

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
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: Late Spring Start



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



Alan Garde receives 2021 Herb Pace Good Citizen Award

Perhaps you don't know him, but there are many Seniors in Southwick who have a lot to thank him for. Alan Garde has been the person who has been called upon to help fix a railing on someone's porch, he delivered the New York Times once a week to a Senior who didn't leave the house for over a year because of the pandemic, who brought trash to the transfer station, shoveled walkways, and even (without our knowledge) cut a few trees down and offered to help a family member shingle a roof. Alan was asked to pick up groceries and prescriptions for a few individuals, and always answered the call with a YES without hesitation. He also delivers meals on wheels twice a week and makes sure that the Seniors on his delivery route are doing well. Sometimes Alan has to be reminded to take care of himself instead of other people. Alan has been a volunteer for about 3 years, but it was his Good Citizenship during 2021 that qualified him for this very special award. The COA Board voted to honor him as he exemplified many of the qualities Herb Pace exhibited during his lengthy 36 years of volunteerism. Thank you Alan for all you have done and all you continue to do. We will honor Alan in a small reception at the Senior Center along with 2020 recipient, Lisa Anderson, on May 4th at 10:00am. Good Citizen recipients will always hold a special place in our hearts as they are the ones we called on when needed.

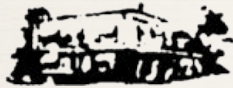


The Senior Center will be closed or partially closed on

Tuesday May 10th— Town Voting Day— Come vote but no programming
Wednesday May 25th— Closing at 11:15am for Volunteer Luncheon
Monday May 30th— Memorial Day

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Senior Center Info



The Senior Brown Bag

We will have brown bag on May 10th 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.

May 12th.... Pine Cone Lilacs

May 26th— Spring Tree Painting

WTA Learn to Cook In Person-

Join us on Tuesday May 17th at 10:00am to learn how to make Cajun Chicken & Pasta (not hot & spicy) and European Almond Macaroons. The cost is \$5.00. Please sign up by calling the Senior Center. It's delicious!!!



Senior Dance Night:

The students from Southwick, Tolland, Granville Regional High School will be hosting a beach/summer themed dance

night. This will be held at the Southwick Senior Center on Thursday May 26th from 6:00pm-8:00pm. This amazing dance is FREE to Seniors and you should dress in your favorite summer or beach outfit. Refreshments will be provided. Please sign up in advance for this event.



CELEBRATE SPRING!

ANNUAL TAG/CRAFT SALE
FRIENDS OF THE SOUTHWICK SENIOR CITIZENS

SATURDAY, MAY 14, 2022

RAIN DATE, SATURDAY, MAY 21, 2022

9:00 AM – 3:00 PM

ON THE FRONT LAWN OF SOUTHWICK TOWN HALL
454 COLLEGE HIGHWAY, SOUTHWICK

CLEAN OUT YOUR ATTICS, CELLARS, GARAGES!
SELL THOSE ITEMS YOU FOUND DURING SPRING CLEANING!
AN OPPORTUNITY TO SELL CRAFTS OR OTHER ITEMS!
HELP SOMEONE TAKE YOUR TREASURES HOME!

SPACES ARE APPROXIMATELY 10X10, \$20 EACH
VENDORS TO SUPPLY THEIR OWN TABLES, CHAIRS, CANOPY TENTS

REFRESHMENTS WILL BE AVAILABLE

TO RESERVE YOUR SPACE, SEND NAME, CONTACT INFORMATION
WITH PAYMENT TO:

SOUTHWICK SENIORS

P O BOX 263

SOUTHWICK, MA 01077

YOU MAY ALSO LEAVE THIS INFORMATION AT SOUTHWICK SENIOR CENTER

ALL RESERVATIONS MUST BE RECEIVED BY APRIL 29, 2022

NO REFUNDS FOR CANCELLATIONS OR NO SHOWS

FOR FURTHER INFORMATION, CONTACT:

JOYCE BANNISH, 413-569-3232



Donald Prifti

Robert Torkington

Earl Murphy

Hilda Bush

Dorothy Kowaleski

Karen Strycharz

Shirley Cortis

Benedict Nascimbeni

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.

Upcoming Events

Benson's BBQ—Summer Country Western Hootenay
Come kick off the summer on June 22nd 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 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.



Wool-ology Shop & Wolfies Lunch

The Volunteer Van will be going to Wool-ology on Tuesday, May 10, 2022. The cost is \$3. Lunch will be at your own expense. The van will leave the Senior Center at 9:15 am.

Bridge of Flowers & Fox Towne Lunch

The Volunteer Van will be going to The Bridge of flowers on Thursday, May 26, 2022. The cost is \$3. Lunch will be at your own expense. 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 buffet on a Friday in May. Call the office to find out which day we are going.

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.

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.



