

# 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](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:** Donna Foisy

### Members:

Jack Pocai, 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: Late Spring Start**



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



## Benson's BBQ—

**Whalley Park Wed. June 22nd  
11:00am-1:00pm**

Summer Country Western Hoedown  
Come kick off the summer with us.

This event is being generously sponsored by Roy and Marlene Benson's Memorial Contributions, and the Southwick Fire Department. There will be music by Jack and his Guitar and line dancing!! The cost of this great activity will be \$2.00. Come enjoy food, snacks and lots of fun. You will not want to miss this event. Please sign up and pay for this event at the Senior Center. Transportation will be provided for Southwick residents if needed. Space is limited so sign up soon!!!



## Magician— Scott Jameson

**Whalley Park—Thursday  
June 30th at 10:00am**

Come enjoy a wonderful magic show for individuals aged 3 years to 99 years old. We welcome everyone to come to this show. Scott presents performances that feature magic, juggling, and other less definable bits of entertainment. His Training in gymnastics, dance, acting, and even microchip programming, has helped him to create performances that are uniquely his own. It is wonderful when generations are given the opportunity to laugh, live, and love in the same space.

## Senior Center Info



### The Senior Brown Bag

We will have brown bag on June 14th and July 12th 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.



**Smoke Detector** installation program will be held on Wednesday June 7th from 9:00am-12:00pm. The Fire Department and

the American Red Cross will be partnering with the Senior Center to replace or install new smoke detectors in your home. If your smoke detectors are battery operated and 10 years old please call us to schedule a time so we can take care of this for you. We are unable to replace wired smoke detectors.



**Crafts with Denise:** The cost is \$3.00 per class. Crafts will begin at 1:00pm.

**June 9th**– Butterfly Coloring

**June 23rd**– Plant Flowers to Grow

**July 7th** Seashell Lady Bugs

**July 21st**– Still Drawing with Sketch Pad



**Birthday Party: for Everyone on Thursday July 14th at 11:45am**

We are getting back to our regular routine of having a small birthday celebrations. Sign up for in person lunch in the dining room and we will have special snacks and birthday cake. We will collectively sing Happy Birthday and simply celebrate everyone who attends.



**Yoga Dancing:** Yoga Dancing will be held on June 7th and 21st.

There is a small fee for this class paid directly to the instructor.



### Town of Southwick Senior Citizen

#### Tax Work-Off Program

*Earn up to \$1500.00 off your tax bill by working 105 hours in a Town Department or school environment must qualify to participate*

All interested applicants can request a packet by coming to the Senior Center beginning on Tuesday May 31st. Appointments with Cindy must be scheduled on June 16th or 17th to determine eligibility. Applications MUST be completed when you come for this appointment. The income guidelines are as follows: As of July 1, 2022 income must be under \$54,360 single and under \$73,240/married couple. (This is gross income, including Social Security) There will be (10) available positions on a lottery basis. Applicants are eligible for one year unless there are positions that remain open. Placements can begin as early as July 1st depending on the Department. The qualifications for the program can also be found on our website at [www.southwickma.org/COA](http://www.southwickma.org/COA).

#### Emergency House Number Sign Program

Are the Fire and Police Departments able to find your house in an emergency? Let us help The Southwick Senior Center and The Southwick Fire Department are continuing our partnership to offer you another program. We are trying to make the homes in our community easier for Emergency Services to respond to 911 calls. We have reflective signs with house numbers that will go on homeowner's lawns that will reflect their house number day or night. This program is now available to all homeowners in Southwick for a onetime fee of \$25.00, but we have funding to help Seniors in our community. Call the Senior Center to sign up!

### Upcoming Events



Beginning on Tuesday June 14th if you would like to play **Pitch/Set Back** please come to the Senior Center at 1:00pm. We have people who are interested in playing.

We also have Cribbage and Whist and other cards game groups going on at different tables in different rooms on Tuesdays. Players of all card games can stay until 3:45pm. Come on in and enjoy a game of cards you've played before or try your hand at something new. We would love to have you. These groups are for men and women. Hope to see you!!!



#### Monday Morning Movement:

Walk with Cara and start your busy week off right. Meet outdoors at the ramp entrance to the Senior Center at 8:30am. Cara will decide the Route and walk for approximately 45 minutes. Please call the Senior Center to register. Free to participate.



**Starfires Baseball Game and Lunch at Yankee Village Restaurant:** Enjoy a local baseball game at Bullen's Field in Westfield and then go to lunch on Wednesday June 8th. The cost is \$10.00 The van will leave at 10:15am. Lunch will be at your own expense.

