two weeks in advance.

Email the RMV for assistance: MassDOTRMVSeniors@dot.state.ma.us

Call the RMV assistance at 857-368-8005



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.**



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.

deliver a difference

PANTRY PROGRAM

Thank you to the many residents who contributed to the Pantry during the February Pantry Raffle and to those who contributed to The East Longmeadow Public Library's food drive. A HEARTFELT shout out to the Parishioners of St. Michael's Church.; your 2nd Annual "Spread the Love" will help "Reach Those in Times of Need". The Pantry beneficiaries are grateful and well served through your generous and continued 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.**

Meals on Wheels and Curbside Meal Calendar March 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 Baked Stuffed Chicken Breast Steamed Spinach Mashed Yams Mandarin Oranges	2	3 Roast Pork Seasoned Cauliflower Yellow Rice Fresh Melon	4	5 Baked Lemon Butter Cod Filet Scalloped Potatoes Brussel Sprouts Strawberry Fruit Cup
8 Vegetable Lasagna with Meat Sauce Green Beans, Red Peppers and Carrots Pears	9	10 Roast Turkey Oven Roasted Sweet Potato Broccoli and Carrots Mandarin Oranges	11	12 Tuna Noodle Casserole Zucchini Squash with Tomatoes Peaches
15 Chicken Breast Parmesan over Spaghetti with Marinara Sauce Broccoli and Cauliflower Pineapple	16	17 <i>Meals on Wheels Only</i> Corned Beef with Cabbage, Carrots and Boiled Potatoes Apple Crisp	18	19 Chicken Teriyaki Asian Blend Vegetables White Rice Oranges
22 Balsamic Chicken Breast Roasted Peppers, Onion, Broccoli and Carrots Mashed Cauliflower and Potatoes Lemon Pudding	23	24 Chicken Fajitas in a Whole Wheat Wrap With Peppers, Onions, Salsa and Sour Cream Rice and Beans Peaches	25	26 Fish and Chips Seasoned Fries Coleslaw Mixed Vegetables Fresh Fruit
29 Chicken Paprikash with Parslied Egg Noodles California Blend Vegetables Mixed Fruit	30	31 Sweet and Sour Pork with Rice Pilaf Stir-Fry Oriental Vegetables Mandarin Oranges	\$3.00 Lunch Donation is Appreciated **Menu Subject to Change**	**1% Milk and whole grain bread or rolls served daily, unless otherwise noted**



During the month of March we will be offering curbside meal pickup on Monday, Wednesday and Fridays. 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 March 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 11:30 Curbside Meal Pickup* 12:30 Italian Class**	2 11:00 Trivia Time**	3 11:30 Curbside Meal Pickup*	4	5 11:30 Curbside Meal Pickup*
8 11:30 Curbside Meal Pickup* 12:30 Italian Class**	9 11:00 Trivia Time**	10 11:00 A Pleasant View on ELCAT 11:30 Curbside Meal Pickup* 12:30 Parking Lot Bingo 7:00 A Pleasant View on ELCAT	11	12 11:30 Curbside Meal Pickup*
15 11:30 Curbside Meal Pickup* 12:30 Italian Class**	16 11:00 Trivia Time**	17 St. Patrick's Day Drive Thru Meal * 1:00 Parking Lot Bingo	18	19 11:30 Curbside Meal Pickup*
22 11:30 Curbside Meal Pickup* 12:30 Italian Class**	23 11:00 Trivia Time**	24 11:30 Curbside Meal Pickup* 12:30 Parking Lot Bingo	25	26 11:30 Curbside Meal Pickup*
29 11:30 Curbside Meal Pickup* 12:30 Italian Class**	30 11:00 Trivia Time**	31 11:30 Curbside Meal Pickup* 12:30 Parking Lot Bingo		



*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

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 WGGT 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

MEMORIAL DONATIONS



A special thank you to James Pelletier and Nancy Frankel Pelletier for their donation in memory of Seymour Frankel.

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****



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



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

