

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 Pocai, Donna Charron
Harvey Holm, Theresa Rogers,

Associate Members:

Harriet Fischer,
COA Director: Cindy Sullivan
COA Staff Members:

Denise Seibert

Cara Cartello

Dining Coordinator

Denise Hills-McGarry

SHINE:

Cara Cartello

OUTREACH PROGRAMS

©LPI



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 and buckets will begin in November.

Companion Program target date of Mid January:

The Southwick Senior Center is in the process of 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.

Senator John Velis Office Hours: The Senator will be at the Southwick Senior Center on Friday November 5th from 10am-11am. He will be happy to answer any questions or chat for awhile. He is hoping to make this a monthly occurrence.

Veteran's Representative: The Veteran's Rep will be here on Dec. 2nd at 9:00am.



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



Senior Center Info

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.

BROWN BAG DISTRIBUTION

We will have brown bag on November 9th. 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.

A MESSAGE FROM SHINE:

Medicare's Open Enrollment Period is from October 15 to December 7, you can enroll in health and drug plans for 2022. 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 2021, and decide if your current Medicare coverage will meet your needs for the year ahead.

Preview 2021 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 to find new drug plans only. Please call the office at 569-5498 to schedule your phone consultation with Cara.



From the Director:

Fall is settling in and we are looking towards the colder months. With the cold weather comes snow, ice, and freezing temps. Make sure if you own your home you sign up for our Sand for Seniors program. It's one tool to keep yourself safe. Make sure you check your smoke detectors and button up your house to save money on fuel costs. We can help with Fuel Assistance applications if you need it. Keep an eye out for our Jingle Bell Jubilee being held on December 15th. We are hoping to have a sit down in person celebration, but we will see how November goes with COVID19 protocols. Be safe and call us if we can help you.

Peace and Joy,
Cindy Sullivan- COA Director

Dates the Senior Center is closed

Thurs: Nov. 11th Veterans Day
Thurs. Nov. 25th Thanksgiving
Fri. Nov. 26th Thanksgiving



Charles Barowsky
Thomas Despard Jr.
Mary Jane Racine
Harry Ryder

UPCOMING TRIPS

Atkins Farm

The Volunteer Van will be going to Atkins on Tuesday, November 2, 2021. The cost is \$3. Lunch at Atkins Deli will be at your own expense. The van will leave the Senior Center at 9:15am.

New England Air Museum

The Volunteer Van will be going to The New England Air Museum on Wednesday, November 10, 2021. The cost will be \$21. Lunch at Skooters will be at your own expense. The van will leave the Senior Center at 9:15am.

Monthly Bernie's Breakfast

The Volunteer Van will be going to Bernie's for breakfast on Friday, November 12, 2021. The cost is \$2. Breakfast will be at your own expense. The van will leave the Senior Center at 8:30am.

Holyoke Mall

The Volunteer Van will be going to The Holyoke Mall on Wednesday, November 17, 2021. This is a free ride.



Lunch at the Mall will be at your own expense. The van will leave the Senior Center at 10:15am.

Yankee Candle Village

The Volunteer Van will be going to Yankee Candle Wednesday December 1, 2021. The cost is \$3. Lunch at The Whatley Diner will be at your own expense. The van will leave the Senior Center at 9:00am.



Jimmy Mazz at Storowton Holiday Show. Celebrate the Winter holiday season with lunch, songs and fun. The show and lunch will be held Tuesday December 7th. The cost is \$43 due by December 1st. We will leave the Center at 11:00am.

Bright Nights

The Volunteer Van will be going to Bright Nights on Thursday, December 16, 2021. The cost is \$3. The van will leave the Senior Center at 4:30pm

Bernie's Lunch:

The Volunteer Van will be going to Bernie's for Lunch on December 22, 2021. The cost is \$2. Lunch will be at your own expense. The van will leave the Senior Center at 11:00am.



Please call the Senior Center to register for trips, and find out if there are other trips that have been planned. Trips must be paid in full shortly after you register. Your money will not be refunded unless we are able to fill the spot with another person.



Art Adventures Painting Class:

Join in the fun of painting in the new class taught by Southwick artist Carolyn Avery. All levels of experience are welcome (or no experience at all) as you explore techniques, design, color and more. Your choice of watercolor, acrylic or oil.

Classes are held on Tuesdays from 12:30pm-2:00pm. You are welcome to stay if you choose. The cost is \$2.00 per class to be paid at time of class.



