The Messenger

A Newsletter For Southwick's Senior Community

March 2015

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Council On Aging
454 College Highway
Southwick, MA 01077
www.southwickma.org/COA

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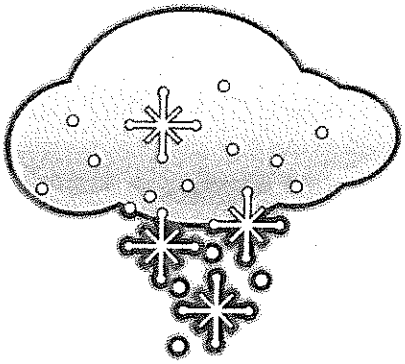


Hello Everyone:

This Winter has been cold, snowy, and icy. I'm ready for Spring as I'm sure many of you are as well. February has been riddled with the Senior Center closing because of record breaking snow, but we still managed to deliver our Homebound their meals and had more people register for our congregate dining. Please look over the menu insert and let us know if you are interested in joining us for a meal. These meals are available to anyone 60 and over of any income level. We ask for a $2.00 donation that goes directly to Highland Valley Elder Services. Please call Denise Hills-McGarry in the dining room at 569-0410 at least a day in advance to let us know you are going to join us. This is a great way to meet new people or socialize with people that you have known for years. We also provide transportation from the FRTA if you need a ride into the center to eat or to participate in one of programs. The FRTA charges $1.00 round trip to come into the Senior Center. Make 2015 the year that you try something new like one of our programs, take a trip, or enjoy a meal in our dining room. We look forward to seeing you.

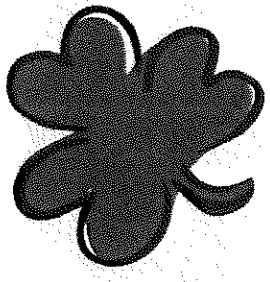
Peace and Joy—COA Staff

Southwick Historical Society Presentation

The Southwick Historical Society will present "From Purgatory to Purdunk" at the Southwick Town Hall Auditorium on March 26, 2015 at 12:30 in the afternoon. On a whim, retired school teachers Debbie and Pete Lincoln decided to travel through all of the cities, towns and villages of Massachusetts. This turned into a major endeavor with photographs and a mountain of compiled information from which they have created this very lively presentation. The society is pleased to have this wonderful program here in town and we invite everyone to a free afternoon of entertainment.

St Patrick's Day Waffle Breakfast

Come join us on **Tuesday March 17th** for waffles, sausage, fresh fruit, and coffee. This will be from 8:30am-10:00am. Sign up in advance as seating is limited. Wear your Irish colors and you may even win a prize for Most Festive!!!



An Old Irish Blessing

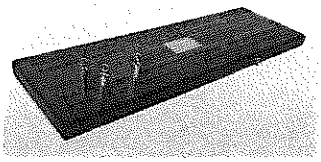
May love and laughter
light your days,
and warm your heart and home.
May good and faithful
friends be yours,
wherever you may roam.
May peace and plenty
bless your world
with joy that long endures.
May all life's passing seasons
bring the best to you
and yours!

SNAP Clinic

Hannah Muckler from the Food Bank of Western Mass will be here to explain more on the Snap Food Assistance Program and to help you sign up if needed. She will be here on **Monday March 9th at 10:00am**.

Attention Peggers:

If you are interested in playing Cribbage bring your board to the Senior Center on Wednesday March 11th at 1:00pm to enjoy a game with another pegger.



Work in Your Community as a SHINE Volunteer—

Southwick needs a volunteer

If you're interested in healthcare and looking for a volunteer opportunity, consider signing up to become a SHINE Counselor with Franklin County Home Care (FCHCC). This program covers the Southwick area. With the 2015 Spring Training coming up next month, there's no better time to get started. SHINE, Serving Health Insurance Needs of Everyone, is a program that provides free, confidential and unbiased health insurance counseling for all Medicare beneficiaries.

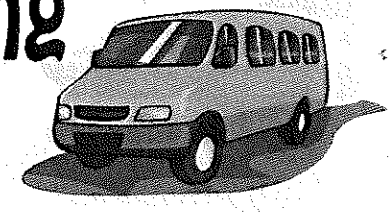
SHINE Counselors work one-on-one with individuals in their own communities providing information, counseling and assistance on Medicare, Medigap, Medicare Advantage Plans, Medicare Prescription Drug Coverage, Public Benefits, One Care Plans, and more. Those interested in becoming counselors should be comfortable working with a population consisting primarily of elders and persons with mental and physical disabilities.

Counselors benefit from ongoing monthly meetings, which allow them to stay up-to-date with new healthcare policies and programs. "There's always things that are changing," says Lorraine York-Edberg, Western Regional SHINE Program Director, and this year's training will address changes that have taken place in the past year, in part by adding a segment on One Care Plans.

