

# 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 Poci, 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:** Cara Cartello



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



### Joyce Bannish 2022 recipient of the Herb Pace Good Citizen Award:

Joyce Bannish has been a lifelong resident of Southwick and also the President of The Friends of the Southwick Senior Center non-profit for many years. You may know Joyce because she has been on many boards and committees over the years. She welcomes everyone with her smile and is genuinely interested in how you are doing. Joyce tries to brighten your day and makes everyone

feel welcome at the Senior Center. Joyce will not list her accomplishments or the acts of kindness she has done she just simply carries on with her day as if she has done nothing to make you smile. Joyce does her best to stay out of the spotlight, but she is certainly more than deserving of this award. She has helped her neighbors without them asking and is always trying to find out who is in need of food, company, or other assistance. Joyce volunteers for the Quilting Guild and with the help of her friends she adds her touch to the homebound gift made each year at Christmas time with a sweet treat inside. She leads the charge for fundraising for the Senior Center. The Friends Group donates prizes for Bingo, pays for events, and also helps with items needed that the operating town budget doesn't cover. We are so blessed to have Joyce in our community always looking out for her neighbors and friends. Thank you for taking such good care of us and never asking for anything in return. Mr. Pace would be so proud of you. There will be a reception on May 11th at 11:30am to honor Joyce and formally thank her for her accomplishments. All are welcome.

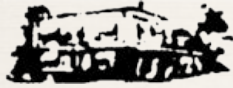


### The Senior Center will be closed or partially closed on

Tuesday May 9th– Town Voting Day— Come vote but no programming  
Tuesday May 23rd– Closing at 11:15am for Volunteer Luncheon  
Foot Nurse appts still happening. Re-open at 1:15pm.  
Monday May 29th– Memorial Day

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## Senior Center Info

**Benson's BBQ**—Summer Country Western Hoe-own Come kick off the summer on **June 14th from 11:00am-1:00pm**. This event will be held under the pavilion at Whalley Park and is being generously sponsored by Roy and Marlene Benson's Family, and the Southwick Fire Department. The cost of this great activity will be \$3.00. 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!!!

## Friends Southwick Senior Center

**Lottery Tree Fundraiser:** Tickets will be sold for \$5.00 for your chance to win the Lottery Tree. Tickets will be sold in May until June 14th. Tickets can be purchased at the Senior Center. The drawing for the winner will be at Benson's BBQ. You don't have to be present to win. This is open to anyone who wants to purchase a ticket.

\*\*\*\*\*The Senior Center will be moving all operations to the Park and Recreation area at the end of May and perhaps throughout June for HVAC replacement.

Stay tuned for updates.\*\*\*\*\*



**Crafts with Denise:** Denise will be doing craft projects twice a month. You must sign up in advance and the cost is \$3.00 per class.

Crafts will begin at 1:00pm

May 11th– Wind Chimes

May 25th— Flower Power



### 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 16th. Appointments with Cindy must be scheduled on May 30th or 31st to go over applications. Applications MUST be completed when you come for this appointment. These dates are strictly enforced. There will be (10) available positions on a lottery basis. There will be a lottery if there are more than 10 eligible applicants on June 9th. 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.



## UPCOMING TRIPS

**Captain Jimmy's**

**Restaurant:** The Volunteer van will be going to Captain Jimmy's in Agawam for lunch on Thursday May 4, 2023. The cost is \$4.00. Lunch will be at your own expense. The senior van will leave the Senior Center at 11:00am.

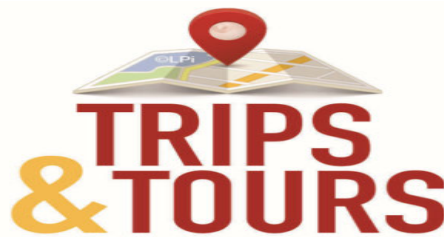
**Foxwoods:** The Volunteer Van will be going to Foxwoods Casino on Friday, May 12, 2023. The cost is \$6.00. The van will leave the Senior Center at 8:00am.

**Butterfly Museum &**

**Whatley Diner:** Visit the Butterfly Museum with us on Thursday, May 25, 2023. Lunch at Whatley Diner after the museum. The cost is \$19.00. Lunch will be at your own expense. The van will leave the Senior Center at 9:15am.

**Lee Premium Outlets**

The Volunteer Van will be going shopping at the Lee Premium Outlets on Thursday, June 8, 2023. The cost is \$4.00. The van will leave the Senior Center at 9:30 am.

