

THE MESSENGER

A Newsletter For Southwick's Senior Community



What's Inside

Companion Program info	03
Upcoming Trips.....	04
Tax and Fuel Info	05
Age Friendly	06



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, 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 15th from 11:00am-1:00pm. The cost is \$18.00 pp. 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. We have very limited seating so please sign up asap.

SAND FOR SENIORS:

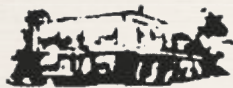
Please call the Senior Center to sign up for this program. In the winter months there is a significant number of Seniors falling on the ice. We are so thankful that The Fire Department or a volunteer will deliver a bucket with sand and a scooper in it. If you received a bucket last year please call for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



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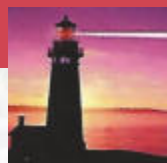
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Southwick Council on Aging, Southwick, MA 06-5364

Senior Center Info

SENIOR CENTER MEALS:

We are open for congregate dining. Senior Center Grab and Go will also continue for those who would like to take their hot lunch to go. This program runs Monday through Friday. You must call the Senior Center the day before you would like a meal by 10:00am at 569-5498. Grab and Go begins at 11:30am and will be distributed by the ramp at the sliding glass doors. Congregate dining will begin at 11:45am. People participating in congregate dining are welcome to arrive anytime before 11:30am. Coffee and tea are available but please be mindful that we ask for donations to help us purchase these items. Please drive slowly and cautiously through the parking lot. Menus online at www.southwickma.org/coa

BROWN BAG DISTRIBUTION

We will have brown bag on Dec. 14th and January 11th. 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 ONLY. Bags will be available at the garage. Please remain in your vehicle.

Companion Program target date of

Mid January: The Southwick Senior Center is creating 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 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.

AGE SAFE PROGRAM 03



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

Thursday, December 16th

9:00am to 12:00 Noon

and on

Saturday, December 18th

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.

Senior Center will be closed on:

Fri. Dec. 24th

Mon. Dec. 27th (will serve lunch only)

Fri. Dec. 31st

Mon. Jan. 17th

UPCOMING TRIPS

Yankee Candle Village

The Volunteer Van will be going to Yankee Candle Wednesday December 1, 2021. The cost is \$3. Lunch at The Whatley Diner will be at your own expense. The van will leave the Senior Center at 9:00am.



Jimmy Mazz at Storowton Holiday Show. Celebrate the Winter holiday season with lunch, songs and fun. The show and lunch will be held Tuesday December 7th. The cost is \$43 due by December 1st. We will leave the Center at 11:00am.

Monthly Bernie's Breakfast

The Volunteer Van will be going to Bernie's for breakfast on Friday Dec. 11th and Jan, 14th. The cost is \$3. Breakfast will be at your own expense. The van will leave the Senior Center at 8:30am.

Bright Nights

The Volunteer Van will be going to Bright Nights on Thursday, December 16, 2021. The cost is \$3. The van will leave the Senior Center at 4:30pm

Bernie's Lunch:

The Volunteer Van will be going to Bernie's for Lunch on December 22, 2021. The cost is \$2. Lunch will be at your own expense. The van will leave the Senior Center at 11:00am.

Magic WingsButterflyConservatory

The Volunteer Van will be going to Magic Wings Butterfly Conservatory on Tuesday, January 4, 2022. The cost is \$20. Lunch at Whatley Diner will be at your own expense. The van will leave the Senior Center at 9:15am.

AgawamBowlCandlepinBowling

The Volunteer Van will be going to Agawam Bowl on Fri. January 28, 2022. The cost will be \$15.. This price includes 2 games and rental of bowling shoes. Lunch will be at EB's at your own expense. The Volunteer Van will leave the Senior Center at 9:15am.

Bernie's Lunch

The Volunteer Van will be going to Bernie's for lunch on Thursday, February 3, 2022. The cost will be \$3. Lunch will be at your own expense. The van will leave the Senior Center at 11:00am.



