

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



**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 14th from 11:00am-1:00pm. Thanks to a generous donation from the Southwick Civic Fund the cost will be \$15.00pp. You will need to sign up and pay in the office by December 10th. Your choice for lunch is Yankee Pot Roast or Baked Scrod. Appetizers will be provided individually. 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:**

Thank you to the Southwick Fire Dept for distributing Sand buckets on Sunday Nov. 6th. We appreciate your support and help with this important initiative. Please call the Senior Center to have a bucket delivered to your residents or if you need a refill of sand throughout the winter.

### **Senior Center will be closed on:**

Fri. Dec. 23rd(will serve lunch only)

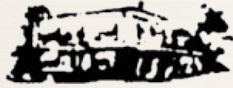
Mon. Dec. 26th

Mon. Jan. 2nd

Mon. Jan. 17th

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**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 1st— Christmas theme

December 8th— Christmas theme

January 12th— Coloring

January 26th— Pick a craft project



Senior Center Staff will make a variety of soups on Tuesday January 24th at 11:45am to go along with the meal being served

that day. The cost is \$3.00 to sample all of the soups. You must sign up for in person lunch that day to enjoy this special treat.



### **Companion Program :**

The Southwick Senior Center is continuing to recruit people for our Companion Program.

The program will assist 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.



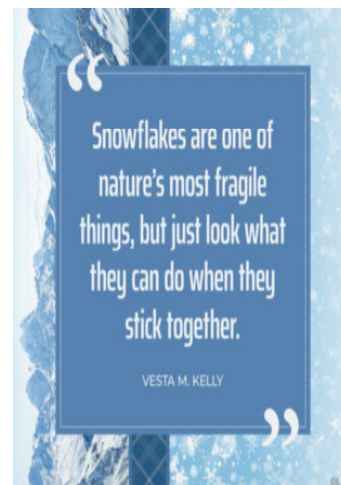
### **RELAX AND LEAVE YOUR CHRISTMAS WRAPPING TO US!**

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 17th

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.



### **COVID BOOSTER**

**CLINIC:** We will have a COVID Booster clinic on Thursday December 1st. Please call the Senior Center for details on how to sign up at 569-5498.

## UPCOMING TRIPS

Holyoke Mall:

The Volunteer Van will be going to The Holyoke Mall on Thursday December 1st. We will leave the Senior Center at 10:30am. The fee for this ride is \$3.00.

Jimmy Mazz at Storowton

Lunch & Show: Jingle All the Way with Jimmy Mazz. Yankee Pot Roast with salad, potato, vegetable, dessert and coffee or tea. Tuesday, December 6, 2022. The cost is \$44.00. Payment is due by November 21, 2022. The van will leave the Senior Center at 11:00 am.

Bright Nights: The Volunteer Van will be going to Bright Nights on Thursday, December 15, 2022. The cost is \$3.00. The van will leave the Senior Center at 4:30pm.

Take 5 Restaurant: The Volunteer Van will be going to Take 5 in Agawam for lunch on Tuesday, December 20,



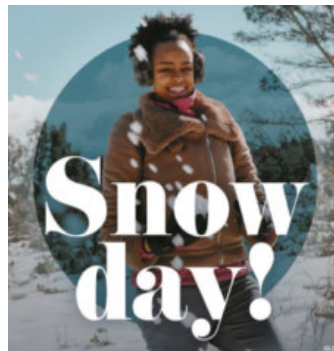
2022. The cost is \$3.00. The van will leave the Senior Center at 11:30am.

West Lake Gourmet Chinese Restaurant

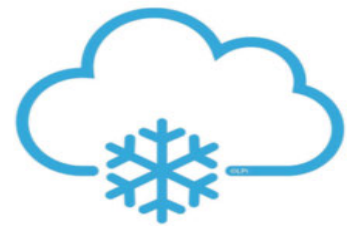
The volunteer van will be going to West Lake Chinese in Southampton for lunch on Tuesday January 10, 2023. The cost is \$4. Lunch will be at your own expense. The van will leave the Senior Center at 11:15 am.

Connecticut Science Center

The Volunteer Van will be going to CT Science Center on Thursday January 19, 2023. The cost is \$29.00. Lunch at Subway at the Science Center will be at your own expense. The van will leave the Senior Center at 9:15 am.

Van Driver's

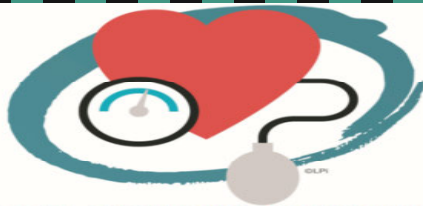
Needed: If you would like to volunteer to drive our Van on any of these trips or any future trips please call the Senior Center. Volunteers receive free lunch and admission to the venue. We are also looking for volunteers to do some medical appointments and other small rides throughout town. You do not need a CDL license to drive this vehicle. Criminal background checks are completed. Please call us at 569-5498.



If there is bad weather please watch the news either on Channel 22 or Channel 40. We will announce if the Senior Center is closed, opening late or closing early. If Hulmes Transportation is closed there is no bus service and if Highland Valley Elder Services is closed there will be no lunches in person or meals on wheels. Delivery.



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 December 20th and January 16th. 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 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. 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 December 13th and January 10th. 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.

COA REVOLVING GIFT ACCOUNT: The COA Revolving Gift Account is used to pay for services for Seniors, entertainment, equipment, and programs for the Senior Center. Monies donated to the Gift Account remain in this account and are not considered part of the Town Budget. Anyone wishing to make a donation may do so by making checks payable to "COA Revolving Gift Account". Donations may be made in honor of, or in memory of a friend or relative. Contributions are always greatly appreciated!



### Technology Support for Seniors :

On December 8th from 11:00am-12:30pm Whalley Computer Employees are offering in-person one-to-one computer/smartphone assistance. We are very excited about this business partnership. 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. This is a FREE service.

**Thursday December 1st** The Massachusetts State 911 Department funds and oversees the Massachusetts Equipment Distribution Program or more commonly referred to as MassEDP will be at the Southwick Senior Center from 10am-12:30pm. The program provides adaptive telephone equipment to people who have difficulty using a landline or wireless telephone due to issues such as hearing loss or vision loss. The telephone's that are part of the program can assist with providing a more clear, independent phone communication and the ability to contact 9-1-1 in the event of an emergency. The specialized telephone equipment is offered to people with a permanent disability for little or no cost, depending on income level. We look forward to sharing more information about the application process in order to receive telephone equipment through MassEDP.



Once again AARP Tax Aide Program volunteers will be completing taxes at our Senior Center on Tuesdays beginning February 7th.

\*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.



### 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 Opportunities 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.



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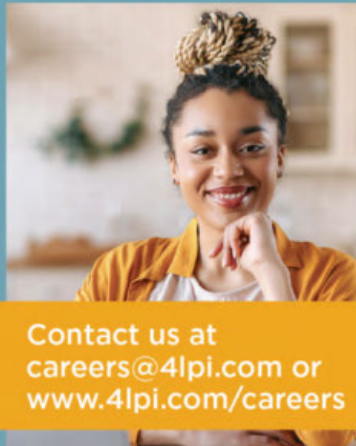
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# SOUTHWICK COUNCIL ON AGING

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## *Activities* CALENDAR ©LPI

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

**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  
**Wednesday 12:00pm-** Cards

**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 10:30am-** Chair Yoga with Heidi \$2



For our monthly lunch menu please  
look online at [www.southwickma.org/coa](http://www.southwickma.org/coa). You can also come into the Center to get a copy.

