

THE MESSENGER

A Newsletter For Southwick's Senior Community



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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 Poci, Carol Smith

Harvey Holm, Theresa Rogers

Associate Members:

Harriet Fischer, Elaine Boucher

Director: Cindy Sullivan

Assistant Director: Cara Cartello

COA Staff Member:

Denise Seibert

Dining Coordinator

Denise Hills-McGarry

SHINE: Cara Cartello



Like us on Facebook

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



SENIOR SIZZLER Returns to The Town Beach!!!!

Sponsored by The Park and Recreation

WHEN: Tuesday August 2nd

TIME: 11:00am-1:00pm

LOCATION: Southwick Town Beach

Southwick Police Department
will be cooking and providing
some food.

This event is FREE of charge for Senior Citizens 60 years or older.

Hamburgers and Hot Dogs will be served. Entertainment by Jack and His Guitar

Transportation can be provided if necessary—Swim wear is optional

You **must** sign up by calling the Senior Center at 569-5498.

Emergency House Number Sign Program Are the Fire and Police Departments able to find your house in an emergency? Let us help The Southwick Senior Center and The Southwick Fire Department are continuing our partnership to offer you another program. We are trying to make the homes in our community easier for Emergency Services to respond to 911 calls. We have reflective signs with house numbers that will go on homeowner's lawns that will reflect their house number day or night. This program is also available to all homeowners in Southwick for a onetime fee of \$25.00, but we have funding to help Seniors in our community. Call the Senior Center to sign up!

Flu Vaccine Clinic: The Senior Center will be having a flu clinic at the end of September or beginning of October. Please call the Senior Center to sign up and we will get more info out as soon as we are able.

Senior Center Info

You're Invited! Fall Welcome Back Event being held Sept. 7th

For every event you attend throughout the day you will be entered into our gift basket raffle. The schedule is as follows:

8:30am-9:30am

Pancake Breakfast: Come enjoy 2 pancakes and 2 sausage with orange juice and coffee and maybe some extra treats for \$2.00. Sign up is required and space is limited.

9:30am-11:00am

Meet and Greet: Come and meet with some public officials and town department heads, try out our demonstration of cooking safely, meet our new and returning class and exercise instructors, Friends of the Southwick Senior Center Representative, and receive info about our congregate dining, transportation, trips, and our SHINE programs.

11:30am-12:30pm

Sign up for Highland Valley Lunch and enjoy and Ice Cream Social: You must sign up in advance. At time of printing we are not sure what is on the menu, but we will have extra snacks to go with it.

1:00pm-3:00pm

BINGO: Come play BINGO and win some great prizes.



Crafts with Denise: Denise will be doing craft projects twice a month. You must sign up in advance and the cost is \$3.00 per class. Crafts will begin at 1:00pm

August 11th—Wine Glass Sea Painting

August 25th— Book Markers



JOIN US!



Cheryl Coakley-Rivera, Esq.
Register of Deeds invites
homeowners to an
informational seminar



- Who we are and what we do
- Homestead Act
- Consumer Notification System
- Title Fraud

All attendees are eligible to receive a **free certified copy** of their deed!

Pre-registration is required

Where: Southwick Senior Center

When: Wednesday August 24 - 10:00 a.m.

Contact: (413) 569-5498 (Senior Center)

Customer Service is our top priority!

Contact Information

413-755-1722  hcrodsd@sec.state.ma.us

 www.hampdendeeds.com

"Keep up to date with happenings at the Southwick Public Library!" The Southwick Library has a monthly newsletter that can be picked up at the library or delivered in the mail (to get it delivered, you just need to join the Friends of the Library). If you're interested in signing up for an email list, please stop by or give us a call at 413-569-1221. If you'd like to learn more about the Friends of the Library, visit our website or give us a call. We offer events both in person and virtually so there's plenty of ways to get involved!"

04 | TRIPS



Learn to Sew for children ages 10 years old and up: Sign your child or grandchild up for a learn to sew class.

