



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



APRIL HIGHLIGHTS

Thanks for the memories.

Telling Your Life Story: How to Start a Memoir Join us for a Zoom class on **Thursday, April 22nd from 10:00 - 12:00**. By virtue of the many years we have lived, our lives are full of funny and heartwarming stories just waiting to be told. In this workshop, acclaimed storyteller and musician, John Porcino, will bring the best of what he has learned in his 37 year storyteller's journey to help us remember, shape, and share the simple and powerful moments from our lives. Participants will leave with one well shaped story, a library of memories from their life's treasure box, and a well shaped template for sculpting some of those memories into stories that can bring connection, laughter and meaning to our world. For some of us this might be simply a fun connecting time with a group of friends from the senior center, and for others it may jump start the development of their memoir. You must register for this class by emailing alicia.smith@eastlongmeadowma.gov.



Drive In Movie Join us on **Friday, April 23rd at 7:45pm** for a drive in movie! Grandparents, this is a great opportunity to take your grandchild or grandchildren out for the night and give the parents a night off! Movie will begin at 7:45 PM. Popcorn will be provided. Bathrooms will NOT be available. Guests will have the option to remain in their vehicle or bring lawn chairs and sit outside. A mask must be worn if sitting outside. Movie showing: Jumanji: Welcome to the Jungle (2017), PG-13, Comedy/Adventure. Starring Dwayne Johnson, Karen Gillan, Kevin Hart and Jack Black. Rain Date: April 30th



Mask Lanyard Craft - Join us on Zoom on **April 27th at 12:30** to create a beautiful lanyard for your mask. The lanyards are intended to hold your mask around your neck when you are not wearing it. Sign up by Friday, April 16th by emailing alicia.smith@eastlongmeadowma.gov. When you register you will be given further instruction for when to pick up your kit. Kits are \$5 each.



Tai Chi is back on Tuesdays at 8:45. Enjoy Tai Chi outside in the fresh air. This FREE program will be held in the senior center's back parking lot. We will continue following CDC Guidelines and masks must be worn at all times. To register please call 525-5436.



Line Dancing - Join us on **Tuesdays at 10:00** for line dancing in the senior center's back parking lot. We will continue following CDC Guidelines and masks must be worn at all times. \$3/class. To register please call 525-5436.

ONGOING PROGRAMS



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.



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 **Common Wealth Care Alliance**, for sponsoring the Bingo prizes for the month of April!



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.



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.



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.



Senior Discounts The Senior List® has put together their annual “biggest list of senior discounts” To find discounts for restaurants, retail stores and more please visit www.theseniorlist.com/senior-discounts



EL Earth Day Neighborhood Clean-up Help clean up East Longmeadow on **Saturday, April 24th, 8:00 am -12:00 pm**, by adopting a street or cleaning up one of our beautiful parks. Volunteers who sign up by Monday, April 12th, will receive a **FREE** t-shirt! Sign up by calling 525-5437 x2, or by emailing recreation@eastlongmeadowma.gov

NOTES FROM THE DIRECTOR'S DESK

“Blossom by Blossom the Spring Begins” - AC Swinburne

Well I don't know about the rest of you – but I sure am ready for Spring! I know many of you are eagerly awaiting the opening of our doors again at the senior center. All of us here are just as eager to open those doors. We don't have a definite date yet, but know we are actively planning and will get the news out to you as soon as we have finalized our plan. We ask for your patience, as we are committed to protecting the health and well-being of all who come here. Once we open, we want to do everything in our power not to close again. Many town residents are, or will be, fully vaccinated by the end of March, but many are still waiting and not all employees have had the opportunity to be vaccinated. For these reasons, we still need to tread carefully and have a good plan in place. We are fortunate enough to have a large outdoor space, and are planning on using it for some fun new activities as the weather improves. So please have patience and stay tuned to our Facebook Page and telephone calls, we will share information as soon as we are able!



THANK YOU



Thank you to **Care One at Redstone** for sponsoring our St. Patrick's Day drive thru corned beef and cabbage luncheon, to **The Knights of Columbus** for preparing the meal and to **Chestnut Hill of East Longmeadow** for sponsoring the St. Patrick's Day desert for our Meals on Wheels participants.

A Pleasant View April 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, April 14th at 11:00 and 7:00
Saturday, April 17th at 11:00
Sunday, April 18th at 3:00



WORD SEARCH

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

- April
- Arbor Day
- Baby Animals
- Blooming
- Chinese New Year
- Daylight Savings Time
- Earth Day
- Easter
- Flowers



- Graduation
- June
- Lady Day
- March
- May
- May Day
- Ostara
- Passover
- Season
- Sunshine
- Warming Weather



RESOURCE REPORT



SHINE (Serving the Health Insurance Needs of Everyone) Our Shine Counselor is available to give 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.

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.



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



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

THANK YOU VOLUNTEERS



Instead of spotlighting one person this month we are going to thank everyone!

April is National Volunteer Month. Organizations and companies worldwide use this month to express extra thanks to their volunteers. It is also an opportunity for those who are interested in volunteering to seek out new ways to help in their community. **Volunteers are the backbone to so much that we here at Pleasant View Senior Center do.** Many of the services and programs we offer would not be possible without their continued dedication to our Center and those we serve. Volunteers are special people, looking to better the world, big or small, in any way they can. There are not enough ways for us to express how grateful we are for each of our Pleasant View volunteers. From the bottom of our hearts, we thank you all for all that you do! Happy National Volunteer Month!

