

THE MESSENGER

A Newsletter For Southwick's Senior Community



What's Inside

From the Director	03
Trips and Events	04
Lunch Menu.....	05
Exercise Schedule.....	08

Get in Touch

ADDRESS

454 College Highway
Southwick, MA 01077
Website southwickma.org/coa
Phone (413) 569-5498
Office Hours
Monday 8:00am - 2:00pm
Tues.-Thurs. 8 am - 4 pm
Friday 8:00am-1:00pm

Center Staff

COA BOARD MEMBERS:

Chairperson: Paula LeBlanc
Vice Chairperson: Carol Laughlin
Secretary: Donna Foisy
Members:
Jack Poca, Donna Charron
Harvey Holm, Theresa Rogers
Associate Members:
Harriet Fischer, Carol Smith

Director: Cindy Sullivan
Assistant Director: Cara Cartello
COA Staff Member:
Denise Seibert

Dining Coordinator
Denise Hills-McGarry
SHINE: Late Spring Start



Like us on Facebook
[www.facebook.com/
Southwick Senior Center/
Council on Aging](http://www.facebook.com/SouthwickSeniorCenter/CouncilonAging)



Donna Charron retires from COA Board

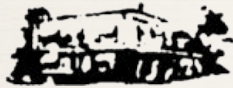
Donna has been a member of the COA Board for 6 years. During her time on the board she helped make decisions to expand COA programming. Donna was instrumental during our Christmas time

Candy Cane Extravaganza collecting generous donations from our local business leaders and also folded our monthly newsletter. She took pride in her role on the COA Board and always encouraged others to participate in our programs and have FUN! She also enjoys seeing her friends and socializing during our Congregate Lunch Program on a daily basis. She loves to come to the Senior Center and participates in as many events including crafts and weekly BIN-GO!!! We will miss her on our COA Board as life has thrown her many curve balls she has always expressed her love for the Town of Southwick and her love for her second homeHer Senior Center. Be Well Donna!!



Firtion Adams

FUNERAL SERVICE



FUNERAL SERVICE

76 Broad Street, Westfield, Mass. 01085

FIRTIONADAMS.COM • 562-6244

James R. Adams • Joshua J. Adams

When considering downsizing or relocating, you can put your trust in Lis Real Estate. We have been assisting our local clients with seamless transactions for over 45 years.



Peggy Lis-Barone - Broker

cell: 413-537-7410

office: 413-831-6612



491C COLLEGE HWY.
SOUTHWICK
www.lisrealty.com

Hearing Difficulties?
Call for a FREE test!

New Ears
AFFORDABLE HEARING CARE

"Southwick's Hometown
Hearing Center"

413-519-3367



SOUTHWICK
VILLAGE

RESIDENTIAL LIVING

A MASONICARE MANAGED COMMUNITY

Life Reimagined

Call to schedule your visit
413.798.8668

southwickvillage.com

A 55+ Active Adult Residential Community



Heritage Lawns

OF WEST SPRINGFIELD, INCORPORATED

Offering Lawn Care
Programs for the
2022 Season

"Quality & Service Still Count"

Servicing the local
communities for
over 25 years!

413-731-0004

Trained Professionals • Granular Products • Grub Control
Lime • Aeration • Tree & Shrub Program

**SOUTHWICK
FORASTIERE**
FUNERAL & CREMATION



Pre-Planning | Burial
Cremation | Bereavement
Serving Southwick for Over 30 Years

413-569-5306

www.forastiere.com

Member of Forastiere Family Funeral Service, Inc.
45 Locust Street, Springfield MA 01108 • 413-733-5311

FREE AD DESIGN

WITH PURCHASE OF THIS SPACE



CALL 800.477.4574



Where Quality Meets Compassion



Housekeeping
Meal Preparation
Companionship • Errands
Personal Care
Respite • RN Evaluations
Blood Pressure Checks

413-363-2575

SilverLiningsHomeCare.com

ADVERTISE HERE

to reach the
senior market



Call (800) 477-4574

SUPPORT OUR ADVERTISERS!



