

The Messenger

A Newsletter For Southwick's Senior Community



**August
2013**

COA BOARD MEMBERS:

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Vice Chairperson

Roy Benson

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Joan Plancon

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Andrea Holmes

Office: 569-5498

Dining Coordinator

Nancy Cortesi

Kitchen: 569-0410

Council On Aging

454 College Highway
P.O. Box 922
Southwick, MA 01077



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Executive Office Of Elder Affairs
(HVES, INC.)

A Letter from Our New Council on Aging Director:

Hello Everyone:

I would like to take this opportunity to introduce myself. My name is Cindy Sullivan and I'm thrilled and delighted to become a part of the Council on Aging staff. I began this new endeavor on July 15, 2013. I would like to thank Andrea, Denise, Nancy, the entire staff in the building, and of course all of our seniors for welcoming me. I have spent the past several weeks getting to know the functions of the COA and meeting all of you. There are certainly a lot of wonderful programs already happening at the Senior Center, and I'm interested in finding out what other activities and trips you would like to see happen. It has been an amazing start and I'm looking forward to meeting each and every one of you. I will be working collaboratively with the COA staff to provide programming that is innovative, fun, and worth telling your friends and neighbors about. Please stop in the office and introduce yourself to me. You may find me in my office, over in the dining area, or even playing pool and bingo!! If you are unable to make it into the Senior Center please call me at 569-5498 ext. 126. Your calls are important and will be returned. Please share your concerns and interests with me. This Senior Center was designed and is in operation to serve the needs of our most valued citizens in Southwick. This is your Senior Center, and I hope you take advantage of the opportunities, activities, and services that we have to offer. Stay cool this month. Keep your air conditioners on and drink a lot of fluids. Please come into the Senior Center and stay cool while enjoying our activities. Thank you again for your warm welcome.

Peace and Joy to all,

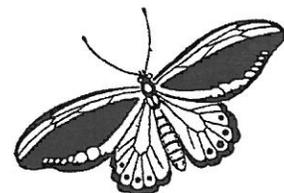
Cindy Sullivan

COA Director

Volunteer Drivers Needed

Do you like to drive and are looking for something to do in your spare time? We are seeking new Bread Drivers and additional Volunteer Van Drivers. Drivers cover appointments with the volunteer van when the regular van is full. We also run some fun local trips you may want to driver for. We are looking for

a fall start. Please let a COA staff member know if you are interested in helping us out with these very important volunteer positions.



Volunteer Luncheon:

On Wednesday June 19th our Volunteer Luncheon was held at the Westwood Restaurant in Westfield. They served our volunteers a delicious meal, and everyone had a wonderful time. This day is dedicated to our many volunteers that help us throughout the year in many different capacities.

Thank you to Nancy Mathers from Highland Valley Elder Services Inc, Mr. Russell Fox a member of The Board of Selectman, and Karl Stinehart our Chief Administrative Officer for attending this event and supporting our volunteers. The following volunteers were recognized:

COA Board Members

Chairperson:
Mary Jan Connolly
Vice-Chair: Roy Benson
Secretary: Joan Plancon

Board Members

Lorraine Lawrence
Newton Lyons
Herbert Pace Jr.
Mary Alice Martin

Associate Members

Rebecca Perron
Joyce Bannish

FRTA Board Members

Ruth Preston

Newsletter

Alice Bond
Joyce Zippe
Trudy Atteridge
Bill Atteridge
Peg Smith

Newsletter, cont.

Newt Thompson
Claire Kotowicz

Bread Drivers

Leo Gagnon
Newt Lyons
Frances Zenisky
Walter Morgan
Whitey Odell

Dining Center

Trudy Atteridge
Bill Atteridge
Claire Kotowicz
Helen Anson

Bingo

Newton Lyons
Rose Lyons
Lorraine
Masciadrelli

Brown Bag

Lorraine Lawrence
Herbert Pace Jr.
Shirley Odell
Whitey Odell
Marie Alamed
Newton Thompson
Chester Olson
Rebecca Perron
Charleen Goodwin
Sam Goodwin

Bread Distributors

Dominic DiClementi
Newton Thompson
Bill Leonard

SHINE

Marilyn Riddle

Meals on Wheels

Al Maiorino
Michael Bertocelli
Rich Gurka

Income Taxes

Joyce Decker
Judy Tomaso
Bruce Tomaso

Van Drivers

Ernie Burt
Steve Olbris
Lionel Fry
Sam Goodwin

HVES, Inc. Nutrition Board

Lionel Fry

Donut Delivery

Dick Laptik

HVES, Inc Board Members

Harriet Fischer
Mary Jane Connolly

Veteran's Representative

Richard Girard

Are you interested in volunteering at the Southwick Senior Center? We would be thrilled to have you as part of our team!!!! Call 569-5498 to inquire about our meaningful opportunities that promote community involvement while supporting the mission of the Council on Aging.

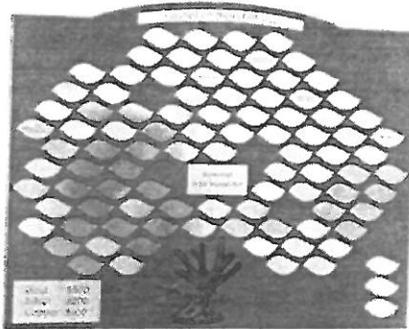
Bread Program Info

The Senior Center has been offering a day old bread program for many years. This program is beginning to see a larger amount of people in need of this service. Please take a moment to look over the rules and regulations put together by the COA Board hanging on the wall in the bread room. These rules are put in place to provide a courteous and respectful program for

everyone. Please be courteous to the drivers as they are unpacking and make sure to leave something for others. The drivers are given a small stipend for traveling to pick up all the goodies. This program is run strictly on donations which have been running short. We would like to see the program continue, if donations do not increase we may have to think about modifying the program or cancelling it. We would greatly appreciate any donation you are able to give.

