

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:

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Assistant Director: Cara Cartello
COA Staff Member:
Denise Seibert

Dining Coordinator
Denise Hills-McGarry
SHINE: Cara Cartello



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FLU VACCINE CLINIC: With our partners from Stop and Shop we will have a Flu Vaccine Clinic at the Southwick Senior Center on Thursday October 5th from 9am -12pm. Please call the Senior Center to sign up and make arrangements to fill out the paperwork needed for registration.



Sign up for lunch and wear your best costume on Tuesday October 31st. We will have special snacks and treats. The Arbors Assisted Living at Westfield will be sponsoring an ice cream social immediately following lunch. Win a prize for best costume. Lunch is served at 11:45am. We always have a blast!!!! You must sign up to participate.

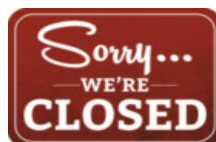


Technology Support for Seniors :

The Westfield Technical Academy will return to the Southwick Senior Center on Thursday September 28th. They will also be at the Senior Center on the following dates from 11:45am-1:45pm.

9/28/24, 10/26/23, 12/7/23, 1/4/24, 2/1/24, 3/7/24, 4/4/24, 5/9/24, 6/6/24

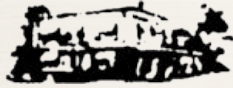
They can help with setting up and using e-mail on smartphones or computers; how to use smartphones to text, call, and browse the internet; how to use Zoom, Google Meet, or Face-Time; and troubleshooting a variety of computer problems. If you are having problems or would like to learn how to use your 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.



The Senior Center will be closed on
Mon. Oct. 11th

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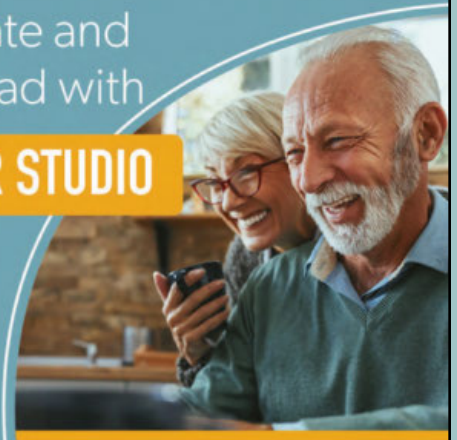


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The Friends of the Southwick Senior Center is sponsoring a Chili Lunch!!

When: October 25th

Time: Serving at 11:45am

Where: Senior Center Dining Room

Cost: \$5.00

You must register to participate.



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 one time fee of \$25.00, but we have funding to help Seniors in our community. Call the Senior Center to sign up!

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 12th and October 26th

Please call the Senior Center if you are wondering what the craft is going to be.



Friday Morning Movement:

We will not have walking in October and will revisit this activity for the Spring.

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 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.

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.

Whist Cards: Whist players are looking for more participants. They play on Tuesdays at 1:00pm



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 re-fill of sand. Distribution of sand and buckets will begin in early November.



CT Trolley Museum Pumpkin Patch & Cracker Barrel Lunch

Take a leisure Trolley ride to the pumpkin patch on Monday, October 9, 2023. The cost is \$16.00. 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 Storowton Lunch & Show

Tunes from the 20's through 80's. Tuesday, October 17, 2023. The cost is \$53.00 which includes a three course Roast Turkey meal. Payment is due by October 3, 2023. The van will leave the Senior Center at 11:00 am.

Foxwoods

The Volunteer Van will be going to Foxwoods Casino on Thursday, October 19, 2023. The cost is \$6.00. The van will leave the Senior Center at 8:00am.

Arsenic @ The Westfield Theatre Group

The Volunteer Van will be going to see Arsenic play on Saturday, October 21, 2023. Please call the senior center for the cost. The cost is \$23.00. The van will leave the Senior Center at 1:00pm.

Memo's Restaurant

The Volunteer Van will be going to Memo's Restaurant in West Springfield on Thursday, October 26, 2023. The cost is \$4.00. Lunch will be at your own expense. The van will leave the Senior Center at 11:00 am.



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 October 17th. 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. 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**



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.



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. Bags will be available at the garage. Please remain in your vehicle.