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com Southwick Council on Aging, Southwick, MA 06-5364

Senior Center Info

SENIOR CENTER MEALS:

We are open for congregating dining. Senior Center Grab and Go will also continue for those who would like to take their hot lunch to go. This program runs Monday through Friday. You must call the Senior Center the day before you would like a meal by 10:00am at 569-5498. Grab and Go begins at 11:30am and will be distributed by the ramp at the sliding glass doors. Congregating dining will begin at 11:45am. People participating in congregating dining are welcome to arrive anytime before 11:30am. Coffee and tea are available but please be mindful that we ask for donations to help us purchase these items. Please drive slowly and cautiously through the parking lot. Menus online at www.southwickma.org/coa



The Senior Brown Bag

We will have brown bag on April 12th you must be pre-approved through the Food Bank

in order to receive a brown bag. You may pick up your bag of groceries on a drive through basis between 11:30am and 12:00pm. Bags will be available at the garage. Please remain in your vehicle.

Smoke Detector installation program will be held on Wednesday June 7th from 9:00am-12:00pm. The Fire Department and the American



Red Cross will be partnering with the Senior Center to replace or install new smoke detectors in your home. If your smoke detectors are battery operated and 10 years old please call us to

schedule a time so we can take care of this for you. We are unable to replace wired smoke detectors.



Crafts with Denise: The cost is \$3.00 per class. Crafts will begin at 1:00pm.

April 13.... Easter Carrots

April 28th—Paper Flowers



From the Director:

Hello: I don't know about all of you, but I'm ready for the warm weather and sunny skies. We have a lot of exciting programs coming up in the next few months so make sure you keep in touch with us either by coming in or liking our Facebook page Southwick Senior Center/ Council on Aging. You can also find us on the internet at www.southwickma.org/coa. If there is a particular program you would like us to offer please feel free to let us know and we will do our best to make that happen. Our staff is enthusiastic and waiting to make sure everyday is filled with laughter and joy. If you haven't already make sure you check your smoke alarms for working batteries. We are running a program in June to help you replace old and out-dated battery operated units please call us!! Enjoy the nicer weather.

Peace and Joy,

Cindy and the COA Staff



Carol A Drummond
Roy A. Johnson

Sharyn L. Drenen
William Seibert

Samuel Goodwin III— Sam was a wonderful volunteer. He drove on countless day trips, helped with brown bag, and drove our volunteer van to take people to medical appointments. He was always willing to go above and beyond for us. He will be missed by everyone at the Senior Center. Rest in Peace Sam.

Upcoming Events

Laugh for the Fun of it :

Laugh the stress of life away at the Southwick Senior Center on April 12th at 10:30am, when Trevor Smith of Blue Sky Consulting will present a program called "Laugh for the Fun of it: Creating Healthy Lifestyles through Laughter." Participants will learn a systematic method of chuckles, chortles, giggling and guffawing that promises to help reduce stress, prevent hardening of the attitudes and contribute to world peace. The laughter routine, designed to make anyone feel better, works without using jokes or comedy to stimulate the laughter. This is a great time to laugh. We encourage signing up in advance but not required.

Benson's BBQ—Summer

Country Western Hodown
Come kick off the summer on June 22nd from 11:00am-1:00pm. This event will be held under the pavilion at Whalley Park and is being generously sponsored by Roy and Marlene Benson's Memorial Contributions, and the Southwick Fire Department. There will be music by Jack and his Guitar and line dancing!! The cost of this great activity will be \$3.00. Come enjoy food, snacks and lots of fun. You will not want to miss this event. Please sign up and pay for this event at the Senior Center. Transportation will -be provided for Southwick residents if needed. Space is limited so sign up soon!!!



Holyoke Mall

The Volunteer van will be going to the Holyoke Mall Tuesday April 5th. The cost is \$3. The van will leave the Senior Center at 9:00 am.

Monthly Bernie's Breakfast: The Volunteer Van will be going to Bernie's for breakfast on Friday April 15th. The cost is \$3. Breakfast will be at your own expense. The van will leave the Senior Center at 8:30am.



