

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

Phone: (413) 569-5498

Dining Phone: (413) 569-0410

Office Hours:

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

Center Staff

COA BOARD MEMBERS:

Chairperson: Paula LeBlanc

Vice Chairperson: Carol
Laughlin

Secretary: Donna Foisy

Members:

Jack Poci, Carol Smith
Harvey Holm, Theresa Rogers

Associate Members:

Harriet Fischer, Elaine Boucher

Assistant Director:

Cara Cartello

COA Staff Member:

Denise Seibert

Dining Coordinator

Denise Hills-McGarry

~~ Exercise Class Policy Change Alert ~~

During the winter months, please note that in case of inclement weather, the Senior Center will follow the same schedule as Southwick Public Schools regarding closure. If the schools are closed or delayed, then Exercise Classes will be cancelled for that day. Closings are announced on Channel 22 and Channel 40. **This applies to Exercise Classes Only.**

Herbert C. Pace Jr. Good Citizen Award

Nominations are now being accepted. The criteria for the recipient of the Herbert C. Pace Jr. award are as follows:

- Must be 65 years old and living in Southwick
- Active in the Southwick COA activities, events, or programs
- Open to all Southwick COA participants
- COA Staff members are not eligible

Nominations will be accepted during the month of February.

Please fill out a form with the citizen's name and the reason you think they deserve the award. Please submit the form to the Senior Center. The COA board will review the forms and decide on a recipient at the March meeting. A small reception will be held in late April to honor the recipient.



Elms College Students Return

The Senior Center will be hosting four Elms College Nursing Students on Wednesdays from 10am-1pm at the Senior Center. This is in collaboration with Tricia—the Town Nurse, the Board of Health, and Elms College Nursing Students. The Program will begin on January 24th and run through April 17th. They will be available to answer basic questions. The Nurses are not to replace an office visit with your primary care physician. **Please do not come to the Senior Center if you are not feeling well.**



Like us on Facebook

www.facebook.com/
Southwick Senior Center/
Council on Aging



Crafts with Denise:

Join Denise for a fun craft project. The cost is \$3.00 per class. Please sign up in advance. Crafts will begin at 1:00pm.

Thursday:

February 8, 2024 - Valentine Craft

February 22, 2024 - TBD

Paint with Us!!

Friday, February 23, 2024

10:00 am - 12:00 pm

Cost is \$20 a person.

Join us to create a beautiful, 11 x 14, acrylic painting! In this fun class you will create a painting with guided step by step directions. No art

experience required! All supplies are included. Sign up by Feb 16th.

Please bring an apron or some type of cover to protect your clothing.



Technology Support for Seniors :

The Westfield Technical Academy will be at the Southwick Senior Center.

11:45 am - 1:45 pm on the following dates:

2/1/24, 3/7/24,

4/4/24, 5/9/24,

6/6/24



The Students can help with setting up and using e-mail on smartphones and 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. We will need a count of how many people are interested. Drop ins are welcome as long as there is time.



The AARP Tax Aide Program volunteers will be completing taxes at our Senior Center on Tuesday's beginning **February 6th.**

*Call the office 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 also must stay in town or within several minutes of town to pick up your documents when you are called to do so.

*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:

Please call the Senior Center to make an appointment to fill out the 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 your documents organized and ready to copy. These documents are required by Valley Opportunity not the Senior Center. The Senior Center will assist you in completing the application. Valley Opportunities makes the final decision for approval of 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.

UPCOMING TRIPS




TRIPS & TOURS



Take 5 Restaurant

The Volunteer Van will be going to Take 5 Restaurant in Agawam for lunch on Thursday February 15, 2024. The cost is \$4. Lunch will be at your own expense. The Van will leave the Senior Center at 12:00 noon.

Mosslife Shop & Lunch

Visit Mosslife Shop in Tarriffville, CT with us on Thursday, February 29, 2024 for a wreath workshop that you will design and take home. The cost is \$31.00. Lunch at Cracker Barrell Pub will be at your own expense. The van will leave the Senior Center at 9:30am.

Foxwoods

The Volunteer Van will be going to Foxwoods Casino on Friday, March 22, 2024. The cost is \$6. The van will leave the Senior Center at 8:00am.

