

THE MESSENGER

A Newsletter For Southwick's Senior Community



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DECEMBER AND JANUARY NEWSLETTER

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: Patti Phillips

Members:

Jack Pocai, Donna Charron

Harvey Holm, Theresa Rogers

Associate Members:

Harriet Fischer, Donna Foisy

COA Director: Cindy Sullivan

COA Staff Members:

Denise Seibert

Heather Perron

Dining Coordinator

Denise Hills-McGarry

SHINE:

Theresa Bessette



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



Mass Appeal' ~ Special Senior Edition!

Council On Aging Directors from throughout Western Massachusetts have been working with Mass Appeal co-host Patrick Berry on a special edition of the show that will focus on older adults. What began as a collaboration to highlight area Senior Center holiday performers, morphed into an entire show dedicated to the topic of aging adults in our area. **Tune in to WWLP Channel 22 for Mass Appeal on Tuesday, December 8 at 11 a.m.** for an hour filled with information and local entertainers performing both original holiday pieces as well as traditional favorites. Topics that co-hosts Alanna Flood and Patrick Berry will delve into include the physical, psychological and emotional wellbeing of older adults, caregiver stress, nutrition, and fitness. When a group of dedicated, compassionate, committed Senior Center Directors teams up with a talented television duo, the results are definitely worth watching!



Drive -Thru Candy Cane Extravaganza!!

Due to COVID-19 restrictions we will proudly present our Drive-Thru **Candy Cane Extravaganza** at The Senior Center back entrance on Wednesday **December 16th** at 11:30am. **Wear your ugly sweater and your mask** and we will hand you a great hot meal prepared from Tucker's Restaurant to include Pot Roast and all the fixings. Then go home and enjoy your meal while watching a Holiday Performance on Southwick's Channel 15 beginning at 12:15pm. Meal compliments of the Southwick Select Board. **You must sign up space is limited by calling the Senior Center at 569-5498.**

Center Updates

SENIOR CENTER MEALS: LOOK FOR THIS MONTH'S MENU ONLINE AT WWW.SOUTHWICKMA.ORG/COA OR CALL US.

Senior Center Grab and Go lunches are available Monday through Friday. You must call the Senior Center the day before you would like a meal by 10:00am at 569-5498. You can also sign up for the entire month by turning in a circled menu with your name on it. We highly recommend this for our most popular meals as space may be limited. Grab and Go begins at 11:30am and will be distributed the ramp at the sliding glass doors instead of the garage. Follow the signs and please drive slowly and cautiously through the parking lot.

BROWN BAG DISTRIBUTION

We will have brown bag on Dec. 8th and Jan. 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 12:pm and 12:30pm ONLY. Bags will be available at the garage. Please remain in your vehicle.

TRANSPORTATION:

Rides are available for routine doctor appts and trips to Big Y,, Ocean State Job Lot, and The Dollar Tree in Southwick only. We will also go to Stop and Shop in Westfield only. We will continue to go to the pharmacies for prescription drug pick in Southwick only. There will be only two riders per trip, you must wear a mask at all times while riding the van. Exact change is needed at time of transportation, no change will be given. If you are sick please cancel your ride. Call the senior center to schedule your appt.



From the Director

Hello Everyone: The Holiday Season is here!!! Winter is settling in and the days are getting colder. Our Senior Center remains closed until further notice. Please look through our newsletter for new activities we are offering. We have tried very hard to keep you all engaged, and we would love to have you try one of our activities. Denise will be doing crafts some virtual and some that you will do on your own. Heather, our new staff person, will be playing BINGO, and with our collaboration with the library I will be facilitating a book club for all to enjoy. We also have our ongoing Sand for Seniors program and we are reintroducing our Seniors Helping Seniors program. We have also included information about AARP Tax prep and a "Sharps Collection Day" to be held in December. We would also like to give a big **SHOUT OUT** to Select Board Member Joe Deedy and all of the Southwick partners including the

Southwick Civic Fund for delivering over 200 meals on Thanksgiving Day to our Seniors. This was a great way to support our Seniors who needed to stay home to stay healthy. Please stay safe and when you have visitors or leave your home everyone should wear a mask to keep each other safe so we can beat this virus!!!

Peace and Joy— Cindy Sullivan



FUEL ASSISTANCE:

We are NOT taking in person appointments. Please call the Senior Center to review documents needed and make sure you sign the back of the application. You will be scheduled a time to drop off your documents. Ring the door bell at the slider entrance. If we are unable to make copies at that time we will notify you when your items are ready for pick up.

04 | EVENTS



Upcoming Events



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. 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 will continue throughout the winter months.

