



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 to help ensure the safety and good health of our participants and staff.



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 one.**
- Social Distancing is NOT required, but is encouraged for those who have not been vaccinated.
- 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.

Thank you for your cooperation as we continue getting our Center fully back up and running.

AUGUST HIGHLIGHTS



Retirement Financial Planning Please join us at the Senior Center on **Thursday, August 19th at 10:30** as New England Investment & Retirement Group is hosting an event to highlight risks posed to retirees, pertaining to six areas of financial planning: retirement & income planning, investing, medical insurance, taxation, college education planning, and estate planning. We will identify key risks and answer your specific financial planning questions. Reserve your spot by calling 525-5436. Walk-ins welcome.



National Night Out Tuesday, August 3rd from 5:00 - 8:00

Police Chief Mark Williams, Fire Chief Paul Morrissette and the National Night Out Committee invites the public to attend this great event. **National Night Out is a free family event that recognizes the role of public safety personnel in keeping our community safe, healthy and prepared.** But we also recognize that a community works because of the effort of all town departments, civic organizations, clubs, churches, small business owners, youth volunteers, and everyday citizens who pitch in to make a difference. **Please join us for this event that will take place at the East Longmeadow High School field.**

AUGUST HIGHLIGHTS



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. Beginning **Tuesday, August 3rd at 10:30**, space is limited. For more information and to register, call the Senior Center at 525-5436.



BYOL! Bring Your Own Lunch Monday-Friday at 11:30. Bring your lunch to the Center and enjoy eating with friends!



Coffee with the Town Manager Join our Town Manager, Mary McNally, for coffee on **Wednesday, August 18th at 10:00**. Open to all ages and registration is not required. Coffee will be provided by the Senior Center.



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 the fall. To view previously recorded episodes, go to <https://www.youtube.com/user/ELCAT01028> and search "A Pleasant View".



Library at Home East Longmeadow residents age 60 and over who are homebound or staying home can 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 to you and pick 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.

COMING IN SEPTEMBER

Lunch & Learn 400 Years Ago: A Look Back at the Fall of 1621

Join us on **Thursday, September 2nd at 12:00** for a Lunch and Learn at the Senior Center. 2021 marks the anniversary of the famous event known as the First Thanksgiving. Join Plimoth Patuxet Museums' Deputy Executive Director and Chief Historian, Richard Pickering, in this Lunch & Learn lecture as he chronicles the Pilgrims' first Fall in New England. Pickering will explore this pivotal event and share details about important moments in the Pilgrims' first fall season, 400 years ago. You may bring a bagged lunch or snack to enjoy during the lecture. This Lunch & Learn will take place at the Senior Center. We will be broadcasting the live lecture online.

This program is supported by a grant from the Bridge Street Fund, a special initiative of Mass Humanities.

Community Care & Wellness Fair Thursday, September 2nd from 8:30-11:00

Vendors, refreshments, raffles, and more! This event is sponsored by Community Care Warriors, a group of Senior Service professionals.



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



August 3rd Movie: *Blue Miracle* 1 hr 36 mins 2021 TV-PG

To save their cash-strapped orphanage, a guardian and his kids partner with a washed-up boat captain for a chance to win a lucrative fishing competition. Based on a true story.



August 10th Documentary: *Betty White: First Lady of Television* 55 mins 2018 TV-14

This documentary traces Betty White's decades-long career as a woman breaking new ground in entertainment.



August 17th Movie: *The Lost Husband* 1 hr 50 mins 2020 PG-13

A widow and her children move to her estranged aunt's farm in Texas after the sudden death of her husband, and begins to fall in love with country life.



August 24th Documentary: *For the Love of Spock* 1 hr 51 mins 2016 TV-14

The son of actor Leonard Nimoy directs this moving look at his father's portrayal of Spock, the iconic "Star Trek" character he played for 50 years.



August 31st Movie: *The Impossible* 1 hr 53 mins 2012 PG-13

In December 2004, a close-knit family begin their winter vacation in Thailand, but the day after Christmas brings a devastating tsunami. Though the family faces their darkest hour, unexpected displays of kindness and courage relieve their terror. Based on a true story.

