

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



SAND FOR SENIORS: Please call the Senior Center to sign up for this program. In the winter months there is a significant number of Seniors falling on the ice. The fire department or a volunteer will deliver a bucket with sand and a scooper in it. If you received a bucket last year please call for a refill of sand. Distribution of sand will be held on Wednesday November 1st, please put buckets out.



Jingle Bell Jubilee : Our Christmas Luncheon at the Southwick Senior Center will be catered by Tucker's Restaurant in Southwick. Jingle Bell Jubilee will be held on Wednesday, December 13th from 11:00am-1:00pm. The cost is \$20.00 pp. You will need to sign up and pay in the office by December 10th . Your choice for lunch is Yankee Pot Roast or Baked Scrod. Appetizers will be provided individually. We will have our raffle with donations from our generous local business friends. We have very limited seating so please sign up asap.

**SORRY...
WE'RE
CLOSED**

Nov. 10th— Veteran's Day

Nov. 23rd—Thanksgiving

Nov. 24th— Thanksgiving



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Senior Center Info

Forastiere Funeral Home Lunch and Learn: "To Bury Or To Cremate? That Is The Question"

Wednesday November 15th

11:45am at the Senior Center

Join Pre-Planning Director, Gary Szewczyk from Forastiere Smith Funeral & Cremation for a free lunch as he answers one of the most frequently asked questions to come up during the pre-planning process. He will discuss the options that are available to you for burial, cremation, and both to help you make the best decisions for yourself and your loved ones.



FUEL ASSISTANCE INFORMATION:

You must call the office to make an appointment to fill out the fuel assistance application.

To help make your application process more efficient please make sure you bring in the following items: All Income (social security, retirement, and 1099 bank statements), Electric Bill, Oil or Gas Bill, Water Bill, Real Estate Tax bill, Homeowners Coverage, Photo ID, and 4 weeks of consecutive employment pay stubs if applicable. Please have document organized and ready to photo copy. These documents are required by Valley Opportunities not the Senior Center. The Senior Center assists you in filling these applications out. We do not make the decisions regarding fuel assistance. Your information remains confidential and a file is not kept in our office it is sent to Valley Opportunities. Please call the office to schedule an appointment at (413) 569-5498.



Joe Deedy, Moolicious, and the Southwick Civic Fund are once again offering pick up or delivery of a full Thanksgiving Meal and all the fixings on Thanksgiving Day. This is a generous free meal. Delivery will begin at 11:30am. Senior Citizens should call the Southwick Senior Center at 569-5498. You MUST be home to receive this meal.



RELAX AND LEAVE YOUR CHRISTMAS WRAPPING TO US!

The Friends of the Southwick Senior Center will be hosting a "Christmas Wrapping Fundraiser" to be held at the Senior Center (come in slider entrance) in the back of Town Hall

Saturday, December 16th

8:00am to 1:00pm.

All gifts must be "ready to wrap" (i.e. we will have no boxes, etc.). Wrappings will be provided. Donations are appreciated. Come and have a coffee and donut while your gifts are being wrapped.

04 | TRIPS



DEALERS CHOICE:

On Tuesdays, Wednesdays, and Thursdays we have Dealers Choice cards games. Friendly group of individuals looking for more players. They play from 12:15pm-3:45pm all three days. Check it out!!!

We also have a variety of card games on Tuesdays including Cribbage, Pitch, and Whist. We would love to have you.



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

November 9th—
Paint Gingerbread Plaque

November 30th—
Snowmen project

December 9th—
Christmas Ornament



Atkins

The Volunteer Van will be going to Atkins Farm in Amherst on Tuesday, November 7, 2023. The cost is \$4.00. The van will leave the Senior Center at 9:30 am.

Holyoke Mall

The Volunteer Van will be going to Holyoke Mall on Thursday, November 16, 2023. The cost is \$4.00. The van will leave the Senior Center at 10:30 am.

Pilgrim Candle & Tavern Restaurant

The Volunteer Van will be going to Pilgrim Candle and the Tavern for lunch on Wednesday, November 29, 2023. The cost is \$4.00. Lunch at your own expense. The van will leave the Senior Center at 10:30 am.

Jimmy Mazz at Storowton Lunch & Show

Celebrate the holiday with Jimmy Mazz on Tuesday, December 5, 2023. Lunch will be Yankee Pot Roast, potato, vegetable, rolls, salad, dessert and coffee or tea. The cost is \$53 and due by November 23, 2023. The van will leave the senior Center at 11am.

