

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



JUNE PROGRAMS

JOIN US FOR
**Social
HOUR**

Social Hour *Come in to spend time with friends!* We will hold social hour on Monday, Wednesday and Friday's from 10:00 - 11:00 and Monday, Tuesday, Thursday and Friday's from 12:00 - 3:00. Sign-ups are not required. If the COA staff believe that there are too many people present to keep within proper social distancing guidelines, you may be asked to wait outside, in a different area, or come back at another time.



Bingo Join us for Bingo on **Wednesdays at 12:30!** You have the option to either play in your vehicle or join us inside in the auditorium. 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. Register by calling 525-5436. *Thank you to Chestnut Hill for sponsoring our June Bingo prizes.*



Trivia Join us online on Tuesday's at 11:00 and in-house on **Thursday's at 10:00** for Trivia. Sign-ups are required by calling 525-5436.



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. Email alicia.smith@eastlongmeadowma.gov by June 4th to register and receive the Zoom link.

Pleasant View Cinema is back! Join us on **Tuesday's and Thursday's at 12:30** to enjoy a movie or documentary. Due to Covid - 19 restrictions snacks will not be provided.

June 1st and 3rd Movie: The Dig 2021, PG-13, 1h 52m

June 8th and 10th Documentary: Elizabeth & Margaret: Love and Loyalty 2020, TV-PG, 1h 30m

June 15th and 17th Movie: Suffragette 2015, PG-13, 1h 46m

June 22nd and 24th Documentary: Audrey 2020, TV-14, 1h 40m

June 29th Movie: The Ottoman Lieutenant 2017, R, 1h 50min



WELCOME BACK

We are so happy to reopen and welcome all of you back inside our building! As excited as we are, we do still need to take precautions to help ensure the safety of our participants and staff.

The COA is working with the policies/guidance of the Town of East Longmeadow and the Commonwealth of Massachusetts in regards to allowing the public into the Senior Center. Currently we are imposing restrictions in regards to the Covid-19 pandemic.

This Policy will be in effect as of May 17, 2021 and is subject to change without notice. It is our intention to regularly examine and safely remove restrictions/add activities, when it has been determined safe to do so. We reserve the right to do so slowly to allow staff time to prepare the building and provide for proper staffing levels. We appreciate your patience as we move forward.

The COA will continue to offer and expand activities that take place on Senior Center Property. This includes the **Building, Parking Lot, Picnic Tables, and, the Bocce Courts.**

We can **NOT** limit access to vaccinated persons only and we can **NOT** ask people if they are vaccinated, therefore, in the best interest of everyone, we are proceeding with caution.

The following guidelines will be in effect for EVERYONE on Senior Center Property:

- Anyone who is reporting/exhibiting COVID-19 symptoms will not be allowed on Senior Center Property. We will attempt to give them assistance with obtaining help if needed.
- All Participants must complete a waiver and acknowledge they understand all COVID-19 guidelines/restrictions before participating in any activities.
- Social distancing of 6 feet **MUST** be practiced.
- During times of high activity (e.g. dancing) 10 feet is required.
- Masks are **REQUIRED**. **If you do not have a mask, we will provide you with one.**
- Participants are responsible for cleaning up after themselves outside.

Building Use: We will begin opening up the building on limited basis. To allow for planning and cleaning, **the Building will be open to the public from 9am – 3 pm daily.** We will publish a schedule of all planned activities.

Participants Must:

- **Sign in and out of Building.**
- Practice social distancing of 6 feet at all times and enter/leave Building **one** at a time.
- People who live in the **same house/apartment** can be closer than 6 feet.
- Activities, as in the past, will require a reservation.
- Opportunities for socialization will be available both in and outside the building, without a reservation. If the number of Participants exceeds the ability to successfully social distance, COA staff will limit the number and implement a reservation system.
- Activities will likely be more limited than in the past to allow for social distancing.
- We will schedule more popular activities in multiple sessions to try to ensure all interested people are able to participate.
- Activities that do **NOT** allow for social distancing, e.g., card or board games, will **NOT** be scheduled at this time.
- Food and Coffee/Tea will **NOT** be provided. Participants **MAY** bring their own.
- Home Delivered and Grab & Go Meals **WILL** be ongoing. Due to Grab & Go Meals, Activities will be limited from 11-12 to safely accommodate the car line.

Billiards Room: Max of 4 players in room at a time – 2 at each table, Reservations required.

Fitness Room: Max of 1 person at a time, Users must wipe down equipment after use, Reservations required.

**PARTICIPANTS ARE RESPONSIBLE FOR MONITORING THEIR OWN COMPLIANCE WITH THESE RULES
THE COA RESERVES THE RIGHT TO ASK PEOPLE TO LEAVE THE SENIOR CENTER PROPERTY FOR VIOLATING
THESE RULES**

ONGOING PROGRAMS



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. 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.



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.

