

# THE MESSENGER

A Newsletter For Southwick's Senior Community



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2024

## Contact Us

### **ADDRESS**

454 College Highway  
Southwick, MA 01077

**Website:** southwickma.org/coa

**Phone:** (413) 569-5498

**Dining Phone:** (413) 569-0410

### **Office Hours:**

Monday 8:00am - 2:00pm

Tues.-Thurs. 8 am - 4 pm

Friday 8:00am-1:00pm



## Come Out & Laugh with us!

Join us at the Senior Center on

Monday –April 8, 2024 at 12:30

For a hour of laughs with Comedian  
Jerry Caruso

This program is Free and is supported by  
a grant from the Southwick Cultural  
Council



## COA Board Members

**Chairperson:** Paula LeBlanc

**Vice Chairperson:** Carol  
Laughlin

**Secretary:** Donna Foisy

### **Members:**

Jack Poci, Carol Smith

Harvey Holm, Theresa Rogers

### **Associate Members:**

Harriet Fischer, Elaine Boucher

## Harvey Holm



### 2023 recipient of the Herb Pace Good Citizen Award

The COA Board voted to honor Harvey as he demonstrates many of the qualities Herb Pace exhibited during his many years as a volunteer. If you stop into the Senior Center around lunch time you will likely see Harvey. Harvey is our volunteer meals on wheels driver. Harvey has been delivering meals for over 7 years for the Southwick Senior Center. He brightens the days of his friends on his routes. He often goes above his call of duty, whether it is bringing them candy, flowers, or surprising them as Santa during the holidays. Harvey is always thinking of ways he can make their day better. Please join us in congratulating Harvey for all his selfless kindness.



## Please Note

The Senior Center will be closed  
on Monday, April 15, 2024 for  
Patriots' Day.



## Staff

### **Interim Director:**

Cara Cartello

### **COA Staff Member:**

Denise Seibert

### **Dining Coordinator**

Denise Hills-McGarry



**Like us on Facebook**

www.facebook.com/  
Southwick Senior Center/  
Council on Aging



### Educational Presentation

Join us for an informational session on bone health.

Learn tips to keep your bones healthy. Understanding how diet, physical activity and other lifestyle factors can help.

Thursday, April 18, 2024 at 9:00am

Sponsored by Fallon Health

### Elms College Students

The Senior Center is hosting Elms College Nursing Students on Wednesdays from 10:00am-2:00pm . This is in collaboration with Tricia—the Town Nurse, the Board of Health, and Elms College Nursing Students. This program will run through April 17, 2024. The nurses will be available to answer basic questions. They are not to replace an office visit with your primary care physician. Please do not come to the Senior Center if you are not feeling well.



### Technology Support for Seniors

The Westfield Technical Academy Students will be at the Southwick Senior Center.

**11:45 am - 1:45 pm on the following dates:**

**April 4th**

**May 8th**

**June 6th**

The Students can help with setting up and using e-mail on smartphones and 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. We will need a count of how many people are interested. Drop ins are welcome as long as there is time.



### Gardening Club

Join us for our first gardening club meeting on Tuesday, April 2nd at 10am. We will discuss what to plant, when to plant, and establish a watering schedule.

**Gardeners of all levels WELCOME!**

Please call the Senior Center to sign up.



### Craft Time

Join Denise for a fun craft project.

The cost is \$3.00 per class.

Please sign up in advance.

Crafts will begin at 1:00pm on

**Thursday:**

**April 11, 2024**

**April 25, 2024**



### Friends of the Southwick Public Library

Will be collecting gently used books on:

**Saturday May 7th**

**Monday May 9th**

**Tuesday May 10th**

**Member Preview Wed May 11th 5-7pm**

**Book Sale: May 12 & 13 10-5pm**

**May 14 10-1pm**

## UPCOMING TRIPS



### Springfield Museum

The Volunteer van will be going to the Springfield Museum on Wednesday, April 3, 2024. The cost is \$4. Admission is Free. Lunch will be at your own expense. The Van will leave the Senior Center at 9:30 am.



### J&G Restaurant, Granby CT

Join us for lunch at J&G on Friday April 12, 2024. The cost is \$4. Lunch will be at your own expense. The Van will leave the Senior Center at 12:00 noon.



## TRIPS & TOURS

### Jimmy Mazz Show and Lunch at Storowtown Tavern

Cruisin' Thru the Fifties with Jimmy Mazz. Enjoy a musical ride through a decade of memorable music on Tuesday April 23, 2024. The Cost is \$50. The Van will leave the Senior Center at 11:00am.

### Foxwoods

The Volunteer Van will be going to Foxwoods Casino on Friday, May 10, 2024. The cost is \$6. The van will leave the Senior Center at 8:00 am.