Captain Jimmy's

The Volunteer Van will be going to Captain Jimmy's for lunch on Thursday March 14, 2024. The cost is \$4. Lunch will be at your own expense. The Van will leave the Senior Center at 12:00 noon.

Springfield Museum

The Volunteer van will be going to the Springfield Museum on Wednesday, April 3, 2024. The cost will be \$4. Admission is Free. Lunch will be at your own expense. The Van will leave the Senior Center at 9:30 am.

Van Driver's Needed:

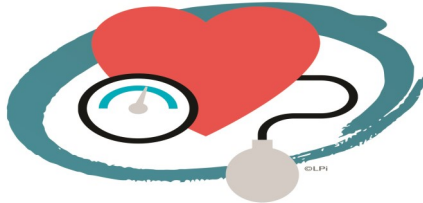
If you would like to volunteer to drive our Van on any of these trips or any future trips please call the Senior Center. Volunteers receive free lunch and admission to the venue. We are also looking for volunteers to do medical appointments and other small rides throughout town. You do not need a CDL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



If there is inclement weather please watch the news 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.



Foot Care Clinic will be held at the Southwick Senior Center by our 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. You must call the Senior Center to schedule an appointment.



BLOOD PRESSURE SCREENINGS

Blood Pressure screenings : The Fire Dept. will be doing 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 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 stop 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.**

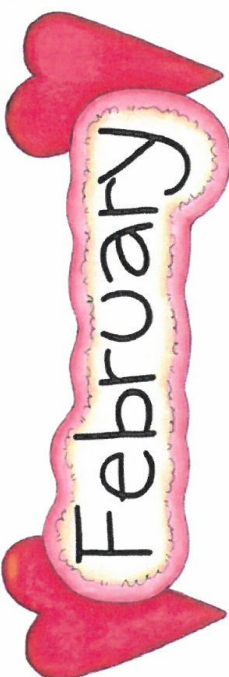

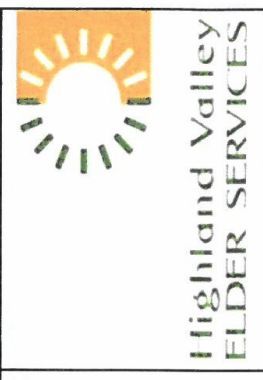


We will have brown bag on the second Tuesday of every month. You must be pre-approved through the Food Bank in order to receive a brown bag. You may pick up your bag of groceries on a drive through basis between 11:30am and 12:00pm. Bags will be available at the garage. Please remain in your vehicle.



Senator Paul Mark Office Hours: Senator Mark or a representative from his office will be at the Southwick Senior Center dining room on the 2nd and 4th Monday of every month from 11am-2pm. All members of the public are welcome. This may change so call ahead.