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 May 24th.. 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 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 May 12th. 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 - May 2022

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	CHOICE: Turkey Pot Pie (268) Chicken Parmesan** (650) Spaghetti (11) Roasted Broccoli (15) Bean Bolognese (2) Mixed Fruit (3)	CHOICE: Turkey Pot Pie (268) Chilled Beef Taco Salad (444) Lettuce and Tomato (21) Tortilla Strips (46) Corn and Tomato Salad (4) Mandarin Oranges (7) Snack n Loaf (115)	CHOICE: Turkey Pot Pie (268) Salisbury Steak (347) Mashed Potatoes (58) Steamed Carrots (64) Dinner Roll (210) #Pudding w/topping (195)	CHOICE: Turkey Pot Pie (268) Mecaroni and Cheese (498) Stewed Tomatoes (12) Spinach (109) Rye Bread (150) Yogurt (75)	CHOICE: Turkey Pot Pie (268) Baked Salmon w/ Lemon Butter Sauce (152) Scalloped Potatoes (91) Asparagus (6) Dinner Roll (210) Fresh Fruit	CHOICE: Turkey Pot Pie (268) Chilled Tuna Salad (434) Creamy Cucumber Salad (2) Diced Peas (10) Pumpkin Bread (135) #Cookie (60)	CHOICE: Turkey Pot Pie (268) Chilled Tuna Salad (434) Creamy Cucumber Salad (2) Diced Peas (10) Pumpkin Bread (135) #Cookie (60)	CHOICE: Turkey Pot Pie (268) Baked Salmon w/ Lemon Butter Sauce (152) Scalloped Potatoes (91) Asparagus (6) Dinner Roll (210) Fresh Fruit	CHOICE: Turkey Pot Pie (268) Baked Salmon w/ Lemon Butter Sauce (152) Scalloped Potatoes (91) Asparagus (6) Dinner Roll (210) Fresh Fruit
9	CHOICE: Lentil Stew (104) Beef burger on a bun** (520) Lettuce and Tomato (21) Roasted Beets (140) Roasted Sweet Potato (63) #Chocolate Brownie (148)	CHOICE: Lentil Stew (104) Chicken A La King (118) Steamed Brown Rice (5) Sweet Green Peas (66) California Blend Vegetables (27) Oatmeal Bread (142) Chilled Peaches (5)	CHOICE: Lentil Stew (104) Spaghetti and Meatballs (414) Tossed Green Salad w/ Italian Dressing (119) Garlic Green Beans (3) French Bread (256) #Gelatin w/topping (61)	CHOICE: Lentil Stew (104) Chilled Tuna Salad (434) Creamy Cucumber Salad (2) Diced Peas (10) Pumpkin Bread (135) #Cookie (60)	CHOICE: Turkey Pot Pie (268) Baked Salmon w/ Lemon Butter Sauce (152) Scalloped Potatoes (91) Asparagus (6) Dinner Roll (210) Fresh Fruit	CHOICE: Lentil Stew (104) Chilled Tuna Salad (434) Creamy Cucumber Salad (2) Diced Peas (10) Pumpkin Bread (135) #Cookie (60)	CHOICE: Turkey Pot Pie (268) Baked Salmon w/ Lemon Butter Sauce (152) Scalloped Potatoes (91) Asparagus (6) Dinner Roll (210) Fresh Fruit	CHOICE: Turkey Pot Pie (268) Baked Salmon w/ Lemon Butter Sauce (152) Scalloped Potatoes (91) Asparagus (6) Dinner Roll (210) Fresh Fruit	CHOICE: Turkey Pot Pie (268) Baked Salmon w/ Lemon Butter Sauce (152) Scalloped Potatoes (91) Asparagus (6) Dinner Roll (210) Fresh Fruit
16	CHOICE: Chicken Divan (282) Bruschetta Catfish (192) Gemelli Pasta (8) Zucchini & Summer Squash (11) French Bread (266) Mixed Fruit (3)	CHOICE: Chicken Divan (282) Savory Beef Meatloaf (187) Dinner Roll (210) Brussel Sprouts (12) Mashed Potatoes (58) Applesauce (15)	CHOICE: Chicken Divan (282) Teriyaki Chicken** (519) Steamed Brown Rice (84) Oriental Blend Vegetables (9) Steamed Corn (1) #Birthday Cake (221)	CHOICE: Chicken Divan (282) Global Table Mulligatawny Soup (45) French Bread (256) Warm Chick Pea Salad (245) Fresh Fruit	CHOICE: Chicken Divan (282) Turkey Chili (291) Homemade Corn Bread (454) Steamed Green Beans (3) #Pudding w/topping (195)	CHOICE: Chicken Divan (282) Global Table Mulligatawny Soup (45) French Bread (256) Warm Chick Pea Salad (245) Fresh Fruit	CHOICE: Chicken Divan (282) Turkey Chili (291) Homemade Corn Bread (454) Steamed Green Beans (3) #Pudding w/topping (195)	CHOICE: Chicken Divan (282) Turkey Chili (291) Homemade Corn Bread (454) Steamed Green Beans (3) #Pudding w/topping (195)	CHOICE: Chicken Divan (282) Turkey Chili (291) Homemade Corn Bread (454) Steamed Green Beans (3) #Pudding w/topping (195)
23	CHOICE: Swedish Meatballs (189) French Toast Sticks w/ Cinnamon Glaze (320) Sausage Links (266) Orange Juice (5) Roasted Potatoes (41) Chilled Peaches (5)	CHOICE: Swedish Meatballs (189) Low Sodium Hot Dog on a Bun** (760) Vegetarian Baked Beans (140) Steamed Corn (1) Fresh Fruit	CHOICE: Swedish Meatballs (189) Yankees Pot Roast w/Gravy (120) Mashed Potatoes (58) Steamed Broccoli (38) Dinner Roll (210) Applesauce (15)	CHOICE: Swedish Meatballs (189) HIGH SODIUM MEAL Breaded Chicken Breast Bites** (570) Biscuit (267) Cappi Blend Vegetables (22) Butternut Squash Macaroni & Cheese (187) Gelatin w/topping (61)	CHOICE: Swedish Meatballs (189) Chilled Egg Salad (246) Lettuce and Tomato (21) Rye Bread (150) Cole Slaw (90) Three Bean Salad (304) Pineapple Tidbits (1)	CHOICE: Swedish Meatballs (189) Chilled Egg Salad (246) Lettuce and Tomato (21) Rye Bread (150) Cole Slaw (90) Three Bean Salad (304) Pineapple Tidbits (1)	CHOICE: Swedish Meatballs (189) Chilled Egg Salad (246) Lettuce and Tomato (21) Rye Bread (150) Cole Slaw (90) Three Bean Salad (304) Pineapple Tidbits (1)	CHOICE: Swedish Meatballs (189) Chilled Egg Salad (246) Lettuce and Tomato (21) Rye Bread (150) Cole Slaw (90) Three Bean Salad (304) Pineapple Tidbits (1)	CHOICE: Swedish Meatballs (189) Chilled Egg Salad (246) Lettuce and Tomato (21) Rye Bread (150) Cole Slaw (90) Three Bean Salad (304) Pineapple Tidbits (1)
30	NO MEALS	CHOICE: Egg & Cheese Taco (170) American Beef Chop Suey (211) Garlic Spinach (75) Cranberry Apple Crisp (62) Dinner Roll (210) Chilled Peas (4)	CHOICE: Swedish Meatballs (189) Yankees Pot Roast w/Gravy (120) Mashed Potatoes (58) Steamed Broccoli (38) Dinner Roll (210) Applesauce (15)	CHOICE: Swedish Meatballs (189) HIGH SODIUM MEAL Breaded Chicken Breast Bites** (570) Biscuit (267) Cappi Blend Vegetables (22) Butternut Squash Macaroni & Cheese (187) Gelatin w/topping (61)	CHOICE: Swedish Meatballs (189) Chilled Egg Salad (246) Lettuce and Tomato (21) Rye Bread (150) Cole Slaw (90) Three Bean Salad (304) Pineapple Tidbits (1)	CHOICE: Swedish Meatballs (189) Chilled Egg Salad (246) Lettuce and Tomato (21) Rye Bread (150) Cole Slaw (90) Three Bean Salad (304) Pineapple Tidbits (1)	CHOICE: Swedish Meatballs (189) Chilled Egg Salad (246) Lettuce and Tomato (21) Rye Bread (150) Cole Slaw (90) Three Bean Salad (304) Pineapple Tidbits (1)	CHOICE: Swedish Meatballs (189) Chilled Egg Salad (246) Lettuce and Tomato (21) Rye Bread (150) Cole Slaw (90) Three Bean Salad (304) Pineapple Tidbits (1)	CHOICE: Swedish Meatballs (189) Chilled Egg Salad (246) Lettuce and Tomato (21) Rye Bread (150) Cole Slaw (90) Three Bean Salad (304) Pineapple Tidbits (1)