Come make a pillowcase at the Senior Center with one of our expert Sewing Seniors. All supplies will be provided by Park and Rec. Class will be held on August 17th and 24th from 9:30am-11:30am. This class is free. You must sign up by calling the Senior Center.



DEALERS CHOICE:

On Tuesdays, Wednesdays, and Thursdays we have Dealers Choice cards games in the Exercise Room. Friendly group of individuals looking for more players. They play from 12:15pm-3:45pm all three days. Check it out!!!

We have a variety of card games on Tuesdays including Cribbage, Pitch, and Whist. We would love to you.



Monday Morning Movement: Walk with Cara and start your busy week off right. Meet outdoors

at the ramp entrance to the Senior Center at 8:30am. Cara will decide the Route and walk for approximately 45 minutes. Please call the Senior Center to register. Free to participate.



QuiltFest New England

The Volunteer Van will be going to QuiltFest New England at the Mass Mutual Center on Thursday, August 11, 2022. The cost is \$20.00. The van will leave the Senior Center at 9:15am.

Lavender Pond Farm & Cohen's Bagel Co.

The Volunteer Van will be going to Lavender Pond Farm and Cohen's Bagel Co. on Tuesday, August 16, 2022. The cost is \$5.00. Lunch will be at your own expense. The van will leave the Senior Center at 8:45am.

Thimble Island Cruise

The Volunteer Van will be going to Thimble Island on Thursday, August 25, 2022. The cost is \$18.00. Lunch will be at your own expense. The van will leave the Senior Center at 9:00am.

Lady Bea River Cruise & Lunch at Brunelle's Marina

The Volunteer Van will be going to Brunelle's Marina on Thursday, September 1, 2022. The cost is \$27.00. Reservation and payment is due by August 16, 2022. Lunch at Brunelle's Marina will be at your own expense. The van will leave the Senior Center at 10:30am.

Little George's Restaurant

The Volunteer Van will be going to Little George's on Tuesday, September 13, 2022. The cost is \$3.00. Lunch will be at your own expense. The van will leave the Senior Center at 11:00am.

Lee Premium Outlets

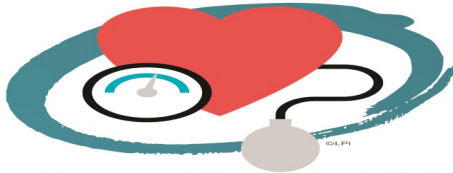
The Volunteer Van will be going shopping at the Lee Premium Outlets on Tuesday, September 27, 2022. The cost is \$3.00. The van will leave the Senior Center at 9:30 am.

Jimmy Mazz at Storowton Lunch & Show

Take a musical journey across the United States and enjoy all types of music with Jimmy Mazz. Tuesday, October 11, 2022. The cost is \$44.00 and due by September 26, 2022. The van will leave the Senior Center at 11:00am.



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 month. We are currently scheduling appointments for August 16th and September 20th. 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.



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. **Limited appointments being scheduled with Cara on 8/11, 8/25, and 9/8.** You must have appointment.



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 volunteers who receive reimbursement for their gas mileage.







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. A criminal background check will be completed.



Companions do not have to be Seniors. Please call the Senior Center to sign up. We will have brown bag on August 9th 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.