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. If you are not comfortable coming into the Senior Center please call and we will set up a time for you to drop off your documents and we will call you when your documents are ready to be picked up.



Crafts with Denise: Denise will be doing craft projects twice a month. You must pre-register


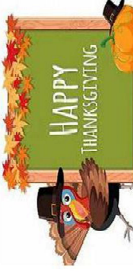

and pay one week before the class. If you do not pay we will go to the individuals on the waiting list. The cost is \$3.00 per class. Crafts will begin at 1:00pm.

Thurs. 11/4 — Veterans Jars

Thurs. 11/18— Fresh Flower Coffee Mug Decoration



Joe Deedy, Moolicious, and the Southwick Civic Fund are once again offering delivery of a full Thanksgiving Meal and all the fixings on Thanksgiving Day. This is a generous free meal. Delivery will be from 11:30am-1:30pm. Senior Citizens should call the Southwick Senior Center at 569-5498. You **MUST** be home to receive this meal

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	CHOICE: Sloppy Joe Chicken Fajitas (173) Onion and Peppers (43) Shredded Cheese (185) Tortilla (170) Rice and Beans (70) Chilled Peaches (8) Cal: 783 Sodium: 775 Carb: 97	2	CHOICE: Sloppy Joe Lasagna Rolls (230) Marinara Sauce (235) Italian Blend Vegetables (52) French Bread (256) # Brownie (154) Cal: 687 Sodium: 1112 Carb: 101	3	CHOICE: Sloppy Joe Low Sodium Hot Dog on a Bun** (582) Vegetarian Baked Beans (132) Green Beans (3) Fresh Fruit (1) Cal: 613 Sodium: 842 Carb: 79	4	CHOICE: Sloppy Joe Pollock Potato Crunch Fillet (303) w/ Tartar Sauce (261) Oven Roasted Potatoes (6) Peas (65) French Bread (256) # Lemon Pudding (299) Cal: 963 Sodium: 1316 Carb: 119	5	CHOICE: Sloppy Joe Stuffed Pepper (237) Macaroni and Cheese (249) Stewed Tomatoes (221) Chilled Peas (16) Cal: 723 Sodium: 838 Carb: 73
8	CHOICE: Macaroni & Cheese Skillet Frittata w/ Turkey Sausage & Cheese (389) Cheese Sauce (193) Spinach (4) Oven Roasted Sweet Potatoes (63) # Apple Cinnamon Muffin (190) Cal: 971 Sodium: 1069 Carb: 94	9	CHOICE: Macaroni & Cheese Chicken Patty on a Bun** (730) Lettuce and Tomato (21) California Blend Vegetables (27) # Fruited Gelatin w/ Whip Topping (61) Cal: 554 Sodium: 964 Carb: 73	10	CHOICE: Macaroni & Cheese Salmon w/ Dill Sauce (130) Lemon Zest Broccoli (55) Steamed Carrots (77) Dinner Roll (210) Fresh Fruit (1) Cal: 599 Sodium: 599 Carb: 72	11	NO MEALS	12	HIGH SODIUM DAY CHOICE: Macaroni & Cheese Ham & Pickle Salad** (975) Lettuce, Tomato, & Cucumber (5) Macaroni Salad (238) Rye Bread (150) Chilled Mixed Fruit (9) Cal: 685 Sodium: 1502 Carb: 69
15	CHOICE: Turkey Stew Spaghetti & Meat Sauce (310) Italian Blend Vegetables (52) Caesar Salad (295) Dinner Roll (210) Yogurt (75) Cal: 890 Sodium: 1067 Carb: 102	16	CHOICE: Turkey Stew Pork Choppette w/ Gravy** (588) Beets and Sweet (220) Pumpkin Bread (135) Applesauce (246) Cal: 745 Sodium: 1092 Carb: 96	17	CHOICE: Turkey Stew Chicken Pot Pie** (543) Roasted Brussel Sprouts (9) Warm Fruit Compote (8) Cherry Snack n Loaf (115) Cal: 713 Sodium: 800 Carb: 85	18	CHOICE: Turkey Stew Lemon Picatta Catfish (122) Whipped Potatoes (93) Steamed Broccoli (9) French Bread (256) # Birthday Cake (18) Cal: 583 Sodium: 498 Carb: 73	19	CHOICE: Turkey Stew Philly Cheese Steak (318) on Grinder Roll (218) Onions and Peppers (0) Roasted Potatoes (29) Fresh Fruit (1) Cal: 751 Sodium: 692 Carb: 91
22	CHOICE: Fish Sticks Broccoli and Cheese Quiche (396) Au Gratin Potatoes (285) Wheat Dinner Roll (210) Chilled Peas (5) Cal: 860 Sodium: 1021 Carb: 90	23	CHOICE: Fish Sticks Cheeseburger on a bun** (672) Vegetarian Baked Beans (156) Steamed Carrots (62) Fresh Fruit (1) Cal: 747 Sodium: 1017 Carb: 88	24	CHOICE: Fish Sticks Oven Roasted Turkey w/ Gravy (472) Stuffing (66) Butternut Squash (36) Whipped Potato (58) Cranberry Sauce (1) # Pumpkin Pie (300) Cal: 841 Sodium: 1058 Carb: 122	25	NO MEALS	26	CHOICE: Fish Sticks Chicken Salad (251) Lettuce & Tomato (21) Pita Bread (250) Three Bean Salad (250) # Fruited Gelatin w/ Whip Topping (61) Cal: 904 Sodium: 1038 Carb: 104
29	CHOICE: Meatloaf Teriyaki Glazed Pollock** (551) Fried Rice (9) Oriental Blend Vegetables (9) Mandarin Oranges (17) # Fruit Crunch Bar (80) Cal: 769 Sodium: 795 Carb: 108	30	CHOICE: Meatloaf American Chop Suey (301) Steamed Broccoli (9) Vegetable Soup (174) Dinner Roll (210) # Vanilla Pudding (220) Cal: 761 Sodium: 1040 Carb: 97						
United Way of Franklin & Worcester County		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 413-388-5752 for guidance on managing your intake to meet your dietary requirements.		Funding Sources include the City of Westfield Community Development Block Grant 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 413-388-5752 for guidance on managing your intake to meet your dietary requirements.		Key for Symbols: Cal: Calories Carb: Carbohydrates (gm) Sodium (mg) **Diabetic Substitute ***Higher Sodium Item (>500mg) Local Produce Vegetarian		Highland Valley ELDER SERVICES	