### Lee Premium Outlets

The Volunteer Van will be going to Lee Outlets on Wednesday, May 1, 2024. The cost is \$4. The van will leave the Senior Center at 9:30 am.

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### Van Driver's Needed:

If you would like to volunteer to drive our Van on any of these trips or any future trips please call



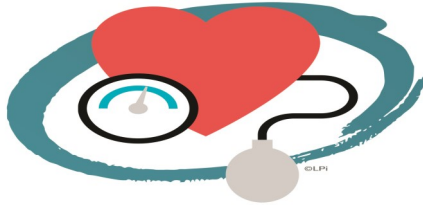
the Senior Center. Volunteers receive free lunch and admission to the venue.

We are also looking for volunteers to do medical appointments and other small rides throughout town. You do not need a CDL license to drive this vehicle. Criminal background checks are completed. Please call us at 569-5498.



## FOOT CLINIC

**Foot Care Clinic** will be held at the Southwick Senior Center by our 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 month. You must call the Senior Center to schedule an appointment.



## BLOOD PRESSURE SCREENINGS

**Blood Pressure screenings :** The Fire Dept. will be doing blood pressure screenings. It will be held every Monday from 11:00am -12:00pm. This screening should not take the place of your regular doctor visits, and 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 stop by the Senior Center during this time. It's always a good idea to call ahead of your arrival.



The SHINE Program provides free health insurance information and counseling to all Massachusetts residents with Medicare and their caregivers. People who have Medicare or who are about to become eligible for Medicare can meet with a counselor to learn about benefits and options available. A counselor will review programs that help people with limited income to pay health care costs. **You must call to schedule an appointment.**



We will have brown bag on the second Tuesday of every month. 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.



**Senator Paul Mark Office Hours:** Senator Mark or a representative from his office will be at the Southwick Senior Center dining room on the 2nd and 4th Monday of every month from 11am-2pm. All members of the public are welcome. This may change so call ahead.





Highland Valley Elder Services Community Dining Menu -April 2024  
The suggested donation is \$3.00 per meal. Thank you for investing in this resource!