Highland Valley Elder Services Community Dining Menu - August 2022

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Choice: Chicken Broccoli Divan (509) Crunchy Potato Crusted White Fish w/ Lemon Pepper Sauce (333) Sweet Green Peas (66) Steamed Diced Carrots (64) Wheat Dinner Roll (210) Fresh Fruit Cal: 707 Sodium: 798 Carb: 88	2	Choice: Chicken Broccoli Divan (509) Homemade Macaroni & Cheese** (678) Stewed Tomatoes (12) Garlic Spinach (87) #Yogurt (75) Cal: 654 Sodium: 977 Carb: 109	3	Choice: Chicken Broccoli Divan (509) High Sodium Meal Yankee Pot Roast w/mushroom gravy** (840) Whipped Potatoes (58) Steamed Green Beans (3) Wheat Dinner Roll (210) #Apple Crisp (63) Cal: 845 Sodium: 1251 Carb: 101	4	Choice: Chicken Broccoli Divan (509) Chilled Egg Salad Sandwich (361) Fresh Cucumber Slices (2) Three Bean Salad (280) Chilled Pears (5) Cal: 658 Sodium: 772 Carb: 51	5	Choice: Chicken Broccoli Divan (509) Chili Con Carne y Frijoles (100) 1/2 Baked Potato (7) Sweet Yellow Corn (15) Homemade Corn Bread (454) #Pudding w/whip topping (195) Cal: 916 Sodium: 928 Carb: 123
8	CHOICE: Breakfast TacGo (410) Grilled Chicken Filet (320) on a wheat bun (230) Orange Glazed Beets (179) Vegetarian Baked Beans (140) #Chilled Diced Peaches (6) Cal: 565 Sodium: 994 Carb: 77	9	CHOICE: Breakfast TacGo (410) Homemade Cheese Pizza (440) Steamed Zucchini (2) Roasted Cauliflower (32) #Gelatin w/whip topping (61) Cal: 656 Sodium: 660 Carb: 84	10	CHOICE: Breakfast TacGo (410) Breaded Catfish Strips (118) Au Gratin Potatoes (195) Brussel Sprouts (38) #Chocolate Brownie (149) Cal: 810 Sodium: 626 Carb: 118	11	CHOICE: Breakfast TacGo (410) Pesto Chicken w/ penne noodles** (665) Cherry Tomatoes (2) Roasted Broccoli (15) French Bread (256) Fresh Fruit Cal: 781 Sodium: 1064 Carb: 84	12	CHOICE: Breakfast TacGo (410) High Sodium Meal Greek Lettuce Salad w/ chickpeas & House Made Dressing (456) and grilled chicken Strips (496) 1/2 Pita Bread (250) #Chilled Pears (5) Cal: 782 Sodium: 1333 Carb: 77
15	CHOICE: Cheese Lasagna Rollup (290) Swedish Meatballs (375) Gemelli Pasta (8) Sweet Green Peas (66) Yellow Squash (3) #Apple Cinnamon Bear Grahams (85) Cal: 726 Sodium: 664 Carb: 85	16	CHOICE: Cheese Lasagna Rollup (290) Tenyaki Chicken ** (786) over Steamed Brown Rice (84) Carrot Coins (64) Sugar Snap Peas (3) #Birthday Cake (221) Cal: 777 Sodium: 1013 Carb: 111	17	CHOICE: Ham & Cheese Sandwich (894) Chilled Cottage Cheese scoop (348) on lettuce/tomato w/peaches and pineapple (7) Shack n Loaf (120) Fresh Fruit Cal: 692 Sodium: 686 Carb: 118	18	CHOICE: Cheese Lasagna Rollup (290) Baked Pollock Loaf w/Florentine Sauce (227) Steamed Asparagus (4) Sweet Yellow Corn (15) French Bread (256) Wheat Dinner Roll (210) #Applesauce (15) Cal: 710 Sodium: 862 Carb: 97	19	CHOICE: Cheese Lasagna Rollup (290) Savory Beef Meatloaf** (644) Whipped Potatoes (58) Steamed Spinach (87) Wheat Dinner Roll (210) 100% Apple Juice (5) Cal: 792 Sodium: 1129 Carb: 85
22	CHOICE: Ham & Cheese Sandwich (694) Chilled Beef Taco Salad w/ Tortilla Strips (327) Corn Salad (52) Peppers and Onions (3) #Chilled Pears (5) Cal: 864 Sodium: 518 Carb: 81	23	Choice: Salisbury Steak (370) Scrambled Eggs w/ Turkey Sausage & Cheese** (535) Oven Roasted Sweet Potatoes (63) Brussel Sprouts (38) Rye Bread (150) #Pudding w/whip topping (195) Cal: 770 Sodium: 871 Carb: 106	24	Choice: Salisbury Steak (370) Classic Beef Sloppy Joe's (80) on a wheat bun (230) Steamed Green Beans (3) Whipped Potatoes (58) #Chilled Diced Peaches (6) Cal: 660 Sodium: 503 Carb: 88	25	Choice: Salisbury Steak (370) Homemade Chicken Pot Pie (484) Sweet Green Peas (66) Warm Fruit Compote (9) #Gelatin w/whip topping (61) Cal: 704 Sodium: 745 Carb: 93	26	Choice: Salisbury Steak (370) Chicken Parmesan ** (650) w/Penne Pasta (5) Steamed Broccoli (9) Roasted Cauliflower (32) Fresh Fruit Cal: 851 Sodium: 800 Carb: 119
29	Choice: Pork Chopette (588) Lemon Chicken (85) over Steamed Brown Rice (84) Steamed Zucchini (2) Carrots (64) Mandarin Orange Slices (6) Cal: 564 Sodium: 366 Carb: 68	30	Choice: Pork Chopette (588) Vegetable Quiche (307) Roasted Potatoes (25) Orange Juice (5) Shack n Loaf (120) Fresh Fruit Cal: 836 Sodium: 624 Carb: 105	31	Choice: Pork Chopette (588) Low Sodium Hot Dog (338) on a wheat bun (210) Roasted Broccoli (64) Sweet Yellow Corn (15) #Pudding w/whip topping (195) Cal: 739 Sodium: 891 Carb: 85				Key for Symbols: Cal: Calories Carb: Carbohydrates (gm) Sodium (mg) # Diabetic Friendly Dessert **Higher Sodium Item (>500mg) Local Produce Vegetarian
									
