

THE MESSENGER

A Newsletter For Southwick's Senior Community



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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: Patti Phillips

Members:

Jack Pocai, Donna Charron

Harvey Holm, Theresa Rogers

Associate Members:

Harriet Fischer, Donna Foisy

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)

March Madness

2021

Our Doors may have been closed for a year but we are still here!!! Look inside for our descriptions and times of our Virtual Exercise classes, Cooking Demos, History Presentations, Craft Classes, BINGO times, SHINE presentation, and Staff Office Hours. Please join us on Zoom or Watch on Channel 15. We miss You!!!!

Zoom/Chan 15 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00a Chi-Gong Zoom/Channel 15 11:30a Lunch	2 10:00a Zumba Channel 15 11:30a Lunch	3 10:00a Line Dancing 11:30a Lunch 01:00p Virtual BINGO	4 10:00a Chair Yoga 11:30a Lunch	5 09:30a Yoga 11:30a Lunch
8 10:00a Chi-Gong 11:30a Lunch	9 10:00a Zumba Channel 15 11:30a Lunch	10 10:00a Line Dancing 11:30a Lunch 01:00p Virtual BINGO	11 10:00a Chair Yoga 11:30a Lunch 12:15p Bling Your Cloth Bag Craft 01:00p History Presentations	12 09:30a Yoga 11:30a Lunch
15 10:00a Chi-Gong 11:30a Lunch	16 10:00a Zumba Channel 15 11:30a Lunch 12:30p WTA Virtual Cooking Demonstration	17 10:00a Line Dancing 11:30a Donut Days 11:30a Lunch 01:00p Virtual BINGO	18 10:00a Chair Yoga 11:30a Lunch	19 09:30a Yoga 11:30a Lunch
22 10:00a Chi-Gong 11:30a Lunch	23 10:00a Zumba Channel 15 11:00a SHINE- Everything Medicare 11:30a Lunch	24 10:00a Line Dancing 11:30a Lunch 01:00p Virtual BINGO	25 10:00a Chair Yoga 11:30a Lunch 12:30p Canvas Painting Craft	26 09:30a Yoga 11:30a Lunch
29 10:00a Chi-Gong 11:30a Lunch	30 10:00a Zumba Channel 15 11:30a Lunch	31 10:00a Line Dancing 11:30a Lunch 01:00p Virtual BINGO	Zoom.com Meeting ID and Password for all of our programming accept BINGO is: Meeting ID: 83137032764 Password: 001077	



Southwick Senior Center Exercise Class

A different LIVE exercise class will be offered every day of the week (video on Tuesday) by signing into the Zoom Class or by watching on Southwick's Channel 15. Classes are being offered FREE to participants. We are paying our instructors and donations are appreciated and welcomed. You can drop off donations at the Senior Center by ringing the door bell or mailing a donation to the Senior Center. You do not have to live in Southwick to participate via Zoom. There is no registration just simply sign on or turn on Channel 15. Call the Senior Center to receive an email link if you wish.

History Presentation: The Constitution with Gerald Perkins:

Sign in to listen to and interact on Zoom while Mr. Perkins discussing the ins and outs of the United States Constitution. This presentation can also be viewed on Channel 15 Mr. Perkins taught high school American History for over 30 years and also has been an adjunct professor at Holyoke Community College and Westfield State University. He enjoys teaching American history, especially to Seniors because he believes Seniors appreciate our country's past.

CONTINUE READING FOR MORE DESCRIPTIONS OF OUR PROGRAMS



Upcoming Events

Crafty Creations:

Sign up for our Take Home Craft Projects and now view on Channel 15!! If you do not receive Channel 15 Please call the Senior Center for a link to Channel 15 to view on your computer. Please note there is a several minute delay on the computer.

March 11th: Color and Bling your own Cloth bag:



March 25th: Canvas Painting

We will put together a craft with instructions for you to do at home. Sign up soon. Pick up your craft on the day of the event at 11:30am at the sliding glass door entrance. Classes will be on Zoom and livestreamed on Channel 15 using the Member ID and password on Page 3.



Virtual Bingo Bash Info

Zoom, Channel 15, and Conference Call

Wednesdays 1:00pm-3:00pm

Pick-up cards and chips Mondays at lunchtime-11:30am (two card max)

Live Stream in Southwick on Channel 15

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

No long distance no problem

Call 413-333-5104

When prompted enter the

Conference ID Number: 296170#

Keep phone connected the entire Bingo Session

You'll have audio of the live games so when you call BINGO! we'll all hear you

****Remember to turn your TV volume all the way down

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

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

SOUTHWICK SENIOR CENTER

DONUT DAYS

NAME: _____

WEDNESDAY MARCH 17TH

CIRCLE TWO FLAVORS:

HONEY DIP
JELLY
CINNAMON
PLAIN

PICK-UP AT THE SOUTHWICK SENIOR CENTER- 11:30AM

*****YOU MUST BE SIGNED-UP FOR GRAB-N-GO LUNCH**

CALL THE SENIOR CENTER FOR DETAILS 413.569.5498

Entertainment with Ethalyn and the COA Staff:



Every Wednesday at 9:30AM —You will not want to miss this!

Zoom.com Meeting ID and Password

Meeting ID: 83137032764

Password: 001077

If you don't have access to a computer and would like to listen and ask questions at time of the meeting please dial 1- 929 - 205 -6099 and put in the Meeting ID when prompted. Give us a call with any questions.



