



# 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

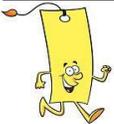


### MAY HIGHLIGHTS



**Trivia Like Never Before** Play by yourself, grab some friends, or invite your family for trivia on **Thursday, May 13th at 11:00** ! This online trivia game will for sure be a new way of playing the game! Upon registration, you will receive a unique link which will bring you to our game. Once 11:00 hits and everyone is signed in, the game will begin! A question will appear and you will have about 25 seconds to answer each one. At the end of the game you will receive another link which will show you your score and which answers you got correct! For

more information and to register email [alicia.smith@eastlongmeadma.gov](mailto:alicia.smith@eastlongmeadma.gov). *Thank you to Brian Nicks of Brian Nicks Productions for setting this event up for us!*



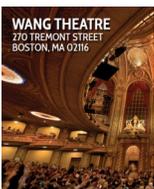
**Create Your Own Bookmark** Join us on **Tuesday, May 18th at 12:30** as we create our own beautiful bookmarks! Those who attend will receive a kit with all materials included. Kits are \$2 each. Email [alicia.smith@eastlongmeadowma.gov](mailto:alicia.smith@eastlongmeadowma.gov) to register.



**Songbirds of the Northeast** Join us on **Tuesday, May 25th at 1:30** as John Root, presenter of gardening and nature interpretation programs throughout New England, tells us about the songbirds of our beautiful region. Email [alicia.smith@eastlongmeadowma.gov](mailto:alicia.smith@eastlongmeadowma.gov) to receive the Zoom login.



**National Senior Health & Fitness Day is Wednesday, May 26th** This is an opportunity to try fitness classes offered here at the Center and around town for FREE! Discover what classes are right for you and be entered in a raffle! For more information and to register please call 525-5436. This event will be held outside.



**The Boch Center Wang Theatre Virtual Tour** Join us on **Monday, June 14th at 12:30** for a virtual tour of the Boch Wang Theatre. The historic Wang Theatre has been one of the premier theatrical destinations in Boston since opening in 1925. It boasts a seating capacity of 3,500 and is one of the five largest stages in the U.S. During this online tour, we will learn about the theatre’s architectural highlights and unique history – from its hotel roots and glamorous days as a movie “cathedral”, to today’s role as an impressive venue for performances and events. We will visit the same dressing rooms and hallways once walked by entertainers like Ella Fitzgerald, Mikhail Baryshnikov, Queen, Elton John, Lady Gaga, Liza Minnelli and more! Our experience will include a live walkthrough of the theatre as well as historic images and pre recorded content. **Space is limited.** Email [alicia.smith@eastlongmeadowma.gov](mailto:alicia.smith@eastlongmeadowma.gov) by May 28th to register and receive the Zoom link.

## ONGOING PROGRAMS



**Trivia Time** Join us on **Tuesdays at 11:00** for online Trivia. Please Email [alicia.smith@eastlongmeadowma.gov](mailto: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.



**Drive In Movie** Join us on **Friday, May 21st at 8:15pm** 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 8:15 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: UP: (2009), PG-13, Family/Adventure.** Starring the voices of Edward Asner, Christopher Plummer, and Jordan Nagai. Rain Date: May 28th.



**Pen Pal Program** Sign up today to become a *Pen Pal*. To sign up please call 525-5436.



Line Dancing

**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.



TAI CHI EXERCISES

**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.



**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.



**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.



**A Pleasant View May 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, May 12th at 11:00 and 7:00**  
**Saturday, May 15th at 11:00**  
**Sunday, May 16th at 3:00**

## AROUND TOWN



**Lace up your sneakers – the Walk Massachusetts challenge is back!** *The challenge runs from May 1st to September 30th.* In that time, if you complete the challenge, you are entered into a drawing for a \$50 Visa gift card, a \$25 Amazon gift card or a \$10 Dunkin' gift card. For each person who completes the challenge, our Council on Aging gets an entry to win up to \$1000 to use towards fitness programming. Choose your challenge based on your walking abilities, or challenge yourself to reach a higher goal! You can walk inside, outside, on a track or a treadmill – wherever you want! Then, track your walking between May 1st and September 30th, either on MCOA's online form, or use their printed walking journal. Submit your form at the end of the challenge, and be entered to win! It's that easy! The first 500 people to sign up will receive a lightweight backpack and reflective slap bracelet. Call today to register 525-5436!