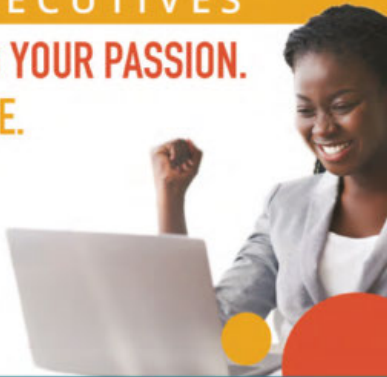
Meals based on No Added Salt Diet (3-4gm sodium) for healthy older adults. Sodium content is listed next to each item in (). All meals include milk w/ 125 mg sodium. If you have a special concern regarding the menu, contact the Nutritionist at 413-582-9301 for guidance on managing your intake to meet your dietary requirements.

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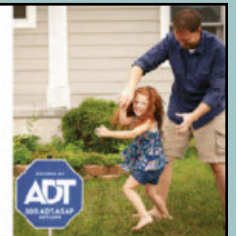
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Change Service Requested

Weekly Activity and Exercise

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 (NOTE TIME CHANGE)
Thursday 12:00pm- Cards
Thursday 1:00pm- Crafts with Denise (2X per month)

Friday 10:30am- Chair Yoga with Heidi \$2



Technology Support for Seniors :

On the 2nd Wednesday of the month beginning on May 11th 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.