**Golf Acres** Join us for mini golf at Golf Acres on Union Street in Westfield on Wednesday June 15, 2022. The cost is \$10. The van will leave the Senior Center at 10:30 am.

**Schermerhorn's Seafood** The Volunteer Van will be going to Schermerhorn's Seafood in Holyoke on Tuesday June 21, 2022. The cost is \$3. Lunch will be at our own expense. The van will leave the Senior Center at 10:45 am.

#### Lupa Zoo

The Volunteer Van will be going to Lupa Zoo in Ludlow on Thursday, July 7, 2022. The cost is \$16.00 for admission into the zoo. The van will leave the Senior Center at 9:30am.

#### Foxwoods

The Volunteer Van will be going to Foxwoods Casino on Friday, July 15, 2022. The cost is \$5.00. The van will leave the Senior Center at 8:00am.

**Jimmy Mazz at Storowton Lunch & Show** Celebrate Elvis with Jimmy Mazz. Tuesday, July 19, 2022. Lunch will be baked scrod and pot roast, potato, vegetable, rolls, salad, dessert and coffee or tea. The cost is \$44 and due by July 1, 2022. The van will leave the senior Center at 11am.

#### Thimble Island Cruise

The Volunteer Van will be going to Thimble Island on Thursday, August 4, 2022. The cost is \$18.00. Lunch will be at your own expense. The van will leave the Senior Center at 9:00am.

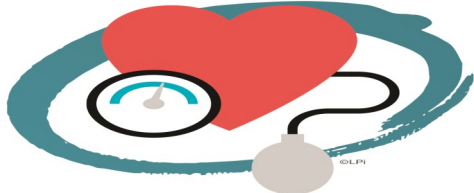
#### QuiltFest New England

The Volunteer Van will be going to QuiltFest New England at the Mass Mutual Center on Thursday, August 11, 2022. The cost is \$20.00. The van will leave the Senior Center at 9:15am.





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 month. We are currently scheduling appointments for June 14th and July 19th.. You must call the Senior Center and schedule an appointment.



### BLOOD PRESSURE SCREENINGS

**Blood Pressure screenings** will be held every Monday from 11:00am-12:00pm. 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 PROGRAMS

**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 June 9th and July 14th. 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.



### COMPANION PROGRAM

The Southwick Senior Center has created 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.



