

# THE MESSENGER

A Newsletter For Southwick's Senior Community



## What's Inside

In Memorium.....	03
CRAFTS .....	04
Pork RECIPE .....	05
VACCINE INFO.....	08

## June/July Newsletter

## Get in Touch

### ADDRESS

454 College Highway  
Southwick, MA 01077

**Website** [southwickma.org/coa](http://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:**

**Members:**

Jack Poci, Donna Charron

Harvey Holm, Theresa Rogers,

Donna Foisy

**Associate Members:**

Harriet Fischer,

**COA Director:** Cindy Sullivan

**COA Staff Members:**

Denise Seibert

Heather Perron

**Dining Coordinator**

Denise Hills-McGarry

**SHINE:**

Theresa Bessette



**Like us on Facebook**

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

In a winters chill  
or a summers heat..

A farmer works  
so the world can eat.

Thank You Farmers!



As the COVID Pandemic gets to be less and less of a threat to gatherings the restrictions will be changing. Please be patient with us as we are adjusting as safely and as quickly as we can. We are currently collaborating with the Board of Health and the Select Board to implement a Phased in approach. This will allow us to bring programs, congregate dining, and trips back to our Senior Center in a well thought out safe way. Please continue to listen to our phone recordings we send out and follow us on Facebook. at Southwick Senior Center/Council on Aging. As always please call us with any questions or concerns

**\*\*** If you have not been fully vaccinated for COVID-19, the Southwick Senior Center strongly encourages you to consider your safety and the safety of others. The potential danger to yourself and others is simply not worth the risk. During the pandemic, please be cognizant of your own personal health and safety as well as that of others around you. (In other words, enter and participate at your own risk!) We want to open for you and we want all of you to be safe.



## Senior Center Info

### SENIOR CENTER MEALS:

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 by 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

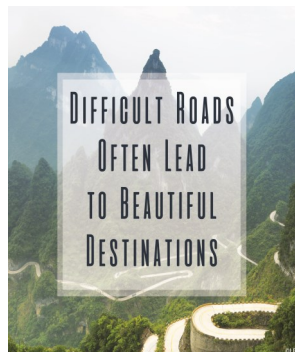
We will have brown bag on June 8th and July 13th you must be pre-approved through the Food Bank in order to receive a brown bag. You may pick up your bag of groceries on a drive through basis between 12:00pm and 12:30pm ONLY. Bags will be available at the garage. Please remain in your vehicle.

### 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-up in Southwick only. 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.



Diann Fox  
Wanda Lemere  
Carol Quinn  
Sally Killips



### From the Director:

Hello Everyone: Summer is coming upon us very fast. The past 16 months has been filled with uncertainty and isolation. As we look to the summer there are hopes of gatherings, events, reconnecting with friends, and making some new friends. The Senior Center has adjusted to being closed, and have changed the way we operate to some degree. We will be even more vigilant with disinfecting high touch areas, using hand sanitizer, and making sure that people who are feeling ill for any reason stay home. There may be some activities or programs that do not return, but we are excited to continue moving forward.. We've done some remodeling inside and we can't wait to show you . When we do open we will use the sliding glass door as the entrance to the Senior Center so we can better monitor who is in the building. Stay safe be aware of your surrounding and please get vaccinated. Peace and Joy,  
Cindy Sullivan- COA Director

## Upcoming Events

### Volunteer SPOTLIGHT

During the COVID-19 Pandemic the Senior Center was open and never closed to assist you. From May 2020 until now we have several people who volunteered for over 20 total hours.. Like last year will be having a special grab and go meal at Tucker's Restaurant. The information will be coming out soon. We can't thank the following individuals enough for their service to the us:

#### COA Board Members:

Paula LeBlanc (FRTA Rep.)  
Carol Laughlin  
Donna Charron  
Jack Pocai  
Donna Foisy  
Theresa Rogers  
Harvey Hollm  
Harriet Fischer

#### Meals on Wheels Drivers:

Harvey Hollm,  
Alan Gard  
Phyllis Wheeler  
Robert Stevens  
Anjum Alves,  
Mike Bertoncelli  
Judith Asselin  
Mary Ann Philo

#### Drivers:

Sam Goodwin

#### AARP Tax Prepares:

Judy and Bruce Tomaso  
Diane Barstow  
Bob Wahlund

## Virtual Bingo Bash Info



## Zoom, Channel 15, and Conference Call

Wednesdays 1:00pm-3:00pm moving inside soon  
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

### Join VIA Zoom on your computer or Smartphone

Click on the link in the e-mail we send you. If you are unable to connect, type in:

<https://southwickma.zoom.us/j/83798571638>

Pass Code: 754026

Launch Meeting

No long distance no problem

Call 413-333-5104

When prompted enter the

Conference ID Number: 296170#

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**



Crafty Creations in person outside under the tent at 12:30pm-Registration required \$2.00 per craft

June 10th- Tissue Paper Canvas Art

June 24th-Farmhouse Flower Vase

July 15th- Summer Beach Canvas Painting

July 29th- Summer Coasters





### Monday Morning

Movement: Walk with Heather and start your busy week off right..

