

THE MESSENGER

A Newsletter For Southwick's Senior Community



What's Inside

Welcome	03
Events	04
Zoom.....	05
Tax Time.....	08

FEBRUARY 2020 NEWSLETTER

Lisa Anderson receives Council on Aging
Herbert C. Pace Jr— Good Citizen Award

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 Poci, 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



Congratulations to Lisa Anderson on being selected as the 2020 recipient of this amazing award. The Council on Aging board voted unanimously to make an exception for this year to lower the age requirement and honor Lisa with this very special honor. During a year filled with fear and anxiety due to the COVID-19 virus employees were sent home from their jobs, schools were closed for months, and residents especially Senior Citizens were asked to stay home unless they had to go out. Lisa found out the Southwick Senior Center had changed their operations and we were handing out meals on a daily bases and helping Seniors in anyway we could. Lisa just showed up one day to help and then showed up every single day until the Senior Center staff returned to work on a full schedule. This act of kindness went on for weeks and she volunteered every minute of her time. She laughed with Sen-

iors through their car windows, checked in to make sure they had what they needed, and was a friendly familiar face they so desperately needed. She helped organize, deliver, and handed out meals on Saturdays when special days were planned. She also did small errands for a few individuals and she still continues to visit a Senior twice a week. Lisa said she felt safe wearing the PPE and she recognized that our Seniors still needed services and human interaction even if it was for a limited time with restrictions. She also helped in November with our Sand for Seniors program basically filling and delivering all the buckets that were needed by herself. This made the Saturday delivery go faster which made less work for the Senior Center staff. Lisa has been a familiar face at the Senior Center for many years, but this year she went above and beyond. Helping is nothing new to her as she has helped both her parents in their older years and also her in-laws. Making sure Seniors have what they need and making their lives easier is a priority whether they are family or not. Lisa also works on the SFD as their SAFE Coordinator which is educating children and Seniors in fire prevention and has also been a C.N.A. in a nursing home. She is amazing and we so appreciated her time and commitment during a very challenging time for our Seniors and our community. We will have a reception to honor her more formally once we are safely able to do so. THANK YOU Lisa for being our Good Citizen when we needed you the most.



Like us on Facebook

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

Center Updates

SENIOR CENTER MEALS: LOOK FOR THIS MONTHS 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 Feb. 9th 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 12:00pm 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-Cindy Sullivan

Hello Everyone: Winter has arrived and January, February, and March are looking to be months in which we need to continue social distancing, wearing a mask, and limiting our activities. We are trying hard to keep people engaged in our Senior Center and providing things that people need. We want to be open, but we are unable to have you come into the building at this time. We all miss our laughing, talking, and enjoying fun activities in person. Make sure you are calling us if you need to chat with someone, if you need a ride to a routine doctors visit, or need to go grocery shopping. Look on line for all of the great things we are doing virtually and including on Channel 15. The Spring will find the big tents in the parking lot again for classes so we all have something to look forward to. Winter months brings the danger of falling so please make sure your walkways and driveways are plowed, shoveled, and sanded so you can enter and exit your home safely. Please stay safe and when you have visitors or leave your home wear a mask to keep each other safe so we can beat this virus!!!

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.

COVID-19 Information and Update:

Per the Southwick Board of Health we are asking individuals to sign up for Southwick's CODE RED system. You can do this by going to our website at www.southwickma.org. By signing up you will be alerted when there is updated information regarding COVID-19 info and information regarding the vaccination. It is advised that you call your primary care physician for specific vaccination information. The Senior Center does not have any other information regarding the distribution of the vaccine.



Upcoming Events

Crafty Creations: Sign up for our Take Home Craft Projects.



February 11th–
Scratch Art Heart Card.



February 25th
St. Patrick's Day
Decoration

(watch on Channel 15 at 2pm)

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 sliding glass door entrance. Last class of the month will be a demonstration video aired on Channel 15 at 2pm the day of pick up. Monetary Donations are appreciated and welcomed.



