



JULY 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



WELCOME BACK

We are so happy to reopen and welcome all of you back inside our building! Due to changes in state COVID regulations, COA participants now have the option to choose whether or not they would like to wear a mask when on COA property. It is encouraged, however, that those who have not been vaccinated continue to wear one, and continue to practice safe social distancing. We ask that everyone continue to practice proper health safety measures (i.e. wash hands, sneeze/cough in elbow, stay home if you are sick or not feeling well, etc.) to help ensure the safety and good health of our participants and staff. At this time we continue to offer limited programming and dining services. Participants must pre-register for programs that are specified in our newsletter, and everyone must sign in to the appropriate program on our touchscreens with your MySeniorCenter card. If you do not have a MySeniorCenter card, or you have one from another Senior Center, please stop by our office to receive a card, or have your current card added to our Center. Thank you for your cooperation as we continue with getting our Center fully back up and running again.

This Policy will be in effect as of July 1st, 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 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.
- Masks are NOT required, but are encouraged for those who have not been vaccinated. **If you do not have a mask, we can provide you with one.**
- Social Distancing is NOT required, but is encouraged for those who have not been vaccinated.
- Participants are responsible for cleaning up after themselves outside and inside.

Building Use: Beginning on July 1st, 2021, the Building will be open to the public from 8am – 4pm, Monday through Friday. We will publish planned programs and events in our monthly Newsletter, E-newsletter, and on our Facebook Page and Flyers. Programs and events are subject to change without notice due to weather, a change in COVID guidelines, or any other unforeseen circumstances that are out of our control.

- 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 car line.

**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. TO SEE THE FULL POLICY, CONTACT THE SENIOR CENTER AT 525-5436.**

JULY HIGHLIGHTS



Join Pleasant View Senior Center and the Longmeadow Adult Center for an **OUTDOOR CONCERT** by Noah Lis at Heritage Park Pavilion in East Longmeadow, across from the Stop and Shop plaza, on **Thursday, July 29th at 12:30pm** (rain date July 30th at 12:30pm) for some favorites including Frank Sinatra! Noah's rich, expressive voice reaches and embraces audiences of all ages! The area is mostly shaded. Bring a lawn chair and come ready to have fun! A cool treat will be provided by Oasis Senior Advisors and Louis & Clark Pharmacy. Bathrooms will be available.

Please register at www.longmeadow.org/adultcenter/register or by calling 413-565-4150.



Virtual Speed Dating, Friendship and Networking! Would you like to meet people virtually? The Longmeadow Adult Center is hosting a Virtual Speed Dating and friendship event on **Tuesday, July 20th at 7:00pm**.

To register please visit <https://forms.gle/tXXzEstBYmQsnnDg9> Once you have registered you will receive an email with instructions. Sign up today, space is limited!



Ice Cream Social and Name That Tune Join us on **Thursday, July 22nd at 1:00** for ice cream and a fun game of Name That Tune! Bring your lawn chairs and get ready to have fun! Pre-registration is required by calling 525-5436. Space is limited. This event will take place outside and is sponsored by CareOne at Redstone and hosted by the Senior Center and Brian Nicks.



Staying Hydrated in the Summer On **Monday, July 26th at 1:00** Learn ways to ensure you are staying properly hydrated during the hot days of summer. This program is sponsored by Big Y in East Longmeadow. Email alicia.smith@eastlongmeadowma.gov for the Zoom link.



Summer Craft Join us in making a fun, summer craft on **Tuesday, July 27th at 9:30**. Sponsored by JGS Lifecare. Must pre-register by emailing alicia.smith@eastlongmeadowma.gov. You will be given further detail of when to pick up supplies here at the Senior Center after you register.



Bingo Join us for Bingo on **Wednesdays at 12:30!** Bingo is free and paper bingo cards will be handed out upon arrival. This program will now be held indoors.



Trivia Join us online on **Tuesday's at 11:00** and in-house on **Thursday's at 10:00** for Trivia.



"A Pleasant View" will resume in **September**. To view previously recorded episodes, go to <https://www.youtube.com/user/ELCAT01028> and search "A Pleasant View".