The 2015 Spring Training is set to take place at Franklin County Home Care from 10 a.m. to 3 p.m., with one hour for lunch, beginning in March. Participants will meet weekdays for 13 sessions. A graduation ceremony will take place this summer.

If you are interested, want to learn more, or wish to sign up, contact Lorraine York-Edberg, Western Regional SHINE Program Director, at 413-773-5555 x.2275 or 978-544-2259 x.2275 or lyork-edberg@fchcc.org. For more information about the SHINE Program and other programs at FCHCC, visit www.fchcc.org.

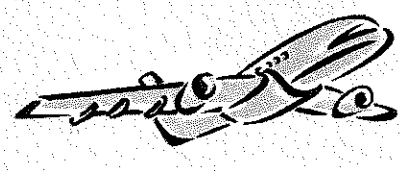
Upcoming Trips



Please note all trips must be paid one week prior to the event. If this is not done you will lose your seat on the van. Southwick residents will receive seating first.

Magic Wings

This trip will be held on **Wednesday March 4th.** We will leave the center at 9:00am. Come enjoy live butterflies in a beautiful greenhouse setting. The cost of this trip is $12.00. Lunch will be at your own expense at The New Golden China Restaurant. Please sign



New England Air Museum

This trip will be held on **Sunday March 15th.** We will leave the center at 10:00am. The cost of this trip is $13.00pp. Lunch will be at your own expense after the Air Museum at Scooters. Please sign up for this great trip in the COA office.

Spring Bulb Show

This trip will be held on **Thursday March 19th.** Smith College hosts this wonderful show. It draws inspiration from the renowned garden at Giverney of the French Claude Monet. We will leave the Southwick Senior Center at 9:15am. The cost of this trip is $7.00 and lunch will be at your own expense at the Northampton Brewery. Please stop by or call the Senior Center at 569-5498 to sign up.

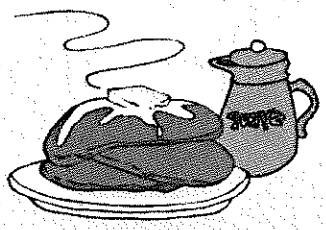
HOLYOKE mall AT INGLESIDE

Holyoke Mall

The volunteer van will be heading to the Holyoke Mall **Monday, March 23rd**, for a day of shopping. The van will leave the center at 9:30am and return at 1:00pm.. Please call or come to the office if you would like to reserve a seat.

Pomeroy Sugar House

This trip will be held on **Friday March 27th.** 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 $3.00. Breakfast will be at your own expense. Please sign up in the COA office or by calling Andrea at 569-5498.



Buddy Holly Show and Lobster Feast
at the Log Cabin

This trip will be held on **Thursday May 28th.** We will leave the Southwick Senior Center at 10:45am. The cost of the trip is $54.00. This price includes the price of the show and the Lobster Feast. Call or stop by the center to sign up at 569-5498.

In Memoriam

Our thoughts and deepest sympathy goes out to the following families:

Gabrielle Drapeau
Norma Yourous
William Lovejoy
Betty Thompson
Donald Hatch
Ellwood Anderson

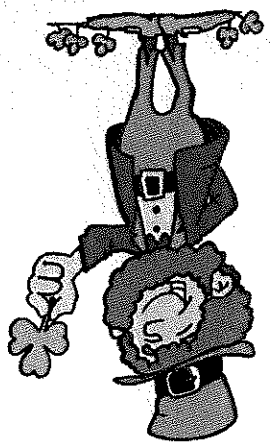
March Calendar

Wed	4	9:00	Magic Wings
Fri	6	9:00	Veteran's Representative
Mon	9	1:00	COA Board Meeting
Tues	10	11:15	Brown Bag
Sun	15	10:00	New England Air Museum
Mon	16	by appt	Foot Nurse
Tues	17	8:30	St. Patrick's Day Breakfast
Thur	19	9:15	2015 Bulb Show
	19	10:30	Blood pressure
Mon	23	9:30	Holyoke Mall Trip
Fri	27	9:00	Veteran's Representative
	27	9:00	Pomeroy Sugar House

"Weekly Calendar"

Mon.	9:00	**Quilting & Needlework**	
	10:00	**Chi-Gong**	$3.00
	11:15	Beginner **Tai-Chi**	$3.00
Tues.	9:00	**Yoga**	$3.00
	9:30	**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
Thur.	9:30	**Aerobics**	$3.00
	10:45	**Zumba**	$4.00
	12:30	**Poker**	
Fri.	9:45	Beginner **Line Dancing**	$3.00
	10:30	**Swimming Aerobics**	$20.00
		Pre-Paid for 5 Classes	
	11:00	**Chair Yoga**	$3.00
	12:30	**Writer's Workshop**	

COA Office 569-5498 • Dining Center 569-0410



SOUTHWICK COUNCIL ON AGING
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