

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



Our Flu Clinic will

be held at the Southwick Senior Center. CVS Pharmacy will be administering the shots. The clinic will be held on Wednesday October 6th from 9:00am -12:00pm.

Please bring your insurance

information with you to the clinic. According to the Department of Public Health there is no waiting period between any vaccinations including the Shingles shot and the COVID vaccine. Anyone 50 years old and older are eligible to attend. You will need to bring your insurance card to the appt. Call 569-5498 to sign up. We will have this event outside under the tent if weather permits. If it is raining the clinic will be held inside the Senior Center.



Our Veteran's Representative will be at the Senior Center in October. Please call for the date and time of the drop in hours.



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 October 12th. 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:

October is here and we are hoping for beautiful foliage and crisp Fall days. We had our Welcome Back event and it was amazing. We loved seeing everyone, and are so excited that we saw so many new faces and reconnected with people we haven't been able to spend time with. Our programming began on September 13th and as the weeks go on we anticipate our numbers growing. Remember to wash your hands, social distance when you can, wear your mask if you are not vaccinated, and please consider getting vaccinated based on the science of efficacy. We want to stay open with no restrictions and we need **you** to help make this happen. Stay home if you are sick and call your health care provider with questions. See you soon!!

Peace and Joy,
Cindy Sullivan— COA Director



Gloria McMahon
Beverly Sinico

UPCOMING TRIPS

Bernie's Breakfast

The Volunteer Van will be going to Bernie's for breakfast on Friday, October 8, 2021. The cost is \$2. Breakfast will be at your own expense. The van will leave the Senior Center at 8:15am.

**CT Trolley Museum**

Take a leisure Trolley ride

to the pumpkin patch on Friday, October 15, 2021. The cost is \$15. Price includes the Trolley Ride. Lunch at Cracker Barrel will be at your own expense. The van will leave the Senior Center at 9:30am.

**Jimmy Mazz at Storrowton Lunch & Show**

Memorable Musical Review of the Greatest 60s & 70s hits. Tuesday, October 19, 2021. The van will leave the Senior Center at 11:00am. The cost is \$43 and due by October 6, 2021.

Atkins Farm

The Volunteer Van will be going to Atkins on Tuesday, November 2, 2021. The cost

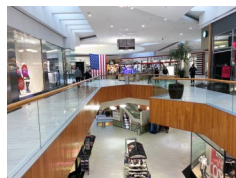


is \$3. Lunch at Atkins Deli will be at your own expense. The van will leave the Senior Center at 9:15am.

**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.

**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 Storrowton 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.



The “Friends of the Southwick Senior Center” will meet Wednesday, October 20th, 9:30AM at the Center. This group works to support the Southwick Senior Center by supplementing their

budget, advocating for seniors and supporting Senior Center policies and activities. As a 501(c)(3) organization, our group can accept donations and apply for grants that the Senior Center can't easily accept and all funds directly support the Senior Center. Please consider joining the Friends (\$5.00 per year) and volunteering to help with some of our events. We are always looking for new ideas and help. Please contact Joyce Bannish at 569-3232. You can also join the Friends group by coming into the Senior Center and filling out a form. Hope to see you there or at the meeting on October 20th!!!



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 documents organized and ready to photocopy. 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.

OUTDOOR GAMES



Croquet and Bocce Ball are a few games we have planned.



Wednesday October 13th with a rain date of Wednesday October 20th. Time will be 9:30am-11:30am. Show up and we will create teams. We will remind you of the rules or teach them to you for the first time. We will have prizes for the winners!!



