

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 Pocai, 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



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Council on Aging](http://www.facebook.com/SouthwickSeniorCenter/CouncilonAging)



Senior Sizzler at the Town Beach:

Sponsored by The Park and
Recreation Department

And The Southwick Police Department will be helping

When: Tuesday August 8th

Time: 11:00am-1:00pm

Location: Southwick Town Beach

This event is FREE of charge for Senior Citizens 60 years or older.
Entertainment, Hamburgers, Hot Dogs, Ice Cream and lots of fun!!!
Transportation can be provided.-Swimming is optional. You must
sign up by calling the Senior Center at 569-5498. If it's raining this
event will be held at the Senior Center.

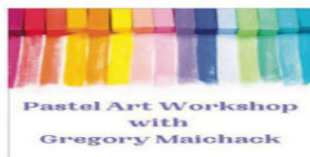
Park and Recreation and The Senior Center

Presents a FREE program



Pastel Painting—Jellyfish for teens and adults

Paid for in part by grant funding from the Southwick Cultural Council LLC



Jellyfish

HOW TO PASTEL PAINT

Thursday August 17th

10:00am-12:00pm

All materials supplied



Come and join us for a great work-
shop and leave with a beautiful
piece of pastel artwork.

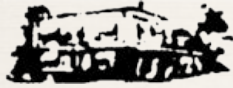
Beginners to Advanced participants
are welcome.

Teenagers and Senior Citizens are
encouraged to participate.

Register by calling the Senior Center
569-5498

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Senior Center Info



The Senior Brown Bag

We will have brown bag on Aug. 8th 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.

Fall Welcome Back being held Aug 31st

Pancake Breakfast and
Meet and Greet

8:30am-10:00am: Come in and 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. While your waiting for your pancakes or immediately following eating head over to our Fall instructors who are able to attend and they will tell you all about their classes being offered. We will also have Select Board members, police and fire representatives, our Friends Group volunteers, and hear about our dining room and transportation options. Talk to our staff about our trips we offer and how we offer several volunteer opportunities.



GARDENING CLUB:

We have started a gardening club here at the Senior Center.

If you would be interested in joining this great club using raised gardening beds with vegetables and herbs in collaboration with the Greater Westfield Boys and Girls Club. We are so excited for this collaboration.

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 now available to all homeowners in Southwick for a one time fee of \$25.00, but we have funding to help Seniors in our community. Call the Senior Center to sign up!



Learn to Sew

for children ages 10 years old and up: Sign your child or grandchild up for a learn to sew class. They will learn from highly skilled sewers who are excited to teach a younger generation their craft. Come make a small project at the Senior Center. All supplies

will be provided. Class will be held on August 15th and 22nd from 9:30am-11:30am. This class is free. You must sign up by calling the Senior Center at 569-5498. Space is limited.



Crafts with Denise: The cost is \$3.00 per class.

Crafts will begin at 1:00pm.

August 10th —Painted Shells

August 24th— Bird Houses

September 7th— Flower Napkin Holders

September 21st— Leaf Print Coaster



Southwick Legion Post 338 will hold their monthly spaghetti dinner on Wednesday September 20th. Proceeds for this particular evening will benefit the Friends of the Southwick Senior Center. Please attend if you are able. Our September newsletter will have more information.

Upcoming Events



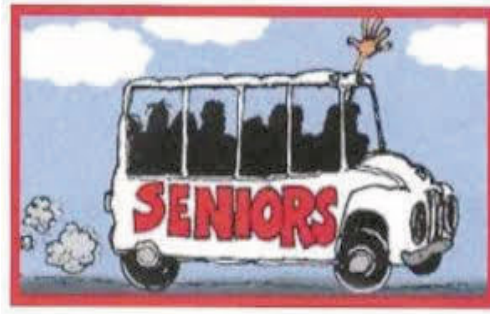
Friday Morning Movement:

Walk with Cara and start your busy weekend 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. WE need at least 5-7 participants in order to do this walk with Cara present. Free to participate.

Pickleball: This great experience will continue with another 5 week session beginning on Thursday July 27th. The cost will be \$5.00 per class. There will be a class from 9am-10am and 10am-11am. You must pre-register to participate. If you have paddles please bring them and also bring a lawn chair. Appropriate foot wear is required. Please bring water bottles to stay hydrated. Meet out by the basketball court behind town hall. Afternoon classes will re-



sue in the Fall.



Foxwoods

The Volunteer Van will be going to Foxwoods Casino on Thursday, August 10, 2023. The cost is \$6.00. The van will leave the Senior Center at 8:00am.

Lady Bea River Cruise & Lunch at Brunelle's Marina

The Volunteer Van will be going to Brunelle's Marina on Friday August 25, 2023. The cost is \$27.00. Lunch at Brunelle's Marina will be at your own expense. The van will leave the Senior Center at 11:00am.

Memo's Restaurant

The Volunteer Van will be going to Memo's Restaurant in West Springfield Date to be determined. Please call COA office. The cost is \$4.00. Lunch will be at your own expense. The van will leave the Senior Center at 11:00 am.

