

THE MESSENGER

A Newsletter For Southwick's Senior Community



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September

Newsletter 2021

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:

Members:

Jack Poci, Donna Charron
Harvey Holm, Theresa Rogers,
Donna Foisy

Associate Members:

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

Denise Seibert
Cara Cartello

Dining Coordinator

Denise Hills-McGarry

SHINE:

Cara Cartello (after training)



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Welcome Back Day

On September 9th we would like to invite you to our Welcome Back event. Even though we have opened slowly over the past few months WE HAVE MISSED YOU! For every event you attend throughout the day you will be entered into our gift basket raffle. The schedule is as follows:

Please make monetary donations for coffee and tea, this is how the program is funded. Thank you.

8:30am-9:30am

Coffee Hour— Come check out the changes at the Senior Center. We have moved things around and would love to see you. You can make sure you are registered in MySeniorCenter. Make sure you bring your card, if you don't have one this would be a great time to get one. Enjoy a cup of coffee and a Mrs. Murphy's Donut. You can also view our Display of Seniors we have lost since March of 2020, take a seat outside on Benson's Bench, or chat with some new or familiar faces.

9:30am-11:00am

Meet and Greet: Come and meet newly appointed Police Chief Landis along with Fire Chief Anderson, our new Veteran's Representative, new and returning class and exercise instructors, Friends of the Southwick Senior Center Representative, get info about our congregate dining and transportation programs, and meet our new Benefits/Activity Coordinator (aka SHINE Counselor and Trips Coordinator).

11:30am-12:30pm

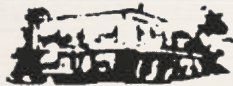
Lunch and Ice Cream sponsored by the Southwick Fire Dept and catered by The Launch Restaurant and Moolicious: You must sign up in advance. Come enjoy a lobster roll and all the fixings while educating yourself on Fire Safety and Awareness. After the brief presentation head outside to the ice cream truck and receive a delicious cup of ice cream

1:00pm-2:00pm.

Open Crafts: We will have several craft projects available for you to do or use our supplies to create your own project.

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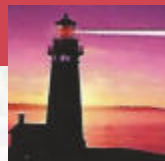
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Senior Center Info

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. You can also sign up for the entire month by turning in a circled menu with your name on it. We highly recommend this for our most popular meals as space may be limited. 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 September 14th 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.

TRANSPORTATION:

Transportation is back in full swing as of this month. We will return to pre-covid operations, which means we have scheduled days we go to certain towns and cities. Please call the Senior Center to book your ride asap. If you are sick please cancel your ride. Per the Governor masks are still required on transportation.



Foot Nurse Returns on September 28th

Call the Senior Center to book your appointment with the Foot Nurse. The cost is \$30 to be paid directly to the Foot Nurse at your appointment.

SHINE: Theresa has moved to Maine. Until we are able to hire and train a new SHINE Coordinator please call the Senior Center and we will direct you to the phone number to call for a phone appointment. Sorry for the inconvenience.. Please read our October newsletter for procedures on Open Enrollment.



From the Director:

September is here and with that comes more uncertainty. As of press time we are open and running our regular hours. We have exciting activities planned, exercise classes are beginning, and we have planned several fun trips. Please remember that we are monitoring the COVID Delta Variant very closely and will pivot if necessary. Please bare with us. We are doing our very best to make decisions and scheduling programming for these uncertain times we are faced with. Morning coffee is available by donation and come enjoy Mrs. Murphy's Donuts on Friday and Monday mornings. Just a quick reminder about masks at the Senior Center. Masks are not required; however, we strongly recommend a mask for those that are not fully vaccinated or for those that feel more comfortable wearing one. We also ask that you stay home if you are not feeling well, for the safety of everyone in the building. As always, we are here! Just give us a call or swing on by!