*This program is sponsored by MCOA, Massachusetts Council On Aging and funded by Blue Cross Blue Shield.*



MASSACHUSETTS

### Choose your challenge

**Walk 65 days** (Fun Fact: Did you know...From the canal to Provincetown, Cape Cod is 65 miles long)

**Walk 1,788 minutes** (Fun Fact: Did you know...Massachusetts became a state in 1788)

**Walk 126.5 miles** (Fun Fact: Did you know...It is 126.5 miles from Boston to Lee along the Turnpike)

**Walk 192 miles** (Fun Fact: Did you know...The Massachusetts shoreline is 192 miles long)

**Walk 692,600 steps** (Fun Fact: Did you know...Approximately 692,000 people reside in Boston)

**Walk 351 miles** (Fun Fact: Did you know...There are 351 cities and towns in Massachusetts)

### Introducing East Longmeadow Recreation "FRESH FRIDAY" Farmers Market 2021 @ Center Field

The East Longmeadow Recreation Departments "Fresh Friday" Farmers Market features regionally crafted and grown products from our local farms and businesses with special musical guests and activities popping up throughout the season, with socially-distant procedures in place for the safety of vendors and the community. There will be vendors at Center Field for the community to visit and purchase local products. **Visit the Farmers Market during the below dates:**

**Friday 5/14** 2:00-7:00 (Rain Date 5/21)

**Friday 6/11** 2:00-7:00 (Rain Date 6/18)

**Friday 7/16** 2:00-7:00 (Rain Date 7/23)

**Friday 8/13** 2:00-7:00 (Rain Date 8/20)

**Friday 9/10** 2:00-7:30 (Rain Date 9/17)

**Friday 10/8** 2:00-7:30 (Rain Date 10/15)



**For more information please contact  
East Longmeadow Recreation at  
413-525-5437**

**[farmersmarket@eastlongmeadowma.gov](mailto:farmersmarket@eastlongmeadowma.gov)  
[Eastlongmeadowrec.com](http://Eastlongmeadowrec.com)**



### Alzheimer's Association to host virtual Family Caregiver Conference

The Alzheimer's Association will host a free virtual educational conference for people living with dementia and their families. **The inaugural two-day Family Conference will take place Friday, May 14th and Saturday, May 15th.** The virtual conference is free and open to those caring for a loved one at home, professional caregivers, and the general public.

Experts in the field of care and support will share practical and concrete recommendations, resources, and guidance in the care and support for those living a life with dementia. Sessions include Understanding Alzheimer's and Dementia, Effective Communication Strategies, and Coping with Dementia Related Behaviors. There will be two educational sessions offered in Spanish.

The conference will feature a presentation by keynote speaker Tom Keane, titled *Into Light: A story of loving, losing, and loving*. Keane is a regular contributor to the Boston Globe who served as a caregiver for his wife, Laurie, during her battle with Younger-Onset Alzheimer's disease. Participants will also hear from a panel of individuals living with dementia sharing their perspective and coping strategies.

The schedule of programs also includes performances by South Shore Conservatory's Creative Arts Therapy Program. SSC's Creative Arts Therapy (CAT) program features a group of highly qualified therapists and specialists who use the arts and creative processes to help individuals maximize their abilities and improve health and wellness. For a full list of sessions, topics, and speakers, and to register for the event, visit [alzfamilyconference.org](http://alzfamilyconference.org), or call the Alzheimer's Association's 24/7 Helpline at 800-272-3900 or email local Regional Manager Meghan Lemay at [mlemay@alz.org](mailto:mlemay@alz.org)

## RESOURCE REPORT



**FARMSHARE PROGRAM** The Council on Aging and Crow River Farm are partnering once again to offer a **SUMMER FARMSHARE**. The program will run for 10 weeks from July 7th to September 8th with pick-ups on Wednesday afternoons at the senior center. A 5-week option is also available. SNAP recipients can use their HIP benefit for their share! To sign up, please email Kerisa Fitzgerald at [kerisaperazella@gmail.com](mailto:kerisaperazella@gmail.com) or call Danell Tavella at 525-5436 ext. 1402.

