

The Messenger



May 2020

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COA Director:
Cindy Sullivan

COA Staff Members:
Denise Seibert
Andrea Holmes

Office: 569-5498

Dining Coordinator
Denise Hills-McGarry

Kitchen: 569-0410

Office Hours

Monday 8:00am-2:00pm
Tues.-Thurs. 8:00am-4:00pm
Friday 8:00am-1:00pm

Council On Aging

454 College Highway

Southwick, MA 01077

www.southwickma.org/COA



Paid In Part By
Executive Office Of Elder Affairs

A Newsletter For Southwick's Senior Community

Senior Center Meals ---We are here to HELP

We can't help you unless we know who you are!!! So please reach out to us. The Senior Center dining room is closed for congregate meals. However, Senior Center grab and go meals are available for a \$3 suggested donation. If you can't afford it we can still provide the meal to you. We are not keeping track of who pays and who doesn't. If you can afford it great if not we want you to eat. If you wish to sign up for a meal, please call the Senior Center at 569-5498. You need to call by 10am the day before you would like your meal. You can also sign up for the entire month by turning in a menu. If you are unable to pick up your meal do to lack of transportation or illness we will deliver the meal to you using social distancing guidelines. Please note that meals will have to be heated up in the microwave.

Brown Bag: Brown Bag distribution will be held on Tuesday May 12th. 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 entrance in the rear of the building. Please remain in your vehicle and we will bring the brown bag to you. We appreciate you adhering to these guidelines as our staff is limited at this time.

Activities and Programs Suspended

All Senior Center group, social, recreational, and fitness activities are suspended during the entire month of May as a result of precautions being taken because of the Coronavirus outbreak. We will make decisions regarding June program as we receive more directives from the Federal, State, and local levels.

Transportation: Transportation is still an unknown at this time. We are considering resuming appointments on a case by case basis for necessary medical appointments in mid-May. Grocery shopping and pharmacy rides are not being scheduled at this time. If you are unable to find a family member to perform these tasks for you please call the Senior Center and we will be happy to grocery shop for you. There are also online delivery options such as Geisler's, Insta cart and Walmart.

Trips: All trips scheduled through June of 2020 have been cancelled. Once we receive guidance from the Federal, State, and Local levels regarding businesses opening and social distancing guidelines for summer activities we will schedule trips.

Health Fair: We have postponed our health fair until September 2nd. More information will be available in our July/August Newsletter.

Beware of Coronavirus Scams

The Massachusetts Senior Medicare Patrol Program warns the public to be wary of anyone other than a treating physician who is offering you coronavirus testing. Be particularly suspicious of anyone offering COVID-19 testing in exchange for your Medicare number, money, or to gain access into your home.

Never accept a coronavirus test from someone:

- Who comes to your door
- Who approaches you at the grocery store or other community venue or parking lot
- Who calls offering a mail-in test in exchange for money or your Medicare number
- Who calls to request your bank card or account information to pay for a test In addition, cyber criminals are exploiting Coronavirus through emails, posing as legitimate medical and/or health organizations.

Be on the lookout for:

- Emails that appear to be from organizations such as the CDC (Centers for Disease Control), the WHO (World Health Organization) or other government agencies. The official source of COVID-19 information in the Commonwealth is <https://www.mass.gov/dph>
- Review emails that ask for charity donations for studies, doctors, or to assist victims that have been affected by the COVID-19 Coronavirus. Scammers often create fake charity emails during major events like hurricanes or earthquakes.

Protect yourself from scams:

- Never click on links or download attachments from an e-mail that you weren't expecting.
- If you receive a suspicious e-mail that appears to come from an official organization such as the WHO or CDC, report the e-mail to the official organization

Dementia & the Coronavirus

For those with a dementia diagnosis, behaviors related to their memory loss, increased age, and common health conditions that often accompany dementia may increase their risk for COVID-19, the respiratory illness caused by the coronavirus. For example, people with Alzheimer's disease and other dementias may forget to wash their hands or take other recommended precautions to prevent illness. In addition, diseases like COVID-19 and the flu may worsen cognitive impairment due to dementia. If you have questions about dementia, call the Information Hotline anytime day or night at 800-272-3900.

