

# The Messenger

A Newsletter For Southwick's Senior Community



**March  
2014**

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**Office: 569-5498**

**Dining Coordinator**

Nancy Cortesi

**Kitchen: 569-0410**

**Council On Aging**

454 College Highway

Southwick, MA 01077

[www.southwickma.org/COA](http://www.southwickma.org/COA)



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Executive Office Of Elder Affairs  
(HVES, INC.)

## **Hello Everyone:**

I don't know about all of you but in my opinion January and February have been very cold and snowy months. Despite the cold, ice, and snow we have had a lot going on at The Senior Center. We started our Breakfast Program serving on three different days. We will be offering this again at the end of March and April to see if we

get a better turnout in the warmer weather. Our Birthday party in January and Valentine's Day Ice Cream Social were both well attended events. We started a new Beginner Tai-Chi class on Mondays, and are excited about the addition of a Beginner Line Dancing class on Friday mornings. We have welcomed many new people into the Center, and are always happy to see our "regulars" dining with us and participating in our programs. Spring is almost here. Stay warm and look for those Robins. As always call us with any questions or suggestions.

Peace and Joy—COA Staff



## **St. Patrick's Day Breakfast**



**Come join us on Monday March 17th for a Big Irish Breakfast.** We will be serving scrambled eggs, pancakes, sausage, fresh fruit, scones,

toast, and coffee. This will be from **8:30am-10:00am**. The cost of this event is \$2.00 per person and you need to sign up in advance as seating is limited. Wear your Irish colors and you may even win a prize for Most Festive!!!

## **Southwick Senior Citizens, Inc. Needs You**

**Southwick Senior Citizens Inc.** is a wonderful non-profit organization helps the Southwick Senior Center raise money and organizes events. They are trying to form a fully involved Board of Directors and are looking for additional members to get involved. You must be 60 years old to participate. A meeting will be held in the middle of April to elect

officers and discuss the roles and responsibilities of members.

Please call the Senior Center at 569-5498 to put your name on the list of interested people so we can let you know when the meeting will be held. If you only have a small amount of time to give to this organization that is all they need.

# Highland Valley ELDER SERVICES

Highland Valley Elder Services offers many services that are available to our Southwick Senior Citizens ages 60 and over, who meet income and need-based eligibility. In our center we provide Congregate Dining 5 days a week. We also deliver meals on a daily basis to eligible individuals or couples.

If you or a family member are homebound and would benefit from Highland Valley's Services please contact them at the number provided below. A few of the other services provided are as follows:

**CARE ADVISEMENT/MANAGEMENT SERVICES** offer consultation for individualized assessment, care planning, and follow-up to elders and their family caregivers.

**TAKE CHARGE PROGRAM** offers people the choice of hiring and supervising their own Home Care workers:

**HOMEMAKER/PERSONAL CARE SERVICES** Housecleaning, menu planning, laundry, shopping, meal preparation and personal care are available.

**CHORE SERVICES** include heavy household cleaning and home maintenance.

**HOME HEALTH SERVICES** provide skilled nursing, home health care and physical therapy.

**RESPITE SERVICES** provide brief periods of planned relief to individuals who provide daily care to an elder.

**HOME DELIVERED MEALS** provide well-balanced, nutritious meals to eligible people over 60 who meet eligibility guidelines. Lunch, dinner and frozen weekend meals are available.

**PERSONAL EMERGENCY RESPONSE SERVICE** provides a medical communications alerting system which is monitored 24 hours per day.

CALL US FOR INFORMATION OR TO MAKE A REFERRAL: 413-586-2000 or 1-800-322-0551 TTY: 413-585-8160 Monday – Friday from 9-5pm E-mail: [qll@highlandvalley.org](mailto:qll@highlandvalley.org)  
[www.highlandvalley.org](http://www.highlandvalley.org)

## SNAP

(Supplemental Nutrition Assistance Program)

The Food Bank of Western Massachusetts is working with the Southwick Council on Aging to help older residents stretch their budget and buy healthy food by applying for SNAP (formerly Food Stamps).

SNAP recipients use a card that can be swiped at the register in grocery stores, convenience stores, and some farmer' markets. Eligibility is based on household size, income and other expenses. You may still be eligible even if you own a home and a car and collect Social Security or a pension.

On Tuesday March 11, from 10:00am-12:00pm (during Brown Bag), a representative from The

Food Bank will pre-screen you, and if eligible, help you sign up for SNAP. To help facilitate the process, please bring proof of identity: license or birth certificate, Social Security Number, and proof that you live in Massachusetts: a driver's license, utility bill, or tax forms.

## New Breakfast Program at Senior Center

We will be continuing our new breakfast program. We will be offering oatmeal, muffins, and a frozen drink. This program is free. It will be offered on **Wednesday March 26th, Friday April 11th, and Wednesday April 30th, 8:30am-9:00am.** There is no advanced registration required.