Connecticut
Flower &
Garden
Show

The Volunteer Van will be going to the Connecticut Flower & Garden Show on Thursday February 24, 2022. The cost will be \$20. Lunch will be at your own expense. The Volunteer Van will leave the Senior Center at 9:15am.

Westfield TechnicalAcademy Buffet

The volunteer van will be going to the WTA for their amazing buffet on a Friday in January or February. Call the office to find out which day we are going.

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.

Getting Ready for Tax Season

After the holiday season it's time to get ready for tax season! Once again AARP Tax Aide Program volunteers will come to our Senior Center on Tuesdays beginning February 8th, to prepare federal and state tax returns. If more days are added we will post it on Channel 15. Call the office at 569-5498 to make your appointment beginning on January 6, 2022. Tax Aide is a nationwide free, confidential service offered to low and middle income taxpayers of all ages with special attention to those 60 and older. All tax preparers are unpaid volunteers! They have shared a few important guidelines to remember if you want to use this service.

Because of concerns about identity theft, the AARP Tax Aide program requires that each taxpayer show a valid picture ID. If you have a joint return then both spouses must be present, unless one is ill or disabled, please tell us if this is your situation when you make your appointment.

It is very important to bring all your 2020 tax related documents with you, as well as a copy of last year's tax return. So be sure to watch your mailbox in January when most Social Security, wage, and retirement account statements are sent to you. Remember that if you have a brokerage account those statements may not come until mid-February. Keep these dates in mind when you make your appointment. The program tries to serve as many as possible and spots fill up fast so it can be difficult to schedule a return visit to bring missing documents.

At this time we anticipate being able to return to in person appointments for tax preparation. If things change and we must return with COVID restrictions you will be notified.

Steps to follow:

Call the office to schedule a date for tax completion beginning on January 6th

A confirmation letter, instruction sheet, and intake form will be mailed to all schedule participants in advance of their appointment. These documents must be completed before your appointment. If paperwork is incomplete then you will need to schedule an appointment on another day if one is available. Please plan on a minimum of 90 minutes for your appointment.

If there are extenuating circumstances due to COVID that will not allow you to meet with a tax preparer in person we will do our best to accommodate your situation with a drop off program.

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.



SHOUT OUT:

Thank you to Police Chief Landis and Retired Police Chief Bishop and several other mem-

bers of the Southwick Police Department for helping with leaf removal in our Seniors Helping Seniors Program. We had students from Southwick-Tolland Regional High School assisting our Senior Citizens rake their lawns and remove the leaves. It was a huge undertaking and a bit more time consuming than we anticipated. We are happy to help our Seniors and we are so thankful for our community partners.



The Southwick Senior Center Presents:

Age Safe America

Did you know that falls in the home are the number one cause of injury to the aging person?

Join Us to Learn More about Aging Safely at Home

Refreshments will be provided

December 9th, 2021
at 11:00 AM

Southwick Senior Center
454 College Highway Southwick, MA 01077

Southwick Police

Age Safe America Senior Home Safety Specialist

Southwick Fire Department



Alexandria Merlo
Rita Sak
Ronald F. Pac
Phyllis Barclay
Stephen Piascik



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.

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Crafts with Denise: Denise will be doing craft projects twice a month. You must pre-register and pay one week before the class. If you do not pay we will go to the individuals on the waiting list. The cost is \$3.00 per class. Crafts will begin at 1:00pm.
Thurs. 12/9— Ornament Making

Thurs. 1/6— Medela Coloring

Thurs 1/20— Puzzle Tiles

Monday 10:00am- Chi-Gong with Kathleen \$2

Tuesday 10:00am- Tai-Chi with Lenny \$2

Tuesday 12:00pm- Cards

Tuesday 1:00pm- Cribbage and Whist Card Game

Tuesday 12:30pm- Painting Class with Carolyn \$2

Wednesday 10:00am- Line Dancing with Clara \$2

Wednesday 1:00pm- Scrabble

Thursday 9:00am- Zumba with Becca \$2

Thursday 10:00am- Yoga with Renee \$2

Thursday 12:00pm- Cards

Friday 10:00am- Chair Yoga with Heidi \$2