

PLEASANT VIEW SENIOR NEWS

EAST LONGMEADOW COUNCIL ON AGING
328 NORTH MAIN STREET
EAST LONGMEADOW, MA 01028-1870
WWW.EASTLONGMEADOWMA.GOV



CAROLYN F. BRENNAN, DIRECTOR
8:00 A.M. - 4:00 P.M. DAILY
PHONE: 525-5436 FAX: 526-9746
CBRENNAN@EASTLONGMEADOWMA.GOV

A THANK YOU FROM THE DIRECTOR

On OCT 29th, 2011 a storm hit our community that impacted the lives of everyone. For some it was an inconvenience, for many others it threatened their health and safety. I want to thank the many individuals who joined us at the Birchland Park Middle School Emergency Shelter to help alleviate the threat of missed meals and exposure to our most vulnerable residents.

It's hard to explain how a town facility became a temporary home for many. The "dorm" (gym) at its peak housed

over 120 residents. People of all ages pulled their cots together to talk or play cards. Young and old shared a gym and it was not unusual to hear comments such as, *"Everyone is making us so comfortable, everyone is so nice!"* and *"This is a great town!"* *"We should do this every year!"*

I do not reside in town, but I never felt more a part of a community than I did during the week of the power outage in East Longmeadow. There were many who came into the shelter to ask, *"What can I do?"* and did

whatever was requested of them. I am so fortunate to have a committed COA staff that made sure the Meals on Wheels still went out, elders were checked up on and the Senior Center continued operations.

The likelihood of the shelter opening in the near future is probably very low, but I am confident and assured, as experience has shown, that East Longmeadow will shine even when things seem the darkest.

Carolyn

OUTREACH - JANICE MICHAELIS, B.S, MONDAY - FRIDAY, 8 AM TO 4 PM, 525-5424,
JMICHAELIS@EASTLONGMEADOWMA.GOV

Medicare Open Enrollment ends DEC 7th: The annual Medicare Open Enrollment is the time to enroll in or CHANGE your Medicare coverage for next year. State-certified SHINE (Medicare) Counselors can help you understand your plan, as well as

other options you may have. Call the SHINE Office @ 750-2893, or Janice @ 525-5424 to schedule an appointment.

Fuel Assistance: There is still time to apply for fuel assistance. Please call Janice for an appointment to help fill out paperwork, 525-5424.

Food Pantry: Our Food Pantry is open MON - FRI from 9:00 AM - 3:00 PM for East Longmeadow residents that express a need for assistance with groceries. If you wish to donate food (or toiletries) we accept donations of non-expired and non-perishable items between 8 AM and 4 PM.

MORE INFORMATION . . .

COA Giving Tree: Once again we are working with area shelters to help needy families have happier holidays. We have been informed that items mostly needed for toddlers through adults size 3X are undergarments (socks, boxers, sports bras), sweatshirts and sweat pants. *New items only please.* Items may be dropped off at the Senior Center MON - FRI, from 8 AM - 4 PM. For more information, please call the Senior Center @ 525-5436.

Jewelry Sale Fundraiser: The Friendship Club is asking for donations of jewelry (new or used) in *mint condition* for the club to sell on **THURSDAYS** in **DECEMBER**. Please bring your items to the Senior Center between 8:00 AM - 4:00 PM, or call 525-5436 for more information.

Jewelry Class w/ Sandy Merrill: Great for holiday gifts! **MON, DEC 5th @ 9:30 AM.** Cost is \$3 for instruction, supplies are extra. *Adults of all ages welcome.*

Elder Law Attorney Visit: Karen G. Jackson, and elder law and estate planning attorney, will explain the importance of each document in the basic estate plan on **WED, DEC 7th @ 1:00 PM.** She will cover the Will, Durable Power of Attorney, Health Care Proxy, Advance Directive, and the Homestead. Attorney Jackson will also explain the difference between Medicare and Medicaid; and the importance of Medicaid (Mass Health) planning given the cost of nursing home care in excess of \$300 per day. Please call 525-5436 to register.

