

# The Messenger



**February 2020**

**COA BOARD MEMBERS:**

Chairperson:  
Paula LeBlanc

Vice Chairperson:  
Carol Laughlin

Secretary:  
Patti Phillips

Members:  
Jack Pocai  
Donna Charron  
Harvey Hollm  
Theresa Rogers

Associate Members:  
Harriet Fischer  
Roy Benson  
Joan Placon

COA Director:  
Cindy Sullivan

COA Staff Members:  
Denise Seibert  
Andrea Holmes

Office: 569-5498

Dining Coordinator  
Denise Hills-McGarry

Kitchen: 569-0410

**Office Hours**

Monday 8:00am-2:00pm  
Tues.-Thurs. 8:00am-4:00pm  
Friday 8:00am-1:00pm

**Council On Aging**  
454 College Highway

**Southwick, MA 01077**  
[www.southwickma.org/COA](http://www.southwickma.org/COA)



Paid In Part By  
Executive Office Of Elder Affairs

*A Newsletter For Southwick's Senior Community*



Happy New Year!!! We have been busy here at the Senior Center. Our year ended with a very scary event with a happy ending. On November 19th we had a Senior in our Dining room who appeared to be choking on her food. Denise Hills-McGarry jumped into action and knew exactly what to do. After a quick assessment she performed the Heimlich maneuver to release the obstructed object. Denise remained calm during the entire ordeal, and people at another table had no idea what had happened. We called 911 and they arrived to assist. Josephine (I received permission from her to use her first name) was transported to the hospital where she was treated and released. Denise was her hero that day, and also was our hero. Her quick thinking and training kicked in and we were so lucky she was able to handle the situation. If you see Denise make sure you thank her. We will be honoring Denise with a small presentation at our COA Board meeting on Monday, February 10th at 10:00am. All are welcome to attend.

**Snow Policy:** If the Southwick Schools are cancelled then all programs for the day are cancelled at the Senior Center. If there is a school delay then the teacher/instructor should call at 8:00am to discuss if class is being held or not. A call will go out if classes are cancelled for that day.

**ATTN Snowbirds:** Are you a "snowbird" who seasonally lives at another address? Did you know that your information should be counted at the address where you live and sleep most of the time? If you live in Massachusetts for most of the year, you should respond to the 2020 Census addressed to your Massachusetts household. It's important to know, U.S. Census data is for statistical purposes only and your responses on the Census will not affect your property tax or insurance premiums. You will be able to fill out the U.S. Census online or over the phone at your convenience in 13 different languages. Eventually, your housing unit will receive the traditional paper form if you do not self-respond using the online or phone method. This information is used for data for the next 10 years, money for state and federal programs, and your political representation. All of your information is strictly confidential and will not be shared with any federal or state agency under Title 13 of the U.S. Code. The Census Bureau will never ask for your full Social Security Number, bank accounts, or money of any kind.. For more Census information, please call the Secretary of the Commonwealth's office at 1-833-MA1-2020.

## Thank you to our Friends

We would like to thank all of our area businesses especially Tucker's Restaurant who helped make our Jingle Bell Jubilee a great success. Our party was filled with laughter, prizes, and terrific food. We were also entertained by the Southwick Regional School Chorus. They performed several songs, and the crowd loved it. We would like to thank the COA board for their hard work for this event. We had appetizers provided by COA board members and our COA staff. Department heads helped serve our Seniors which is a perfect example of our community supporting our Seniors and our Senior Center. It was nice to have so many people attend and share their holiday cheer.

Once again we would like to thank Joe Deedy and the Moolicious volunteers for delivering hot meals to our home bound clients on Thanksgiving Day and Christmas Day. This helps many of our Seniors receive a hot meal and see a friendly face during the holidays. Also a big shout out to our Quilters who made place mats and ornaments for our home bound and congregate clients. They greatly appreciated your kindness.

## Getting Ready for Tax Season

Once again AARP Tax Aide Program volunteers will come to our Senior Center on Tuesdays beginning February 4th, to prepare federal and state tax returns. Call the office at 569-5498 to make your appointment. Please bring all paperwork with you and make sure you have an ID.

## Crafts with Denise!!!!

We will have classes twice a month. The classes listed below will be \$2.00 and will be from 9:00am until 11:00am. Sign up in advance as class is limited.

**Wednesday February 12th-** Making Cards specifically for Valentine's Day if interested

**Wednesday February 26th-** Adult Coloring Pages. Very popular! We have all the supplies

## Valentine's Day Event & Birthday Party

Friday February 14th. We will be serving a Homemade Chicken Dinner and incorporating a Birthday Party to include the months of Dec, Jan., and Feb. Ice Cream will be provided by and served by representatives from Golden Years Homecare Services. We will begin serving lunch at 11:30am with our ice cream social to follow. The cost of this event is \$3.00. You must sign up for this event and pay in advance. When you sign up let us know if it's your Birthday.