RECREATION



ART CLASS with Jeff Kerns

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

BOOK CLUB

Will resume the fall

CHAIR VOLLEYBALL

Will resume in the fall

COMPUTER CLASS

Will resume in September

FRENCH GROUP

*All conversation is in French

NEW DAY Tuesdays 11:00 A.M.

HANDCRAFTING

Thursdays 1:00 P.M.

JEWELRY CLASS

Will resume in the fall

MORNING GLORY WALKERS

Monthly Meeting

Monday, August 9th 9:00

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.*

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! Dress in layers, bring a water bottle. Must pre-register as there is limited space. Class held in the senior center's 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.



VOLUNTEER SPOTLIGHT

This month's volunteer spotlight goes to **Marybeth Knox**! Marybeth has been volunteering at Pleasant View since 2020. 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, Marybeth, for your continued dedication to our Center and those we serve! We couldn't do what we do without you!



AROUND TOWN

Join us for the Walk to end Alzheimer's on September 26th to support the research of finding a cure for Alzheimer's Disease.

The walk is back this year and will be held at Holyoke Community College. Information and sign up forms are available at the senior center or online at alz.org and *Fundraising has begun!*



- **Candy for a Cure** ~ Purchase Candy Bars for \$1, some candy bars have a prize inside! Candy Bars available at the Senior Center.
- **Silent Raffle** ~ During the month of August we will have a raffle for prizes. Visit the Senior Center to see auction items.
- **Harvest Basket Raffle** coming in September

Questions? Please call Ruth and Deb at 413-224-1324 or the Senior Center at 413- 525-5436.



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.

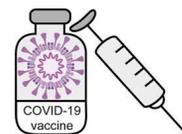
Visit the Farmers Market on: Friday 8/13 2:00-7:00 ~ Friday 9/10 2:00-7:30 ~ Friday 10/8 2:00-7:30
For more information please contact East Longmeadow Recreation at 413-525-5437

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>



HEALTH AND WELLNESS

FOOTCARE/PEDICARE

by appointment 525-5436
Cost is \$29, Home Visit \$50
August 10th

HEARING SCREENING

Free Screening by Baystate Hearing Center
by appointment 525-5436
August 18th

MANICURES

by appointment
413-335-7422
Cathy Rasid, LM
September 9th and 23rd



ESSENTIAL SERVICES

LEGAL CONSULTATION

by appt. with
Dave Carlson, Attorney
525-5436
Resumes in September

NOTARY PUBLIC SERVICES

by appt. with
Danell Tavella
525-5436 ext. 1402

SHINE COUNSELOR

Medicare Assistance
by appt. with Karen
525-5436

VETERANS AGENT

Senior Center
525-5436

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.

To make an appointment with our SHINE Counselor **please call 525-5436**. The Hampden County SHINE organization (1-800-243-4636) offers bilingual assistance.



SWAP The Senior Work-Off Abatement Program will be offered again beginning in January of 2022. This program allows property owners age 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.



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

PANTRY PROGRAM

Thanks to your support and enthusiasm for our July BBQ raffle basket, the Food Pantry was able to generate a little over \$100, which can be used to supplement groceries for individuals and families in need. In addition, Christine Millen, our lucky winner, was able to host a big summer picnic with her basket! Stay tuned for information on our late August Fall Harvest raffle basket. Proceeds for that raffle will go to the Alzheimer's Walk in September!

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: Shampoo, Conditioner, Tissues, Quick Bread Mixes, Salad Dressing and Oatmeal.



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 August 2021

Monday	Tuesday	Wednesday	Thursday	Friday
2 Salisbury Steak with Gravy and Egg Noodles Peas and Carrots Mandarin Oranges	3	4 Chicken Fajitas with Peppers and Onions Rice Pilaf Fruited Jell-O	5	6 Fish and Chips with Tartar Sauce Coleslaw Oven Potato Wedges Pineapple
9 Stuffed Shells with Meat Sauce Italian Vegetables Oranges	10	11 Caesar Grilled Chicken Breast Sweet Potatoes Tossed Salad Pears	12	13 Cold Plate, Tuna Salad on a Roll Potato Salad Beet Salad Fresh Melon
16 Garlic Grilled Chicken Breast Scalloped Potatoes Green Beans and Peppers Fresh Fruit	17	18 Crispy Chicken Drumstick Brown Rice California Blend Vegetables Pineapple	19	20 Macaroni and Cheese Stewed Tomatoes Green Beans Mixed Fruit
23 BBQ Pork Riblet on a WW Wrap Chuck Wagon Corn with Peppers and Onions Watermelon	24	25 Chicken and Gravy Collard Greens 1/2 Baked Potato Applesauce	26	27 Chicken Breast Piccata Roasted Brussel with Red Peppers, Green Peppers and Onions Peaches
30 Turkey Breast on a WW Wrap with Bacon, Lettuce and Tomato Zesty Fries Triple Bean Salad Apricots	31		\$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 August 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 August 2021