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

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
2	Choice: Butternut Squash Mac & Cheese (573) White Fish w/ Lemon Capers Sauce** (611) Couscous (11) Carrots (53) Brussel Sprouts (9) Dinner Roll (132) Mixed Fruit (2)	Cal: 789 Sodium: 946 Carb: 101 NO MEALS	3	Choice: Butternut Squash Mac & Cheese (573) Pork Chop w/ Peas (67) Green Peas (7) Mashed Potato (33) Dinner Roll (132) Applesauce (0)	Cal: 867 Sodium: 365 Carb: 89	4	Choice: Butternut Squash Mac & Cheese (573) Shepard's Pie (255) Spinach & Onions (37) Dinner Roll (132) Fresh Fruit (2)	Cal: 784 Sodium: 605 Carb: 98	5	Choice: Tuna Salad (434) Chicken Salad (251) on Wheat Bread (254) Mandarin Orange Slices (10) Cherry Tomatoes (4) Chilled Sliced Pears (4)	Cal: 749 Sodium: 649 Carb: 75	6	Choice: Butternut Squash Mac & Cheese (573) Lentil Stew** (533) Roasted Root Veg (34) French Bread (218) #Pudding w/ Topping (190)	Cal: 819 Sodium: 1100 Carb: 104
9	Columbus Day		10	Choice: Meatloaf (120) BBQ Chicken Wings (434) Cauliflower Au Gratin (132) Carrots (44) Dinner Roll (132) Fresh Fruit (2)	Cal: 738 Sodium: 888 Carb: 85	11	Choice: Meatloaf (120) Breaded White Fish (322) Tartar Sauce (261) Butternut Squash (36) Veggie Blend (43) Chilled Peas (4)	Cal: 722 Sodium: 791 Carb: 86	12	Choice: Meatloaf (120) Butternut Squash Soup (58) French Bread (218) Green Bean Casserole (225) Warm Cinnamon Apples (10) #Yogurt (80)	Cal: 751 Sodium: 717 Carb: 125	13	Choice: Meatloaf (120) Pasta Primavera (29) Garlic Bread (280) Broccoli (9) #Birthday Cake (221)	Cal: 735 Sodium: 664 Carb: 92
16	Choice: Broccoli Cheese Casserole (444) Sloppy Joe (80) Bun (310) Mashed Sweet Potato (96) Green Peas (7) Fresh Fruit (2)		17	Choice: Broccoli Cheese Casserole (444) Chicken Cheese Enchilada (58) Spanish Rice & Beans (63) Carrots & Corn (45) #Pudding w/ Topping (110)	Cal: 714 Sodium: 492 Carb: 80	18	Choice: Broccoli Cheese Casserole (444) Roasted Turkey Soup (117) Roasted Potato (7) French Bread (218) Cinnamon Grahams (96) #Yogurt (80)	Cal: 858 Sodium: 693 Carb: 127	19	Choice: Broccoli Cheese Casserole (444) Swedish Meatballs (322) Pasta (5) Asparagus (3) Veggie Blend (42) Applesauce (9)	Cal: 769 Sodium: 514 Carb: 95	20	Choice: Broccoli Cheese Casserole (444) Sausage and Pepper** (751) on a Grinder (105) Corn (1) Mashed Potato (33) Mixed Fruit (2)	Cal: 867 Sodium: 1132 Carb: 98
23	Choice: Lasagna Rolls (370) Chicken Parm** (650) Pasta (5) Broccoli (9) Zucchini & Tomato (40) Fresh Fruit (2)		24	Choice: Lasagna Rolls (370) Cauliflower Cheddar Soup (200) Chickpea Spinach (260) French Bread (218) Apricots (5) #Yogurt (80)	Cal: 678 Sodium: 888 Carb: 97	25	Choice: Lasagna Rolls (370) Cheese Pizza** (618) Veggie Blend (43) Carrots (64) #Sugar Cookies (109)	Cal: 667 Sodium: 959 Carb: 79	26	Choice: Lasagna Rolls (370) Roasted Turkey w/ Gravy (263) Mashed Potato (33) Green Peas (7) Dinner Roll (132) Chilled Peas (4)	Cal: 881 Sodium: 565 Carb: 87	27	Choice: Lasagna Rolls (370) Pulled Pork (84) Bun (200) Baked Beans (370) Veggie Blend (43) #Gelatin w/ Topping (61)	Cal: 888 Sodium: 883 Carb: 105
30	Choice: Baked Ziti (223) Veggie Chili w/ Beans** (630) Roasted Potato (7) Corn Bread (291) #Oatmeal Cookie (75)		31	Choice: Tuna Salad (434) Ham & Cheese Sandwich** (694) Coleslaw (90) Pickled Beets (193) Sliced Mandarin Oranges (10)	Cal: 739 Sodium: 1029 Carb: 54	 Highland Valley ELDER SERVICES								Key for Symbols: Cal: Calories Carb: Carbohydrates (gm) Sodium (mg) # Diabetic Friendly Dessert **Higher Sodium Item (>500mg) Local Produce Vegetarian
Cal: 859 Sodium: 1129 Carb: 115													Cal: 859 Sodium: 1129 Carb: 115	
Funding Sources include the City of Westfield Community Development Block Grant 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.														

Funding Sources include the City of Westfield Community Development Block Grant

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 413-592-9301 for guidance on managing your intake to meet your dietary requirements. To cancel a meal, please see reverse side.



LUNCH MENU

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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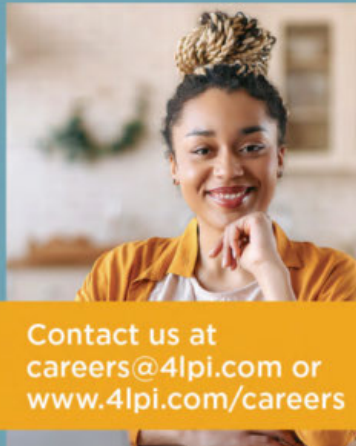
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Weekly Activity and Exercise Schedule

Monday 9:00am- Quilting and Sewing Social Group

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

Monday 12:30pm- Chinese Language and Culture Class

Tuesday 9:00am- Aerobics \$2

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 (starting Oct. 5th)

Thursday 10:30am- Yoga with Renee \$2

Thursday 12:15pm- Cards

Thursday 1:00pm- Crafts with Denise (2X per month)

Thursday 12:30-2:30 Pickleball (must sign up for 1 hour slot) \$3.00

Friday 9:00am- Aerobics \$2 (2nd class starts on 10/6)

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

Tap Class: If you are interested in taking a Tap class please call the Senior Center. If we have at least 10 people who are committed we will look for an instructor.

Corn Hole: If you are interested in playing Corn Hole inside during the winter months please call the Senior Center to sign up. If we have enough interest we will set it up.