Bright Nights

The Volunteer Van will be going to see the Holiday lights at Bright Nights on Thursday, November 14, 2023. The cost is \$4.00. The van will leave the Senior Center at 4:30 pm.

Bubble Mug Café & Pottery Cellar

The Volunteer Van will be going to Bubble Mug Café at the Pottery Cellar for lunch on Thursday, December 21, 2023. The cost is \$4.00. The van will leave the Senior Center at 10:30 am.



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 month. You must call the Senior Center and schedule an appointment.



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 visits, and the nurse 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.



Medicare's Open Enrollment Period is from October 15 to December 7, you can enroll in health and drug plans for 2024. Use these quick tips to get ready for Medicare's Open Enrollment.

Check your mail. You may get important notices from your current plan, Medicare, or Social Security about changes to your coverage or any Extra Help you may get paying for prescription drugs. Just remember —plans aren't allowed to call or come to your home.

Review your new "Medicare & You" handbook. It has information about Medicare coverage, as well as Medicare plans in your area. Review your current coverage plans change and your needs change. Carefully review any materials and changes in costs or coverage that will happen in 2024, and decide if your current Medicare coverage will meet your needs for the year ahead.

Preview 2024 health & prescription drug plans online. Our new and improved Medicare Plan Finder makes it easier than ever to compare coverage options and shop for plans. Go on your Medicare account or create a Medicare account. SHINE is open for in person appointments. Please call the office at 569-5498 to schedule your consultation with Cara. Southwick Residents Only



We will have brown bag on the second Tuesday of every month, 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.



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.

Highland Valley Elder Services Community Dining Menu - November 2023

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 Friendly Dessert **Higher Sodium Item (>500mg) Local Produce Vegetarian	November 	Choice: Baked Ziti (323) Chicken Fajita (195) Rice & Beans (78) Corn (1) Tortilla (95) Applesauce (9) Cal: 812 Sodium: 504 Carb: 108	Choice: Baked Ziti (323) Salmon with Dill sauce (283) Couscous & Red Peppers (45) Zucchini (3) French Bread (150) Chilled Peaches (6) Cal: 644 Sodium: 613 Carb: 91	Choice: Baked Ziti (323) Beef & Bean Chili (234) Roasted Potato (7) Corn Bread (291) Fresh Fruit (2) Cal: 785 Sodium: 659 Carb: 111
Choice: Lentil Bolognese (260) Beef Macaroni (251) Roasted Cabbage (20) Carrots (64) French Bread (150) Fresh Fruit (2) Cal: 899 Sodium: 613 Carb: 112	Choice: Lentil Bolognese (260) Eggs & Sausage (318) Home Fries (6) Green Peas (7) Oatmeal Bread (121) Mixed Fruit (5) Cal: 706 Sodium: 582 Carb: 85	Choice: Lentil Bolognese (260) Meatloaf with Gravy (237) Spinach (25) Peppers & Onions (25) Dinner Roll (132) Mandarin Oranges (10) Cal: 865 Sodium: 554 Carb: 84	Choice: Lentil Bolognese (260) Chicken Stew (288) Roasted Root Vegetables (34) French Bread (150) # Apple Crisp (63) Cal: 778 Sodium: 659 Carb: 89	Veterans Day
Choice: Egg Frittata (250) Baked Pollock & Cumin Topping (379) Buttered Noodles (42) Green Beans & Onions (8) Beets (26) Chilled Peas (5) Cal: 634 Sodium: 588 Carb: 85	Choice: Egg Frittata (250) General TSO Orange Chicken (464) Brown Rice (64) Corn & Carrots (65) # Birthday Cake (221) Cal: 752 Sodium: 939 Carb: 118	Choice: Egg Frittata (250) Lentil Soup (358) Roasted carrot, turnips & pearl onions (140) French Bread (218) Applesauce (14) Cal: 740 Sodium: 856 Carb: 130	Choice: Ham & Cheese Sandwich (694) Greek salad (498) Hummus (224) 1/2 Pita (300) Fresh Fruit (2) Cal: 657 Sodium: 889 Carb: 89	Choice: Egg Frittata (250) Pot Roast (55) Mashed Potato (33) Broccoli (9) Dinner Roll (132) # Gelatin with Topping (85) Cal: 875 Sodium: 505 Carb: 94
Choice: Lasagna Rollup (370) Chicken Broccoli Alfredo Sauce & Pasta ** (501) Garlic Green Beans (3) French Bread (150) Fresh Fruit (2) Cal: 728 Sodium: 782 Carb: 98	Choice: Lasagna Rollup (370) Potato Leek Soup (46) Brussel Sprouts (30) French Bread (150) # Pudding with Topping (195) Cal: 638 Sodium: 546 Carb: 94	Choice: Lasagna Rollup (370) Roasted Turkey & Gravy (133) Butternut Squash (75) Cranberry Sauce (1) Bread Stuffing (123) Green Peas (5) # Pumpkin Pie (385) Cal: 960 Sodium: 849 Carb: 110	Choice: Lasagna Rollup (370) Low Sodium Hotdog with Bun** (723) Baked Beans (108) Mixed Vegetable & Zucchini (55) Pineapple Tidbits (6) Cal: 752 Sodium: 1017 Carb: 117	Choice: Lasagna Rollup (370) # Gelatin with Topping (85) Cal: 875 Sodium: 505 Carb: 94
Choice: Beef Wellington (210) Meatball Grinder (476) Marinara Sauce (235) Spinach (70) Summer Squash (24) Chilled Peaches (6) Cal: 652 Sodium: 946 Carb: 75	Choice: Beef Wellington (210) Grilled Honey Dijon Chicken Sandwich** (639) Mashed Potato (33) Green Peas (7) Fresh Fruit (2) Cal: 788 Sodium: 807 Carb: 114	Choice: Beef Wellington (210) Cheese Pizza (321) Garden salad (43) Italian Dressing (119) Broccoli (9) Fruit Compote (8) Cal: 757 Sodium: 780 Carb: 105	Choice: Beef Wellington (210) Pollock Loaf (100) Lemon Pepper & Butter Sauce (167) Carrots & Corn (55) Dinner Roll (132) # Gelatin with Topping (85) Cal: 680 Sodium: 665 Carb: 80	Choice: Beef Wellington (210) Pollock Loaf (100) Lemon Pepper & Butter Sauce (167) Carrots & Corn (55) Dinner Roll (132) # Gelatin with Topping (85) Cal: 680 Sodium: 665 Carb: 80

