

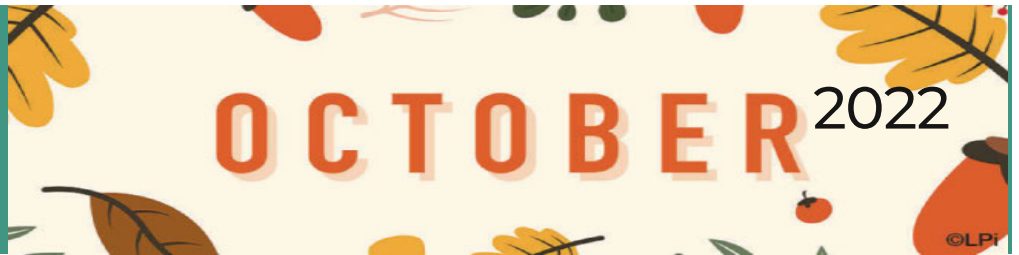
THE MESSENGER

A Newsletter For Southwick's Senior Community



What's Inside

Fuel Assistance.....	03
Upcoming Trips.....	04
COA Services.....	05
October Menu.....	06



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: Cara Cartello



Like us on Facebook
www.facebook.com/SouthwickSeniorCenter/CouncilonAging



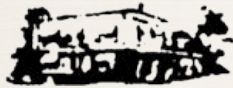
FLU VACCINE CLINIC: With our partners from Park and Recreation and Stop and Shop we will have a Flu Vaccine Clinic at the Southwick Senior Center on Thursday October 20th from 9am-12pm. Please call the Senior Center to sign up and make arrangements to fill out the paperwork needed for registration.



On October 18th at 10:00am **Attorney Mary Paier Powers from Powers Law Group, LLC**, West Springfield, will discuss the ins-and outs of Health Care Proxies, Powers of Attorney, and Last Wills and Testaments. Her discussion will focus on emergencies when you cannot communicate your health care decisions, how your assets can be managed when you are unable, and why having a will or estate plan is important. Attorney Powers will briefly touch upon the importance of long-term care planning. Refreshments will be provided

Firtion Adams

FUNERAL SERVICE



FUNERAL SERVICE

76 Broad Street, Westfield, Mass. 01085

FIRTIONADAMS.COM • 562-6244

James R. Adams • Joshua J. Adams

When considering downsizing or relocating, you can put your trust in Lis Real Estate. We have been assisting our local clients with seamless transactions for over 45 years.



Peggy Lis-Barone - Broker

cell: 413-537-7410

office: 413-831-6612



491C COLLEGE HWY.
SOUTHWICK
www.lisrealty.com

Hearing Difficulties?
Call for a FREE test!

New Ears
AFFORDABLE HEARING CARE

"Southwick's Hometown
Hearing Center"

413-519-3367



SOUTHWICK
VILLAGE

RESIDENTIAL LIVING

A MASONICARE MANAGED COMMUNITY

Life Reimagined

Call to schedule your visit

413.798.8668

southwickvillage.com

A 55+ Active Adult Residential Community



Heritage Lawns

OF WEST SPRINGFIELD, INCORPORATED

Offering Lawn Care
Programs for the
2022 Season

"Quality & Service Still Count"

Servicing the local
communities for
over 25 years!

413-731-0004

Trained Professionals • Granular Products • Grub Control
Lime • Aeration • Tree & Shrub Program

**SOUTHWICK
FORASTIERE**
FUNERAL & CREMATION



Pre-Planning | Burial
Cremation | Bereavement
Serving Southwick for Over 30 Years

413-569-5306

www.forastiere.com

Member of Forastiere Family Funeral Service, Inc.
45 Locust Street, Springfield MA 01108 • 413-733-5311



Atria Retirement

All Inclusive Independent
Retirement Living Made Simple

413-786-9688

quailrunestates.com

50 Cardinal Drive, Agawam, MA

Call for a Tour and a
Complimentary Meal Today!



Where Quality Meets Compassion



Housekeeping
Meal Preparation
Companionship • Errands
Personal Care
Respite • RN Evaluations
Blood Pressure Checks

413-363-2575

SilverLiningsHomeCare.com

ADVERTISE HERE

to reach the
senior market



Call (800) 477-4574

SUPPORT OUR ADVERTISERS!