Sharps/Needle Drop Off:

The Southwick Fire Dept will be at the Senior Center parking lot on Monday December 14th from 11:30am through 12:30pm so you can dispose of your sharps. This will be in a drive thru format. If you have any questions please call the Senior Center at 569-5498



Virtual Bingo Bash Info

Zoom and Channel 15

Wednesdays 1:00pm-3:00pm

FREE to play

Pick-up cards and chips Mondays at lunchtime-11:30am (two card max)

Live Stream in Southwick on Channel 15



Call 1- 929-205-6099 to connect via phone to the game

Enter ID# 83798571638

Pass Code: 754026

Keep phone connected the entire Bingo Session

You'll have audio of the live games so when you call BINGO! we'll all hear you

****Remember to turn your TV volume all the way down

Join VIA Zoom on your computer or Smartphone

Click on the link in the e-mail we send you. If you are unable to connect, type in:

<https://southwickma.zoom.us/j/83798571638>

Pass Code: 754026

Launch Meeting

You'll have audio and video of the live games via your computer or Smartphone

Honor system and prizes will be mailed to winners

It's BINGO time!!!!

Crafty Creations:

Sign up for our Take Home Craft Projects being held December 17th and on January 14th and 28th. We will put together a craft with instructions for you to do at home. Space is limited so please sign up asap. Pick up your craft on the day of the event between 11:45am & 12:00pm at the garage. Watch the craft that will be done via virtual instruction more details to come.



Come ZOOM with Us

Office Hours with the Senior Center Staff

Every Wednesdays at 9:30 AM only Join Zoom Meeting with below link:

<https://southwickma.zoom.us/j/87265395571>

OR

Meeting ID: 872 6539 5571

If you don't have access to a computer and would like to listen and ask questions at time of the meeting please dial 1- 929 -205 -6099 and put in the Meeting ID when prompted. Give us a call with any questions.



"The Southwick Senior Center and Public Library are teaming up to offer a **virtual book club** on the second Tuesday of each month at 10am. Our first meeting will be January 12 at 10am. All are welcome to join!

To kick off our first meeting, copies of the book will be available at the Library and Senior Center beginning on December 1. We will have a limited number of copies that readers can take home to keep. You can also request a library to borrow. **January's book is "A Piece of the World" by Christina Baker Kline.** This historical novel set on a rural homestead in Downeast Maine follows painter Andrew Wyeth and his friend, Christina, who would turn out to be the subject of one of his most famous paintings.

Email the library at southwicklibrary@comcast.net or call the Senior Center at 569-5498 to sign up for the book club. Give us your email address and we will send you an invite. If you have technology questions about Zoom, we're happy to help!" You can also participate by phone just call for information.



Craft and Chat minus the cookies! We'll get together on Zoom to chat, color, and hopefully eat cookies- if you have them at home! Send an email to southwicklibrary@comcast.net if you'd like the Zoom login info or call the library at 413-569-1221. Bring your knitting, crocheting, coloring, or whatever else you're crafting with

and enjoy an evening chatting with friends. All are welcome to join. We meet on the third Monday of each month at 6:30pm. Our next date is December 15th and January 11th (because of the holiday on the 18th)



After the holiday season it's time to get ready for tax season! Once again AARP Tax Aide Program volunteers will be completing taxes our Senior Center on Tuesdays beginning February 2nd. Due to COVID-19 our procedures have drastically changed. The steps are as follows:

*Call the office to schedule a date for tax completion beginning on January 4th.

*On the day of your preparation 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. We will not mail them or keep them in our office.

A confirmation letter, instruction sheet, and intake form will be mailed to all scheduled participants in advance of their appointment. These documents must be completed before paperwork is dropped off.

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



Norman Cummings
Richard Odell
Donald Carney
Mary Brogan
Joan Pierce
Alice Chekovsky
Eleanor Bailey



No- Bake Peanut Butter Cheerio Bars

Ingredients:

3 cups Cheerios cereal
1/2 cup peanut butter
1/2 cup honey



Instructions

Line an 8x8in pan with parchment paper.

Combine peanut butter and honey in a large saucepan and set over medium heat. (Microwave works too)

Heat until mixture just starts to simmer, about 2-3 minutes, stirring.

Remove from heat and stir until mixture is smooth. Stir in cereal until evenly coated. Pour mixture into prepared pan and spread evenly.

Chill in the refrigerator for 1 hour. Cut into bars.

SOUTHWICK COUNCIL ON AGING
454 College Highway

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Change Service Requested

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U.S. postage
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Southwick,
MA 01077

Class Schedule Channel 15

Monday	11:00 am	Chi Gong
Tuesday	10:00am	Yoga
	11:00am	Zumba
	2:30 pm	Line Dancing
Wednesday	11:00 am	Chair Yoga
	1:00pm–3:00pm	BINGO
Thursday	10:00am	Yoga
	11:00 am	Zumba
	1:00pm	Chi Gong
Friday	2:30 pm	Getting Your Will, Health Care Proxy, And Durable Attorney Done Atty Palmer
	11:00am	Chair Yoga
	3:15pm	WTA Cooking Class