Agawam Bowl Candlepin Bowling

The Volunteer Van will be going to Agawam Bowl on Fri. April 29, 2022. The cost will be \$17.. This price includes 2 games and rental of bowling shoes. Lunch will be at EB's at your own expense. The Volunteer Van will leave the Senior Center at 9:15am.

Wool-ology Shop & Wolfies Lunch

The Volunteer Van will be going to Wool-ology on Tuesday, May 10, 2022. The cost is \$3. Lunch will be at your own expense. The van will leave the Senior Center at 9:15 am.

Bridge of Flowers & Fox Towne Lunch

The Volunteer Van will be going to The Bridge of flowers on Thursday, May 26, 2022. The cost is \$3. Lunch will be at your own expense. The van will leave the Senior Center at 9:00 am.

Westfield Technical Academy Buffet The volunteer van will be going to the Westfield Technical Academy for their amazing buffet on a Friday in April or in May. Call the office to find out which day we are going.

Foxwoods Casino—The volunteer van will be going to Foxwoods in May. Please call the Senior Center to find out the date that has been decided. We will leave the center at 8:00am and the van will leave Foxwoods at 3:00pm sharp. The cost is \$5.00



Back by popular demand: Foot Care Clinics will be held at the Southwick Senior Center by our new Foot Nurse Debra J. Deane, RN,BSN. The cost of this service is \$40.00 paid directly to the nurse. Appointments will be held every other month. We are currently scheduling appointments for May 24th.. You must call the Senior Center and schedule an appointment.



BLOOD PRESSURE SCREENINGS

Blood Pressure screenings will be held every Monday from 11:00am-12:00pm. Retired nurse Margy D will be at the Senior Center to perform this reading for you. This screening should not take the place of your regular doctor visits, and Margy will not be giving out medical recommendations. This is a drop in screening so no appointments are necessary.



Veteran's Representative: Southwick's Veteran's Representative will have office hours at the Southwick Senior Center on the second Thursday of the month from 9:00am-11:00am. If you have any questions or need assistance please come by the Senior Center during this time. He will be available on Thursday March 10th. This schedule is subject to change so calling to make sure he will be at the Senior Center is advised.



Senator Velis: Senator John Velis will hold Office Hours at the Southwick Senior Center on the first Friday of the month from 10:00am-11:00am. Please stop in with any questions for the Senator or come in to say Hello. This schedule is subject to change so calling to make sure he will be at the Senior Center is advised.





COMPANION PROGRAM

The Southwick Senior Center has created a Companion Program. The program will assist frail, homebound adults aged 60 and older. Program services will include transportation to medical appointments for a small fee, grocery shopping assistance, errands, and companionship. These services are provided to recipients by dedicated volunteers who receive reimbursement for their gas mileage. The reward for the companion volunteer is knowing that you are making a difference in the life of a Senior Citizen who needs assistance. If you are interested in becoming a volunteer or if you feel you may qualify to be a client in this program please call the Senior Center. There will be required training for the volunteer and a criminal background check will be completed. Companions do not have to be Seniors. Please call the Senior Center to sign up.



