

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, Donna Charron
Harvey Holm, Theresa Rogers,

Associate Members:

Harriet Fischer, Carol Smith
COA Director: Cindy Sullivan
COA Staff Members:

Denise Seibert
Cara Cartello

Dining Coordinator
Denise Hills-McGarry

SHINE:

Cara Cartello

Jingle Bell Jubilee Our Christmas Luncheon at the Southwick Senior Center will be catered by Tucker's Restaurant in Southwick. Jingle Bell Jubilee will be held on Wednesday, December 13th from 11:00am-1:00pm. The cost is \$20.00 pp. You will need to sign up and pay in the office by December 8th. Your choice for lunch is Yankee Pot Roast or Baked Scrod. Appetizers will be provided by the Friends Group. We will have our raffle with donations from our generous local business friends. Raffle tickets will be \$10 per sheet which will give you 25 chances to win. We have very limited seating so please sign up asap.

SAND FOR SENIORS:

Please call the Senior Center to sign up for this program. In the winter months there is a significant number of Seniors falling on the ice. We are so thankful that The Fire Department or a volunteer will deliver a bucket with sand and a scooper in it. If you received a bucket last year please call for a refill of sand. Distribution of sand and buckets has begun.



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Senior Center Info



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

December 9th– Christmas Ornament

Jan 11th– Coloring January 25th Tooth Brush Painting



Once again AARP Tax Aide Program volunteers will be completing taxes at our Senior Center on Tuesdays beginning February 13th.

*Call the office beginning on January 9th to schedule a date for tax completion. You will need to come to the Senior Center to pick up a packet of information. A confirmation letter, instruction sheet, and intake form will be in this packet.. These documents must be completed before paperwork is dropped off.

*On the day your taxes are being completed you must drop off all documents in an envelope into the Senior Center Drop box at the Senior Center back entrance between 8:00am and 9:00am only.

*You must be available via phone for any questions while the volunteer is completing your tax forms

*You will receive a call on the same day to pick up your tax documents. You will need to go over documents with the tax preparer and give permission to submit. We will not mail them or keep them in our office.

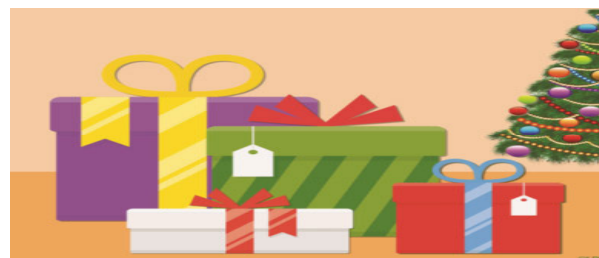
If paperwork is incomplete then you will need to schedule an appointment on another day if one is available

Herbert C. Pace Jr. Good Citizen Award

Please start thinking about Nominations for the Herbert C. Pace Jr. award. The criteria for the recipient of the Herbert C. Pace Jr. award are as follows:

- *Must be 65 years old
- *Active in the Southwick COA activities and events
- *Open to all Southwick COA participants
- *COA Staff members are not eligible

****Nominations will be accepted during the month of Jan and Feb. A form with the persons name and the reason you think they deserve the award needs to be turned into the Senior Center. The COA board will go through the forms and decide on a recipient at their March meeting. A small reception will be held in late March to honor the recipient.



RELAX AND LEAVE YOUR CHRISTMAS WRAPPING TO US!

The Friends of the Southwick Senior Center will be hosting a “Christmas Wrapping Fundraiser” to be held at the Senior Center (come in slider entrance) in the back on Town Hall

Saturday, December 16th

8:00am to 1:00pm.

All gifts must be “ready to wrap” (i.e. we will have no boxes, etc.). Wrappings will be provided. There is no charge but donations are appreciated. Come and have a coffee and donut while your gifts are being wrapped.



ELMS COLLEGE STUDENTS RETURN:

In collaboration with our town nurse, Tricia, the board of health, and

Elms College Nursing students we will be hosting 4 nursing students on Wednesdays from 10am-1pm at the Senior Center beginning on January 24th in the lunch room at 11:45am on topics of interest to Seniors. They will also be available to answer basic questions, but are not there to replace an office visit with your primary care physician. Please do not come to the Senior Center if you are not feeling well.

**SORRY...
WE'RE
CLOSED**

Mon. Dec. 25th
Tuesday Dec. 26th
Mon. Jan 1st
Mon. Jan. 15th

UPCOMING TRIPS



Van Driver's Needed: If you would like to volunteer to drive our Van on any of these trips please call the Senior Center. Volunteers receive free lunch and admission to the venue. Criminal background checks are completed.