Movie Tuesday: *It's a Wonderful Life* starring James Stewart and Donna Reed, will be shown on **TUES, DEC 13th @ 12:45 PM** (2HRS, 10 MIN).

Power on as You Age: Alice Bell, VP of Clinical Services of Genesis Rehabilitation will explore the current evidence related to physical activity and aging on **TUES, DEC 13th @ 10:00 AM.** Call to register.

COA Christmas Party: Begins with appetizers at **11:30 AM** on **TUES, DEC 20th.** Luncheon will be Baked Stuffed Chicken Breast, Baked Potato, Green Bean Casserole (**\$3**) with entertainment by Kevin Scarpati. Please sign up in the lunch room or call 525-5436 for reservations.

Senator Candaras Rep Visit: Christopher Dunne, a rep from Senator Candaras's office will be available to address any questions or concerns you may have on **THURS, DEC 22nd.**

Holiday Closings: **MON, DEC 26th** for Christmas, **MON, JAN 2nd** for New Year's Day. *No Meals on Wheels will be delivered on those days.*

Memorial Donations: *Thank you to those who remembered our center with donations in memory of: Evelyn Callahan: Dani & Karen Callahan; Claire Grimaldi: Louis & Phyllis Grimaldi; Marcia Creighton: Staff at Riverwoods Wellness Clinic in Exeter, NH and Hyman G. Darling, Atty.*



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HEALTH AND WELLNESS - LISSA FONTAINE, R.N., MON - FRI, 8 AM TO 4 PM, 525-5436, X 1407, LFONTAINE@EASTLONGMEADOWMA.GOV

Coming in January: Lissa and Janice will present an 8-week workshop entitled, "*A Matter of Balance: Managing Concerns about Falls.*" Check with Lissa for details.

Arthritis Exercise Classes: MON @ 10:30 AM, THURS @ 9:00 and 10:30 AM. Space is limited, nominal fee is charged. Call Lissa to register @ 525-5436, ext. 1407.

Alzheimer's and Related Disorders Support Group: 3rd TUES of each month from 3 - 4 PM. Facilitated by Mary

Ann Stout. DEC 20th.

Better Hearing Clinic: Baystate Hearing Aid Centers, 3rd WED, 15 min. appts. from 10 AM - 12 PM. DEC 21st.

Capuano Care: FREE blood pressure, glucose and total cholesterol screenings, 1st FRI of each month, 8 - 9 AM. Fasting required. Next date is DEC 2nd.

Chair Massage: Call 525-5436 for a 15 minute appointment with Ginnie Levine, LMT on DEC 1st, 9 AM to 12 noon, or on DEC 15th, 9 AM to 12 noon. Cost is \$10.

Footcare/Pedicare: 2nd TUES of each month, Cost is \$28, DEC 13th. Call 525-5436 for appointment.

Fitness Center: MON - FRI, 8 AM - 4 PM. Pick up forms in the COA office. Updated medical clearance forms needed every 12 months. Multi-use cards; \$10/20 visits, E.L. residents; \$15/20 visits non-residents.

Blood Pressure Readings: Please call Lissa to make an appointment as her schedule has changed.

ACTIVITIES AND PROGRAMS - SANDY GRABIERZ, PROGRAM AND VOLUNTEER COORDINATOR MON - FRI, 8 AM - 4 PM, 525-5436, X 1406, SGRABIERZ@EASTLONGMEADOWMA.GOV

Art Class: FRI, 10 AM - 12:30 PM w/Jeff Kern. \$15 per class.

Ballroom Dance: 1st & 3rd MON, 1:30 PM (\$2.50 per person.)

Baystate Deaf Seniors: WED, 10 AM.

Book Club: Last TUES/month, 10:30 AM. Major Pettigrew's Last Stand by Helen Simonson.

Cribbage: WED & FRI, 10 AM.