1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Choice: Orange Chicken (96)  Chicken Fajita (88) Rice & Beans (28) Corn (1) Tortilla (173) Fresh Fruit (2)  <b>Cal: 723 Sodium: 417 Carb: 101</b>  Choice: Beef Wellington (210)	Choice: Orange Chicken (96)  Pasta Primavera (190) Garlic Knots (245) Broccoli (11) Mandarin Oranges (9)  <b>Cal: 789 Sodium: 580 Carb: 101</b>  Choice: Beef Wellington (210)	Choice: Orange Chicken (96)  Honey Mustard Salmon (121) Couscous (11) Zucchini & Onions (8) Dinner Roll (132) #Apple Crisp (64) <b>Cal: 783 Sodium: 462 Carb: 105</b>  Choice: Beef Wellington (210)	Choice: Orange Chicken (96)  Stuffed Pepper Casserole (137) Butternut Squash (46) Green Peas (66) Pears (4)  <b>Cal: 729 Sodium: 378 Carb: 69</b>  Choice: Chicken Salad (185)	Choice: Egg Salad (175)  Tuna Salad (141) 2 Slices Pumpkin Bread (310) Broccoli Salad (150) Cherry Tomatoes (4) #Gelatin w/ Topping (125) <b>Cal: 718 Sodium: 855 Carb: 75</b>  Choice: Beef Wellington (210)
8	Choice: Beef Wellington (210)  Chicken Marsala (405) Pasta (2) Cauliflower (14) Zucchini & Tomatoes (40) #Yogurt (80) <b>Cal: 773 Sodium: 667 Carb: 109</b>  NO MEALS	Hotdog (437) Bun (230) Tater Tots (30) Summer Squash (5) Fresh Fruit (2) <b>Cal: 730 Sodium: 829 Carb: 92</b>  Choice: Lasagna (290) Meatball Stroganoff (280) Pasta (1) Carrots & Corn (54) Dinner Roll (132) Peaches (6) <b>Cal: 772 Sodium: 599 Carb: 100</b>  Choice: Sausage & Onion Quiche (324)	Meatloaf & Gravy (245) Potatoes (5) Spinach & Onions (76) Asparagus (3) #Pudding w/ Topping (146) <b>Cal: 817 Sodium: 749 Carb: 85</b>  Choice: Lasagna (290) NO SHELLFISH Fish Chowder (224) Brussel Sprouts (9) Sweet Potatoes (35) 1 Slice Rye Bread (193) Fresh Fruit (2) <b>Cal: 716 Sodium: 586 Carb: 120</b>  Choice: Sausage & Onion Quiche (324)	Chef Salad – Turkey & Cheese (452) Pickled Beets (177) French Bread (150) Italian Dressing (119) Pineapple (2) <b>Cal: 652 Sodium: 1025 Carb: 73</b>  Choice: Lasagna (290) Baked Pollock (213) Rice Pilaf (57) Green Beans & Garlic (5) Carrots (85) Mandarin Oranges (6) <b>Cal: 721 Sodium: 491 Carb: 90</b>  Choice: Sausage & Onion Quiche (324)	Chicken Coq Au Vin (258) Green Beans (3) White Rice (3) Corn (1) #Birthday Cake (197) <b>Cal: 763 Sodium: 586 Carb: 90</b>  Choice: Lasagna (290) Turkey Pot Pie (291) Broccoli (23) #Fruit Compote (8)  <b>Cal: 717 Sodium: 446 Carb: 92</b>  Choice: Sausage & Onion Quiche (324)
15	<b>PATRIOT DAY</b>				
22	Choice: Sausage & Onion Quiche (324)  Curry Chicken (128) Brown Rice (5) Zucchini & Peppers (5) Green Peas (66) Pears (4) <b>Cal: 708 Sodium: 335 Carb: 84</b>  Choice: Breaded Chicken Bites (337)	Minestrone Soup (179) Roasted Potatoes (7) 1 Slice Multigrain Bread (99) Summer Squash (11) #Oatmeal Raisin Cookie (120) <b>Cal: 661 Sodium: 541 Carb: 99</b>  Choice: Tuna Salad (141) Turkey Sandwich** (581) 2 Slices Wheat Bread Lettuce & Tomatoes (7) Corn Salad (115) Coleslaw (20) #Gelatin w/ Topping (61) <b>Cal: 727 Sodium: 903 Carb: 105</b>  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 413-561-7313 for guidance on managing your intake to meet your dietary requirements. To cancel a meal, please see reverse side.	Lemon Pepper Haddock (422) Quinoa (81) Cauliflower (19) Dinner Roll (132) Pineapple (1) <b>Cal: 701 Sodium: 781 Carb: 75</b>  Key for Symbols: Cal: Calories Carb: Carbohydrates (gm) Sodium (mg) # Diabetic Friendly Dessert **Higher Sodium Item (>500mg) ☺ Local Produce 🌱 Vegetarian	Beef Hamburger (200) Bun (160) Lettuce & Tomatoes (7) Baked Beans (149) Sweet Potatoes (35) Fresh Fruit (2) <b>Cal: 755 Sodium: 678 Carb: 108</b>  Pizza Day** (666) Garden Salad (41) Italian Dressing (119) Cali Blend Vegetables (27) #Spiced Peaches (8) <b>Cal: 756 Sodium: 386 Carb: 98</b>	
29	Salmon & Dill Sauce (206) Carrots (85) Green Beans (4) Roasted Potatoes (5) Mandarin Oranges (6) <b>Cal: 741 Sodium: 431 Carb: 74</b>				



Highland Valley  
ELDER SERVICES



# SOUTHWICK COUNCIL ON AGING

454 College Highway  
Southwick, MA 01077

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

**Please Forward**  
**Change Service Requested**



## *Activities* **CALENDAR**

©LPI

**Monday 9:00am-** Quilting and Sewing Social Group  
**Monday 9:00am-** Yoga with Heidi \$2  
**Monday 10:00am-** Chi-Gong with Kathleen \$2  
**Monday 11:00am-** Writers Workshop  
**Monday 12:30pm-** Chinese Language and Culture Class

**Tuesday 9:00am -** Cardio Fusion (cardio, strength & stretching) with Donna \$2  
**Tuesday 10:00am-** Tai-Chi with Lenny \$2  
**Tuesday 12:00pm-** Cards  
**Tuesday 1:00pm-** Cribbage, Whist Card Game, and Pitch

**Wednesday 10:00am-** Line Dancing with Clara \$2  
**Wednesday 1:00pm-** Scrabble  
**Wednesday 1:00pm-3:00pm** Bingo

**Thursday 9:00am-** Zumba with Becca \$2  
**Thursday 12:15pm-** Cards and Mah Jongg  
**Thursday 1:00pm-** Crafts with Denise (2X per month)

**Friday 9:00am -** Cardio Fusion with Donna \$2  
**Friday 10:30am-** Chair Yoga with Heidi \$2

**April 26th only—Friday 10:45 Yoga Dance with Renee**

## **Cardio Fusion**

### **Cardio, Strength, & Stretching**

Cardio Fusion is a full-body workout that blends elements of cardio, resistance training, core work and stretching. The fun music gives you the motivation to push through the choreographed cardio, toning, and stretching segments as your body goes to new and interesting places. This class accommodates all levels with modifications offered as needed. Join Donna every Tuesday at 9am and again on Friday at 9am.