Essex Steam Train and Riverboat Lunch Excursion

Trip includes a leisurely ride on the steam train, boat ride up river and a three course meal on Friday, September 1, 2023. The cost is \$73.00. Payment is required by August 23, 2023. The van will leave the Senior Center at 9:15 am.

Schermerhorn's Seafood Restaurant

The Volunteer Van will be going to Schermerhorn's in Holyoke on Tuesday, September 13. The cost is \$4.00. Lunch will be at your own expense. The van will leave the Senior Center at 10:45 am.

The Big E

The Volunteer Van will be going to the Big E on Tuesday, September 26, 2023. The cost is \$4.00. Tickets will be purchased on your own at the gate. The van will leave the Senior Center at 9:00 am.



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 June 20th and July 18th. You must call the Senior Center and schedule an appointment.



BLOOD PRESSURE SCREENINGS

Blood Pressure screenings : The Fire Dept. will be doing a 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 visit. 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. It's always a good idea to call ahead of your arrival.



Senator Paul Mark Office Hours: Senator Mark or a representative from his office will be 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.



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.**


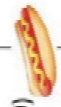
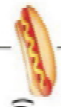
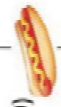
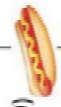
COMPANION PROGRAM

The Southwick Senior Center has created a Companion Program. The program will assist frail, home-bound 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 - August 2023

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div><p>Highland Valley ELDER SERVICES</p></div> <div><p>Choice: Spinach Feta Egg Casserole (36) Breaded White Fish (287) Wheatar sauce (85) Butternut Squash Mac & Cheese (373) Brussel Sprouts (14) #Gelatin w/whip topping (61)</p><p>Cal: 899 Sodium: 981 Carb: 73</p><p>Choice: Lentil Bolognese (261)</p><p> Low Sodium Hot dog** (540) on a bun (210) Vegetarian Baked Beans (156) Peas (66) Applesauce (9)</p><p>Cal: 808 Sodium: 1106 Carb: 97</p></div>	<p>Choice: Spinach Feta Egg Casserole (36) Cheese Pizza (476) Garden Salad (27) w/Italian Dressing (119) Broccoli (9) Warm Fruit Compote (8)</p> <p>Cal: 737 Sodium: 764 Carb: 105</p> <p>Choice: Lentil Bolognese (261)</p> <p> Chicken Teriyaki (447) Steamed Brown Rice (84) Sugar Snap Peas (5) #Pudding w/whip topping (195)</p> <p>Cal: 754 Sodium: 919 Carb: 92</p>	<p>Choice: Spinach Feta Egg Casserole (36) Pasta Primavera (29) Spinach (76) Garlic Bread (280) Fresh Fruit</p> <p>Cal: 714 Sodium: 512 Carb: 90</p> <p>Choice: Tuna Salad Grinder (516)</p> <p> Egg Salad (257) Cucumber Slices (2) Corn Salad (52) Pumpnickel Bread, 1 slice (155) Chilled Pears (4)</p> <p>Cal: 730 Sodium: 506 Carb: 61</p>	<p>Choice: Spinach Feta Egg Casserole (36) Ham and Cheese Grinder** (633) Carrot Raisin Salad (194) Pickled Beets (159) Chilled Peaches (6)</p> <p>Cal: 680 Sodium: 1396 Carb: 73</p> <p>Choice: Lentil Bolognese (261)</p> <p> Meatloaf (202) Mashed Potatoes (58) Green Beans (3) Dinner Roll (210) Fresh Fruit</p> <p>Cal: 694 Sodium: 600 Carb: 97</p>	
<p>Choice: Vegetarian Broccoli & Cheese Casserole (335) Sloppy Joes (80) on a bun (230) Corn (6) Spinach (76) Fruit Crisp (11)</p> <p>Cal: 699 Sodium: 528 Carb: 95</p>	<p>Choice: Vegetarian Broccoli & Cheese Casserole (335) Spaghetti and Meat Sauce (310) Asparagus (3) Garlic Knot (220) Fresh Fruit</p> <p>Cal: 695 Sodium: 661 Carb: 90</p>	<p>Choice: Tuna Salad Grinder (516) Chicken Salad (251) Cherry Tomatoes (2) Mandarin Orange Slices (6) Rye Bread, 1 slice (150) Chocolate Brownie (149)</p> <p>Cal: 749 Sodium: 684 Carb: 68</p>	<p>Choice: Vegetarian Chili (333) w/ Cornbread (284) Turkey Pot Pie (276) Carrots (64) Dinner Roll (210) Chilled Peaches (6)</p> <p>Cal: 701 Sodium: 682 Carb: 80</p>	
<p>Choice: Vegetarian Chili (333) w/ Cornbread (284) Vegetarian Lasagna Rolls (370) Brussel Sprouts (14) Cauliflower (14) #Yogurt and Grahams (135)</p> <p>Cal: 592 Sodium: 658 Carb: 90</p>	<p>Choice: Tuna Salad Grinder (516) Greek salad w/grilled chicken (498) 1/2 pita bread (292) Garlic Hummus (202) Chilled Pears (4)</p> <p>Cal: 705 Sodium: 1121 Carb: 80</p>	<p>Choice: Vegetarian Chili (333) w/ Cornbread (284) Ham & Cheese Quiche (478) Scalloped Potatoes (77) Zucchini (2) Orange Juice (5)</p> <p>Cal: 628 Sodium: 687 Carb: 55</p>	<p>Choice: Vegetarian Chili (333) Grilled Chicken Flet (400) w/ Honey Dijon Sauce (113) on a bun (230) Sweet Potatoes (33) Peas (66) Fresh Fruit</p> <p>Cal: 759 Sodium: 969 Carb: 116</p>	<p>Choice: Vegetarian Chili (333) w/ Cornbread (284) Swedish Meatballs (375) Gemelli Noodles (8) Italian Blend Vegetables (19) Mushrooms (41) Applesauce (9)</p> <p>Cal: 657 Sodium: 578 Carb: 79</p>
<p>Choice: Tuna Salad Grinder (516) Cottage Cheese & Fruit Platter (354) Snack n Loaf (160) #Blue Raspberry Frozen Fruit Smoothie (135)</p> <p>Cal: 737 Sodium: 775 Carb: 116</p>	<p>Choice: Cheesy Baked Ziti (323) Ginger Glazed Salmon (368) Couscous (47) Yellow Squash (3) Green Beans (3) Stewed Prunes (3)</p> <p>Cal: 882 Sodium: 549 Carb: 119</p>	<p>Choice: Cheesy Baked Ziti (323) Italian Sausage** (630) on a Grinder Roll (218) Peppers and Onions (3) Cauliflower (14) Pudding w/whip topping (195)</p> <p>Cal: 755 Sodium: 1185 Carb: 71</p>	<p>Choice: Cheesy Baked Ziti (323) Garden Pesto Pasta (135) Chickpea, Tomato, and Onion (79) French Bread (256) #Birthday Cake (276)</p> <p>Cal: 622 Sodium: 871 Carb: 92</p>	<p>Key for Symbols: Cal: Calories Carb: Carbohydrates (gm) Sodium (mg) # Diabetic Friendly Dessert **Higher Sodium Item (>500mg) Local Produce Vegetarian</p>