## Birthday Party Celebration

On **Friday March 28 at 11:30am**, we will celebrate birthdays in February and March. If your birthday was during one of these months come join us for a small celebration. Sign up for lunch and let us sing happy birthday to you. Call the dining center to sign up at 569-0410.

## Daylight Saving = Changing Batteries in Smoke Detectors

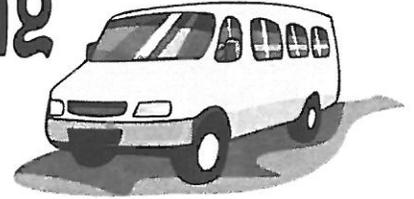
Daylight savings time is on **Sunday March 9th**, and you know that spring is just around the corner. With this time of year, it is a great time to check the batteries in your smoke detectors and carbon monoxide detectors. It is very easy to forget to change the batteries and have them go dead without knowing it.

Smoke detectors detect smoke and warn you of impending danger. Have you changed your smoke detector batteries lately? Hopefully you have smoke detectors in your home, but if not, installing smoke detectors is easy enough. Properly working smoke and carbon monoxide alarms can save lives by alerting you to a fire or to poisonous carbon monoxide in your home. In order to work properly, alarms need fresh batteries at least twice every year.

In addition to changing batteries twice per year you should also test your alarms monthly. Place smoke alarms on every level of the home, outside sleeping areas and inside each bedroom. CO alarms should be installed on each level of the home and outside sleeping areas. CO alarms should not be installed in attics or basements unless they include a sleeping area.



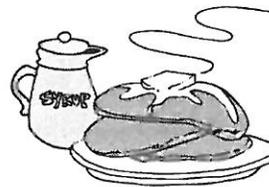
## Upcoming Trips



### CT Science Museum

This trip will be held on **Thursday March 20th**. Enjoy all the exhibits that the museum has to offer. We will leave the center at 10:00am. The cost of this trip is \$20.00. Lunch will be at your own expense at the museum cafeteria. Please sign up in the COA office by Tuesday March 18th.

### Maple Corner Farm



This trip will be held on **Saturday March 29th**. Take a break and go for breakfast at the sugar house. Visit the barn and see how maple sugar is made. We will leave the center at 9:00am.

The cost of this trip is \$2.00. Please sign up in the COA office or by calling Andrea at 569-5498.

## In Memoriam

**Fred Rutka and John Sak passed away recently.** Both of these men volunteered countless hours driving people to appointments and driving for many trips. Fred also delivered meals to our most needy Seniors. Our deepest sympathy goes to their loved ones.

### **We also remember:**

Rosemarie Cudworth  
Dorothy Hansen  
Richard Lachapelle  
Dorothy Poisson

James Rash  
Donald Riga  
Reginald Therrien  
Elizabeth Vadnais

*Our thoughts and deepest sympathy goes out to the families*

## March Calendar

Mon.	10	1:00	COA Board Meeting
Tues.	11	11:30	Brown Bag
Fri.	14	9:00	Veteran's Representative
Mon.	17		Foot Nurse (By Appt)
Mon.	17	8:30	St. Patrick's Day Breakfast
Thurs.	20	10:30	Blood Pressure
Thurs.	20	8:30	CT Science Museum Trip
Wed.	26	8:30	Breakfast Program
Fri.	28	9:00	Veterans Representative
Fri.	28	11:30	Birthday Party (Feb/March)
Sat.	29	9:00	Maple Corner Farm Trip



**Daylight  
Savings  
begins  
March 9th!**

## "Weekly Calendar"

Mon.	9:00	<b>Quilting &amp; Needlework</b>	
	9:00	<b>Zumba Gold</b>	\$4.00
	10:00	<b>Chi-Gong</b>	\$3.00
	11:15	<b>Beginner Tai-Chi</b>	\$3.00
Tues.	9:00	<b>Yoga</b>	\$3.00
	9:30	<b>Bingo</b>	5¢ per card
	11:00	<b>Tai-Chi</b>	\$3.00
	12:00	<b>Painting</b>	\$3.00
	12:30	<b>Poker</b>	
Wed.	10:00	<b>Line Dancing</b>	\$2.00
	12:30	<b>Ladies Poker</b>	
	1:15	<b>French</b>	\$3.00
Thur.	9:30	<b>Aerobics</b>	\$3.00
	12:30	<b>Poker</b>	
	1:15	<b>Spanish</b>	\$3.00
Fri.	9:45	<b>Beginner Line Dancing</b>	\$3.00
	10:15	<b>Swimming Aerobics</b>	\$20.00
		Pre-Paid for 5 Classes	
	11:00	<b>Chair Yoga</b>	\$3.00
	12:30	<b>Writer's Workshop</b>	

COA Office 569-5498.  
Dining Center 569-0410

*Please Forward  
Change Service Requested*

Southwick, Massachusetts 01077  
454 College Highway

**SOUTHWICK COUNCIL ON AGING**

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