The Scribe Tribe Anyone who likes to write essays, poems, short stories, memoirs, songs or any type of creative endeavor is invited to join a fun group with the goal of listening, encouraging, critiquing and helping one another. **August 3rd at 10:30**, space is limited. Registration required by July 30th. For more information and to register, call the Senior Center at 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 EL 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 and a Senior Center volunteer will deliver it to your home and pick it up when it is time to be returned.



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.

PLEASANT VIEW CINEMA

Join us **Tuesday's at 12:30** to enjoy a movie or a documentary

Movies and Documentaries are liable to change based on availability



July 6th Movie *Collateral Beauty* 1 hr 36 mins 2016 PG-13

Retreating from life after a tragedy, a man questions the universe by writing to Love, Time, and Death. Receiving unexpected answers, he begins to see how these things interlock and how even loss can reveal moments of meaning and beauty; starring Will Smith, Kate Winslet, Helen Mirren and more.



July 13th Documentary: *Amelia: A Tale of Two Sisters* 43 mins 2017 TV-PG

Eight decades after her disappearance, Amelia Earhart's incredible accomplishments are still celebrated, thanks in large part to her sister Muriel.



July 20th Movie *The Lost Husband* 1 hr 50 mins 2020 PG-13

Trying to put her life back together after the death of her husband, Libby and her children move to her estranged Aunt's goat farm in central Texas. Starring Josh Duhamel, Leslie Bibb and more.



July 27th Documentary: *Dolly Parton: Here I am* 1 hr 29mins 2019 TV-14

In this documentary, the life, career and music of Dolly Parton are reflected in interviews with friends and companions and the artist herself, interlaced with clips of Parton's performances.

RECREATION



ART CLASS

Fridays 10:00 A.M. \$15

BEAN BAG BASEBALL

Fridays 10:00 A.M.

BILLIARDS

Mon–Fri 8:00 A.M. to 4:00 P.M.

Free Instruction Thursdays 10:00 A.M.

BOCCE

Mon–Fri 8:00 A.M. to 4:00 P.M.

Group Play Wednesdays 9:30

FRENCH GROUP

*All conversation is in French

Wednesdays 11:00 A.M.

HANDCRAFTING

Thursdays 1:00 P.M.

MORNING GLORY WALKERS

Mon/Wed/Fri 8:00 A.M.

2nd Monday Month 9:00 A.M.



TRIVIA

Thursdays 10:00 A.M.

CARDS AND GAMES

Canasta Thursdays 12:00 P.M.

Cribbage Wednesdays 10:00 A.M.

Dominoes Fridays 1:00 P.M.

Mah-jongg Tuesdays 12:30 P.M.

Pitch Mondays 12:30 P.M.



FITNESS PROGRAMS

Fitness Room Monday - Friday 8:00 - 4:00 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.



BEAT: Wednesdays at 8:00am You have to experience BEAT! Rhythmic drumming to super fun music! You decide your own intensity; keep it light or crank up the cardio! Your way! Dress in layers, bring a water bottle. Must pre-register as there is limited space. Class held in the senior center's back parking lot, \$5 per class.



Zumba/Zumba Toning: Mondays at 8:00am Wear your most comfy "dance shoes" aka sneakers and get ready to move to fun music! Zumba can also happen in a chair, if that's better for you! Join the Zumba Party in the senior center's back parking lot, \$5 per class. Optional: Bring light weights or Zumba Toning Sticks and a water bottle.

Chair Exercise Monday, Wednesday and Friday 9:15-10:00 in the Auditorium, class is free.

Line Dancing Tuesdays at 10:00am at the senior center, \$3/class.

Tai Chi Tuesdays at 8:45am This FREE class is held at the First Congregational Church.



RESOURCE REPORT

SHINE (Serving the Health Insurance Needs of Everyone) If you have Medicare and are considering a change in the coverage you currently have, or you will be eligible for Medicare within a few months, contact your community's SHINE Counselor to talk about "What next?"

A SHINE Counselor can walk you through the processes of:

- applying for Medicare if you currently do not have it
- evaluating what health plans are available to you once you have Medicare
- enrolling you as a newly eligible Medicare beneficiary in the plan(s) you choose
- explaining plan options during Open Enrollment Periods for Medicare beneficiaries
- determining if there are any public benefit programs that may help you pay for your health insurance and/or drug coverage
- A SHINE Counselor offers unbiased counseling at no cost and are not affiliated with any of the companies whose products they discuss with you.