**Longhi's Mini Golf & Moolicious**

The Volunteer Van will be going to Longhi's Mini golf on Friday, June 16, 2023. The cost is \$13.00. The price includes a round of mini golf. Lunch will be at your own expense. The van will leave the Senior Center at 10:30 am

**Thimble Island Cruise**

The Volunteer Van will be going to Thimble Island on Thursday, June 22, 2023. The cost is \$20.00. Lunch will be at your own expense. The van will leave the Senior Center at 9:00am.



Thank you to Mary Ann Philo for donating the Pickelball equipment!! We are going to have FUN! Also Thank you to Joe Deedy and the Southwick Civic Fund for surprising our homebound clients and others with a wonderful delivered Easter Dinner. We can't thank you enough!

**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.



**SAVE THE DATE**  
**TOWN OF SOUTHWICK**  
**HEALTH AND**  
**WELLNESS FAIR**  
**MAY 17<sup>TH</sup> 9:30AM-3:30PM**  
**SOUTHWICK TOWN HALL**  
**AUDITORIUM**



Senator Paul Mark Office Hours: Senator Mark or a representative from his office will be the Southwick Senior Center dining room on the 2nd and 4th Monday of every month from 11am-2pm all members of the public are welcome. This may change so call ahead.



### 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. It's always a good idea to call ahead of your arrival.



### BLOOD PRESSURE SCREENINGS

Blood Pressure screenings : The Fire Dept. will be doing a blood pressure screenings It will be held every Monday from 11:00am-12:00pm. This screening should not take the place of your regular doctor visit. This is a drop in screening so no appointments are necessary.



### FOOT CLINIC

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 May 23rd. You must call the Senior Center and schedule an appointment.



The SHINE Program provides free health insurance information and counseling to all Massachusetts residents with Medicare and their caregivers. People who have Medicare or who are about to become eligible for Medicare can meet with a counselor to learn about benefits and options available. A counselor will review programs that help people with limited income to pay health care costs. You must call to schedule an appointment.



### The Senior Brown Bag

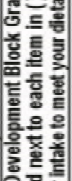
We will have brown bag on May9th. You must be pre-approved through the Food Bank in order to receive a brown bag. You may pick up your bag of groceries on a drive through basis between 11:30am and 12:00pm. Bags will be available at the garage. Please remain in your vehicle.



