

THE MESSENGER

A Newsletter For Southwick's Senior Community



What's Inside

Paint and Snack (FREE)	03
Upcoming Trips.....	04
Outreach.....	05
Activity Schedule.. ..	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, Carol Smith
Harvey Holm, Theresa Rogers
Associate Members:
Harriet Fischer, Elaine Boucher

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

Dining Coordinator
Denise Hills-McGarry
SHINE: Cara Cartello



Like us on Facebook
[www.facebook.com/
Southwick Senior Center/
Council on Aging](http://www.facebook.com/SouthwickSeniorCenter/CouncilonAging)

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 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. 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 April to honor the recipient.



New Program Alert!!!

In collaboration with our town nurse, Tricia, the board of health, and Elms College Nursing students

we will be hosting 4 nursing students on Wednesdays from 10am-1pm at the Senior Center now through the middle of April. The nurses will be doing weekly presentations in the lunch room from 11:15am-11:45am on topics of interest to Seniors. They will also be available to answer basic questions, but are not there to replace an office visit with your primary care physician. Please do not come to the Senior Center if you are not feeling well.

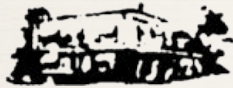
This is a new program so a lot of details will be worked out as we move forward. The following will be the dates they are at the Senior Center: Feb 1, Feb 8, Feb 15, Mar 1, Mar 15, Mar 22, Apr 12, Apr 19.



COME DECORATE WITH US!!! Would you like to help decorate our Senior Center for all seasons and events? Please join our newly formed **Decorating Committee**. The first meeting will be Monday February 13th at 10am in the lunch room. Please join us.

Firtion Adams

FUNERAL SERVICE



FUNERAL SERVICE

76 Broad Street, Westfield, Mass. 01085

FIRTIONADAMS.COM • 562-6244

James R. Adams • Joshua J. Adams



Heritage Lawns

OF WEST SPRINGFIELD, INCORPORATED

Offering Lawn Care
Programs for the
2022 Season

"Quality & Service Still Count"

413-731-0004

Servicing the local
communities for
over 25 years!

**Trained Professionals • Granular Products • Grub Control
Lime • Aeration • Tree & Shrub Program**

Hearing Difficulties?
Call for a FREE test!

New Ears
AFFORDABLE HEARING CARE

*"Southwick's Hometown
Hearing Center"*

413-519-3367



SOUTHWICK
VILLAGE

RESIDENTIAL LIVING

A MAISONCARE MANAGED COMMUNITY

Life Reimagined

Call to schedule your visit

413.798.8668

southwickvillage.com

A 55+ Active Adult Residential Community



Atria Retirement

All Inclusive Independent

Retirement Living Made Simple

413-786-9688

quailrunestates.com

50 Cardinal Drive, Agawam, MA

*Call for a Tour and a
Complimentary Meal Today!*

**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

Place Your Ad Here and Support our Community!

Instantly create and
purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator

Silver Linings
HOME CARE

Where Quality Meets Compassion



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

413-363-2575

SilverLiningsHomeCare.com

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

Senior Center Info



Crafts with Denise: Denise will be doing craft projects twice a month. You must sign up in advance and the cost is \$3.00 per class. Crafts will begin at 1:00pm

February 9th — Jar of Hearts
February 23rd—Tape Painting

Learn New Cooking Ideas:

The Culinary Arts Students from Westfield Technical Academy and the Head Chef will be returning to the Senior Center. Tuesday February 7th at 9:30am on the menu Breakfast Risotto and a gluten free Chocolate Chip Cookie. The cost for the class will be \$6.00. If you would like to join this exciting program please sign up in the office. Class is held in the Park and Recreation area on the lower level.

Paint and Snack sponsored by the Southwick

Fire Department: Please sign up for this wonderful program. Painting professional Michelle will guide us through painting this beautiful picture. Trust me everyone can do it and you'll be surprised how she breaks



down the parts for you to be successful. Also Lisa Anderson will share Fire Awareness and Fire Safety with all participants. This program will be

held at the Senior Center on Feb. 15th from 10:00am-11:30am. Space is limited so please sign up soon.