Meet at the outdoor Tent at 8:25am. Heather will decide the Route and walk for approximately 45 minutes. Please call the Senior Center to register. Free to participate.



### Southwick Senior Center Exercise Class:

We are running classes in 5 week sessions. You must register and pre pay for the entire session. The cost will be \$10.00 per 5 week session. Please call the Senior Center to register for the session. Payment should be dropped off at the Senior Center no later than Friday before the session begins. You can leave payment in the secure mailbox outside the Senior Center sliding glass doors. Space is limited and we must have at least 7 participants per class to run the class that session.

Monday– Chi Gong 10:00am

Wednesday– Line Dancing on hold TBD

Thursday– Zumba 9:00am

Thursday –Chair Yoga 10:00am

Friday– Yoga 10:00am (now outside)

CLASSES WILL END AT THE END OF JULY—NO CLASSES IN AUGUST



Dial-A-Lawyer: Free Legal Advice by Phone for Elders The Massachusetts Bar Association sponsors a monthly Dial-A Lawyer program and encourages members of the public to call our hotline for free legal advice. Dial-A-Lawyer attorney volunteers are in good standing and have a wide variety of legal experience. On the first Wednesday of every month, from 5:30 – 7:30 p.m., attorneys are available at (617) 338-0610 or (877) 686-0711 to answer questions on a variety of topics, including family law, bankruptcy, employment, estate planning, real estate, consumer rights and more. Questions? Contact the MBA Community Service Department at (617) 338-0695 or via email at [communityservices@massbar.org](mailto:communityservices@massbar.org).



Chef Rogers and the Westfield Technical Academy students will be filming a cooking demonstration. This will be aired on Channel 15 at 12:30pm and 2:00pm on Monday June 14th. The Senior Center will be handing out all the ingredients for this delicious recipe on June 14th at 11:30am. You must sign up in advance by June 10th to receive the ingredients. Supplies are limited please call as soon as possible. The charge for this event is \$5.00. You must drop of your cash payment when you pick up your ingredients.

## Garlic Parmesan Pork Cutlet, serves 4

4 boneless pork chops approximately 3-4 ounces each

salt and pepper to taste

1½ tablespoons salted butter

3 cloves garlic minced

1½ cup heavy cream

2 tablespoons all purpose flour

¾ cup grated parmesan

1 tablespoon minced fresh parsley



### Instructions

Heat a large skillet over medium heat. Add butter and allow to melt, stirring to coat the pan.

Sprinkle each pork chop with salt and pepper to taste on both sides.

Add pork to skillet and cook each side for 4-5 minutes or until both sides are golden brown. Turn off heat and cover with a tight lid. Let the chops sit for 8-10 minutes until fully cooked through. Set aside on a foil tented plate to keep warm.

Scrape the pan to release all that yumminess, no need to clean the pan.

Heat pan to medium high heat. Toss garlic in the pan and allow to caramelize for 1-2 minutes until fragrant. Add in the flour and cream and stir quickly to combine. Bring to a boil, and then reduce to a simmer. Allow to simmer for 2 minutes.

Stir in the grated parmesan and fresh parsley, stirring until fully combined and heated through. Return pork to the sauce, simmer briefly and serve.

This can be served with potatoes, rice or pasta with your favorite vegetable



# SOUTHWICK COUNCIL ON AGING

454 College Highway

Please Forward  
Change Service Requested

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



## VACCINATION INFORMATION:

The BIG E Vaccination site has opened. Every age group is now eligible for the vaccination. The link to the site is :

**<https://home.color.com/vaccine/register/westspringfield>**

If you need help scheduling an appointment at this site please call the Senior Center at 569-5498 and we will be more than happy to assist you. Please have your health insurance card available to help registration go smoothly. If you need a ride to any vaccination site please call us and we can schedule you a ride. You can find out more details about all of the vaccines available at <https://www.mass.gov/covid-19-vaccine> or by calling your health care provider. In Mid-May 65% of Southwick residents over 75 and 61% of Southwick residents between the ages of 65-74 have received the vaccine. Select Board Member Mr. Moglin, Mr. Fox, and Mr. Deedy, and Mr. Stinehart received their vaccine and are now fully vaccinated. The COA staff have also received their vaccines. Let's all work together to get rid of this virus. Please continue to wash your hands, socially distance, and wear a mask where required.