Highland Valley Elder Services Community Dining Menu April 2022

The suggested donation is \$3.00 per meal. Thank you for investing in this resource!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4  CHOICE: Salisbury Steak (452) Brunswick Chicken** (528) Steamed Brown Rice (18) Sweet Corn (1) Lima Beans (59) Mixed Fruit (7) Cal: 361 Sodium: 739 Carb: 137 CHOICE: Turkey Stew (117) Beef Meatloaf** (644) Dinner Roll (210) Whipped Potatoes (58) Broccoli (9) Chilled Peas (5) Cal: 796 Sodium: 1051 Carb: 88 NO MEALS 	5 CHOICE: Salisbury Steak (452) Fajita Catfish (412) Tortilla (170) Steamed Broccoli (9) Cheddar Cheese (165) Chilled Pineapple Cal: 686 Sodium: 903 Carb: 69 CHOICE: Turkey Stew (117) Chicken Parmesan** (650) Penne Pasta (1) Garlic Green Beans (3) Marinara Sauce (235) #Gelatin w/whip topping (61) Cal: 439 Sodium: 1077 Carb: 95	6 CHOICE: Salisbury Steak (452) Roast Turkey w/Gravy (116) Dinner Roll (210) Whipped Potatoes (58) Steamed Carrots (64) #Pudding w/whip topping (195) Cal: 783 Sodium: 768 Carb: 92 CHOICE: Turkey Stew (117) HIGH SODIUM MEAL Chilled Ham & Pickle Salad** (731) Lettuce Leaf Macaroni Salad (152) Roasted Chickpeas (190) Chilled Peaches Cal: 869 Sodium: 1202 Carb: 62	7  CHOICE: Salisbury Steak (452) Beef Hamburger on a Bun** (530) Lettuce and Tomato (82) Vegetarian Baked Beans (156) California Blend Vegetables (27) #Fresh Fruit Cal: 752 Sodium: 921 Carb: 97 CHOICE: Turkey Stew (117) Shepherd's Pie (206) Dinner Roll (210) Sweet Green Peas (66) Fresh Fruit Cal: 766 Sodium: 609 Carb: 104	8 CHOICE: Salisbury Steak (452) Macaroni & Cheese (486) Stewed Tomatoes (446) Green Beans (3) Yogurt (75) Cal: 641 Sodium: 776 Carb: 98 CHOICE: Turkey Stew (117) Breadcrumbs Pollock Fingers w/ tartar sauce ** (747) Roasted sweet potatoes (63) Asparagus cuts and tips (4) #Chocolate Brownie (125) Cal: 877 Sodium: 1063 Carb: 122
11 CHOICE: Turkey Stew (117) Beef Meatloaf** (644) Dinner Roll (210) Whipped Potatoes (58) Broccoli (9) Chilled Peas (5) Cal: 796 Sodium: 1051 Carb: 88 NO MEALS 	12 CHOICE: Turkey Stew (117) Chicken Parmesan** (650) Penne Pasta (1) Garlic Green Beans (3) Marinara Sauce (235) #Gelatin w/whip topping (61) Cal: 439 Sodium: 1077 Carb: 95	13 CHOICE: Turkey Stew (117) HIGH SODIUM MEAL Chilled Ham & Pickle Salad** (731) Lettuce Leaf Macaroni Salad (152) Roasted Chickpeas (190) Chilled Peaches Cal: 869 Sodium: 1202 Carb: 62	14 CHOICE: Turkey Stew (117) Shepherd's Pie (206) Dinner Roll (210) Sweet Green Peas (66) Fresh Fruit Cal: 766 Sodium: 609 Carb: 104	15 CHOICE: Turkey Stew (117) Breadcrumbs Pollock Fingers w/ tartar sauce ** (747) Roasted sweet potatoes (63) Asparagus cuts and tips (4) #Chocolate Brownie (125) Cal: 877 Sodium: 1063 Carb: 122
18 NO MEALS 	19 CHOICE: Turkey Stew (117) Chicken Parmesan** (650) Penne Pasta (1) Garlic Green Beans (3) Marinara Sauce (235) #Gelatin w/whip topping (61) Cal: 439 Sodium: 1077 Carb: 95	20 CHOICE: Turkey Stew (117) HIGH SODIUM MEAL Chilled Ham & Pickle Salad** (731) Lettuce Leaf Macaroni Salad (152) Roasted Chickpeas (190) Chilled Peaches Cal: 869 Sodium: 1202 Carb: 62	21 CHOICE: Turkey Stew (117) Shepherd's Pie (206) Dinner Roll (210) Sweet Green Peas (66) Fresh Fruit Cal: 766 Sodium: 609 Carb: 104	22 CHOICE: Turkey Stew (117) Breadcrumbs Pollock Fingers w/ tartar sauce ** (747) Roasted sweet potatoes (63) Asparagus cuts and tips (4) #Chocolate Brownie (125) Cal: 877 Sodium: 1063 Carb: 122
25 CHOICE: Breaded Chicken Bites (570) Turkey Tetrazzini** (536) Linguini Dinner Roll (210) Peas & Mushrooms (133) #Cookie (97) Cal: 712 Sodium: 1103 Carb: 100	26 CHOICE: Breaded Chicken Bites (570) Chef Salad (252) Vegetable Quinoa Salad (20) Mixed Fruit (7) Cal: 771 Sodium: 402 Carb: 78	27 CHOICE: Breaded Chicken Bites (570) Low Sodium Hot Dog on a Bun** (548) Roasted Potatoes (41) Green and Wax Beans (4) #Fruited Gelatin (40) Cal: 629 Sodium: 738 Carb: 74	28 CHOICE: Breaded Chicken Bites (570) Chicken Pot Pie** (543) Summer Squash (6) Warm Fruit Compote #Birthday Cake (18) Cal: 692 Sodium: 701 Carb: 96	29 CHOICE: Breaded Chicken Bites (570) Homemade Veggie Pizza** (853) Broccoli Au Gratin (140) Fresh Fruit Yogurt (75) Cal: 604 Sodium: 1195 Carb: 90