The suggested donation is \$3.00 per meal. Thank you for investing in this resource!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Key for Symbols: Cal: Calories Carb: Carbohydrates (gm) Sodium (mg) # Diabetic Friendly Dessert **Higher Sodium Item (>500mg) ☺ Local Produce 🌱 Vegetarian				
5 Choice: 🌱 Eggplant Parm (415) Sloppy Joe (276) Bun (132) Roasted Sweet Potato (33) Green Peas (58) Fresh Fruit (2) Cal: 740 Sodium: 627 Carb: 91	6 Choice: 🌱 Eggplant Parm (415) Potato Leek Soup (100) Brussel Sprouts (14) French Bread (150) #Pudding w/ Topping (195) Cal: 709 Sodium: 584 Carb: 101	7 Choice: 🌱 Eggplant Parm (415) Chicken Parm (170) Pasta (1) Broccoli (16) Zucchini & Tomato (40) #Apple Crisp (86) Cal: 735 Sodium: 438 Carb: 88	8 Choice: 🌱 Eggplant Parm (415) Huli Huli Chicken (223) Hawaiian Vegetable Blend (23) Brown Rice (5) Peaches (6) Cal: 753 Sodium: 392 Carb: 87	9 Choice: 🌱 Eggplant Parm (415) White Fish w/ Lemon Caper Sauce (292) Carrots (53) Cabbage (31) Dinner Roll (132) #Birthday Cake (221) Cal: 688 Sodium: 989 Carb: 75
12 Choice: 🌱 Mushroom Chive Quiche (306) Chicken Fajitas (105) Rice & Beans (63) Corn (2) 1 Tortilla (170) Pineapple Slices (2) Cal: 724 Sodium: 467 Carb: 100	13 Choice: 🌱 Mushroom Chive Quiche (306) Swedish Meatballs (213) Pasta (1) Asparagus (3) Yellow Squash (6) Fresh Fruit (2) Cal: 732 Sodium: 351 Carb: 94	14 Choice: 🌱 Mushroom Chive Quiche (306) Turkey Noodle Soup (90) French Bread (150) Green Bean Casserole (80) #Sugar Cookie (140) Cal: 695 Sodium: 603 Carb: 84	15 Choice: 🌱 Mushroom Chive Quiche (306) Sweet & Sour Pork (495) Green Peas (66) Butternut Squash (52) Rice Pilaf (43) Applesauce (15) Cal: 750 Sodium: 795 Carb: 98	16 Choice: 🌱 Mushroom Chive Quiche (306) Pollock Florentine (309) Butter Pasta (3) Broccoli (13) Spinach & Onions (46) #Gelatin w/ Topping (61) Cal: 709 Sodium: 557 Carb: 87
19 NO MEALS 	20 Choice: 🌱 Mac & Cheese (194) Chicken Tikka Masala (170) Brown Rice (5) Peppers & Onions (3) Carrots (44) Mandarin Oranges (7) Cal: 712 Sodium: 353 Carb: 72	21 Choice: 🌱 Tuna Salad (333) Chicken Salad Sandwich (285) Coleslaw (15) Cucumber Salad (4) Fresh Fruit (2) Cal: 757 Sodium: 431 Carb: 67	22 Choice: 🌱 Mac & Cheese (194) Broccoli Cheddar Soup (187) Chickpeas & Spinach (225) French Bread (150) Pears (10) Cal: 685 Sodium: 698 Carb: 82	23 Choice: 🌱 Mac & Cheese (194) Roasted Turkey w/ Graw (459) Mashed Potatoes (46) Green Beans (3) Stuffing (184) #Pudding w/ Topping (195) Cal: 789 Sodium: 1012 Carb: 98
26 Choice: 🌱 Lentil Bolognese (116) Mediterranean Baked Fish (179) Quinoa (73) Butternut Squash (52) Zucchini (14) Pineapple Slices (2) Cal: 695 Sodium: 445 Carb: 92	27 Choice: 🌱 Lentil Bolognese (116) Pulled Pork (409) Bun (132) Baked Beans (140) Cabbage Stir Fry (85) #Gelatin w/ Topping (61) Cal: 757 Sodium: 953 Carb: 92	28 Choice: 🌱 Lentil Bolognese (116) Beef Macaroni (126) Brussel Sprouts (9) Turnips (25) 1 Slice Rye Bread (193) Ambrosia Salad (10) Cal: 765 Sodium: 489 Carb: 72	29 Choice: 🌱 Lentil Bolognese (116) Hamburger (200) Bun (230) Roasted Sweet Potatoes (63) Carrots & Corn (32) Fresh Fruit (2) Cal: 773 Sodium: 652 Carb: 111	
United Way Meals based on No Added Salt Diet (3-4gm sodium) for healthy older adults. Sodium content is listed next to each item in (). all meals include milk w/ 125 mg sodium. If you have a special concern regarding the menu, contact the Nutritionist at 413-561-7313 for guidance on managing your intake to meet your dietary requirements. To cancel a meal, please see reverse side.				

SOUTHWICK COUNCIL ON AGING

454 College Highway
Southwick, MA 01077

Non-Profit Org.
U.S. postage
PAID
Southwick,
MA 01077

**Please Forward
Change Service Requested**

Activities **CALENDAR** ©LPI

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

Tuesday 9:00am— Aerobics with Donna \$2
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

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 9:00am - Aerobics with Donna \$2
Friday 10:30am- Chair Yoga with Heidi \$2

Need a Covid test?

Free COVID test kits can be ordered directly from the Federal Government and shipped to your home at the following link.

<https://www.covid.gov/tests>

Kits can also be purchased at a nearby pharmacy.

The Senior Center does not have a supply of kits to give out.

Attention Hulmes Van Riders

If you have an upcoming ride scheduled and snow is in the forecast remember to check Channel 22 and Channel 40 for cancellations. Look for Hulmes Transportation cancellations. If it says no transportation there will be no rides that day.