Jimmy Mazz at Storowton Lunch & Show: Celebrate the holiday with Jimmy Mazz on Tuesday, December 5, 2023. Lunch will be Yankee Pot Roast, potato, vegetable, rolls, salad, dessert and coffee or tea. The cost is \$53 and due by November 23, 2023. The van will leave the senior Center at 11 am.

Bright Nights: The Volunteer Van will be going to see the Holiday lights at Bright Nights on Thursday, December 14, 2023. The cost is \$4.00. The van will leave the Senior Center at 4:30 pm.

Bubble Mug Café & Pottery Cellar: The Volunteer Van will be going to Bubble Mug Café at the Pottery Cellar for lunch on Thursday, December 21, 2023. The cost is \$4.00. The van will leave the Senior Center at 10:30 am.

Westfield Technical Academy Lunch: The Volunteer van will be going to the Westfield Technical Academy for their amazing lunch at some point in January. It may be a regular lunch or a buffet. Please call the Senior Center to sign up.

Foxwoods: The Volunteer van will be going to the Foxwoods Casino on Thursday January 18, 2024. The cost will be \$6.00. The van will leave the Senior Center at 8:00am sharp.



Baked Potato Bar added to lunch: We will have delicious baked potato and all the fixings in addition to the lunch. This amazing opportunity will be held on Friday January 12th. The cost of this event will be \$3.00 paid to the Senior Center before the event. You must sign up to participate.

Birthday Celebration: We will celebrate all of our birthdays in 2023. We will have snacks and birthday cake for everyone who signs up for lunch. This event will take place on Tuesday January 23rd. You must sign up for lunch to participate.

FUEL ASSISTANCE INFORMATION: You must call the office to make an appointment to fill out the fuel assistance application. To help make your application process more efficient please make sure you bring in the following items: All Income (social security, retirement, and 1099 bank statements), Electric Bill, Oil or Gas Bill, Water Bill, Real Estate Tax bill, Homeowners Coverage, Photo ID, and 4 weeks of consecutive employment pay stubs if applicable. Please have document organized and ready to photo copy. These documents are required by Valley Opportunity not the Senior Center. The Senior Center assists you in filling these applications out. We do not make the decisions regarding fuel assistance. Your information remains confidential and a file is not kept in our office it is sent to Valley Opportunities. Please call the office to schedule an appointment at (413)569-5498. If you are not comfortable coming into the Senior Center please call and we will set up a time for you to drop off your documents and we will call you when your documents are ready to be picked up.

