

THE MESSENGER

A Newsletter For Southwick's Senior Community



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MARCH



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



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



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.



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.

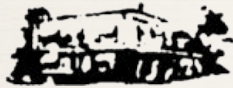
March 10.... St Patricks Day Stick Hats

March 24.... Small Canvas Painting



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Center Updates

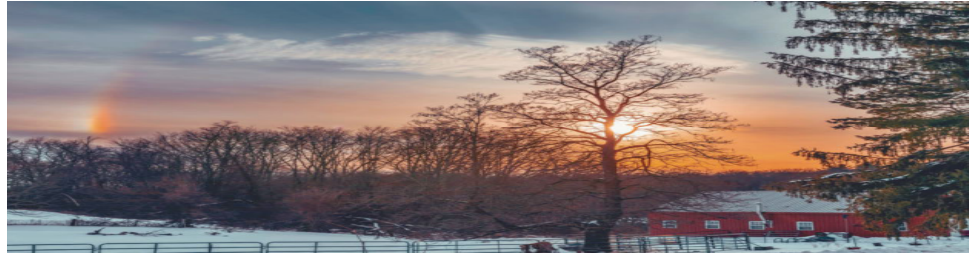
SENIOR CENTER MEALS:

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 March 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

Dear Southwick,

The Senior Center has been open for several months and our calendar is filling up. We have some great performances and events coming up that everyone is sure to enjoy. We are so excited to welcome people back who we haven't seen in awhile and also welcome many new faces. On Thursday March 17th come on in and enjoy corn beef and be entered into our drawing to win a prize just for eating in person in our dining room! You must sign up to enjoy this event. Also check out this workshop paid for by the Southwick Cultural Council—

Laugh for the Fun of it :

Laugh the stress of life away at the Southwick Senior Center on April 12th at 10:30am, when Trevor Smith of Blue Sky Consulting will present a program called "Laugh for the Fun of it: Creating Healthy Lifestyles through Laughter."

Participants will learn a systematic method of chuckles, chortles, giggling and guffawing that promises to help reduce stress, prevent hardening of the attitudes and contribute to world peace. The laughter routine, designed to make anyone feel better, works without using jokes or comedy to stimulate the laughter. This is a great time to laugh. We encourage signing up in advance but not required.

Coming in June of 2022:

Benson's BBQ/HoeDown being held at Whalley Park on Wednesday June 22nd

Magic Show performed by Scott Jameson being held at Whalley Park on Thursday June 30th

Senior Sizzler Returns: being held at the Town Beach on Tuesday August 2nd

Save these dates you don't want to miss it!!!! More info to come.

Peace and Joy: Cindy and the COA Staff

04 | EVENTS

Trips and Tours



Mary Herzig
George LeBlanc
Rheta Hamberg
Donald Castonguay
David Bombard

WTA Learn to Cook In Person-

Join us on Tuesday March 15th at 10:00am to learn how to make pierogies with caramelized onions and sour cream along with Crepes with fresh berries, whipped cream, and Nutella. The cost is \$5.00. Please sign up by calling the Senior Center. It's delicious!!!



Agawam Bowl Candle-pin Bowling

The Volunteer Van will be going to Agawam Bowl on Fri. April 29, 2022. The cost will be \$17.. This price includes 2 games and rental of bowling shoes. Lunch will be at EB's at your own expense. The Volunteer Van will leave the Senior Center at 9:15am.



Springfield Museum

The Volunteer van will be going to the Springfield Museum on Thursday March 10, 2022. The cost will be \$21. Lunch will be at your own expense. The Volunteer Van will leave the Senior Center at 9:30 am.



Crepe Tea House Lunch

The Volunteer van will be going to the Crepe Tea House for Lunch on Tuesday, March 22, 2022. The cost will be \$3. Lunch will be at your own expense. The Volunteer Van will leave the Senior Center at 11:00 am.



Holyoke Mall

The Volunteer van will be going to the Holyoke Mall Tuesday April 5th. The cost is \$3. The van will leave the Senior Center at 9:00 am.