If you are interested in volunteering, here are some organizations you can reach out to:

Pleasant View Senior Center, www.eastlongmeadowma.gov/230/Volunteer-Opportunities, 413-525-5436

Retired Senior Volunteer Program (RSVP), www.communityaction.us/rsvp, 413-774-2318

East Longmeadow Recreation Department, www.eastlongmeadowrec.com, 413-525-5437 x2

Valley Eye Radio, www.valleyeyeradio.org, 413-747-7337

Alzheimer's Association, www.alz.org, 617-393-2156

East Longmeadow Garden Club, [www.gcking@yahoo.com](mailto:gcking@yahoo.com), 413-525-6742

Reborns with Reason, www.rebornswithreasons@gmail.com

Garden Club, 413-525-6742

Small Business Mentoring (SCORE), 413-575-1774, www.score.org



PANTRY PROGRAM

Thank you to everyone in our community for your continued support and generosity. The pantry continues to accept donations Monday—Friday from 8:00 am - 4:00 pm.



The pantry is currently in need of:

Protein Shakes, Powdered beverages, Coffee, Tea, Hot Chocolate, Juice, Juice Boxes, Snacks, Crackers; Jams/Jelly, Salad Dressing, Mayonnaise, etc., Baked Beans and Household Cleaning Supplies, Laundry Soap, Soft Soap and Paper Towels

Congratulations to the winners of our February Food Pantry Raffle; Matthew Campbell and Theresa Montefusco.



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 525-5436.**

Meals on Wheels and Curbside Meal Calendar April 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>**1% Milk and whole grain bread or rolls served daily, unless otherwise noted**</p>	<p>\$3.00 Lunch Donation is Appreciated</p> <p>**Menu Subject to Change**</p>		1	<p>2</p> <p>CENTER CLOSED</p> 
<p>5</p> <p>Hot Dog with Bun, Chopped Onions and Peppers</p> <p>Baked Beans</p> <p>Strawberry Cup</p>	6	<p>7</p> <p>Meatball Stroganoff with Egg Noodles</p> <p>California Blend Vegetables</p> <p>Pears</p>	8	<p>9</p> <p>Crispy Fish Sandwich on a Bun</p> <p>Dill Carrots</p> <p>Steamed Corn</p> <p>Mixed Fruit</p>
<p>12</p> <p>Cranberry Orange Chicken</p> <p>Ginger Carrots</p> <p>Scalloped Potatoes</p> <p>Fresh Fruit</p>	13	<p>14</p> <p>Baked Teriyaki Chicken Breast</p> <p>Butternut Squash</p> <p>Capri Vegetables</p> <p>Apple Crisp</p>	15	<p>16</p> <p>Eggplant Rollatini with Penne and Marinara Sauce</p> <p>Steamed Broccoli</p> <p>Pineapple</p>
<p>19</p> <p>CENTER CLOSED</p>  <p>PATRIOT DAY</p>	20	<p>21</p> <p>Meatloaf with Mushroom Gravy</p> <p>Peas and Carrots</p> <p>Mashed Potatoes</p> <p>Mixed Fruit</p>	22	<p>23</p> <p>Spaghetti and Meatballs in Marinara Sauce</p> <p>Broccoli, Cauliflower and Red Peppers</p> <p>Pears</p>
<p>26</p> <p>Stuffed Shells</p> <p>Broccoli, Cauliflower and Carrots</p> <p>Peaches</p>	27	<p>28</p> <p>Sweet and Sour Pork</p> <p>Stir Fry Blend Vegetables</p> <p>Brown Rice</p> <p>Mandarin Oranges</p>	29	<p>30</p> <p>Taco Salad with a Whole Wheat Wrap Tomatoes and Onions</p> <p>Rice and Beans</p> <p>Fruited Jell-O</p>



During the month of April 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 April 2021

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2 CENTER CLOSED 
5 11:30 Curbside Meal Pickup*	6 8:45 Tai Chi 10:00 Line Dancing Class 11:00 Trivia Time**	7 11:30 Curbside Meal Pickup* 12:30 Parking Lot Bingo	8	9 11:30 Curbside Meal Pickup*
12 11:30 Curbside Meal Pickup*	13 8:45 Tai Chi 10:00 Line Dancing Class 11:00 Trivia Time**	14 11:00 A Pleasant View on ELCAT 11:30 Curbside Meal Pickup* 12:30 Parking Lot Bingo 7:00 A Pleasant View on ELCAT	15	16 11:30 Curbside Meal Pickup*
19 CENTER CLOSED 	20 8:45 Tai Chi 10:00 Line Dancing Class 11:00 Trivia Time**	21 11:30 Curbside Meal Pickup* 12:30 Parking Lot Bingo	22 10:00 Memoir Class**	23 11:30 Curbside Meal Pickup* 7:45 Drive In Movie
26 11:30 Curbside Meal Pickup*	27 8:45 Tai Chi 10:00 Line Dancing Class 11:00 Trivia Time** 12:30 Mask Holder Class**	28 11:30 Curbside Meal Pickup* 12:30 Parking Lot Bingo	29	30 11:30 Curbside Meal Pickup*



*To sign up for a Curbside Meal please call 525-5436 at least one day in advance by 1:00 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 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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413-575-7236



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ATTORNEY AT LAW
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Elder Issues*

200 NORTH MAIN STREET • SUITE 6
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

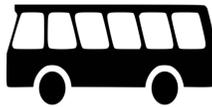
Cost is \$1 each way for in-town transportation and \$2 each way for out-of-town transportation

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 April 2nd or April 19th



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