AGING IN SOUTHWICK

WE WANT TO HEAR FROM YOU!



Join the **Southwick Council on Aging** for a **listening session** to help the Town plan for an aging population on **Monday, February 13th at 12:30 pm in the Land Use Room (2nd Floor) of the Southwick Town Hall**. This meeting was originally scheduled for January 9th but was postponed due to a family emergency.

Staff from the Pioneer Valley Planning Commission (PVPC) will present highlights from the Southwick Master Plan Survey and will ask participants to share what they see as **challenges and opportunities** for making Southwick a **great place to grow up & grow old**.

Participation in this forum will inform the Master Plan Committee of priority goals and actions the Town can take to create an environment that supports people who want to remain in Southwick as they age.

This forum will be offered in person and on Zoom (watch the COA website at <https://www.southwickma.org/council-aging> for login information) and will be recorded for future viewing.



For more information, contact Becky Basch at bbasch@pvpc.org

COOKING WITH WTA 03



Once again AARP Tax Aide Program volunteers will be completing taxes at our Senior Center on Tuesdays only beginning on February 7th.

*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.

*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.



William Leonard : Bill was a long time bread distributor at the Senior Center. He helped everyday and then had coffee here with his friends. He enjoyed our activities as well.

Marie Alamad: Marie volunteered for our brown bag program for many years. She was also a Gold Star mother and gave a lot to her community.

UPCOMING TRIPS



Majestic Theater, Just an Old Fashioned Love Song

The Volunteer van will be going to the Majestic Theater to see Just an Old Fashioned Love Song (music directed by Dan Kane) on Tuesday, February 7, 2023. The cost is \$32.00. The Volunteer Van will leave the Senior Center at 1:00 pm.

Agawam Bowl Candlepin Bowling

The Volunteer van will be going to Agawam Bowl on Friday, February 17, 2023. The cost will be \$18.00 which will cover the cost of bowling. Lunch will be at EB's at your own expense. The Volunteer Van will leave the Senior Center at 9:15 am.

Partners Restaurant

The Volunteer van will be going to Partners in Agawam for lunch on Thursday, February 23, 2023. The cost is \$4. Breakfast will be at your own expense. The van will leave the Senior Center at 11:30 am.



Westfield Technical Academy St. Patrick's Buffet

The Volunteer van will be going to the Westfield Technical Academy for their amazing St. Patrick's Buffet in March. The Tech Academy has not scheduled a date at this time. The cost is \$16.00.

Smith College Flower Show & Bluebonnet Diner

The Volunteer Van will be going to Smith College Flower Show on Tuesday, March 14, 2023. The cost is \$9 and includes admission. Lunch will be at your own expense. The van will leave the Senior Center at 9:15 am.

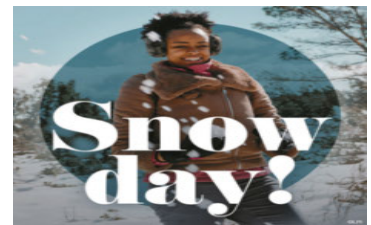
Foxwoods

The Volunteer Van will be going to Foxwoods Casino on Friday, March 31, 2023. The cost is \$6.00. The van will leave the Senior Center at 8:00am.



Van Driver's Needed:

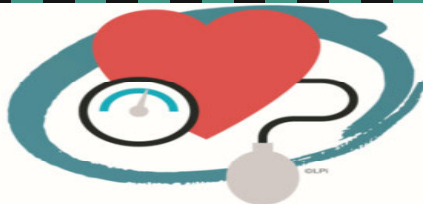
If you would like to volunteer to drive our Van on any of these trips or any future trips please call the Senior Center. Volunteers receive free lunch and admission to the venue. We are also looking for volunteers to do some medical appointments and other small rides throughout town. You do not need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



If there is bad weather please watch the news either 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 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 month. We are currently scheduling appointments for February 21st and March 21st. You must call the Senior Center and schedule an appointment.



