

The Messenger

A Newsletter For Southwick's Senior Community



**November
2015**

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



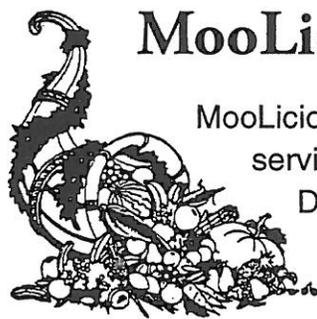
Paid In Part By
Executive Office Of Elder Affairs
(HVES, INC.)

What's Your Balancing Point

Presented by Porchlight VNA/Home Care

Wednesday November 18th,
at 12:15 pm, presented by Lynn Proulx, Rehab Director. "What's your Balancing Point"! A series of 3 standardized tests will be performed and measured to let partici-

pants know what their risk for falls are. Education and exercises will be taught on how to improve balance. This class is free and participants should wear supportive shoes to maximize balance skills.



MooLicious Thanksgiving Dinner

MooLicious will be serving a Turkey Dinner with all the fixings on **Thanksgiving Day Thursday November 26th** free of charge. If you would like to enjoy this wonderful meal please call MooLicious at 569-1700 to make a reservation. They will be serving at 1:00pm. MooLicious is located at 258 Feeding Hills

Road in Southwick. Our approved Homebound clients can receive a delivered meal that day by calling the COA office at 569-5498 to sign up.

Holiday Craft Class

This will be held on **Wednesday December 2nd at 12:15pm.** Please sign up before Thanksgiving. The cost of this craft is \$2.00. You must sign up in advanced by calling the Senior Center at 569-5498. Space is limited.



Daylight Savings

is on

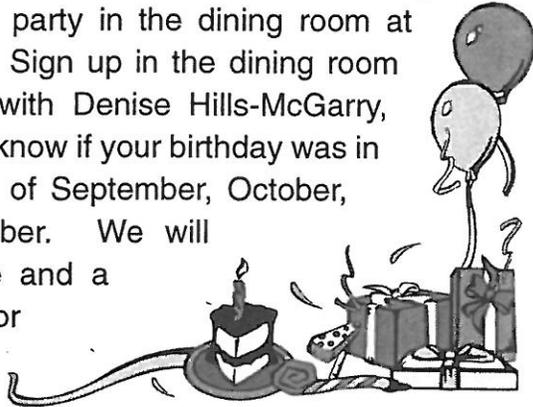
November 1st

Please remember to set your clocks back one hour. This is also when you should change your batteries in your smoke detectors.

September, October, November

Birthday Party

Friday November 13th we are having a birthday party in the dining room at **11:30am**. Sign up in the dining room for lunch with Denise Hills-McGarry, and let us know if your birthday was in the month of September, October, or November. We will have cake and a small gift for birthday people.



SHINE

It's that time of year again!

It's that time of year again! During Medicare Open Enrollment, from October 15th to December 7th, you are able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. To make an appointment with a SHINE counselor, call your local senior center now!

Drivers Needed

Do you like to drive and are looking for something to do in your spare time? We are looking for volunteer drivers to cover medical, congregate meal site, and other appointments with our volunteer van when the Hulmes van is full. We also run some fun local trips you may want to drive for. If interested please stop by the office or call 569-5498 for more info.



**Remember
our Veterans**

**Tuesday, November 11th
CENTER CLOSED**

FUEL ASSISTANCE

The following chart will be in effect from November 2015- April 2016 for fuel assistance. You must call the office to make an appointment to fill out this application. We are currently scheduling appointments on Monday and Wednesday mornings and Friday if necessary. 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, Two Forms of Identification, and 4 weeks of consecutive employment pay stubs if applicable. 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.

DRAFT Fiscal Year 2016
Low-Income Home Energy Assistance Program (LIHEAP)
Income Eligibility and Benefit Levels

Family Size (# of people in the household)	100% of Federal Poverty Level	125% of Federal Poverty Level	150% of Federal Poverty Level	175% of Federal Poverty Level	200% of Federal Poverty Level	60% of Estimated State Median Income
1	\$ 11,770	\$ 14,713	\$ 17,655	\$ 20,598	\$ 23,540	\$ 33,126
2	\$ 15,930	\$ 19,913	\$ 23,895	\$ 27,878	\$ 31,860	\$ 43,319
3	\$ 20,090	\$ 25,113	\$ 30,135	\$ 35,155	\$ 40,180	\$ 53,511
4	\$ 24,250	\$ 30,313	\$ 36,375	\$ 42,435	\$ 48,500	\$ 63,704
5	\$ 28,410	\$ 35,513	\$ 42,615	\$ 49,718	\$ 56,820	\$ 73,897
6	\$ 32,570	\$ 40,713	\$ 48,855	\$ 56,998	\$ 65,140	\$ 84,089
7	\$ 36,730	\$ 45,913	\$ 55,095	\$ 64,278	\$ 73,460	\$ 86,000
8	\$ 40,890	\$ 51,113	\$ 61,335	\$ 71,558	\$ 81,780	\$ 87,912
9	\$ 45,050	\$ 56,313	\$ 67,575	\$ 78,838	\$ 89,823	\$ 89,823
10	\$ 49,210	\$ 61,513	\$ 73,815	\$ 86,118	\$ 91,734	\$ 91,734
11	\$ 53,370	\$ 66,713	\$ 80,055	\$ 93,398	\$ 93,645	\$ 93,645
12	\$ 57,530	\$ 71,913	\$ 86,295	\$ 95,556	\$ 95,556	\$ 95,556
13	\$ 61,690	\$ 77,113	\$ 92,535	\$ 97,467	\$ 97,467	\$ 97,467
14	\$ 65,850	\$ 82,313	\$ 98,775	\$ 99,376	\$ 99,376	\$ 99,376
15	\$ 70,010	\$ 87,513	\$ 101,289	\$ 101,289	\$ 101,289	\$ 101,289
16	\$ 74,170	\$ 92,713	\$ 103,200	\$ 103,200	\$ 103,200	\$ 103,200
17	\$ 78,330	\$ 97,913	\$ 105,112	\$ 105,112	\$ 105,112	\$ 105,112



Brown Bag: Please make every effort to pick up your Brown Bag on the **2nd Tuesday of every month between 11:00am and 12:15pm**. This is a volunteer run program and we would appreciate your cooperation. **Brown bag will be held on November 10th.** Thank you.