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 413-561-7313 for guidance on managing your intake to meet your dietary requirements. To cancel a meal, please see reverse side.



To order a meal you must call the Senior Center at 569-5498 by 10:00am the day before you would like a meal.

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 for guidance on managing your intake to meet your dietary requirements.

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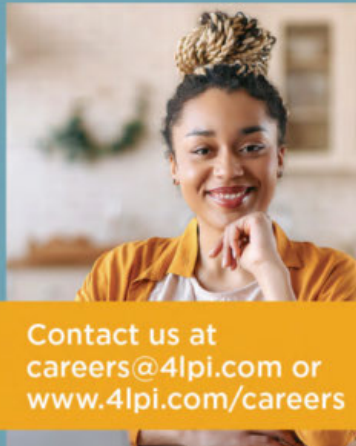
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Weekly Activity and Exercise Schedule

Monday 9:00am- Quilting and Sewing Social Group
Monday 10:00am- Chi-Gong with Kathleen \$2
Monday 11:00am- Writers Workshop (Conf. Rm 3 lower level)
Monday 12:30pm- Chinese Language and Culture Class

Tuesday 9:00am— Aerobics with Donna (No class on 11/14)
Tuesday 10:00am- Tai-Chi with Lenny \$2
Tuesday 12:00pm- Cards
Tuesday 1:00pm- Cribbage, Whist Card Game, and Pitch

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 (No Yoga on 11/9)
Thursday 12:15pm- Cards and Board Game Afternoon
Thursday 1:00pm- Crafts with Denise (2X per month)

Friday 9:00am - Aerobics with Donna \$2 (No class on 11/14)
Friday 10:30am- Chair Yoga with Heidi \$2
Friday November 17th only— Yoga Dancing with Renee



Technology Support for Seniors :

The Westfield Technical Academy will be at the Southwick Senior Center from 11:45am-1:45pm.

**12/7/23, 1/4/24,
2/1/24, 3/7/24, 4/4/24,
5/9/24, 6/6/24**

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.