Our SHINE Counselor is currently available for phone appointments. **For a phone appointment please call 525-5436.** The Hampden County SHINE organization (1-800-243-4636) offers bilingual assistance.



Emergency Broadband Benefit The Federal Communications Commission has launched a temporary program to help families and households struggling to afford Internet service during the COVID-19 pandemic. The Emergency Broadband Benefit provides a discount of up to \$50 per month toward broadband service for eligible households and up to \$75 per month for households on qualifying Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers. **You can learn more about the benefit, including eligibility and enrollment information, by visiting www.fcc.gov/broadbandbenefit, or by calling 833-511-0311.**



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 at the Senior Center and on the town website beginning July 1st, and must be submitted by September 30th. 2020 SWAP participants who worked under 50 hours will be given the option to return to their awarded 2020 position should they wish to do so and if the position is still available. If you fall into this category, please call the Center at 525-5436.



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).

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

VOLUNTEER SPOTLIGHT

This month's volunteer spotlight goes to **Cindy Milner!** Cindy has been volunteering at Pleasant View since 2019. She has played an integral role in our Center by helping with our Meals On Wheels program and assisting our Chef in the kitchen. Thank you, Cindy, for your continued dedication to our Center and those we serve! We couldn't do what we do without you!

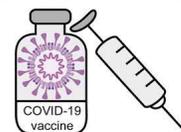


HOMEBOUND VACCINE PROGRAM

Homebound Vaccine Program- Important Update! Any individual who has trouble getting to a vaccine site is eligible for the homebound program. Please help get the word out. Individuals can call (833) 983-0485 to register for an in-home vaccination. The registration phone line is open Monday through Friday from 9 AM to 5 PM and has representatives who speak English and Spanish, as well as translation services available in 100+ languages.

For more information please visit:

<https://www.mass.gov/info-details/covid-19-homebound-vaccination-program>



AROUND TOWN



The walk is back on this year! **Join us on September 26th at Holyoke Community College to support the research of finding a cure for Alzheimer's Disease.** In 2019, our team raised \$1800! Our goal this year is to raise \$2,300. There are two ways you can get involved. 1)Join the fundraising team. Be involved first-hand with brainstorming fundraising ideas and going out in the community to raise awareness and support. 2)Join us on walk day. To get involved, call Ruth and Deb at 413-224-1324.



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



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

PANTRY PROGRAM

The support and generosity shown by the community is appreciated and heartwarming, Many local individuals and families are thankful for your kindness and abundant donations. The pantry continues to accept donations Monday - Friday from 8:00 am - 4:00 pm.

When shopping or cleaning out your pantries this month please consider donating some of these items to those in need: Condiments, ketchup, mustard, mayonnaise and BBQ sauce; Pickles; Boxed Salad; Quick Bread Mixes; Crackers and Toilet Paper



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.**

Meals on Wheels and Curbside Meal Calendar July 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>Cheeseburger in a Bun with Lettuce and Tomato</p> <p>Spicy Potato Wedges</p> <p>Fruited Jell-O</p>
<p>5</p> <p>CENTER CLOSED</p> 	6	<p>7</p> <p>Beef Stroganoff</p> <p>Dill Carrots</p> <p>Parslied Potatoes</p> <p>Apple Crisp</p>	8	<p>9</p> <p>Greek Chicken Breast</p> <p>Roasted Brussel Sprouts</p> <p>Spinach and Carrots</p> <p>Baked Sweet Potato</p> <p>Pineapple</p>
<p>12</p> <p>Chicken Breast Parmesan with Spaghetti</p> <p>Broccoli, Red and Green Pepper Strips</p> <p>Vanilla Pudding</p>	13	<p>14</p> <p>Vegetable Lasagna with Meat Sauce</p> <p>Italian Blend Vegetables</p> <p>Apricots</p>	15	<p>16</p> <p>Fish Tacos</p> <p>Cilantro Lime Slaw</p> <p>Sweet Potatoes</p> <p>Petite Banana</p>
<p>19</p> <p>Meatball Grinder</p> <p>Brussel Sprouts</p> <p>Oven Fries</p> <p>Cantaloupe</p>	20	<p>21</p> <p>Ground Beef and Chickpea Casserole</p> <p>Broccoli and Cauliflower</p> <p>Fresh Apples</p>	22	<p>23</p> <p>Roasted Garlic and Herb Chicken Breast</p> <p>Penne Pasta</p> <p>Butternut Squash</p> <p>Mandarin Oranges</p>
<p>26</p> <p>Meatloaf Stroganoff with Mushrooms</p> <p>1/2 Baked Potato</p> <p>Broccoli</p> <p>Pears</p>	27	<p>28</p> <p>Paprika Chicken Drumsticks</p> <p>Three Bean Salad</p> <p>Seasoned Fries</p> <p>Mandarin Oranges</p>	29	<p>30</p> <p>Baked Fish</p> <p>Sautéed Spinach</p> <p>Rice Pilaf</p> <p>Pineapple</p>