BLOOD PRESSURE SCREENINGS

Blood Pressure screenings: The Fire Dept. will be doing a 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 the nurse 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. 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 February 14th and March 14th. 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.

Select Board Office/Coffee Hour: Stay tuned for a date and time for Select Board Office/Coffee Hour becoming a regular event.

COA REVOLVING GIFT ACCOUNT: The COA Revolving Gift Account is used to pay for services for Seniors, entertainment, equipment, and programs for the Senior Center. Monies donated to the Gift Account remain in this account and are not considered part of the Town Budget. Anyone wishing to make a donation may do so by making checks payable to "COA Revolving Gift Account". Donations may be made in honor of, or in memory of a friend or relative. Contributions are always greatly appreciated!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Choice: Swedish Meatballs (375) Breaded Chicken Bites (456) Butternut Squash Mac & Cheese (373) Winter Blend Vegetables (43) #Pudding w/whip topping (195)	Choice: Chicken Salad (251) Egg Salad (246) Pumpnickel Bread (155) Vinaigrette Pasta Salad (220) Three Bean Salad (250) Chilled Peaches (6)	Choice: Swedish Meatballs (375) Vegetarian Chili** (552) Corn Bread (454) 1/2 Baked Potato (4) #Yogurt (75)
Choice: Macaroni & Cheese (496) Eggs w/ Bacon and Cheese (478) Hash Brown Potatoes (208) Warm Fruit Compote (8) Oatmeal Bread (142) #Orange Juice (15)	Choice: Macaroni & Cheese (496) Beef Burger on a bun** (530) Lettuce and Tomato (21) Vegetarian Baked Beans (140) Green Beans (3) Fresh Fruit	Choice: Macaroni & Cheese (496) Chicken Cacciatore (277) w/ Peppers, Onions, and Mushrooms (107) Roasted Cauliflower (32) Penne Pasta (1) French Bread (256) #Gelatin w/whip topping (89)	Choice: Macaroni & Cheese (496) High Sodium Meal White Pizza w/Chicken and Broccoli** (767) Carrots (64) Garlic Bread (280) Mixed Fruit (3)	Cal: 770 Sodium: 1184 Carb: 106 Choice: Macaroni & Cheese (496) Salmon (69) with Pesto Cream Sauce (44) Dinner Roll (210) Brussel Sprouts (44) Corn (6) #Birthday Cake (276)
Cal: 762 Sodium: 976 Carb: 112 Choice: Cabbage Rolls (268) Salisbury Steak (370) with beef gravy (82) Mashed Potatoes (58) Beets (185) Dinner Roll (210) Applesauce (9)	Choice: Cabbage Rolls (268) Tuna Noodle Casserole (386) Carrots (64) Sweet Green Peas (82) Fresh Fruit	Choice: Chicken Salad (251) Ham and Cheese Sandwich** (694) Lettuce and Tomato (21) Corn Salad (52) Cole Slaw (90) #Chocolate Brownie (149)	Choice: Cabbage Rolls (268) Chicken a la King (118) over Brown Rice (84) Green Beans (3) Biscuit (267) Chilled Apricots	Cal: 761 Sodium: 988 Carb: 89 Choice: Cabbage Rolls (268) Vegetable Soup (115) Roasted Sweet Potato (53) French Bread (256) #Pudding w/whip topping (195)
Cal: 663 Sodium: 1040 Carb: 92 NO MEALS 	Choice: Meatloaf (202) Breaded White Fish Sandwich** (544) Tartar Sauce (261) Lettuce and Tomato (21) Butternut Squash (36) Broccoli (9) Mixed Fruit (3)	Choice: Meatloaf (202) Baked Ziti (340) Italian Blend Vegetables (19) French Bread (256) #Ambrosia w/fruit (3)	Choice: Meatloaf (202) Pork Chop w/gravy (105) Mashed Potatoes (58) Cabbage (20) Dinner Roll (210) #Chocolate Chip Cookie (105)	Cal: 769 Sodium: 745 Carb: 115 Choice: Meatloaf (202) Chicken Cordon Bleu** (550) Egg Noodles (4) Carrots (64) Spinach (76) Fresh Fruit
Cal: 629 Sodium: 977 Carb: 80 Choice: Broccoli & Cheese Stuffed Chicken (410) Chicken Fajitas (173) Peppers and Onions (3) Corn (6) Cheese (187) Flour Tortilla (170) Chilled Diced Peas (5)	Choice: Broccoli & Cheese Stuffed Chicken (410) Cheese & Chive Quiche (391) Sweet Green Peas (82) Chickpeas, Tomato, and Onion (79) Oatmeal Bread (142) Fresh Fruit	Cal: 651 Sodium: 743 Carb: 87 Choice: Meatloaf (202) Baked Ziti (340) Italian Blend Vegetables (19) French Bread (256) #Ambrosia w/fruit (3)	Cal: 615 Sodium: 624 Carb: 77 Choice: Meatloaf (202) Pork Chop w/gravy (105) Mashed Potatoes (58) Cabbage (20) Dinner Roll (210) #Chocolate Chip Cookie (105)	Cal: 661 Sodium: 820 Carb: 78
Cal: 629 Sodium: 977 Carb: 80 Choice: Broccoli & Cheese Stuffed Chicken (410) Chicken Fajitas (173) Peppers and Onions (3) Corn (6) Cheese (187) Flour Tortilla (170) Chilled Diced Peas (5)	Choice: Broccoli & Cheese Stuffed Chicken (410) Cheese & Chive Quiche (391) Sweet Green Peas (82) Chickpeas, Tomato, and Onion (79) Oatmeal Bread (142) Fresh Fruit	Cal: 651 Sodium: 743 Carb: 87 Choice: Meatloaf (202) Baked Ziti (340) Italian Blend Vegetables (19) French Bread (256) #Ambrosia w/fruit (3)	Cal: 615 Sodium: 624 Carb: 77 Choice: Meatloaf (202) Pork Chop w/gravy (105) Mashed Potatoes (58) Cabbage (20) Dinner Roll (210) #Chocolate Chip Cookie (105)	Cal: 661 Sodium: 820 Carb: 78