Tips for Caregivers:

- For people living with dementia, increased confusion is often the first symptom of any illness. If a person living with dementia shows rapidly increased confusion, contact your health care provider for advice.
- People living with dementia may need extra and/or written reminders and support to remember important hygienic practices from one day to the next.
- Consider placing signs in the bathroom and elsewhere to remind people with dementia to wash their hands with soap and water. Demonstrate thorough hand-washing.
- Alcohol-based hand sanitizer with at least 60% alcohol can be a quick alternative to hand-washing if the person with dementia cannot get to a sink or wash his or her hands easily.
- Ask your pharmacist or doctor about filling prescriptions for a greater number of days to reduce trips to the pharmacy.

Town of Southwick Senior Citizen Tax Work-Off Program has been postponed at this time. When we have more information regarding funding and placement we will let you know

Smoke Detector installation program will be held on Tuesday August 11th 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.

In Memoriam 


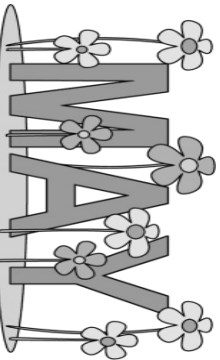
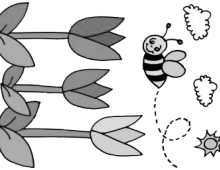






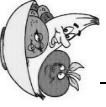

Our Condolences to Family and Friends

We will have a complete listing in or June newsletter of all those we have lost in the months of April and May.

Highland Valley Elder Services Congregate/HDM Dining Menu - May 2020

To make a reservation, please call 569-0410

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Key for Symbols: Cal: Calories Carb: Carbohydrates (gm) Sodium (mg) # Diabetic Substitute **Higher Sodium Item (>500mg) ☺ Local Produce 🌱: Vegetarian			
4 Pollock Crunch Fish Stick w/ Tartar Sauce (363) Steamed Green Beans (4) Scalloped Potatoes (90) Honey Wheat Bread (140) Chilled Peas (5) Cal: 643 Sodium: 727 Carb: 88	5 **Grilled Chicken Teriyaki (729) Oriental Blended Vegetables (27) Steamed Brown Rice (23) Pumpkinickel Bread (135) #Lemon Pudding w/ Whipped Topping (161) Cal: 772 Sodium: 1199 Carb: 118	6 **Swedish Meatballs (503) Steamed Broccoli (11) Boiled Gemelli Pasta (13) Cherry Snack n Loaf (240) Chilled Peaches (8)  Cal: 717 Sodium: 900 Carb: 93	7 HIGH SODIUM DAY **Cheese Lasagna with Marinara Sauce (810) Tossed Salad (10) French Bread (256) #Warm Fruit Compote (5) Cal: 641 Sodium: 1207 Carb: 98	8 **Roasted Turkey w/ Gravy and Cranberry Sauce (511) Butternut Squash (5) Whipped Potatoes (276) Wheat Dinner Roll (160) Fresh Fruit (1) Cal: 617 Sodium: 1077 Carb: 106
11 American Chop Suey (390) Roasted Brussels Sprouts (8) Wheat Dinner Roll (160) Chilled Peaches (8)  Cal: 597 Sodium: 692 Carb: 77	12 Baked Fish with Crumb Topping (302) Harvard Beets (151) Roasted Sweet Potatoes (48) Honey Wheat Bread (140) Fresh Fruit (1) Cal: 698 Sodium: 767 Carb: 93	13 **Chef's Salad with Chicken (561) Cucumbers and Tomatoes (6) Macaroni Salad (114) Wheat Dinner Roll (160) #Fruit Crunch Bar (35) Cal: 633 Sodium: 876 Carb: 63	14 Homemade Meatloaf w/ Gravy (179) Glazed Carrots (67) Whipped Potatoes (276) Rye Bread (150) Chilled Mixed Fruit (9) Cal: 635 Sodium: 806 Carb: 86	15 **Sausage and Onion Pizza (599) California Blended Vegetables (24) Whole Wheat Roll (160) Mandarin Oranges (17)  Cal: 790 Sodium: 925 Carb: 96
18 **Mini Ravioli with Alfredo Sauce (691) Mixed Vegetables (52) Whole Wheat Roll (160) Applesauce (24) Orange Pineapple Juice (0) Cal: 618 Sodium: 1051 Carb: 95 NO MEALS	19 **Reduced Sodium Hot Dog (590) Creamy Coleslaw (56) Baked Beans (408) Hot Dog Roll (210) #Warm Apple Crisp (0) Cal: 710 Sodium: 1155 Carb: 77	20 Yankee Pot Roast with Gravy (42) Creamy Butternut Squash (5) Whipped Potatoes (276) Honey Wheat Bread (140) Chilled Pineapple (10) Cal: 512 Sodium: 597 Carb: 70	21 HIGH SODIUM DAY **Chicken Parmesan (736) Steamed Peas (84) Spaghetti Noodles (2) French Bread (256) Fresh Fruit (0) Cal: 952 Sodium: 1202 Carb: 140	22 Baked Potato Pollock w/ Tartar Sauce (346) Steamed Spinach (120) Au Gratin Potatoes (172) Cranberry Orange Snack N Loaf (102) Patriotic Jello with Whipped Topping (29) Cal: 756 Sodium: 942 Carb: 62
25 	26  Chicken with Gravy (329) Steamed Broccoli (11) Whipped Potatoes (276) Oatmeal Bread (142) Chilled Mixed Fruit (9) Cal: 547 Sodium: 892 Carb: 83	27 Stuffed Shells with Marinara Sauce (400) Steamed Green Beans (4) Wheat Dinner Roll (160) Chilled Peaches (8)  Cal: 576 Sodium: 890 Carb: 78	28 Baked Pollock Florentine Sauce (155) Steamed Carrots (67) Rice Pilaf (15) Honey Wheat Bread (140) Vanilla Pudding w/ Whipped Topping (197) Cal: 624 Sodium: 698 Carb: 94	29 Roasted Pork with Gravy (60) Italian Blended Vegetables (52) Red Bliss Potatoes (6) Blueberry Snack N Loaf (160) Fresh Fruit (2) Cal: 783 Sodium: 403 Carb: 107
United Way United Way of Hampshire County	Funding Sources include the City of Westfield Community Development Block Grant			

