

THE MESSENGER

A Newsletter For Southwick's Senior Community



What's Inside

Welcome	03
Events	04
Services.....	05
Tax Time.....	06



2022

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

Director: Cindy Sullivan
Assistant Director: Cara Cartello
COA Staff Member:
Denise Seibert

Dining Coordinator
Denise Hills-McGarry
SHINE: Late Spring Start



Like us on Facebook
www.facebook.com/southwickseiorcenter
Southwick Senior Center/
Council on Aging



COMPANION PROGRAM IS READY TO BEGIN:

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.

Herbert C. Pace Jr. Good Citizen Award

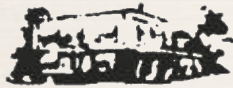
Nominations for the Herbert C. Pace Jr. award are now being accepted. The criteria for the recipient of the Herbert C. Pace Jr. award are as follows:

- *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.

Firtion Adams

FUNERAL SERVICE



FUNERAL SERVICE

76 Broad Street, Westfield, Mass. 01085

FIRTIONADAMS.COM • 562-6244

James R. Adams • James F. Adams

When considering downsizing or relocating, you can put your trust in Lis Real Estate. We have been assisting our local clients with seamless transactions for over 45 years.



Peggy Lis-Barone - Broker

cell: 413-537-7410

office: 413-831-6612



491C COLLEGE HWY.
SOUTHWICK
www.lisrealty.com

Hearing Difficulties?
Call for a FREE test!

New Ears
AFFORDABLE HEARING CARE

"Southwick's Hometown
Hearing Center"

413-519-3367

FREE AD DESIGN

WITH PURCHASE OF THIS SPACE

CALL 800.477.4574

**SOUTHWICK
FORASTIERE**
FUNERAL & CREMATION



Pre-Planning | Burial
Cremation | Bereavement
Serving Southwick for Over 30 Years

413-569-5306

www.forastiere.com

Member of Forastiere Family Funeral Service, Inc.
45 Locust Street, Springfield MA 01108 • 413-733-5311



SOUTHWICK
VILLAGE
RESIDENTIAL LIVING

Life Reimagined

Schedule Your Tour Today:
(413) 569-1945

802 College Highway, Southwick, MA 01077

www.southwickvillage.com



Where Quality Meets Compassion



Housekeeping
Meal Preparation
Companionship • Errands
Personal Care
Respite • RN Evaluations
Blood Pressure Checks

413-363-2575

SilverLiningsHomeCare.com

ADVERTISE HERE

to reach the
senior market



Call (800) 477-4574

SUPPORT OUR ADVERTISERS!



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com Southwick Council on Aging, Southwick, MA 06-5364

Center Updates

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 February 8th. 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.



From the Director-Cindy Sullivan

Hello Seniors:

We can hardly believe that it is 2022. It seems like a very long time since we have been at 100% participation. So many things have changed, but we continue to introduce new programs while staying with our comfortable programming. Every day is different and we look forward to the days when we are not concerned about the COVID pandemic, vaccines, variants, and these oh so intrusive masks. Pivoting is what has become the norm and we are trying very hard to remain open while being safe. Please be patient with us as everyday is a new day and we never know what the day will bring. Be kind to us as we are trying to do the very best we can. Be kind to each other as not everyone shares the same opinion about what being together looks like. Please stay home if you are feeling sick and reach out to your doctor if you need medical attention. Winter is here be safe while driving or walking to get your mail at the mailbox. There has already been more ice than snow and we want you all to be careful out there.

Peace and Joy,
Cindy Sullivan and the COA Staff

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.



04 | EVENTS

Upcoming Events



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



February 10....

Valentines Day Scratch Art

February 24....

Stain Glass Jar Art

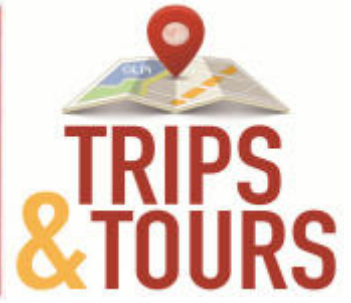


March 10....

St Patricks Day Stick Hats

March 24....