During the month of July 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 July 2021

Monday	Tuesday	Wednesday	Thursday	Friday
			1 10:00 Trivia 12:00 Canasta 1:00 Handcrafting	2 8:00 Walkers 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball 11:30 Curbside Meal Pickup* 1:00 Dominoes
5 CENTER CLOSED 	6 8:45 Tai Chi 10:00 Line Dancing Class 11:00 Trivia Online** 12:30 Mah-jongg, Movie	7 8:00 BEAT, Walkers 9:15 Chair Exercise 9:30 Bocce 10:00 Cribbage 11:00 French Group 11:30 Curbside Meal Pickup* 12:30 Bingo	8 10:00 Trivia 12:00 Canasta 1:00 Handcrafting	9 8:00 Walkers 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball 11:30 Curbside Meal Pickup* 1:00 Dominoes
12 8:00 Zumba 9:00 Walkers 9:15 Chair Exercise 11:30 Curbside Meal Pickup* 12:30 Pitch	13 8:45 Tai Chi 10:00 Line Dancing Class 11:00 Trivia Online** 12:30 Mah-jongg, Movie	14 8:00 BEAT, Walkers 9:15 Chair Exercise 9:30 Bocce 10:00 Cribbage 11:00 French Group 11:30 Curbside Meal Pickup* 12:30 Bingo	15 10:00 Trivia 12:00 Canasta 1:00 Handcrafting	16 8:00 Walkers 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball 11:30 Curbside Meal Pickup* 1:00 Dominoes 2:00 Farmers Market at Center Field
19 8:00 Walkers, Zumba 9:15 Chair Exercise 11:30 Curbside Meal Pickup* 12:30 Pitch	20 8:45 Tai Chi 10:00 Line Dancing Class 11:00 Trivia Online** 12:30 Mah-jongg, Movie 7:00 Virtual Speed Networking**	21 8:00 BEAT, Walkers 9:15 Chair Exercise 9:30 Bocce 10:00 Cribbage 11:00 French Group 11:30 Curbside Meal Pickup* 12:30 Bingo	22 10:00 Trivia 12:00 Canasta 1:00 Handcrafting 1:00 Name That Tune and Ice Cream Social 2:00 Canasta	23 8:00 Walkers 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball 11:30 Curbside Meal Pickup* 1:00 Dominoes
26 8:00 Walkers, Zumba 9:15 Chair Exercise 11:30 Curbside Meal Pickup* 12:30 Pitch 1:00 Staying Hydrated**	27 8:45 Tai Chi 9:30 Summer Craft** 10:00 Line Dancing Class 11:00 Trivia Online** 12:30 Mah-jongg, Movie	28 8:00 BEAT, Walkers 9:15 Chair Exercise 9:30 Bocce 10:00 Cribbage 11:00 French Group 11:30 Curbside Meal Pickup* 12:30 Bingo	29 10:00 Trivia 12:00 Canasta 12:30 Noah Lis at Heritage Park 1:00 Handcrafting	30 8:00 Walkers 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball 11:30 Curbside Meal Pickup* 1:00 Dominoes



*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!

**THE REAL ESTATE MARKET CENTER**

Never overpay to sell your home with my 3% and/or 4% Commission Plan!

www.3or4plan.com

Michael Robie, Real Estate Broker 413-575-7236



DAVID G. CARLSON
ATTORNEY AT LAW
*Estate Planning • Wills & Trusts • Probate of Estates
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****

COA LIAISONS

Police Department

Daniel Atwater
413-525-5440



Fire Department/Fire and Life Safety

Chris Beecher
413-525-5430



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

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