## "Mindfulness and Reiki"

Join Renee on Friday February 28th at 10:45am to practice Mindfulness and Self-Care techniques. She will also explain and demonstrate what the practice of Reiki is all about and how it may benefit you and your loved ones.

## Hearing Clinics

FREE hearing clinics will now be held by Hearing Life (formerly Avada) and New Ears. Each will hold a clinic the third Wednesday of the month with New Ears beginning in February. Call the office for more information and to book an appointment.

**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 & events \*Staff members are not eligible \*Open to all Southwick COA participants \*\*\*\*\*Nominations will be accepted during the month of April. A form with the person's 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 May meeting. A small reception will be held in June to honor the recipient.

# Upcoming Trips



**IMPORTANT INFO REGARDING TRIPS:** All trips must be paid in cash. You must sign up in advance and pay in full within a week of signing up. If you have not paid we will take your name off of the list. Sign up for all trips by calling or coming into the office at 569-5498. Please arrive 15 minutes before the scheduled departure time. If you are not here at departure time we will need to leave without you with no refund.

## Westfield Technical Academy Buffet

The volunteer van will be going to the WTA for their amazing buffet on Thursday February 13th at 10:45am. The cost is \$12 and this includes the buffet and a drink. If the Westfield Schools are closed this trip will be cancelled.

## Aqua Turf Club Presents Celtic Angels Ireland's Musical Tradition

Experience the Real Ireland during this Irish performance and a wonderful Lunch. Your choice is either Corned Beef & Cabbage or Baked Scrod. The volunteer van will leave the Senior Center on Monday March 2nd at 9:30am. The cost of this trip is \$61.00 per person. Please sign up and pay in the COA office by February 19th. Checks should be made out to The Travel Group.

## Magic Wings Butterflies

The volunteer van will leave the Senior Center on Wednesday February 26th at 9:00am. The cost will be \$16.00. After Magic Wings lunch will be at Wolfie's Restaurant at your own expense.

Southwick Tolland Granville Regional School

## Spring Play Newsies Musical

The event will be held on Saturday April 4, 2020 at 2:00pm. We will leave the Senior Center at 12:00pm and enjoy lunch at the Crepe' House at your own expense. The cost of the trip has not been determined.

## POPS CONCERT Westfield High Band

The performance will be held on Friday March 13th. We will leave the center at 10:15am. Cost is \$2.00. The students will serve lunch, before the concert begins.

## Three Figs Restaurant in Suffield, CT

The volunteer van will leave the Senior Center on Thursday February 20 at 11:00am. The cost is \$2.00 and lunch will be at your own expense.

\*\*\*\*\*

*In Memoriam* 

*Our Condolences to Family and Friends*

Mary Zomek

Joyce Bielanski

Mary Milligan

Norbert Kugler

Mary Keenan

**Joan Plancon:** Joan was appointed in 2004 as a Voting member of the COA Board. She remained on the board, and most recently became an Associate Member. As a board member she was helpful for 16 years with planning parties, folding newsletters, and a variety of other initiatives at the Senior Center. We send our deepest heartfelt condolences to her family. We will miss Joan here at the Senior Center.

## February Calendar

Fri.	7	9:00am	Veteran's Representative
Mon.	10	11:15am	Yoga Dancing
Mon.	10	10:00am	COA Board Meeting (note change of time)
Tues.	11	11:00am	Brown Bag
Wed.	12	9:00am	Craft with Denise
Thurs.	14	10:45am	Westfield Tech Buffet
Fri.	14	Lunch time	Valentine's Day Lunch Event and Birthday Recognition
Mon.	17	Holiday	Senior Center Closed
Thurs.	20	11:00am	3 Figs Restaurant
Fri.	21	9:00am	Veteran's Representative
Wed.	26	9:00am	Crafts with Denise

## CLASS SCHEDULE

Mon.	9:00	Quilting & Needlework	
	10:00	Chi-Gong	\$2.00
Tues.	9:30	Yoga	\$2.00
	11:00	Tai-Chi	\$2.00
	12:00	Painting	\$2.00
	12:30	Cards	
	1:00	Cribbage	
Wed.	10:00	Line Dancing	\$2.00
	1:15	Bingo	
Thur.	9:00	Quilting Class wJoanne	\$4.00
	9:30	S.A.F.E for Seniors	\$2.00
	12:30	Cards	
Fri.	9:45	Chair Yoga	\$2.00
	10:30	Swimming Aerobics	\$25.00
Pre-Paid for 5 Classes Held at Wilderness Experience			
	11:00	Zumba	\$2.00

COA Office 569-5498 • Dining Center 569-0410

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454 College Highway  
Southwick, Massachusetts 01077

SOUTHWICK COUNCIL ON AGING

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