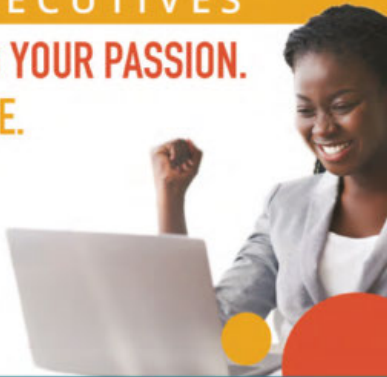
Funding Sources include the City of Westfield Community Development Block Grant
 Meals based on No Added Salt Diet (3-4gm sodium) for healthy older adults. Sodium content is listed next to each item in (), all meals include milk w/ 125 mg sodium.
 If you have a special concern regarding the menu, contact the Nutritionist at 413-588-5752 for guidance on managing your intake to meet your dietary requirements.

WE'RE HIRING

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid Training
- Some Travel
- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community



Contact us at careers@4lpi.com
www.4lpi.com/careers

GROW YOUR BUSINESS

BY PLACING
AN AD HERE!

CONTACT US!

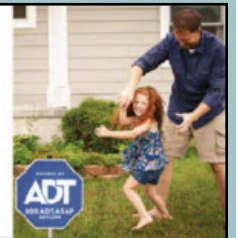
Contact Susanne Carpenter
to place an ad today!
scarpenter@4LPi.com or
(800) 477-4574 x6348



ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized
Provider

SafeStreets

1-855-225-4251

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed
to you at www.mycommunityonline.com



SOUTHWICK COUNCIL ON AGING

454 College Highway

Southwick, Massachusetts 01077

Non-Profit Org.
U.S. postage
PAID
Southwick,
MA 01077

Please Forward

Change Service Requested

Weekly Activity and Exercise

Monday 9:00am- Quilting and Sewing Social Group
Monday 10:00am- Chi-Gong with Kathleen \$2
Monday 12:30pm- Chinese Language and Culture Class

Tuesday 9:00am- Zumba with Becca
Tuesday 10:00am- Tai-Chi with Lenny \$2
Tuesday 12:00pm- Cards
Tuesday 12:30pm- Painting Class with Carolyn \$2
Tuesday 1:00pm- Cribbage and Whist Card Game

Wednesday 10:00am- Line Dancing with Clara \$2
Wednesday 1:00pm- Scrabble
Wednesday 1:00pm-3:00pm- BINGO with Cara and Special Guests

Thursday 9:00am- Zumba with Becca \$2
Thursday 10:30am- Yoga with Renee \$2 (NOTE TIME CHANGE)
Thursday 12:00pm- Cards
Thursday 1:00pm- Crafts with Denise (2X per month)

Friday 10:30am- Chair Yoga with Heidi \$2



Technology Support for Seniors :

On the 2nd Wednesday of the month beginning on April 13th at 10:00am-11:30am upper classman from Westfield Technical Academy are offering in-person one-to-one computer/smartphone assistance. They can help with setting up and using e-mail on smartphones or computers; how to use smartphones to text, call, and browse the internet; how to use Zoom, Google Meet, or Face-Time; and troubleshooting a variety of computer problems. If you are having problems or would like to learn how to use your device, this is for you. Please call the Senior Center to sign up so we know how many people are interested. Drop ins are welcome as long as there is time.