FITNESS PROGRAMS

We continue to follow CDC guidelines and masks MUST be worn at all times.

Pre-registration is required for all activities and events including exercise programs.



Fitness Room Monday - Friday 9:00 - 3:00 Signs ups are required for a 45 minute time slot. The Fitness Center includes state of the art cardio machines and weight stations. An annual medical clearance form is required. Fitness cards are 20 visits for \$10, \$15 for out of town residents. *Age 90+ no charge.* To register for a time slot please call 525-5436.



Chair Exercise Monday, Wednesday and Friday 9:15-10:00 in the Auditorium, class is free and sign ups are required. To register please call 525-5436.



Line Dancing Tuesdays at 10:00 in the senior center's back parking lot, \$3/class. To register please call 525-5436.



Tai Chi 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. To register please call 525-5436.

AROUND TOWN



East Longmeadow Recreation "FRESH FRIDAY" Farmers Market 2021 @ Center Field featuring 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.

Visit the Farmers Market during the below dates:

Friday 6/11 2:00-7:00 ~ Friday 7/16 2:00-7:00 ~ Friday 8/13 2:00-7:00

Friday 9/10 2:00-7:30 ~ Friday 9/10 2:00-7:30 ~ Friday 10/8 2:00-7:30

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



The Annual Town Election is **Tuesday, June 8, 2021**, with polls open from 7:00 a.m. until 8:00 p.m. at Birchland Park Middle School for all 4 precincts. For this election there are two candidates to choose for two open seats for Town Council, and one candidate to choose for one open seat for School Committee. There will be the early Vote by Mail option for this election, and the application can be downloaded from the Town's website,

www.eastlongmeadowma.gov, under the News tab on the home page. The last day to apply for a Vote by Mail application is Wednesday, June 2. There will be no early in person voting for this election.

Also presented on the ballot will be 8 questions relative to amendments to the East Longmeadow Home Rule Charter. Every registered voter will be mailed more information regarding these questions prior to the election. Please contact the Clerk's Office if you have any questions, at 413-525-5400, x 1000, or clerks@eastlongmeadowma.gov.

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 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.



SWAP The Senior Work-Off Abatement Program will be offered again beginning in January of 2022. This program allows property owners of the age of 60 and over, who have lived in their East Longmeadow Property for 5 or more years, the opportunity to volunteer services to the city or town and have their wages applied towards their property tax. Applications will be available on the town website and at the Senior Center as soon as the program is finalized. Please watch for more information on this valuable program.



NEW IPAD LOAN PROGRAM The COA is loaning out new iPADS with Wi-Fi built-in. If you are interested in connecting to us and attending our on-line classes, want to reach out to family and friends, attend church, or connect with your medical providers, **please call us at (413) 525-5436 and we will send you the information you need to apply for participation in the program.** Don't worry if you are not sure how to use it. Students from the High School will provide training to anyone who asks for it.



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</i>	
<i>Updated April 2021</i>	
Family Size	Income Limit
1	\$2, 147
2	\$2, 903
3	\$3, 660

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.

As summer cookout season approaches, we would love to be able to provide some cookout/barbeque items to anyone who needs to utilize the Pantry Program; hotdog and hamburger rolls, chips, condiments (ketchup, mustard, mayonnaise, and barbeque sauce) salad dressings, and boxed pasta salad mixes.



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 our Food Pantry Coordinator Elizabeth Baron at 525-5436.**

VOLUNTEER SPOTLIGHT

On Thursday, May 6th we honored all of our fabulous volunteers with a picnic lunch and entertainment. Thank you to all of our sponsors that helped make this event such a success!

Chestnut Hill of East Longmeadow, First Baptist Church, Home Helpers of Enfield, Home Sweet, Home Senior Living Advisor, Homewatch Caregivers, Louis & Clark Pharmacy, MedMinder, Nurse Advocates LLC & Meghan Lynch, Realtor, Oasis Senior Advisors Second Chance Home Care, LLC, Jane Desilets - COA Board Member, Julie Dunlop - COA Board Member, Barbara Farrell - COA Board, Doreen Harrison - COA Board, Theresa Govoni-Moylan - COA Board Member



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!**

A Pleasant View June 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, June 16th at 11:00 and 7:00
Saturday, June 19th at 11:00
Sunday, June 20th at 3:00



In May Valerie "Val" Albano celebrated her 100th Birthday!