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

October 7th— Fall Banners

October 21st— Pumpkin Jars

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Highland Valley ELDER SERVICES</p> <p>4</p> <p>Chicken Parmesan** (756) Pasta (1) Marinara Sauce (258) Roasted Broccoli (9) #Vanilla pudding (197)</p> <p>Cal: 665 Sodium: 1345 Carb: 87</p> <p>NO MEALS</p>  <p>11</p> <p>Macaroni and Cheese (334) Stewed Tomatoes (446) California Blend Vegetables (24) Dinner Roll (210) #Gelatin w/ Whip Topping (41)</p> <p>Cal: 848 Sodium: 1181 Carb: 112</p>	<p>Key for Symbols: Cal: Calories Carb: Carbohydrates (gm) Sodium (mg) # Diabetic Substitute ** Higher Sodium Item (>500ma) Local Produce Vegetarian</p> <p>5</p> <p>Egg Salad Cold Plate (290) Lettuce/Tomato/Cucumber (7) Potato Salad (135) Pumpkin Bread (135) Diced Peas (5)</p> <p>Cal: 873 Sodium: 697 Carb: 70</p> <p>12</p> <p>Chicken Fajitas (153) Onion, Green and Red Pepper Blend (43) Corn (1) Shredded Cheese (185) Rice and Beans (70) Fresh Fruit (1)</p> <p>Cal: 769 Sodium: 580 Carb: 103</p> <p>19</p> <p>Quiche, Spinach and Cheese (365) Scalloped Potatoes (51) Warm Peach Compote (8) Rye Bread (150)</p> <p>Cal: 820 Sodium: 719 Carb: 132</p> <p>26</p> <p>Fish, Florentine Style (347) Buttered Noodles (13) Carrots (77) Florentine Spinach (136) French Bread (256) #Lemon Pudding (200)</p> <p>Cal: 803 Sodium: 1155 Carb: 122</p> <p>United Way OF SOUTHWICK COUNTY</p>	<p>October</p> <p>6</p> <p>Breaded Catfish Strips (352) Rice Pilaf (356) Mixed Vegetables (55) Green Beans (3) #Fruited Gelatin w/ Whip Topping (40) Tartar Sauce (261)</p> <p>Cal: 799 Sodium: 1193 Carb: 91</p> <p>13</p> <p>Beef Meatloaf with Gravy (286) Whipped Potatoes (126) Winter Blend Vegetables (43) Dinner Roll (210) #Tapioca Pudding (189)</p> <p>Cal: 823 Sodium: 979 Carb: 95</p> <p>20</p> <p>Chicken w/Orange Sauce** (752) Brown Rice (84) Broccoli (9) Oriental Blend Vegetables (27) Fresh Fruit (1)</p> <p>Cal: 795 Sodium: 999 Carb: 115</p> <p>27</p> <p>Yankee Pot Roast w/Gravy (86) Whipped Potatoes (276) Roasted Brussels Sprouts (12) Applesauce (24) Oatmeal Bread (142)</p> <p>Cal: 548 Sodium: 664 Carb: 68</p> <p>25</p> <p>Fish, Florentine Style (347) Buttered Noodles (13) Carrots (77) Florentine Spinach (136) French Bread (256) #Lemon Pudding (200)</p> <p>Cal: 803 Sodium: 1155 Carb: 122</p> <p>United Way OF SOUTHWICK COUNTY</p>	<p>October</p> <p>7</p> <p>Pork Choppette w/Gravy** (588) Roasted Beets (26) Roasted Sweet Potato (54) Dinner Roll (210) Applesauce (15)</p> <p>Cal: 567 Sodium: 893 Carb: 69</p> <p>14</p> <p>Ham and Swiss** (633) on Grinder Roll (218) Lettuce and Tomato (2) Cole Slaw (56) Potato Chips (80) Pineapple Tidbits (10)</p> <p>Cal: 819 Sodium: 1179 Carb: 99</p> <p>21</p> <p>Roasted Turkey w/Gravy (494) Stuffing (279) Green Beans (0) Butternut Squash (36) Cranberry Orange Snack n Loaf (120)</p> <p>Cal: 729 Sodium: 1055 Carb: 99</p> <p>28</p> <p>Grilled Chicken Breast (320) on a bun (230) Lettuce and Tomato (2) Lentil Soup (158) California Blend Vegetables (24) Diced Peas (5)</p> <p>Cal: 726 Sodium: 864 Carb: 112</p> <p>29</p> <p>Beef & Bean Chili (340) Roasted Potatoes (38) Corn Bread (454) Fresh Fruit (0)</p> <p>Cal: 771 Sodium: 957 Carb: 104</p>	<p>October</p> <p>8</p> <p>Eggs, Skillet Frittata** (580) Roasted Potatoes (25) Cheese Sauce (136) Blueberry Snack n Loaf (160) Fresh Fruit (1)</p> <p>Cal: 870 Sodium: 889 Carb: 112</p> <p>15</p> <p>Pizza** (618) w/sausage (320) Garlic Green Beans (3) Minestrone Soup (146) #Birthday Cake (286)</p> <p>Cal: 939 Sodium: 1499 Carb: 99</p> <p>22</p> <p>Taco Salad (327) Shredded Cheese (185) Lettuce and Tomato (13) Tortilla Chips (46) Corn Relish (72) Mixed Fruit (7)</p> <p>Cal: 944 Sodium: 777 Carb: 94</p> <p>29</p> <p>Beef & Bean Chili (340) Roasted Potatoes (38) Corn Bread (454) Fresh Fruit (0)</p> <p>Cal: 771 Sodium: 957 Carb: 104</p>

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 413-588-5752 for guidance on managing your intake to meet your dietary requirements.

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



Exercise Classes have resumed as pay as you go .

Monday 8:30am- Walking Outside with Cara

Monday 10:00am- Chi-Gong with Kathleen

Tuesday 10:00am- Tai-Chi with Lenny

Wednesday 10:00am- Line Dancing with Clara

Thursday 9:00am- Zumba with Becca

Thursday 10:00am- Yoga with Renee

Friday 10:00am- Chair Yoga with Heidi

Classes are \$2.00 per class paid at the time of the class