Virtual Bingo Bash Info

Zoom, Channel 15, and Conference Call

Wednesdays 1:00pm-3:00pm

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

Live Stream in Southwick on Channel 15

If you have free long distance on your land line

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

Enter ID Number: 83798571638#

Pass Code: 754026

No long distance no problem

Call 413-333-5104

When prompted enter the

Conference ID Number: 296170#

Keep phone connected the entire Bingo Session

You'll have audio of the live games so when you call BIN-
GO! 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 una-
ble 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

DONATIONS ARE APPRECIATED AND WELCOMED



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 next meeting will be February 9th at 10am. All are welcome to join!

Copies of the book will be available at the Library to borrow. **Our February selection is "Olive Kitteridge" written by Elizabeth Stout. The story follows the main character, Olive Kitteridge, as she deals with the daily life of living in a small town in Crosby, Maine.**

Email the library at southwicklibrary@comcast.net, call the Library at 569-1221 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 are 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 February 8th (because of the holiday on the 15th)





Once again AARP Tax Aide Program volunteers will be completing taxes at our Senior Center on Tuesdays beginning February 16th. Due to COVID-19 our procedures have drastically changed. The steps are as follows:

*Call the office to schedule a date for tax completion.

*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. You will need to go over documents in your car and call the office to give permission to submit. We will not mail them or keep them in our office.

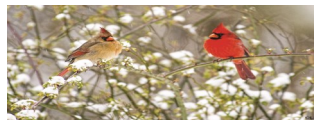
A confirmation letter, instruction sheet, and intake form will be mailed to all scheduled participants in advance of their appointment. These documents must be completed before paperwork is dropped off. If paperwork is incomplete then you will need to schedule an appointment on another day if one is available.

We understand this not an ideal situation. Please have a Plan B in case this tax program is cancelled for any reason.



We have lost many of our friends since the end of November:

Bengmanino J. Cressoti
Joy Hannon
Doris Seymour
Rita Winch
Dennis Goldie
Elizabeth Cowles
John Tortoriello
Oralia Albano
Marjorie Rogalski
Roxanne Cook
Helen Cook
Helen Miller
Marguerite Sollito
Betty West
Constance Johnson
Ruth E. Furlani
Richard Maheux



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.



Slow Cooker Beef Stew

A hearty, savory slow cooker stews with potatoes, carrots, celery, broth, herbs and spices. You won't be slow to say 'yum'!

Ingredients:

2 pounds beef stew meat, cut in-
to 1-inch pieces
¼ cup all-purpose flour
½ teaspoon salt
½ teaspoon ground black pepper
1 clove garlic, minced
1 bay leaf
1 teaspoon paprika
1 tablespoon Worcestershire
sauce
1 onion, chopped
1½ cups beef broth
1 10 oz can Tomato Sauce
3 potatoes, diced
4 carrots, sliced
1 stalk celery, chopped

Directions

Step 1

Place meat in slow cooker. In a small bowl mix together the flour, salt, and pepper; pour over meat, and stir to coat meat with flour mixture. Stir in the garlic, bay leaf, paprika, Worcestershire sauce, onion, beef broth, crushed tomato, potatoes, carrots, and celery.

Step 2

Cover, and cook on Low setting for 10 to 12 hours, or on High setting for 4 to 6 hours.

Serves 6

SOUTHWICK COUNCIL ON AGING
454 College Highway

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MA 01077



Class Schedule Zoom and Channel 15

Monday	10:00 am	Chi Gong
Tuesday	10:00am	Zumba (Channel 15 ONLY)
Wednesday	10:00am	Line Dancing
	1:00pm–3:00pm	BINGO
Thursday	10:00am	Yoga
Friday	10:00am	Chair Yoga

Southwick Senior Center Exercise Class

A different **LIVE** exercise class will be offered every day of the week (video on Tuesday) by signing into the Zoom Class or by watching on Southwick’s Channel 15. Classes are being offered FREE to participants. We are paying our instructors and donations are appreciated and welcomed. You can drop off donations at the Senior Center by ringing the door bell or mailing a donation to the Senior Center. You do not have to live in Southwick to participate via Zoom. There is no registration just simply sign on or turn on Channel 15 . Call the Senior Center to receive an email link if you wish.

Join Zoom Meeting
<https://southwickma.zoom.us/j/83137032764?pwd=a3NxZ0lyTEtTNVVFR3BUaHpmdjh1QT09>

Meeting ID: 831 3703 2764
Passcode: 001077