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 Tuesday March 16th. The Senior Center will be handing out all the ingredients for this delicious recipe on March 16th at 11:30am. You must sign up in advance by 12th to receive the ingredients. Supplies are limited to 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.

BALSAMIC GLAZED CAPRESE CHICKEN

6 skinless, boneless chicken thigh
 1 teaspoon dried oregano*
 1 teaspoon dried basil*
 1 teaspoon salt
 cracked black pepper, to taste
 1 tablespoon olive oil (or a light spray of cooking oil spray)
 2 tablespoons minced garlic
 ½ cup balsamic vinegar
 2½ tablespoons brown sugar, packed
 1½ cups grape or cherry tomatoes, divided
 250 g | 8 oz. fresh mozzarella cheese (or Bocconcini), cut into 6x ½-inch slices**
 ¼ cup fresh basil leaves, chiffonade
 Balsamic Glaze: (Optional To Serve)
 ½ cup balsamic vinegar
 2 tablespoons brown sugar, packed



INSTRUCTIONS Preheat oven to 410°F.

Season each chicken thigh with the oregano, basil, salt and pepper.

Heat the oil (or cooking spray) in a large oven-proof pan or skillet over medium-high heat. Sear the chicken on both sides until golden brown, about 4 minutes each side. Transfer chicken to a plate; drain most of the excess oil, leaving about a teaspoon worth.

Return the skillet back to the stove; fry garlic until fragrant (about 1 minute). Add the vinegar and brown sugar; stirring to combine while heating through. Bring to a simmer, while stirring occasionally, until glaze has thickened (about 5-6 minutes).

Return the chicken to the pan, turning in the glaze to evenly coat. Add 1 cup of the tomatoes, whole, around the chicken and place the chicken into the oven. Bake until the chicken is completely cooked through (about 30 minutes). Top each chicken with a slice of mozzarella cheese; return into the oven for a further 5 minutes or until the cheese has melted.

Slice the remaining ½ cup tomatoes in half; place them on top of the cheese; pour over some of the balsamic sauce from the pan and garnish with basil. Serve immediately.

Optional:

If wanting to serve with extra balsamic glaze (as pictured above), make your glaze while the chicken is in the oven. Combine the vinegar and sugar in a small pot and bring to the boil. Reduce heat, allowing to simmer while stirring occasionally, until the glaze is thickened and reduced by half (about 5-6 minutes). Drizzle over the chicken when ready to serve.

SENIOR CENTER MEALS:

LOOK FOR THIS MONTHS MENU ONLINE AT WWW.SOUTHWICKMA.ORG/COA OR CALL US.

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 the ramp at the sliding glass doors instead of the garage. Follow the signs and please drive slowly and cautiously through the parking lot.

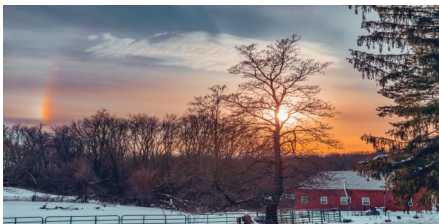
BROWN BAG DISTRIBUTION

We will have brown bag on March 9th 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 in Southwick only. There will be only two riders per trip, you must wear a mask at all times while riding the van. 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.

Vaccine Update: Seniors can call 211 to receive help to register for the COVID Vaccination. There are several locations in our area to receive the vaccine. Southwick is waiting for information from the state before we are able to schedule a local vaccination clinic. We are willing and ready to do this it's a matter of the state giving the Town the vaccination doses. If you do not want to wait we encourage you to call 211 to schedule and appointment.



Rose Bonafilia
Kenneth J. Ide
Martha Merrill

Patricia Phillips: Patty was a volunteer for us for many years. She volunteered helping with parties and planning events, She folded our newsletter and was also on our COA Board. We will miss Patty's positive attitude and big smile.

Fran Zenisky: Fran was a morning bread driver for many years. We will miss him solving all of the worlds problems every morning with his friends in the dining room.



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.

SOUTHWICK COUNCIL ON AGING

454 College Highway

Please Forward
Change Service Requested

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



Meet our New Certified SHINE Counselor Theresa Bessette. Theresa will be hosting a **Zoom/Channel 15 presentation on Tuesday March 23rd at 11:00am.** Zoom info on Page 3. This presentation is Called Medicare 101. She will do a brief overview of Medicare and then open the forum up to questions so bring your questions and Theresa will answer them. If they need further attention she will recommend setting up an appointment with her. Call to schedule a phone appt

on Tues or Thurs at 569-5498.

Theresa completed her training to become a certified SHINE counselor in 2019. Her training continues with monthly workshops that are required to stay informed about the changes in Medicare. Like all SHINE counselors, Theresa offers up-to-date, unbiased information about Medicare options and also programs that can help with some of the costs.

Theresa is a new resident of Southwick; she moved here in 2017 from Rhode Island to be closer to family in East Granby and loves it here.

Theresa's background and training include medical technology, public health, and health education and is now shifting gears to put that experience and knowledge to use to help people navigate our health care system. She is excited to be able to work as the SHINE counselor for Southwick; not only does she get to help guide people through the maze of Medicare but she will get to meet many of the wonderful people that live here.