WORD SEARCH

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

AUGUST	ICE POP	SHORTS
BARBECUE	JULY	SPRINKLER
BEACH	JUNE	SUMMER
FAMILY	OCEAN	SUNGLASSES
FLIPFLOPS	PICNIC	SUNSCREEN
FUN	POOL	SUNSHINE
HOT	RELAX	SWIMMING
ICE CREAM	SEASIDE	VACATION



Meals on Wheels and Curbside Meal Calendar June 2021

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 Cranberry Orange Chicken Ginger Carrots Au Gratin Potatoes Fresh Fruit	3	4 Grilled Chicken Sandwich with Lettuce and Tomato Red Potato Salad Strawberry Cups
7 Chicken Fajitas on Whole Wheat Wrap South Western Vegetables Yellow Rice Mixed Fruit	8	9 American Chop Suey California Blend Vegetables Pears	10	11 Baked Cod Sautéed Spinach Half Baked Potato Peaches
14 Low Sodium Hot Dog in a Bun Sauerkraut Baked Beans Peaches	15	16 Red and White Bean Beef Chili Broccoli Brown Rice Oranges	17	18 CENTER CLOSED Juneteenth Day
21 BBQ Chicken Drumstick Rice and Beans Spinach and Tomatoes Fresh Banana	22	23 Beef Stroganoff Egg Noodles California Blend Vegetables Fresh Melon	24	25 Cape Cod Tuna Salad Tossed Salad with Cherry Tomatoes and Cucumbers Pasta Salad Apricots
28 Broccoli Cheddar Chicken Steamed Peas Mashed Yams Fresh Fruit	29	30 Honey Mustard Chicken Brussel Sprouts Herbed Penne Pasta Pudding	**1% Milk and whole grain bread or rolls served daily, unless otherwise noted**	\$3.00 Lunch Donation is Appreciated **Menu Subject to Change**



During the month of June 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 June 2021

Monday	Tuesday	Wednesday	Thursday	Friday
	1 8:45 Tai Chi 10:00 Line Dancing Class 11:00 Trivia Online** 12:00 Social Hour 12:30 Movie	2 9:15 Chair Exercise 10:00 Social Hour 11:30 Curbside Meal Pickup* 12:30 Bingo	3 10:00 Trivia 12:00 Social Hour 12:30 Movie	4 9:15 Chair Exercise 10:00 Social Hour 11:30 Curbside Meal Pickup* 12:00 Social Hour
7 9:15 Chair Exercise 10:00 Social Hour 11:30 Curbside Meal Pickup* 12:00 Social Hour	8 8:45 Tai Chi 10:00 Line Dancing Class 11:00 Trivia Online** 12:00 Social Hour 12:30 Movie	9 9:15 Chair Exercise 10:00 Social Hour 11:30 Curbside Meal Pickup* 12:30 Bingo	10 10:00 Trivia 12:00 Social Hour 12:30 Movie	11 9:15 Chair Exercise 10:00 Social Hour 11:30 Curbside Meal Pickup* 12:00 Social Hour 2:00 Farmers Market at Center Field
14 9:15 Chair Exercise 10:00 Social Hour 11:30 Curbside Meal Pickup* 12:00 Social Hour 12:30 Bach Theater Virtual Tour**	15 8:45 Tai Chi 10:00 Line Dancing Class 11:00 Trivia Online** 12:00 Social Hour 12:30 Movie	16 9:15 Chair Exercise 10:00 Social Hour 11:00 A Pleasant View on ELCAT 11:30 Curbside Meal Pickup* 12:30 Bingo 7:00 A Pleasant View on ELCAT	17 10:00 Trivia 12:00 Social Hour 12:30 Movie	18 CENTER CLOSED Juneteenth Day
21 9:15 Chair Exercise 10:00 Social Hour 11:30 Curbside Meal Pickup* 12:00 Social Hour	22 8:45 Tai Chi 10:00 Line Dancing Class 11:00 Trivia Online** 12:00 Social Hour 12:30 Movie	23 9:15 Chair Exercise 10:00 Social Hour 11:30 Curbside Meal Pickup* 12:30 Bingo	24 10:00 Trivia 12:00 Social Hour 12:30 Movie	25 9:15 Chair Exercise 10:00 Social Hour 11:30 Curbside Meal Pickup* 12:00 Social Hour
28 9:15 Chair Exercise 10:00 Social Hour 11:30 Curbside Meal Pickup* 12:00 Social Hour	29 8:45 Tai Chi 10:00 Line Dancing Class 11:00 Trivia Online** 12:00 Social Hour 12:30 Movie	30 9:15 Chair Exercise 10:00 Social Hour 11:30 Curbside Meal Pickup* 12:30 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

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

NOTE FROM MARY BETH



Hi Everyone, I have written and re-written this paragraph so many times. I am struggling to admit that I am leaving my position as the Executive Director at the Senior Center. I very much enjoyed my time here and was looking forward to the Center opening and getting to know all of you better. I was unexpectedly offered another position and made the very difficult decision to accept it. The staff at the Senior Center is “top notch” and I know they will carry on without missing a step. As a resident of East Longmeadow, this town and all of its residents mean a lot to me. I was privileged to serve you over the last several months and am looking for ways I can be of use in the future. So this is not “Good- Bye” but rather “Until we meet again!”.



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

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

Elizabeth Baron

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



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



www.facebook.com/elseniors