Dominoes: FRI, 1 PM.

Exercise: MON/WED, 9 AM/FRI, 8:45 AM.

\$3/month or .50/class.

French: WED, 11 AM.

Jewelry Class: 1st MON each month, 9:30 AM, \$3, supplies extra. Next date is DEC 5th.

Legal Consultations: 3rd TUES by appt. w/ Attorney Dave Carlson. Next date is DEC 20th.

Line Dancing Class: FRI, 4 PM, \$3/class.

Mah Jongg: TUES @ 1:00 PM.

Manicures: 2nd & 4th THURS w/licensed esthetician. DEC 8th & 22nd

Morning Glory Walkers: MON/WED/FRI, 8 AM. Meeting 2nd MON @ 9 AM.

Movie Tuesday: 2nd TUES each month at 12:45 PM. DEC 13th, "It's a Wonderful Life"

Needlework: FRI, 1 PM

Pitch: MON, begins @ 12:30 PM sharp.

Pool: 8 AM - 4 PM daily. Mens, Ladies, and co-ed leagues forming.

Scrabble: MON, 1 PM.

Tai Chi: TUES, 9 AM, First Congregational Church

Tap Dance: TUES @ 7 PM, Intermediate; 8 PM, Advanced. Six weeks/\$35, \$30 for 60+. Diane Shields, 218-2375.

Trivia: THURS, 10 AM.

Veterans Coffee Hour: 3rd TUES/month @ 9:00 AM. DEC 20th.



Writing Workshop: TUES, 10 AM. \$105/six weeks or \$20 per week.

Zumba/Zumba Gold: MON, 4 PM, 6 weeks for \$30 or \$5 per class. Kelly Phillips, Instructor.

Please reserve lunch 24 hours
in advance, call 525-5436.
Served 12 noon.