Monday	Tuesday	Wednesday	Thursday	Friday
2 8:00 Zumba 9:15 Chair Exercise 11:30 Curbside Meal Pickup* 12:30 Pitch	3 8:45 Tai Chi 10:00 Line Dancing Class 10:30 Scribe Tribe 11:00 French Group, Trivia Online** 12:30 Mah-jongg, Movie Showing 5:00 National Night Out HS Field	4 8:00 BEAT 9:15 Chair Exercise 9:30 Bocce 10:00 Cribbage 11:30 Curbside Meal Pickup* 12:30 Bingo	5 10:00 Trivia 12:00 Canasta 1:00 Handcrafting	6 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball 11:30 Curbside Meal Pickup* 1:00 Dominoes
9 8:00 Zumba 9:00 MGW Meeting 9:15 Chair Exercise 11:30 Curbside Meal Pickup* 12:30 Pitch	10 Pedicare* 8:45 Tai Chi 10:00 Line Dancing Class 11:00 French Group, Trivia Online** 12:30 Mah-jongg, Movie Showing	11 8:00 BEAT 9:15 Chair Exercise 9:30 Bocce 10:00 Cribbage 11:30 Curbside Meal Pickup* 12:30 Bingo	12 10:00 Trivia 12:00 Canasta 1:00 Handcrafting	13 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
16 8:00 Zumba 9:15 Chair Exercise 11:30 Curbside Meal Pickup* 12:30 Pitch	17 8:45 Tai Chi 10:00 Line Dancing Class 11:00 French Group, Trivia Online** 12:30 Mah-jongg, Movie Showing	18 Hearing Screening* 8:00 BEAT 9:15 Chair Exercise 9:30 Bocce 10:00 Coffee with Town Manager, Cribbage 11:30 Curbside Meal Pickup* 12:30 Bingo	19 10:00 Trivia 10:30 Retirement Financial Planning 12:00 Canasta 1:00 Handcrafting	20 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball 11:30 Curbside Meal Pickup* 1:00 Dominoes
23 8:00 Zumba 9:15 Chair Exercise 11:30 Curbside Meal Pickup* 12:30 Pitch	24 8:45 Tai Chi 10:00 Line Dancing Class 11:00 French Group, Trivia Online** 12:30 Mah-jongg, Movie Showing	25 8:00 BEAT 9:15 Chair Exercise 9:30 Bocce 10:00 Cribbage 11:30 Curbside Meal Pickup* 12:30 Bingo	26 10:00 Trivia 11:00 Brian Ashe Representative 12:00 Canasta 1:00 Handcrafting	27 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball 11:30 Curbside Meal Pickup* 1:00 Dominoes
30 8:00 Zumba 9:15 Chair Exercise 11:30 Curbside Meal Pickup* 12:30 Pitch	31 8:45 Tai Chi 10:00 Line Dancing Class 11:00 French Group, Trivia Online** 12:30 Mah-jongg, Movie Showing			



*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

MEMORIAL DONATIONS

A special thank you to Katherine Ann Spallino for her donation in memory of Susan McGraw.

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, caretakers and drivers must wear a mask and use hand sanitizer upon entering the van

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

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

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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.

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<p>Michael Robie, Real Estate Broker 413-575-7236</p>	



<p>DAVID G. CARLSON ATTORNEY AT LAW <i>Estate Planning • Wills & Trusts • Probate of Estates Elder Issues</i></p> <p>200 NORTH MAIN STREET • SUITE 6 EAST LONGMEADOW, MA 01028 Tel. (413) 525-1313 Fax (413) 525-7272</p>
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