**Sign ups will be accepted until spots are full**



**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.



### **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).

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

## 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**

**Nutrition/Protein Shakes; Condiments; Cleaning Supplies, Dish Soap, Laundry Detergent and Spray Cleaners; Hygiene Products, Toothpaste, Hand Soap and Shampoo**



**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.**

## VETERANS MEMORIAL

The East Longmeadow Veterans Memorial Committee is raising funds to construct a **Veterans Memorial** at 328 N. Main Street (The Senior Center). This Veterans Memorial will be dedicated to honor and memorialize the sacrifice of East Longmeadow military veterans who answered the “call to arms” and to recognize their sense of duty and courage...especially those who sacrificed their lives for the freedoms we enjoy today. **The Committee has paver/bricks for sale for \$125.00 each.** If you have a **veteran in your family or just want to make a donation, please call Terry Glusko at 413-782-3890 or 413-525-5412.**



## NOTES FROM THE DIRECTOR'S DESK

I am excited to share that the East Longmeadow Emergency Food Pantry has been selected to be a part of the Stop & Shop Bloomin' 4 Good Program. Stop & Shop created this program to fight hunger in the communities they serve.

**During the month of May, each time a \$9.99 Bloomin' 4 Good Bouquet with a red circle sticker is purchased at the Stop & Shop located at 415 Cooley Street in Springfield, \$1 will be donated to our Emergency Food Pantry.**

Please think of us when you are purchasing flowers to celebrate a happy occasion in May, or to just brighten your day. The more Bloomin' 4 Good Bouquets sold, the more donations raised and the more people in need we can feed. Thank you! *Mary Beth*



**HELP US FIGHT HUNGER!**

Every \$9.99 Bloomin' 4 Good Bouquet with the red circle sticker sold at our Stop & Shop location this month will send us a \$1 donation.

Learn more at [stopandshop.bloomin4good.com](http://stopandshop.bloomin4good.com).



COVID restrictions making you feel alone. Missing being able to "see" family and friends? Want to be able to participate in on-line programming, but don't have the right equipment or access to the internet? **The COA was awarded a grant to establish an IPAD loan program for East Longmeadow residents 60 years of age and older.** We will be purchasing IPADS that will come with WIFI built-in. The

IPads can be used to access the on-line programming being provided by the Senior Center, as well as to communicate via video (FaceTime) with your family and friends, participate in other social events that are streamed; e.g. church services, and with your medical providers. All the necessary training will be provided. Interested for yourself or someone you know? **Please call us at (413) 525-5436 and we will send you the information you need to apply for participation in the program.** We will only have a limited number of IPADS. If demand exceeds supply we will hold a lottery and maintain a wait list so that we can help as many people as possible.

## VOLUNTEER SPOTLIGHT

**This month's volunteer spotlight goes to Diane Draper!** Diane has been volunteering at Pleasant View since 2018. Diane has played an integral role in our Center by helping with our Farm Share, leading our Morning Glory Walkers, and helping us at our special events. Thank you, Diane, for your continued dedication to our Center and those we serve! We couldn't do what we do without you!



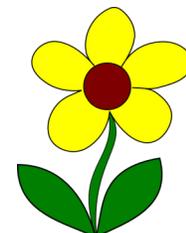
## WORD SEARCH

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ANCIENT	BASKET
BLOSSOM	BUDS
CHILDREN	COLORS
FLOWERS	FUN
MAY QUEEN	MAYDAY
PARADE	PURITANS
RIBBONS	ROMANS
SUNSHINE	TRADITION