Highland Valley Elder Services Community Dining Menu -December 2023

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Key for Symbols: Cal: Calories Carb: Carbohydrates (gm) Sodium (mg) # Diabetic Friendly Dessert **Higher Sodium Item (>500mg)  Local Produce  Vegetarian	 Choice: Chicken Cordon Bleu (458) Turkey A La King (209) Pasta (2) Carrots (44) French Bread (150) Fresh Fruit (2) Cal: 763 Sodium: 531 Carb: 91 Choice: Mushroom Turkey Tetrazzini (334) Chicken Teriyaki (402) Brown Rice (5) Snap Snow Peas & Bean Sprouts (8) Mandarin Oranges Slices (10) Cal: 730 Sodium: 554 Carb: 78 Choice: Mac & Cheese (194)	 Choice: Chicken Cordon Bleu (458) Cobb Salad (145) Tomato/Cucumber slices (5) 1/2 Pita Bread (135) #Fruit Crisp (22) Cal: 716 Sodium: 577 Carb: 72 Choice: Mushroom Turkey Tetrazzini (334) Cheeseburger Chowder (282) Roasted Root Veg & Corn (57) French Bread (150) #Chocolate Chip Oatmeal Cookie Cal: 698 Sodium: 685 Carb: 102 Choice: Mac & Cheese (194)	 Choice: Chicken Cordon Bleu (458) Chicken Noodle Soup (79) Butternut Squash (57) Green Peas & Onions (64) Dinner roll (132) Yogurt (80) Cal: 730 Sodium: 538 Carb: 110 Choice: Mushroom Turkey Tetrazzini (334) Spaghetti & meat sauce** (516) Broccoli (19) Garlic Knots (245) Fresh Fruit (2) Cal: 781 Sodium: 907 Carb: 92 Choice: Mac & Cheese (194)	Choice: Beef Wellington (210) Cheddar Broccoli Soup (175) Roasted Potatoes (7) French Bread (150) #Brownie (175) Cal: 786 Sodium: 632 Carb: 105 Choice: Chicken Cordon Bleu (458) Stuffed Pepper Casserole (194) California Blend & Corn (39) Cornbread (211) #Gelatin w/ Topping (61) Cal: 808 Sodium: 609 Carb: 108 Choice: Mushroom Turkey Tetrazzini (334) Baked Flounder & Lemon Butter sauce (210) Carrots & Green Beans (73) Rice pilaf (18) #Birthday Cake (294) Cal: 752 Sodium: 728 Carb: 108 HIGH SODIUM DAY Choice: Mac & Cheese (194)
Cal: 845 Sodium: 464 Carb: 144 Choice: Mushroom Turkey Tetrazzini (334) Philly Cheese Steak Grinder (385) Peppers/Mushroom/Onions (147) Zucchini & Yellow Squash (5) Carrots (44) Applesauce (9) Cal: 737 Sodium: 672 Carb: 70 Choice: Mac & Cheese (194)	Choice: Chicken Cordon Bleu (458) Maple glazed salmon (278) Couscous (11) Zucchini & Tomato (40) Cinnamon Raisin Compote (9) Cal: 827 Sodium: 816 Carb: 108 Choice: Chicken Stew (298) Breaded Fish Sandwich** (544) Tart Sauce (123) Carni Veg Blend (16) Spiced Peaches (2)	Choice: Chicken Stew (298) Baked Ziti (361) Garlic Green Beans & Carrots (72) French Bread (150) Fresh Fruit (2) Cal: 744 Sodium: 711 Carb: 105 Choice: Chicken Stew (298)	Choice: Chicken Stew (298) Roasted Chicken w/ Gravy (185) Mashed Potato (26) Green Peas & Carrots (75) Dinner roll (132) #Pudding w/ Topping (195) Cal: 781 Sodium: 737 Carb: 90 Choice: Chicken Stew (298)	Choice: Chicken Stew (298) Broccoli & Mushroom Egg Frittata (277) Dinner roll (132) Au Gratin Potato (277) Mandarin Orange Slices (10) Cal: 709 Sodium: 599 Carb: 68



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 this menu, contact the Nutritionist at 413-561-7213 for guidance on managing your intake to meet your dietary requirements. To cancel a meal, please see reverse side.



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. You must call the Senior Center and schedule an appointment.



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 visits, and the nurse 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.



Medicare's Open Enrollment Period is from October 15 to December 7, you can enroll in health and drug plans for 2024. Use these quick tips to get ready for Medicare's Open Enrollment.

Check your mail. You may get important notices from your current plan, Medicare, or Social Security about changes to your coverage or any Extra Help you may get paying for prescription drugs. Just remember —plans aren't allowed to call or come to your home.

Review your new "Medicare & You" handbook. It has information about Medicare coverage, as well as Medicare plans in your area. Review your current coverage plans change and your needs change. Carefully review any materials and changes in costs or coverage that will happen in 2024, and decide if your current Medicare coverage will meet your needs for the year ahead.

Preview 2024 health & prescription drug plans online. Our new and improved Medicare Plan Finder makes it easier than ever to compare coverage options and shop for plans. Go on your Medicare account or create a Medicare account. SHINE is open for in person appointments. Please call the office at 569-5498 to schedule your consultation with Cara. **Southwick Residents Only**



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 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.

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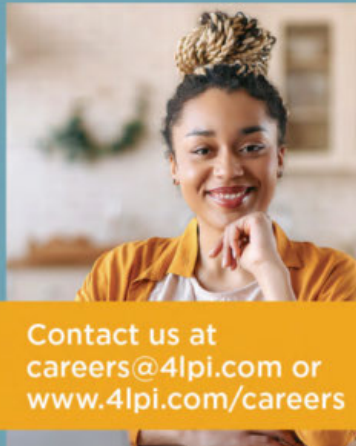
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ActivitiesCALENDAR

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

Tuesday 9:00am— Aerobics with Donna
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 with Cara

Thursday 9:00am- Zumba with Becca \$2
Thursday 10:30am- Yoga with Renee \$2
Thursday 12:15pm- Cards and Board Game Afternoon
Thursday 1:00pm- Crafts with Denise (2X per month)

Friday 9:00am - Aerobics with Donna \$2
Friday 10:30am- Chair Yoga with Heidi \$2
Friday November 17th only— Yoga Dancing with Renee



Technology Support for Seniors :

The Westfield Technical Academy will be at the Southwick Senior Center from 11:45am-1:45pm.

**12/7/23, 1/4/24, 2/1/24,
3/7/24, 4/4/24, 5/9/24,
6/6/24**

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.