**Highland Valley Elder Services Community Dining Menu - May 2023**

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Choice:  Cottage Cheese & Fruit Platter (352) Choice:  Veggie & Cheese Egg Frittata (351) Choice:  Veggie & Cheese Egg Frittata (351)	2	3	4	5
8	Ham & Cheese on Wheat Bread** (694)  Corn Salad (52) Cole Slaw (90) Fresh Fruit Cal: 622 Sodium: 963 Carb: 66	Beef Meatloaf (202) Mashed Potato (58) Sweet Green Peas (58) Dinner Roll (210) #Gelatin w/whip topping (61) Cal: 739 Sodium: 715 Carb: 98	Potato Crusted White Fish (300) Tartar Sauce (261) Spinach (76) Stewed Tomatoes (12) #Sugar Cookie (109) Cal: 678 Sodium: 883 Carb: 59	 Broccoli Alfredo with Penne (94) Carrots (64) French Bread (256) Chilled Pears (4) Cal: 599 Sodium: 542 Carb: 102	Chicken Wings (62) Roasted Potatoes (41) Zucchini (2) Dinner Roll (210) #Ambrosia (3) Cal: 656 Sodium: 443 Carb: 63
15	Choice:  Butternut Squash Mac & Cheese (373) Choice:  Cottage Cheese & Fruit Platter (352) Choice:  Cottage Cheese & Fruit Platter (352)	9	10	11	12
22	Salmon w/Lemon Pepper Sauce (75) over couscous (47) Sweet Green Peas (58) Summer Squash (6) Chilled Pears (4) Cal: 639 Sodium: 343 Carb: 84	Spaghetti & Meat Sauce** (516) Carrots (64) Garlic Bread (239) #Gelatin w/whip topping (61) Cal: 815 Sodium: 1006 Carb: 98	Chicken Salad (251) 1/2 pita bread (292) Tomato Cucumber Salad (71) #Birthday Cake (221) Cal: 809 Sodium: 959 Carb: 88	Cheese Pizza w/Mushrooms** (565) Parmesan Spinach (173) Italian Blend Vegetables (19) Fresh Fruit Cal: 740 Sodium: 884 Carb: 93	Sausage and Pepper Grinder** (969) Corn (6) Roasted Potatoes (41) Chilled Mixed Fruit (3) Cal: 830 Sodium: 1184 Carb: 96
29	Choice:  Beef Wellington (210) Lasanga Rollups (220) Garlic Green Beans (3) French Bread (256) #Yogurt (50) and Grahams (85) Cal: 696 Sodium: 740 Carb: 104	Choice:  Beef Wellington (210) Chicken Cordon Bleu** (764) Mashed Potato (58) Brussel Sprouts (14) #Sugar Cookie (109) Cal: 779 Sodium: 1071 Carb: 77	Choice:  Beef Wellington (210) Low Sodium Hot Dog** (540) on a bun (210) Sweet Potato (35) Vegetarian Baked Beans (140) Applesauce (9) Cal: 835 Sodium: 1054 Carb: 109	Choice:  Cottage Cheese & Fruit Platter (352) Choice:  Tuna Salad (434) Pumpnickel Bread (154) Broccoli Salad (156) Cherry Tomatoes (2) Fresh Fruit Cal: 637 Sodium: 873 Carb: 57	Choice:  Beef Wellington (210) Vegetable & Cheese Quiche (391) Potato Puffs (334) Warm Fruit Compote (9) Orange Juice (5) Cal: 767 Sodium: 836 Carb: 93
29	NO MEALS	Choice:  Breaded Chicken Bites (456) Pollock Loin (97) with Bruschetta sauce (208) Dinner Roll (210) Cauliflower (14) Broccoli (9) Chilled Peaches (6) Cal: 581 Sodium: 670 Carb: 64	Choice:  Breaded Chicken Bites (456) Chicken & Cheese Enchiladas (375) Zucchini (2) Corn (6) Fresh Fruit Cal: 711 Sodium: 509 Carb: 86	 Key for Symbols: Cal: Calories Carb: Carbohydrates (gm) Sodium (mg) # Diabetic Friendly Dessert **Higher Sodium Item (>500mg) Local Produce Vegetarian	



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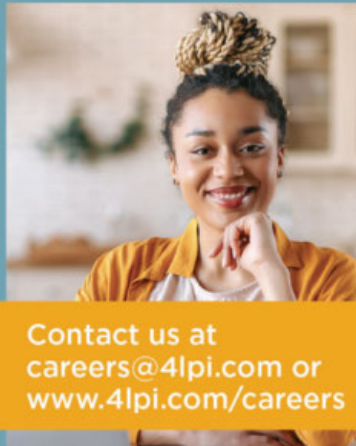
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<b>Monday 9:00am-</b>	<b>Quilting and Sewing Social Group</b>
<b>Monday 10:00am-</b>	<b>Chi-Gong with Kathleen \$2</b>
<b>Monday 11:00am-</b>	<b>Writers Workshop (Conference Rm 3)</b>
<b>Monday 12:30pm-</b>	<b>Chinese Language and Culture Class</b>
<b>Tuesday 9:00am</b>	
<b>Tuesday 10:00am-</b>	<b>NEW Aerobics with Donna \$2</b>
<b>Tuesday 1:00pm-</b>	<b>Tai-Chi with Lenny \$2</b>
	<b>Cards, Cribbage, Whist Card Game, more</b>
<b>Wednesday 10:00am-</b>	
<b>Wednesday 1:00pm-</b>	<b>Line Dancing with Clara \$2</b>
<b>Wednesday 1:00pm-3:00pm-</b>	<b>Scrabble</b>
<b>Wednesday 12:00pm-</b>	<b>BINGO with Cara</b>
	<b>Cards</b>
<b>Thursday 9:00am-</b>	
<b>Thursday 10:30am-</b>	<b>Zumba with Becca \$2</b>
<b>Thursday 1:00pm-</b>	<b>Yoga with Renee \$2</b>
<b>Thursday 1:00pm-3:00pm-</b>	<b>Crafts with Denise (2X per month)</b>
	<b>Pickelball (pre-registration required)</b>
<b>Friday 10:30am-</b>	
	<b>Chair Yoga with Heidi \$2</b>

\*\*\*\*\*Walking with Cara:\*\*\*\*\* This will be held on Fridays at 8:30am starting on May 5th. Meet at the Senior Center and Cara will decide the route. Plan to walk for about 1/2 hour.

Technology Support for Seniors: On March 25th and June 8th at 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.