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 413-582-9301 for guidance on modifying your intake to meet your dietary requirements. To cancel a meal, please see reverse.



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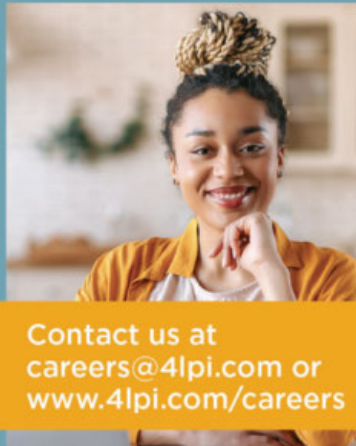
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Change Service Requested

ALL CLASSES WILL RESUME on SEPTEMBER-11th some run in the summer

Monday 9:00am-	Quilting and Sewing Social Group
Monday 10:00am-	Chi-Gong with Kathleen \$2
Monday 11:00am-	Writers Workshop (Conference Rm 3)
Monday 12:30pm-	Chinese Language and Culture Class
Tuesday 9:00am	NEW Aerobics with Donna \$2
Tuesday 10:00am-	Tai-Chi with Lenny \$2
Tuesday 1:00pm-	Cards, Cribbage, Whist Card Game, more
Wednesday 10:00am-	Line Dancing with Clara \$2
Wednesday 1:00pm-	Scrabble
Wednesday 1:00pm-3:00pm-	BINGO with Cara
Wednesday 12:00pm-	Cards
Thursday 9:00am-	Zumba with Becca \$2
Thursday 10:30am-	Yoga with Renee \$2
Thursday 1:00pm-	Crafts with Denise (2X per month)
Thursday 9:00am-11:00am-	Pickelball (pre-registration required)
	2 1 hour sections (\$5 a class)
Friday 10:30am-	Chair Yoga with Heidi \$2

Look for information about BINGOSIZE coming in the Fall!!!

Senior P.A.T.R.O.L.: Avoiding Identity Theft, Scams & Fraud

*Being held at the Southwick Senior Center
Tuesday August 29th at 11:00am*

According to the Federal Trade Commission, consumers reporting losing nearly \$8.8 billion to scams in 2022. Avoid becoming a statistic! Hear the facts of identity theft, scams and fraud, why and how they target the elderly, and learn the immediate steps you can take to protect yourself. This presentation will leave you feeling empowered, and knowing when to step into immediate action, and where to seek help! Register now!

Milagros Johnson has over 20 years working for the (Springfield) Mayor's Office of Consumer Information, a Local Consumer Program working in cooperation with the Massachusetts Attorney General's Office serving Hampden County and parts of Worcester County.

ALL ARE WELCOME