Peace and Joy,
Cindy Sullilvan– COA Director



TRIPS ARE BACK



Southwick Zoo

Join us for a trip to the Zoo! The volunteer van will be going to the Southwick Zoo on Wednesday, September 15, 2021. The cost is \$25 and includes Zoo admission. Lunch will be at your own expense. The volunteer van will be leaving the Senior Center at 8:30am.



Apple Picking

Come out and pick apples with us at Outlook Farms on Monday, September 20, 2021. The cost is \$2. Lunch will be at Outlook Farms at your own expense. The volunteer van will leave the Senior Center at 9:00am.



Foxwoods The Volunteer

Van will be going to Foxwoods on Tuesday, September 28, 2021. The cost of the trip is \$5. The van will leave the Senior Center at 8:00am sharp and leave the Casino at 3:00pm sharp.



Jimmy Mazz at Storowton Lunch & Show

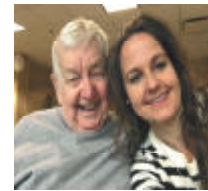
Memorable Musical Review of the Greatest 60s & 70s hits. Tuesday, October 19, 2021. The van will leave the Senior Center at 11:00am. The cost is \$43 and due by October 6, 2021.



BIG E

The BIG E is back. The trip is scheduled for Thursday

September 23rd. The van will leave the Senior Center at 9:00am. The cost is \$2.00 for the ride. Buy ticket at the gate.



Welcome Cara!! Cara will be our Activity/Benefits Coordinator. What does that

mean? That means that Cara will be planning our trips and helping with activities. She will also be our SHINE counselor, Brown Bag contact, and help with SNAP information. She is very excited to join our team and we are lucky to have her. Cara has been working for Park and Rec for nearly 10 years and has lots of great energy and ideas. Make sure when you see her you welcome her to our awesome Senior Center. Give her some time to settle in because transitions between departments are still happening and she needs to be trained to be our SHINE Coordinator.



Please call the Senior Center to reg-

ister for trips. 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. Our number is 569-5498!!!



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. Joyce will also be present at our Welcome Back Meet and Greet Event to answer any questions or collect your membership application and membership fee. Hope to see you there or at the meeting on October 20th!!!

Welcome Back our Tuesday Painting Class and our Monday Quilting and Needlework Group.

Monday: Beginning on September 13th our quilting and needlework groups are welcome to come back into our activity group from 9:00am-12:00pm. Come on in and share your projects and work on them as a group or individually.

Tuesday: Beginning on September 14th our painting class participants are welcome to join us or come back. Laurie has retired so we are currently looking for an instructor, but for now bring your paints and your projects and hang out in the activity room. It is FREE of charge until an instructor is hired. The space is available on Tuesdays from 12:00pm-1:30pm.



Claire Kotowicz: Claire volunteered at the Senior Center in the kitchen and folding newsletters for many years. She always wanted to lend a hand and offer her advise on issues. She will be missed by everyone especially on trips and at lunch. RIP Claire Bear.



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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