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 413-582-9301 for guidance on managing your diet to meet your dietary requirements.

Highland Valley ELDER SERVICES

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized
Provider

SafeStreets

833-287-3502

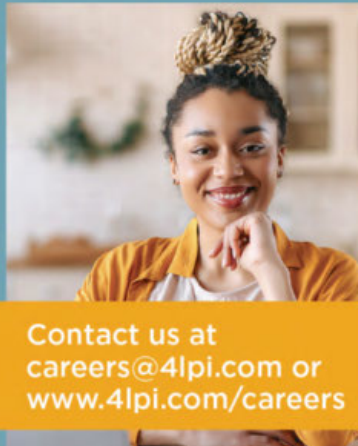
WE'RE HIRING!

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@4pi.com or
www.4pi.com/careers

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Susanne Carpenter

scarpenter@lpicommunities.com
(800) 477-4574 x6348

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you every week.



VISIT WWW.MYCOMMUNITYONLINE.COM



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 (Land Use Room)
Monday 12:30pm- Chinese Language and Culture Class

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 with Cara
Wednesday 12:00pm- Cards

Thursday 9:00am- Zumba with Becca \$2
Thursday 10:30am- Yoga with Renee \$2 (no class 2/2)
Thursday 12:15pm- Cards and Board Game Afternoon
Thursday 1:00pm- Crafts with Denise (2X per month)

Friday 10:30am- Chair Yoga with Heidi \$2
Yoga Dancing on Friday 2/17 at 11:45am



**Technology Support
for Seniors :** On March
2nd at 10:00am-11:30am

upper classman from Westfield Technical Academy are offering in -person one-to one computer/ smartphone assistance. They can help with setting up and using e-mail on smartphones or 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 so we know how many people are interested. Drop ins are welcome as long as there is time.

Whalley Computers may be here in February. Please call to find out.