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicomunities.com Southwick Council on Aging, Southwick, MA 06-5364

Senior Center Info



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 13— Bottle Cap Pumpkins

October 27th— Halloween Plaques



Sign up for lunch and wear your best costume on Monday October 31st. We will have special snacks and treats. Win a prize for best costume. Lunch is served at 11:45am. We always have a blast!!!! You must sign up for lunch to participate.



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.



Veteran's Day Breakfast: We

will hold a Pancake Breakfast on Thursday November 10th at 8:30am. Come enjoy pancakes, sausage, fruit, and juice. The cost is \$2.00. VETERAN's EAT FREE. Everyone must sign up in advance by calling the office.



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 21st

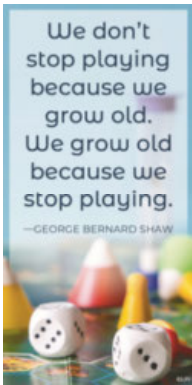
8:00am to 1:00pm.

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.



Donna Charron:

Donna was a volunteer at the Senior Center for many years. She was appointed to the COA Board in 2016. She made our Christmas parties amazing with all of raffle prizes received. She loved playing Bingo and coming to lunch everyday. She volunteered for as much as she could. We will miss Donna's laugh and stories here at the Senior Center. RIP Donna we miss you already.



Game Day Thursdays

Beginning on September 8th from 1:00pm-3:45pm. Come into the Senior Center on Thursdays and enjoy playing some board games such as Yahtzee, Dominos, Parcheesi, and any other games you would like. Bring a friend, friends, or just stop in to see who is here playing.



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.



Billiards and Foosball Table:

We have a pool table and foosball tables you can enjoy everyday during our regular business hours. Bring a friend or a group of friends. The tables are located on the lower level you need to check in before you go downstairs.



New England Botanic Garden: The Volunteer Van will be going to The New England Botanic Garden in Boylston on Tuesday, October 4, 2022. The cost is \$19.00. Lunch will be at your own expense. The van will leave the Senior Center at 8:30 am.

Jimmy Mazz at Storowton Lunch & Show: Take a musical journey across the United States and enjoy all types of music with Jimmy Mazz. Tuesday, October 11, 2022. The cost is \$44.00 and due by September 26, 2022. The van will leave the Senior Center at 11:00 am.

Essex Steam Train and Riverboat Lunch Excursion: Trip includes a leisurely ride on the steam train, boat ride up river and a three course meal on Monday, October 17, 2022. The cost is \$70.00. Payment is required by September 19, 2022. The van will leave the Senior Center at 9:15 am.

Foxwoods: The Volunteer Van will be going to Foxwoods Casino on Friday, November 4, 2022. The cost is \$5.00. The van will leave the Senior Center at 8:00am.

Shopping & Lunch Trip: The Volunteer Van will going to the Christmas Tree Shops new location in Holyoke and TJ Maxx with lunch at the Cracker Barrel on Tuesday, November 15, 2022. The cost is \$4.00. The van will leave the senior center at 9:30am.

Jimmy Mazz at Storowton Lunch & Show: Jingle All the Way with Jimmy Mazz. Yankee Pot Roast with salad, potato, vegetable, dessert and coffee or tea. Tuesday, December 6, 2022. The cost is \$44.00. Payment is due by November 21, 2022. The van will leave the Senior Center at 11:00 am.

Bright Nights: The Volunteer Van will be going to Bright Nights on Thursday, December 15, 2022. The cost is \$3.00. The van will leave the Senior Center at 4:30pm.

Take 5 Restaurant: The Volunteer Van will be going to Take 5 in Agawam for lunch on Tuesday, December 20, 2022. The cost is \$3.00. The van will leave the Senior Center at 11:30am.

Westfield Technical Academy Buffet: The volunteer van will be going to the WTA for their amazing buffet on a Friday in November or December. Call the office to find out which day we are going.



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. We are currently scheduling appointments for October 18th and November 15th. 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 2023. 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 2023, and decide if your current Medicare coverage will meet your needs for the year ahead.