Meals based on No Added Salt Diet (3-4gm sodium) for healthy older adults. Sodium content is listed next to each item in (). If you have a special concern regarding the menu, contact the Nutritionist at 413-582-9301 for guidance on managing your intake to meet your dietary requirements.		Meals based on No Added Salt Diet (3-4gm sodium) for healthy older adults. Sodium content is listed next to each item in (). If you have a special concern regarding the menu, contact the Nutritionist at 413-582-9301 for guidance on managing your intake to meet your dietary requirements.		Meals based on No Added Salt Diet (3-4gm sodium) for healthy older adults. Sodium content is listed next to each item in (). If you have a special concern regarding the menu, contact the Nutritionist at 413-582-9301 for guidance on managing your intake to meet your dietary requirements.		Meals based on No Added Salt Diet (3-4gm sodium) for healthy older adults. Sodium content is listed next to each item in (). If you have a special concern regarding the menu, contact the Nutritionist at 413-582-9301 for guidance on managing your intake to meet your dietary requirements.		Meals based on No Added Salt Diet (3-4gm sodium) for healthy older adults. Sodium content is listed next to each item in (). If you have a special concern regarding the menu, contact the Nutritionist at 413-582-9301 for guidance on managing your intake to meet your dietary requirements.	

To order a meal you must call the Senior Center at 569-5498 by 10:00am the day before you would like a meal.

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 for guidance on managing your intake to meet your dietary requirements.



SOUTHWICK COUNCIL ON AGING

454 College Highway

Southwick, Massachusetts 01077

Please Forward

Change Service Requested

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



An
amazing
food
truck is
coming

to town. They will be located in the back parking lot on Friday September 16th from 11am-2:00pm. The options are great and the food is delicious. This event is open to the public. No sign ups necessary.

Friends of Southwick Senior Center

Join us for our **Fall Tag and Craft Sale!**

When: October 1st, 2022 9 am- 3 pm

Where: Front Lawn of Southwick Town Hall

Cost: \$20 for approx. 10'x10'

(Vendors supply own tables, chairs, and tents)

Refreshments will be available for purchase

To **reserve space**, send your name, and contact information along with payment to:

Southwick Seniors

P.O. Box 263

Southwick, MA 01077

Reservations must be received by

September 26, 2022

For further info contact Joyce Bannish at
(413) 569-3232

No refunds for cancelations for no shows