DECEMBER 2011

To reserve van, call 739-7436 or 866-
277-7741. \$2.50 each zone/20 tick-
et pkg, \$47.50, sold in our office.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1% Milk served daily</p> <p>***Indicates high sodium</p> <p>Menu subject to change</p> <p>Paper Recycle</p>	<div style="background-color: black; color: white; text-align: center; padding: 5px;">FREE HEARING TEST</div> <p style="text-align: center;">Call Today for an Appointment!</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <ul style="list-style-type: none"> • FREE Hearing Tests • FREE Video Ear Scans • FREE Consultations • FREE In-Office Repairs <p>www.BeltoneNE.com</p> </div> <div style="width: 45%; text-align: center;">  <p>CHICOPEE 1269 Memorial Drive (413) 315-5219</p> </div> </div>		<p>1 Roast Pork</p> <p>Arthritis Exercise 9, 10:30 Chair Massage (appt.) Trivia 10:00 Friendship Club, Used Jewelry Sale, BINGO 12:30</p>	<p>2 Pier 17 Fish Walkers 8:00 Capuano Care 8:00 Exercise 8:45 TRIAD 9:00 Art Class 10:00 Cribbage 10:00 Dominoes 1:00 Needlework 1:00 Line Dancing Class 4:00 UNICO Party 5:00</p>
<p>5 Chicken Francais</p> <p>Walkers 8:00 Exercise 9:00 Jewelry Class 9:30 Arthritis Exercise 10:30 Pitch 12:30 Scrabble 1:00 Ballroom Dance 1:30 Zumba 4:00 Container Recycle</p>	<p>6 Italian Cold Cut Sub</p> <p>Writing Workshop 10:00 Mah Jongg 1:00 Tap Dance 7:00, 8:00</p>	<p>7 Shepherds Pie</p> <p>Walkers 8:00 Exercise 9:00 Cribbage 10:00 Deaf Seniors 10:00 Pool Instruction 10:00 French 11:00 Elder Law Attorney 1:00</p>	<p>8 Chicken Picatta</p> <p>Arthritis Exercise 9, 10:30 Manicures (appt.) Trivia 10:00 Friendship Club, Regular BINGO & Food Drive (Rice, Beans, Pasta) 12:30</p>	<p>9 Macaroni & Cheese w/Stewed Tomatoes</p> <p>Walkers 8:00 Exercise 8:45 Art Class 10:00 Cribbage 10:00 Dominoes 1:00 Needlework 1:00 Line Dancing Class 4:00</p>
<p>12 Beef Stew</p> <p>Walkers 8:00 MGW Meeting 9:00 Exercise 9:00 Arthritis Exercise 10:30 Pitch 12:30 Scrabble 1:00 Zumba 4:00 Paper Recycle</p>	<p>13 Garlic Baked Chicken</p> <p>Footcare/Pedicare/Appt. Writing Workshop 10:00 Power on as You Age 10:00 Mah Jongg 1:00 Movie, It's a Wonderful Life 12:45 Tap Dance 7:00, 8:00</p>	<p>14 Baked Fish Sticks</p> <p>Walkers 8:00 Exercise 9:00 Hearing Screenings 10:00 Cribbage 10:00 Deaf Seniors 10:00 Pool Instruction 10:00 French 11:00</p>	<p>15 Roasted Turkey w/ Stuffing</p> <p>Arthritis Exercise 9, 10:30 Chair Massage (appt.) Trivia 10:00 Friendship Club, Dan Kane Christmas Show 12:30</p>	<p>16 Beef Franks/Roll</p> <p>Walkers 8:00 Exercise 8:45 Art Class 10:00 Cribbage 10:00 Dominoes 1:00 Needlework 1:00 Line Dancing Class 4:00</p>
<p>19 Veal Parmesan w/ Ziti and Tomato Sauce</p> <p>Walkers 8:00 Exercise 9:00 Arthritis Exercise 10:30 Pitch 12:30 Scrabble 1:00 Ballroom Dance 1:30 Zumba 4:00 Container Recycle</p>	<p>20 Baked Stuffed Chicken Breast \$3</p> <p>Veterans Coffee Hour 9:00 Writing Workshop 10:00 Christmas Party 11:30 Free Legal Consultations (appt.) Alzheimer's Support 3:00 Mah Jongg 1:00 Tap Dance 7:00, 8:00</p>	<p>21 BBQ Ribs</p> <p>Walkers 8:00 Exercise 9:00 Cribbage 10:00 Deaf Seniors 10:00 Pool Instruction 10:00 French 11:00</p>	<p>22 Beef Brisket</p> <p>Arthritis Exercise 9, 10:30 Manicures (appt.) Trivia 10:00 Candaras Rep visit 11:00 Friendship Club, Old Fashioned Christmas Movies 12:30</p>	<p>23 Corn Chowder, Tuna Salad Roll</p> <p>Walkers 8:00 Exercise 8:45 Art Class 10:00 Cribbage 10:00 Dominoes 1:00 Needlework 1:00 Line Dancing Class 4:00</p>
<p>26</p>  <p>CLOSED FOR CHRISTMAS HOLIDAY</p>	<p>27 Chicken Marsala</p> <p>Writing Workshop 10:00 Book Club 10:30 Mah Jongg 1:00 Tap Dance 7:00, 8:00</p>	<p>28 Baked Meatloaf</p> <p>Walkers 8:00 Exercise 9:00 Cribbage 10:00 Deaf Seniors 10:00 Pool Instruction 10:00 French 11:00</p>	<p>29 Roast Pork w/ Stuffing</p> <p>Arthritis Exercise 9, 10:30 Trivia 10:00 FC Board Meeting 10:00 Friendship Club, New Year's Eve BINGO (\$5) 12:30</p>	<p>30 Broccoli Cheese Baked Fish</p> <p>Walkers 8:00 Exercise 8:45 Art Class 10:00 Cribbage 10:00 Dominoes 1:00 Needlework 1:00 Line Dancing Class 4:00</p>