### Highland Valley Elder Services Community Dining Menu - June 2022

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Key for Symbols:</b> Cal: Calories Carb: Carbohydrates (gm) Sodium (mg) # Diabetic Substitute **Higher Sodium Item (>500mg) Local Produce Vegetarian		<b>High Sodium Meal</b> BBQ chicken sandwich** (595) on a bun (230) Hot Potato Salad (103) Steamed Green Beans (3) # Pudding w/whip topping (195) Cal: 945 Sodium: 1251 Carb: 101	CHOICE: TacGo w/ Turkey sausage & cheese (410) Eggplant Parmesan** (544) Penne pasta w/tomato sauce (55) Roasted Brussel Sprouts (9) French Bread (256) Chilled Mixed Fruit (3) Cal: 751 Sodium: 993 Carb: 98	CHOICE: TacGo w/ Turkey sausage & cheese (410) Pollock Loin w/lemon butter sauce (185) Steamed Brown Rice (85) Broccoli Au Gratin (140) Steamed Carrots (43) Fresh Fruit Cal: 700 Sodium: 580 Carb: 80
CHOICE: Pork Chopette w/ Gravy (500) Italian Sausage w/ peppers and onions** (751) on a Grinder Roll (218) Roasted Potatoes (38) Warm Fruit Compote (9) Cal: 807 Sodium: 1141 Carb: 88	CHOICE: Pork Chopette w/ Gravy (500) Vegetable Quiche (307) Summer Blend Vegetables (50) Snack n Loaf (115) Chilled peaches (6) Cal: 711 Sodium: 604 Carb: 80	CHOICE: Pork Chopette w/ Gravy (500) Roasted Turkey w/gravy (450) Homemade Bread Stuffing (330) Mashed Potatoes (58) Sweet Green Peas (66) # Chocolate Brownie (149) Cal: 644 Sodium: 1054 Carb: 90	CHOICE: Pork Chopette w/ Gravy (500) Spaghetti w/Meat Sauce** (516) French Bread (256) Italian Blend Vegetables (19) Fresh Fruit Cal: 757 Sodium: 919 Carb: 101	CHOICE: Pork Chopette w/ Gravy (500) Chilled Chicken Salad (251) Whole Wheat Bread (140) Three Bean Salad (280) Dill Pickles (91) # Gelatin w/ whip topping (61) Cal: 782 Sodium: 970 Carb: 71
CHOICE: Turkey Stew (117) Zucchini & Summer Squash (11) French Bread (256) Mixed Fruit (3) Cal: 672 Sodium: 595 Carb: 88	CHOICE: Turkey Stew (117) Beef Chili (176) Homemade Corn Bread (454) 1/2 Baked Potato (4) Fresh Fruit Cal: 806 Sodium: 945 Carb: 102	CHOICE: Turkey Stew (117) Chicken Marsala (97) Steamed Brown Rice (84) Spinach (109) Carrots (64) # Pudding w/whip topping (195) Cal: 823 Sodium: 674 Carb: 87	CHOICE: Turkey Stew (117) Egg Frittata w/ mushrooms & cheese (251) Steamed Asparagus w/cheese sauce (458) Sweet Yellow Corn Pumpernickel Bread (135) Chilled mixed fruit (3) Cal: 878 Sodium: 977 Carb: 75	CHOICE: Turkey Stew (117) <b>High Sodium Meal</b> Deli Ham and Cheese** (805) on Whole Wheat Bread (184) w/lettuce and tomato (21) Carrot Raisin Salad (194) Cole Slaw (90) Cal: 747 Sodium: 1453 Carb: 67
CHOICE: American Chop Suey (301) Chicken Fajitas (195) Flour Tortilla (170) Yellow Squash (3) Cookie (56) Chilled Pears (4) Cal: 594 Sodium: 554 Carb: 61	<b>Global Table</b> Pulled Pork (63) Red Beans & Rice (56) Collard Greens (33) # Red Velvet Cake (221) Cal: 636 Sodium: 553 Carb: 72	CHOICE: American Chop Suey (301) Shepherd's Pie (170) Dinner Roll (210) Warm Cinnamon Apples (20) # Fruited Gelatin w/whip topping (89) Cal: 966 Sodium: 614 Carb: 95	CHOICE: American Chop Suey (301) Chilled Cottage Cheese (348) w/peaches and pineapple (7) Tomato Cucumber Salad (4) Snack n Loaf (115) Yogurt (75) Cal: 746 Sodium: 675 Carb: 107	CHOICE: American Chop Suey (301) Breaded Fish Fillet Sandwich** (544) Oven Roasted Sweet Potato (63) Sweet Green Peas (66) Fresh Fruit Cal: 851 Sodium: 800 Carb: 119
CHOICE: Macaroni & Cheese (396) Low Sodium Hot Dog on a Bun** (760) Vegetarian Baked Beans (140) Roasted Cauliflower (32) Applesauce (15) Cal: 705 Sodium: 1072 Carb: 75	CHOICE: Macaroni & Cheese (396) Turkey Pot Pie (268) Steamed Broccoli (9) Warm Fruit Compote # Pudding w/whip topping (195) Cal: 891 Sodium: 805 Carb: 117	CHOICE: Macaroni & Cheese (396) Chilled Seafood Salad (299) Rye Bread (150) Cucumber Slices (2) Carrot Sticks (17) Garlic Hummus (202) Fresh Fruit Cal: 730 Sodium: 797 Carb: 66	CHOICE: Macaroni & Cheese (396) Chicken and Cheese Enchiladas (375) Spanish Rice (62) Mexican Corn (6) Chilled Mixed Fruit (3) Cal: 898 Sodium: 571 Carb: 92	

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 intake to meet your dietary requirements.

# SOUTHWICK COUNCIL ON AGING

454 College Highway

Southwick, Massachusetts 01077

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

Please Forward  
Change Service Requested

## EXERCISE CLASSES END AT THE END JUNE AND RESUME IN SEPTEMBER

**Monday 9:00am- Quilting and Sewing Social Group**  
**Monday 10:00am- Chi-Gong with Kathleen \$2( ends 6/20)**  
**Monday 12:30pm- Chinese Language and Culture Class**

**Tuesday 10:00am- Tai-Chi with Lenny \$2 (ends 6/21)**  
**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 (ends 6/22)**  
**Wednesday 1:00pm- Scrabble**  
**Wednesday 1:00pm-3:00pm- BINGO with Cara and Special Guests**

**Thursday 9:00am- Zumba with Becca \$2 (ends 6/23)**  
**Thursday 10:30am- Yoga with Renee \$2 (ends 6/23)**  
**Thursday 12:00pm- Cards**  
**Thursday 1:00pm- Crafts with Denise (2X per month)**

**Friday 10:30am- Chair Yoga with Heidi \$2 (ends 6/24)**

**Some instructors teach in July and August for a different fee**



## Technology Support for Seniors :

The last Tech time until September will be held on **Wednesday June 15th 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.