Westfield Technical Academy Buffet

The volunteer van will be going to the Westfield Technical Academy for their amazing St Patrick's Day buffet on Thursday March 17th. The cost of the trip is \$15.00 which includes the buffet and a drink. The van will leave the Senior Center at 10:30am.



Monthly Bernie's Breakfast: The Volunteer Van will be going to Bernie's for breakfast on Friday April 15th. The cost is \$3. Breakfast will be at your own expense. The van will leave the Senior Center at 8:30am.



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 Senior Center and schedule an appointment.



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 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 March 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.





Highland Valley Elder Services Community Dining Menu - MARCH 2022

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

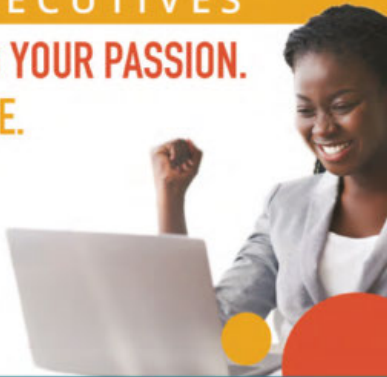
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1		1	CHOICE: Homemade Mac & Cheese (496) Pulled Pork (84) Homemade Corn Bread (282) Steamed Green Beans (3) Chuckwagon Corn (2) Chilled Peaches (5) Cal: 693 Sodium: 501 Carb: 68	2	CHOICE: Homemade Mac & Cheese (496) HIGH SODIUM MEAL Chicken TeraVak™ (728) Steamed Brown Rice (5) Oriental Blend Vegetables (9) Steamed Carrots (62) Fortune Cookie (10) Chilled Pineapple Tidbits (10) Cal: 739 Sodium: 1311 Carb: 111	3	CHOICE: Homemade Mac & Cheese (496) Spaghetti w/Meat Sauce™ (516) Dinner Roll (210) Green Beans (3) #Gelatin w/whip topping (61) #Muffin (190) Fresh Fruit Cal: 743 Sodium: 916 Carb: 92	4	CHOICE: Homemade Mac & Cheese (496) Salmon w/Lemon Dill Sauce (72) Tuscan Blend Vegetables (56) Roasted Chickpeas (190) #Muffin (190) Fresh Fruit Cal: 594 Sodium: 635 Carb: 74
7	CHOICE: Veggie & Cheese Frittata (251) Cajun Catfish (175) Pumpnickel Bread (135) Corn (2) Spinach (76) #Pudding w/whip topping (195) Cal: 698 Sodium: 707 Carb: 82	8	CHOICE: Veggie & Cheese Frittata (251) Vegetarian Lentil Stew (486) Confetti Rice (15) Carrots (62) Yogurt (50) Fresh Fruit Cal: 810 Sodium: 740 Carb: 124	9	CHOICE: Veggie & Cheese Frittata (251) Roast Turkey w/Gravy (450) Dinner Roll (210) Whipped Potatoes (58) Sweet Green Peas (56) Cranberry Sauce Chilled Peas (5) Cal: 633 Sodium: 915 Carb: 88	10	CHOICE: Veggie & Cheese Frittata (251) Chilled Beef Taco Salad w/ Tortilla strips (327) Corn and Black Bean Salad (173) Sour Cream (9) Mixed Fruit (7) Cal: 790 Sodium: 841 Carb: 75	11	CHOICE: Veggie & Cheese Frittata (251) Pasta Primavera (29) French Bread (256) Bean Bonanza (2) #Chocolate Brownie (149) Cal: 759 Sodium: 562 Carb: 97