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

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If you have a special concern regarding the menu, contact the Nutritionist for guidance on managing your intake to meet your dietary requirements.



SOUTHWICK COUNCIL ON AGING

454 College Highway
Southwick, MA 01077

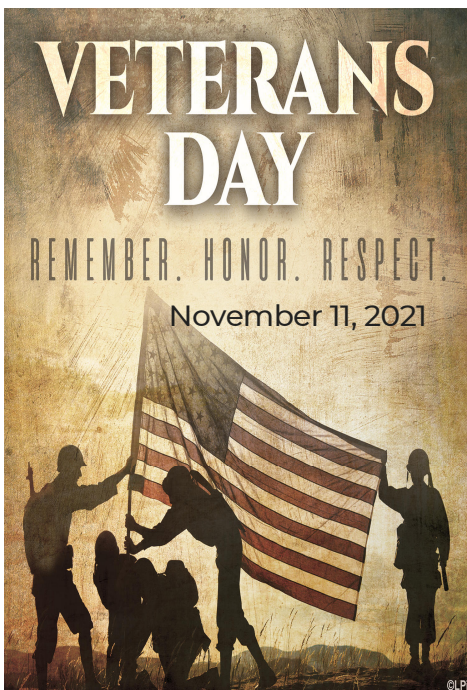
Non-Profit Org.
U.S. postage
PAID
Southwick,
MA 01077

Please Forward
Change Service Requested



Activities CALENDAR

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Monday 8:30am- Walking Outside with Cara (ends 11/22)

Monday 10:00am- Chi-Gong with Kathleen \$2

Tuesday 10:00am- Tai-Chi with Lenny \$2

Tuesday 12:00pm- Cards

Tuesday 1:00pm- Cribbage and Whist Card Game

Tuesday 12:30pm- Painting Class with Carolyn \$2

Wednesday 10:00am- Line Dancing with Clara \$2

Wednesday 1:00pm- Scrabble

Thursday 9:00am- Zumba with Becca \$2

Thursday 10:00am- Yoga with Renee \$2

Thursday 12:00pm- Cards

Friday 10:00am- Chair Yoga with Heidi \$2