In Memoriam Tree

The center now has our beautiful In Memoriam, donations and gift tree on the wall in the new addition. The leaves have denominations of \$100, \$200 to \$500 and over \$500 and will be engraved with whatever the recipient would like. Please feel



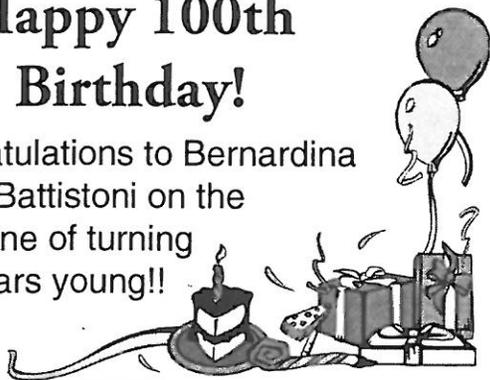
free to come take a look at it. This may be something you're interested in doing to remember a loved one and also a good way to support the center.

Volunteer Needed

The Senior Center is looking for a volunteer to represent us with the Franklin Regional Transit Authority. Meetings are held in Greenfield, Mass on September 19th, March 20th, and May 15th. Please let us know if you are interested in taking on this role for us. Thank you.

Happy 100th Birthday!

Congratulations to Bernardina (Dina) Battistoni on the milestone of turning 100 years young!!



In Memoriam

Our Condolences to Family and Friends

Jeannette Pieczarka
Regina Greany
Yvette Foisey
Janet Couture
Douglas Brill

Richard Wolfe
James Popowich
Ronald Raymond
Robert Greany

Upcoming Trips



Suffield Historic Houses

Wednesday August 21st, historic visit to Suffield, CT. Start out by having lunch at the Maine Seafood Restaurant then go tour The Hatheway House and The King House in Suffield, CT. Both of these building were built in the 1700's. The cost of this exciting trip is \$6.00pp which includes entrance to the museums. Lunch will be at your own expense. We will leave the Senior Center at 11:15am. Please stop by or call the center to sign up at 569-5498. Space is limited so hurry!!

Norman Rockwell Museum

Friday August 30th, Stockbridge, MA. Come and view the breathtaking art of Norman Rockwell. It's the largest and most significant public collection of original works by celebrated 20th century illustrator. Enjoy paintings, drawings, studies, photographs, and artifacts that reflect Norman Rockwell's life. The cost of this trip is \$2.00pp. Lunch will be on your own to be announced. We will leave the Senior Center at 9:00am. Please stop by or call the center to sign up at 569-5498. This is trip you don't want to miss.

**HONOR FLIGHT
NEW ENGLAND**



Sept or October--Calling all Veterans!!!

An Honor Flight to the Washington Monument is in the process of being planned. This is an overnight trip to Washington DC. Please come into the Senior Center to fill out an application and receive more information.

THANK YOU

We would like to give a big SHOUT OUT to Sue and Walter Sawa for the fresh veggies. We appreciate your contribution from your garden. Thank you so much for thinking of us.

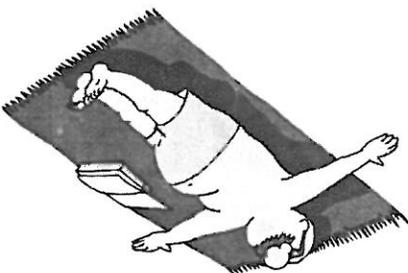
August Calendar

Thur.	8	9:00	Veteran's Rep.
Mon.	12	1:00	COA Meeting
Tues.	13	11:30	Brown Bag
Fri.	16	10:00	Northfield Mountain Trip
Wed.	21	11:15	The Hatheway House and King House
Thur.	22	9:00	Veteran's Rep.
Fri.	30	9:00	The Norman Rockwell Museum

Mark on your calendars for September

SHINE Rep will be here on September 12th and September 26th---An appointment is necessary.

The Foot Nurse will be at the center on September 23rd--Please remember that there has been a slight increase in her cost. The service will now cost \$29 instead of \$28. Thank you for your attention to this matter. Appointments required.



"Weekly Calendar"

Mon.	9:00	Quilting & Needlework	
	10:00	Chi-Gong	\$3.00
Tues.	9:00	Yoga	\$3.00
	10:00	Bingo	5¢ per card
	11:00	Tai-Chi	\$3.00
	12:00	Painting	\$3.00
	12:30	Poker	
Wed.	10:00	Line Dancing	\$2.00
	12:30	Ladies Poker	
Thur.	9:30	Aerobics	\$3.00
	12:30	Poker	
Fri.	10:15	Swimming Aerobics	\$20.00
		Pre-Paid for 5 Classes	
	11:00	Chair Yoga	\$3.00
	12:30	Writer's Workshop	

CLASSES WILL RESUME SEPTEMBER 9th

COA Office 569-5498.

Dining Center 569-0410

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SOUTHWICK COUNCIL ON AGING
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