Small Canvas Painting



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 Technical Academy Buffet

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



Art Adventures Painting Class:

Join in the fun of painting in the new class taught by Southwick artist Carolyn Avery. All levels of experience are welcome (or no experience at all) as you explore techniques, design, color and more. Your choice of watercolor, acrylic or oil. Classes are held on Tuesdays from 12:30pm-2:00pm. You are welcome to stay if you choose. The cost is \$2.00 per class to be paid at time of class.



Back by popular demand: 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 other month. We are currently scheduling appointments for March 22nd.. You must call the the Senior Center and schedule an appointment.



Blood Pressure screenings will be held every Monday from 11:00am-12:00pm beginning on February 7th. Retired nurse Margy D will be at the Senior Center to perform this reading for you. This screening should not take the place of your regular doctor visits, and Margy 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. He will be available on Thursday February 10th. This schedule is subject to change so calling to make sure he will be at the Senior Center is advised.



Senator Velis: Senator John Velis will hold Office Hours at the Southwick Senior Center on the first Friday of the month from 10:00am-11:00am. Please stop in with any questions for the Senator or come in to say Hello. This schedule is subject to change so calling to make sure he will be at the Senior Center is advised.





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.



Marlene Benson Mary Dougherty
Arthur Bossonault Richard Falcetti
Kathy McBride



Harvest Butternut and Tomato Bisque

SERVINGS: 6 servings
PREP TIME: Under 30 minutes

INGREDIENTS

- 2 tablespoons butter
- 1 onion, diced
- 1 ½ pounds butternut squash, peeled and cut into 1-inch cubes (about 4 cups)
- 2 cups water
- 1 cup CHI-CHI'S® Thick & Chunky Salsa
- 2 teaspoons **HERB-OX® Chicken Granules Bouillon**
- 1 cup half-and-half cream
- ¼ teaspoon salt
- teaspoon white pepper
- teaspoon dried basil leaves



DIRECTIONS

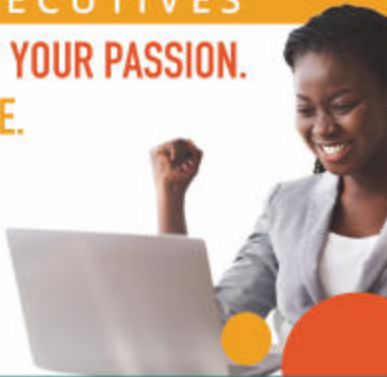
1. In large saucepan, melt butter over medium-high heat. Add onion; cook, stirring frequently, 2 to 3 minutes or until onion is slightly softened.
2. Add squash, water, salsa and bouillon to saucepan; cover. Bring to a boil. Reduce heat to medium-low. Cook, stirring occasionally, 20 to 25 minutes or until squash is fork-tender. Cool 15 minutes.
3. In blender container or food processor bowl, purée squash mixture, in small batches if needed, until smooth. Return puréed squash to saucepan.
4. Stir cream, salt, white pepper and basil into saucepan. Cook, stirring constantly, 4 to 6 minutes or until hot and flavors are blended.
5. Ladle soup into warm bowls to serve. Place small dollops of sour cream in circular-fashion on top of soup, if desired. Gently run wooden pick through sour cream to create swirled effect.

WE'RE HIRING

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid Training
- Some Travel
- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community



Contact us at careers@4lpi.com
www.4lpi.com/careers

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Susanne Carpenter**
to place an ad today!
scarpenter@4LPi.com or
(800) 477-4574 x6348

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized
Provider

SafeStreets

1-855-225-4251

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed
to you at www.mycommunityonline.com



SOUTHWICK COUNCIL ON AGING

454 College Highway

Please Forward
Change Service Requested

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

Weekly Activity and Exercise Schedule

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

Tuesday 10:00am- Tai-Chi with Lenny \$2
Tuesday 12:00pm- Cards
Tuesday 12:30pm- Painting Class with Carolyn \$2
Tuesday 1:00pm- Cribbage and Whist Card Game

Wednesday 10:00am- Line Dancing with Clara \$2
Wednesday 1:00pm- Scrabble
Wednesday 1:00pm-3:00pm- BINGO with Cara and Special Guests

Thursday 9:00am- Zumba with Becca \$2
Thursday 10:30am- Yoga with Renee \$2
Thursday 12:00pm- Cards
Thursday 1:00pm- Crafts with Denise (2X per month)

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