Preview 2022 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 consultation with Cara. **Southwick Residents Only**



We will have brown bag on October 11th 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 Velis Office Hours: Senator Velis' office will be at the Senior Center on Wednesday October 5th, November 9th, and December 7th from 11:00am-12:00pm. Please stop in if you have any questions for the Senator. Please note the day and time change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Choice: Cinnamon Glazed French Toast Stick (300) Global Table Beef and Macaroni (137) Roasted Cabbage (20) French Bread (256) #Chilled Apricots (10) Cal: 727 Sodium: 549 Carb: 90 	4 Choice: Cinnamon Glazed French Toast Stick (300) Pork Chopette w/brown gravy (477) Roasted Beets (185) Sweet Potato (35) Wheat Dinner Roll (210) #Applesauce (14) Cal: 742 Sodium: 1047 Carb: 104 Choice: Chicken Stew (288) Chicken Fajitas (173) Sweet Yellow Corn (6) Rice and Beans (78) Flour Tortilla (170) ☺ Fresh Fruit	5 Choice: Ham & Cheese Sandwich (814) Greek Salad with Chicken (340) Hummus (202) Pita Bread (322) #Mixed Fruit (3) Cal: 692 Sodium: 993 Carb: 77 Choice: Chicken Stew (288) Beef Meatloaf w/gravy (287) Mashed Potatoes (58) Winter Blend Veggies (43) Wheat Dinner Roll (210) #Chilled Pears (4)	6 Choice: Cinnamon Glazed French Toast Stick (300) Baked Salmon (67) w/Lemon Sauce (24) Couscous (64) Carrots (64) Green Beans (3) #Pudding w/whip topping (195) Cal: 712 Sodium: 524 Carb: 87 Choice: Chicken Stew (288) Lentil Soup (143) Roasted Root Vegetables (34) French Bread (256) #Pumpkin Pie (300)	7 Choice: Cinnamon Glazed French Toast Stick (300) Eggs w/bacon and cheddar cheese (280) ☺ Oven Roasted Potatoes (29) Spinach (76) Oatmeal Bread (142) #Orange Juice (5) Cal: 555 Sodium: 656 Carb: 67 Choice: Chicken Stew (288) Mushroom and Onion Pizza** (656) Cauliflower Au Gratin (107) Sweet Green Peas (58) #Fruited Gelatin w/whip topping (89)
11 NO MEALS 	11 Cal: 742 Sodium: 1047 Carb: 104 Choice: Chicken Stew (288) Chicken Fajitas (173) Sweet Yellow Corn (6) Rice and Beans (78) Flour Tortilla (170) ☺ Fresh Fruit	12 Cal: 692 Sodium: 993 Carb: 77 Choice: Chicken Stew (288) Beef Meatloaf w/gravy (287) Mashed Potatoes (58) Winter Blend Veggies (43) Wheat Dinner Roll (210) #Chilled Pears (4)	13 Choice: Chicken Stew (288) Lentil Soup (143) Roasted Root Vegetables (34) French Bread (256) #Pumpkin Pie (300)	14 Cal: 555 Sodium: 656 Carb: 67 Choice: Chicken Stew (288) Mushroom and Onion Pizza** (656) Cauliflower Au Gratin (107) Sweet Green Peas (58) #Fruited Gelatin w/whip topping (89)
18 Choice: Low Sodium Hot Dog on a Bun (750) High Sodium Meal Macaroni & Cheese (496) Stewed Tomatoes (446) Garlic Green Beans (3) Wheat Dinner Roll (210) Fresh Fruit Cal: 885 Sodium: 1283 Carb: 115 Choice: Lasagna Rolls (290) Tilly Cheese Steak Grinder** (563) Peppers and Onions (3) Carrots (64) Fresh Fruit	18 Choice: Low Sodium Hot Dog on a Bun (750) Baked Haddock Loins (296) w/tartar sauce (85) Egg Noodles (11) Brussel Sprouts (38) Carrots (64) #Birthday Cake (221) Cal: 782 Sodium: 840 Carb: 106 Choice: Lasagna Rolls (290) Tuna Noodle Casserole** (556) Peas & Mushrooms (267) French Bread (256) #Mixed Fruit (20)	19 Choice: Ham & Cheese Sandwich (814) Chilled Chicken Salad (251) Croissant (152) Three Bean Salad (280) #Chilled Peaches (6) Cal: 719 Sodium: 727 Carb: 89 Choice: Lasagna Rolls (290) Shepherd's Pie (442) Broccoli (9) Wheat Dinner Roll (210) #Gelatin w/whip topping (61)	20 Choice: Low Sodium Hot Dog on a Bun (750) Spaghetti and Meat Sauce** (516) Roasted Broccoli (15) French Bread (256) #Pudding w/whip topping (195)	21 Choice: Low Sodium Hot Dog on a Bun (750) Spaghetti and Cheese Quiche (385) ☺ Scalloped Potatoes (200) Rye Bread (150) #Warm Fruit Compote (9)
25 Cal: 885 Sodium: 1283 Carb: 115 Choice: Lasagna Rolls (290) Tilly Cheese Steak Grinder** (563) Peppers and Onions (3) Carrots (64) Fresh Fruit	25 Cal: 782 Sodium: 840 Carb: 106 Choice: Lasagna Rolls (290) Tuna Noodle Casserole** (556) Peas & Mushrooms (267) French Bread (256) #Mixed Fruit (20)	26 Cal: 743 Sodium: 814 Carb: 61 Choice: Lasagna Rolls (290) Shepherd's Pie (442) Broccoli (9) Wheat Dinner Roll (210) #Gelatin w/whip topping (61)	27 Choice: Lasagna Rolls (290) Hamburger (300) on a wheat bun (230) Lettuce and Tomato Vegetarian Baked Beans (140) California Blend Veggies (24) #Chilled Apricots (10) Cal: 684 Sodium: 831 Carb: 87	28 Cal: 660 Sodium: 869 Carb: 74 Choice: Lasagna Rolls (290) Mulligatawny Soup (34) Chickpeas, Tomato, and Onion (79) French Bread (256) #Peanut Butter Cookie (190)
Cal: 767 Sodium: 915 Carb: 76 Choice: Egg Frittata (389) Beef & Bean Chili (340) ☺ Roasted Potatoes (38) Corn Bread (454) Fresh Fruit Cal: 774 Sodium: 957 Carb: 104	Cal: 726 Sodium: 968 Carb: 94 Cal: 767 Sodium: 915 Carb: 76	Cal: 856 Sodium: 847 Carb: 79 Cal: 726 Sodium: 968 Carb: 94	Cal: 684 Sodium: 831 Carb: 87 Cal: 684 Sodium: 831 Carb: 87	Cal: 686 Sodium: 884 Carb: 84 Cal: 686 Sodium: 884 Carb: 84
Key for Symbols: Cal: Calories Carb: Carbohydrates (gm) Sodium (mg) # Diabetic Friendly Dessert **Higher Sodium Item (>500mg) ☺ Local Produce ☺ Vegetarian				