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.

Staying Active While At Home

You can stay active and maintain the gains you've made in strength, balance, and flexibility right in the comfort of your own home, with our Southwick Senior Center 'Corona Conditioning' ideas. Start where you are. Use what you have. Do what you can. Sit Less, Move More!

- When watching television, get up during every commercial and do an active chore. For example, empty the dishwasher, throw some clothes in the laundry, or take out the trash. Feel productive after just one show!
- Use stairs whenever you can.
- Reduce time in front of the television, computer and on video games (unless you're moving). Try other fun activities or finish home projects instead.
- If you can't walk or stand, try seated knee lifts, kicks, foot slides, punches, or arm circles. Remain Aerobically Active!

Indoor Activities

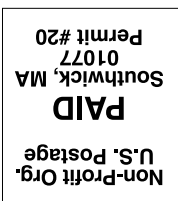
- Put some music on and walk briskly around the house or up and down the stairs for 10 to 15 minutes, 2 to 3 times per day.
- Dance to your favorite music. (Try it on the front porch so the neighborhood children can join you from their yard!)
- Do an exercise video. (Remember Richard Simmons and Jane Fonda?)

Outdoor Activities

- Walk or jog to the mailbox, around the block, or down the street. Wave to your neighbors as you go by. Just remember to avoid crowded spaces.
- Go for a bicycle ride.
- Begin some not-too-strenuous yard clean-up. Prepare to plant a small flower or vegetable garden when the weather gets a bit warmer.

Don't Forget About Strength Training!

- Find ways to do simple muscle strengthening exercises around your house such as:
- Squats or sit-to-stands from a sturdy chair
- Push-ups against a wall, the kitchen counter, or the floor
- Lunges or single leg stepups on stairs



Please Forward
Change Service Requested

Southwick, Massachusetts 01077
454 College Highway

SOUTHWICK COUNCIL ON AGING