BELTANE	BLOOM
BUTTERFLY	CELEBRATE
FERTILITY	FESTIVAL
LAUGHTER	MAY DAY
MAYPOLE	OUTSIDE
RAINBOW	RAINDROPS
SINGING	SPRING



# Meals on Wheels and Curbside Meal Calendar May 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Chicken Breast Adobo Roasted Potatoes Cabbage and Carrots Mixed Fruit Cup	<b>4</b>	<b>5</b> Chicken Breast Parmesan with Penne and Marinara Sauce Scandinavian Blend Vegetables Fruited Jell-O	<b>6</b>	<b>7</b> Lemon Chicken Mixed vegetables Scalloped Potatoes Honey Dew Melon Cup
<b>10</b> Vegetable Lasagna Steamed Broccoli Mandarin Oranges	<b>11</b>	<b>12</b> Chicken Breast Marsala Brown Rice Roasted Brussel Sprouts Peaches	<b>13</b>	<b>14</b> Baked Stuffed Chicken Breast Steamed Spinach Mashed Yams Pineapple
<b>17</b> Chicken & Bean Chili Collard Greens Half Baked Potato Corn Bread Fresh Fruit	<b>18</b>	<b>19</b> Roast Turkey with Gravy Butternut Squash Cranberry Stuffing Mixed Fruit	<b>20</b>	<b>21</b> Fish Tacos on Whole Wheat Wrap Coleslaw Parslied Brown Rice Pears
<b>24</b> Meatloaf with Mushroom Gravy Peas Garlic Mashed Potatoes Vanilla Pudding	<b>25</b>	<b>26</b> Honey Garlic Pork Loin Roasted Red Potatoes Carrots Pineapple	<b>27</b>	<b>28</b> Orange Glazed Chicken Drumstick Mashed Cauliflower Green Beans and Peppers Peaches
<b>31</b> <b>CENTER CLOSED</b> 			<b>**1% Milk and whole grain bread or rolls served daily, unless otherwise noted**</b>	<b>\$3.00 Lunch Donation is Appreciated</b> <b>**Menu Subject to Change**</b>



During the month of May 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 May 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 11:30 Curbside Meal Pickup*	<b>4</b> 8:45 Tai Chi 10:00 Line Dancing Class 11:00 Trivia Time**	<b>5</b> 11:30 Curbside Meal Pickup* 12:30 Parking Lot Bingo	<b>6</b>	<b>7</b> 11:30 Curbside Meal Pickup*
<b>10</b> 11:30 Curbside Meal Pickup*	<b>11</b> 8:45 Tai Chi 10:00 Line Dancing Class 11:00 Trivia Time**	<b>12</b> 11:00 A Pleasant View on ELCAT 11:30 Curbside Meal Pickup* 12:30 Parking Lot Bingo 7:00 A Pleasant View on ELCAT	<b>13</b> 11:00 Trivia Like Never Before**	<b>14</b> 11:30 Curbside Meal Pickup* 2:00 Farmers Market at Center Field
<b>17</b> 11:30 Curbside Meal Pickup*	<b>18</b> 8:45 Tai Chi 10:00 Line Dancing Class 11:00 Trivia Time** 12:30 Create Your Own Bookmark**	<b>19</b> 11:30 Curbside Meal Pickup* 12:30 Parking Lot Bingo	<b>20</b>	<b>21</b> 11:30 Curbside Meal Pickup* 8:15 Drive In Movie
<b>24</b> 11:30 Curbside Meal Pickup*	<b>25</b> 8:45 Tai Chi 10:00 Line Dancing Class 11:00 Trivia Time** 1:30 Songbirds**	<b>26</b> National Senior Health & Fitness Day 11:30 Curbside Meal Pickup* 12:30 Parking Lot Bingo	<b>27</b>	<b>28</b> 11:30 Curbside Meal Pickup*
<b>31</b> CENTER CLOSED 				



\*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)

## 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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 Tel. (413) 525-1313    Fax (413) 525-7272

## THANK YOU



Thank you to Commonwealth Care Alliance for sponsoring bingo prizes in April.

## 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, May 31st*



## 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

### 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



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



If you would like to receive our monthly e-newsletter please  
Email [leah.weaver@eastlongmeadowma.gov](mailto:leah.weaver@eastlongmeadowma.gov)

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