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.

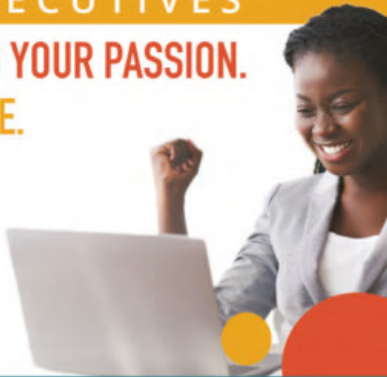


WE'RE HIRING

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid Training
- Some Travel
- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community



Contact us at careers@4lpi.com
www.4lpi.com/careers

GROW YOUR BUSINESS

BY PLACING
AN AD HERE!

CONTACT US!

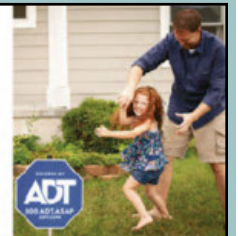
Contact Susanne Carpenter
to place an ad today!
scarpenter@4LPi.com or
(800) 477-4574 x6348



ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized
Provider

SafeStreets

833-287-3502

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed
to you at www.mycommunityonline.com



SOUTHWICK COUNCIL ON AGING

454 College Highway

Southwick, Massachusetts 01077

Please Forward

Change Service Requested

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

Weekly Activity and Exercise Schedule

Senior Center is closed on Monday October 10th

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 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

Thursday 12:15pm- Cards and Board Game Afternoon

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

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



Aerobics: If you are interested in taking an Aerobics class please call the Senior Center. If we have at least 10 people who are committed we will look for an instructor. or come back if it's been awhile.

Monday Morning Movement:

Walk with Cara and start your busy week off right. Meet outdoors at the ramp entrance to the Senior Center at 8:30am. Cara will decide the Route and walk for approximately 45 minutes. Please call the Senior Center to register.