14	CHOICE: Salisbury Steak (452) #Cheese & Chive Quiche (391) Roasted Potatoes (4) Pork Sausage links (108) Orange Juice (5) Pumpnickel Bread (135) Cal: 759 Sodium: 769 Carb: 73	15	CHOICE: Salisbury Steak (452) Beef & Rice Stuffed Pepper Casserole (189) Pumpnickel Bread (190) Stewed Tomatoes (32) Warm Fruit Compote (8) #Muffin (150) Cal: 606 Sodium: 544 Carb: 71	16	CHOICE: Salisbury Steak (452) Breaded Chicken Breast Bites™ (570) Vegetarian Baked Beans (156) Roasted Broccoli (15) Dinner Roll (210) Chilled Peaches (5) Cal: 721 Sodium: 1081 Carb: 92	17	Happy St. Patrick's Day CHOICE: Salisbury Steak (452) Corned Beef™ (560) Baking Powder Biscuit (172) Boiled Cabbage (13) Boiled Potatoes (6) #Leprechaun Cake (230) Cal: 885 Sodium: 1107 Carb: 83	18	CHOICE: Salisbury Steak (452) Chilled Tuna Salad (434) Lettuce and Tomato (21) Oatmeal Bread (142) Dill Pickle Chops (91) Macaroni Salad (238) Fresh Fruit Cal: 762 Sodium: 1053 Carb: 95
21	CHOICE: Egg & Cheese Taco (410) Pork Chopette w/Gravy™ (588) Dinner Roll (210) Sweet Green Peas (66) #Butternut Squash (36) Applesauce (9) Yogurt (75) Cal: 758 Sodium: 1035 Carb: 88	22	CHOICE: Egg & Cheese Taco (410) Chicken Parmesan™ (650) Spaghetti (3) Marinara Sauce (235) Garlic Green Beans (3) #Gelatin w/whip topping (61) Cal: 791 Sodium: 1079 Carb: 87	23	CHOICE: Egg & Cheese Taco (410) Breaded Fish Fillet Sandwich™ (544) Lettuce, Tomato, & Tartar Sauce (167) Roasted Potatoes (41) Steamed Carrots (64) Fresh Fruit Cal: 835 Sodium: 943 Carb: 102	24	CHOICE: Egg & Cheese Taco (410) Chicken and Cheese Enchiladas (58) Spanish Rice (34) Corn (2) #Pudding w/whip topping (195) Cal: 842 Sodium: 730 Carb: 90	25	CHOICE: Egg & Cheese Taco (410) Chilled Greek Salad (126) 1/2 Pita Bread (161) Homemade Garlic Hummus (202) Chilled Peas (5) Yogurt (75) Cal: 795 Sodium: 1130 Carb: 84
28	CHOICE: Breaded Chicken Tenders (412) Pancakes w/Maple Syrup (316) Pork Sausage Links (266) Hash Brown Potatoes (208) Roasted Brussel Sprouts (9) Yogurt (75) Cal: 657 Sodium: 1056 Carb: 78	29	CHOICE: Breaded Chicken Tenders (412) Savory Pork Roast w/Gravy (66) Dinner Roll (210) Winter Blend Vegetables (43) Roasted Sweet Potato (63) Chilled Peaches (5) Cal: 955 Sodium: 512 Carb: 92	30	CHOICE: Breaded Chicken Tenders (412) HIGH SODIUM MEAL Low Sodium Hot Dog™ (550) on a Bun (210) Vegetarian Baked Beans (156) Steamed Broccoli (9) #Chocolate Chip Cookie (237) Cal: 903 Sodium: 1271 Carb: 99	31	CHOICE: Breaded Chicken Tenders (412) Beef Meatloaf (202) Dinner Roll (210) Spinach (109) Whipped Potatoes (58) #Fruited Gelatin w/whip topping (89) Cal: 715 Sodium: 794 Carb: 91		Key for Symbols: Cal: Calories Carb: Carbohydrates (gm) Sodium (mg) # Diabetic Substitute **Higher Sodium Item (>500mg) Local Produce Vegetarian
<div><div><p>United Way Funding Sources include the City of Westfield Community Development Block Grant</p></div><div><p>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 413-586-5752 for guidance on managing your intake to meet your dietary requirements.</p></div></div>									

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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 9:00am- Zumba with Becca
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



Technology Support for Seniors :

On the 2nd Wednesday of the month

beginning on March 9th at 10:00am 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 FaceTime; 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.