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.

Cabela's Outlet Shopping

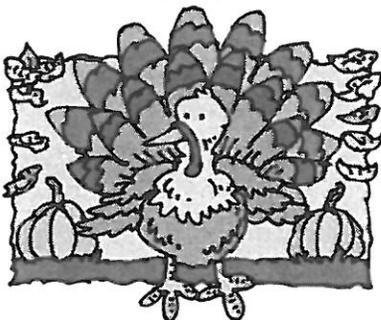
This trip will be held on **Tuesday November 10th**. We will leave the Senior Center at 10:00am. Shop at Cabela's and enjoy lunch at your own expense at their restaurant. The cost of this trip is \$2.00. Please sign up in the office.

Mohegan Sun Casino

This trip will be held on **Monday November 16th**. Enjoy \$20.00 bet and \$15.00 meal credit or a free buffet. We will leave the center at 8:00am. The cost of this trip is \$21.00. Please sign up and pay in the COA office no later than November 2nd. Please make sure that you are registered with the COA and have received a MySeniorCenter card. This will make check in easier in the morning.



Happy Thanksgiving!



Center will be
CLOSED
Thursday and
Friday,
November 26th
and 27th

American Hero Play at Holyoke Community College

This trip will be held on **Saturday November 21st**. The cost of this trip is \$10.00. We will leave the Senior Center at 1:00pm. After the play we will go to Bernie's restaurant at your own expense. This play is a comedy that addresses corporate greed, the plight of the service worker, and the difficulty of attaining even the most basic form of the American Dream. Please sign up in the office.



"Fez" tival of Trees

This trip will be held on **Wednesday December 2nd**. We will leave the Senior Center at 11:00am and have lunch at Red Rose Pizzeria. Then we will view The Melha Shriners "Fez"tival of trees in a Victorian house located in Springfield. The cost of this trip will be \$10.00. The cost will include donation to Shriners and lunch. Please sign up with Andrea in the office.



Christmas Spectacular December 16th!

Christmas Luncheon at the Senior Center catered by Tucker's Restaurant. Wednesday December 16th from 11:00am - 1:00pm. Cost is \$14.00 pp. Sign up and payment by December 10th. Choice for lunch is Yankee Pot Roast or Baked Scrod served with salad, veg. & roasted potatoes. Dessert will be Chocolate mousse. Appetizers will be served. Call 569-5498 to reserve or stop by the office.

In Memoriam



Our Condolences to Family and Friends
Rita Cotton
Michael Deane

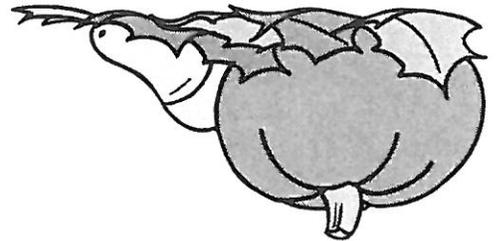
November Calendar

Sunday Nov. 1	2:00am	Daylight savings
Thurs. Nov. 5	by appt	SHINE
Friday Nov. 6	9:00am	Veteran's Representative
Mon. Nov.9	1:00pm	COA Meeting
Tues. Nov 10	11:30am	Brown Bag
Tues. Nov 10	10:00am	Cabella's Store
Wedn. Nov 11	CLOSED	Veteran's Day
Thurs. Nov 12	by appt	SHINE
Fri. Nov.13	11:30am	Birthday party
Mon. Nov. 16	8:00am	Mohegan Casino trip
Thurs. Nov. 19	10:30am	Blood pressure
Thurs. Nov 19	by appt	SHINE
Friday Nov. 20	9:00am	Veteran's Representative
Sat. Nov. 21	1:00pm	American Hero Play
Thursday Nov. 26	CLOSED	Thanksgiving break
Friday Nov. 27	CLOSED	Thanksgiving break

CLASS SCHEDULE

Mon.	9:00	Quilting & Needlework	
	10:00	Chi-Gong	\$3.00
	11:15	Beg./Int. Tai-Chi	\$3.00
Tues.	9:00	Aerobics	\$3.00
	9:30	Bingo	5¢ per card
	11:00	Advanced Tai-Chi	\$3.00
	12:00	Painting	\$3.00
	12:30	Poker	
Wed.	10:00	Line Dancing	\$2.00
Thur.	9:00	Yoga	\$3.00
	10:15	Zumba	\$4.00
	12:30	Poker	
Fri.	10:30	Swimming Aerobics	\$20.00
		Pre-Paid for 5 Classes	
		Held at Wilderness Experience	
	10:30	Chair Yoga	\$3.00
	12:30	Writer's Workshop	

COA Office 569-5498 • Dining Center 569-0410



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454 College Highway

SOUTHWICK COUNCIL ON AGING

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