Sept. 9th—Open Craft

Sept. 23rd— Wooden Toy Giraffe

October 7th— Fall Banners




October 21st— Pumpkin Jars



Joan Ackerman
Paraskevi Kapsanis
Joyce Haseltine
Maureen Bennett

Highland Valley Elder Services Community Dining Menu - September 2021

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 NO MEALS 	 HIGH SODIUM DAY Chicken Parmesan** (735) Steamed Broccoli (11) Spaghetti Noodles (1) French Bread (256) #Tapioca Pudding w/ Whipped Topping (189) Cal: 864 Sodium: 1318 Carb: 120 HIGH SODIUM DAY	Cottage Cheese w/ Peaches Cold Plate (275) Creamy Cucumber & Tomato Salad (31) Vinaigrette Potato Salad (5) #Blueberry Muffin (160) #Banana Pudding w/ Whipped Topping (170) Cal: 772 Sodium: 766 Carb: 111	Salisbury Steak w/ Gravy (200) California Blend (24) Roasted Sweet Potato (62) Pumpkin Bread (135) Strawberry Yogurt (75) Cal: 676 Sodium: 631 Carb: 87	Sweet & Tangy Chicken Teriyaki (450) Roasted Summer Squash & Zucchini (8) Lo Mein Noodles (28) Whole Wheat Bread (140) Chilled Mixed Fruit (7) Cal: 603 Sodium: 758 Carb: 84
HAPPY LABOR DAY Potato Pollock Fillet w/ Tartar Sauce (423) Steamed Peas (124) Whipped Potatoes (276) Oatmeal Bread (142) Chilled Peas (5) Cal: 792 Sodium: 1095 Carb: 102	Chilled Ham & Pickle Salad** (975) Lettuce, Tomato and Cucumber (7) Rice Salad (40) Whole Wheat Bread (140) Chilled Peaches (5) Cal: 717 Sodium: 1292 Carb: 73	Mac and Cheese (334) Stewed Tomatoes (275) Whole Wheat Roll (210) #Chocolate Pudding w/ Whipped Topping (170) Cal: 821 Sodium: 1115 Carb: 104	Savory Roasted Turkey w/ Gravy (494) & Cranberry Sauce (17) #Butternut Squash (5) Homemade Stuffing (279) Wheat Dinner Roll (210) Vanilla Yogurt (50) Cal: 721 Sodium: 1180 Carb: 109	Salmon w/ Creamy Dill (91) Oriental Blend (27) Steamed Brown Rice (23) Rye Bread (150) Fresh Fruit (1) Cal: 668 Sodium: 418 Carb: 92
American Chop Suey (394) Steamed Spinach (120) Orange Juice (0) Whole Wheat Roll (210) #Warm Cherry Crisp (0) Cal: 670 Sodium: 850 Carb: 84	Baked Pollock Loin (125) w/ Panko Topping & Tartar Sauce (123) Mixed Vegetables (55) Au Gratin Potatoes (174) Pumpkin Bread (135) Fresh Fruit (0) Cal: 734 Sodium: 738 Carb: 80	Yankee Pot Roast w/ Gravy (42) Steamed Green Beans (4) Whipped Potatoes (276) Rye Bread (150) #Fruit Crunch Bar (80) Cal: 774 Sodium: 677 Carb: 96	Orange Chicken (344) Steamed Broccoli (11) Cavatappi Noodles (13) Whole Wheat Bread (140) Applesauce (24) Cal: 583 Sodium: 657 Carb: 77	Chilled Tuna Salad (188) Lettuce, Tomato, Cucumber (7) Vinaigrette Potato Salad (5) Whole Wheat Roll (210) Mandarin Oranges (17) Cal: 656 Sodium: 552 Carb: 74
Chicken A La King (423) Steamed Spinach (120) Whipped Potatoes (276) #Cherry Muffin (240) Fresh Fruit (1) Cal: 709 Sodium: 1186 Carb: 88	Baked Cod w/ Tartar Sauce (248) Steamed Brussel Sprouts (8) Gemelli Noodles (13) Whole Wheat Bread (140) Chilled Peaches (5) Cal: 573 Sodium: 540 Carb: 73	Sweet and Sour Pork (165) Oriental Blend (27) Steamed Brown Rice (23) Pumpkin Bread (135) #Vanilla Pudding w/ Whipped Topping (197) Cal: 800 Sodium: 672 Carb: 101	Cooled Chef Salad w/ Turkey, Egg, Cheese (388) & Ranch Dressing (138) Lettuce, Tomato, Cucumber (7) Pasta Salad (117) Oatmeal Bread (142) Mixed Fruit (9) Cal: 805 Sodium: 964 Carb: 99	Key for Symbols: Cal: Calories Carb: Carbohydrates (gm) Sodium (mg) # Diabetic Substitute **Higher Sodium Item (>500mg) Local Produce : Vegetarian
United Way 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 413-588-5782 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.

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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Change Service Requested



Exercise Classes will resume as pay as you go beginning the week of September 13th. Note change of Yoga

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

