

The Messenger

A Newsletter For Southwick's Senior Community



**September
2015**

COA BOARD MEMBERS:

Chairman
Roy Benson

Vice Chairperson
Mary Jane Connolly

Secretary
Joan Plancon

Board Members
Lorraine Lawrence
Mary Alice Martin
Harriet Fischer
Herbert Pace Jr.

Associate Members
Rebecca Perron

COA Director
Cindy Sullivan

COA Staff Members
Denise Seibert
Andrea Holmes

Office: 569-5498

Dining Coordinator
Denise Hills-McGarry

Kitchen: 569-0410

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



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

Hello Everyone:

Fall is quickly approaching which means several things for our Senior Center. Our new software program is up and running. Please come in for your scheduled activity about 15-20 minutes before the activity begins so we can assign you a card and show you how to operate the new system. If you have a MySeniorCenter card from another Senior Center please bring it with you and we can register your number with us. Most people seem to be enjoying interacting with the new screen. Classes will begin the week of September 8th, with Monday classes beginning on September 14th. Zumba will begin on Thursday September 24th. Please take a look at our Calendar for classes and times. Many of our days and times have changed to try to accommodate everyone. Stop in and check out the Senior Center, I promise you will not be disappointed. Have a great September.

Peace and Joy,
Cindy Sullivan and the entire COA staff



Birthday Party

We had a fabulous birthday party here at the Senior Center honoring those that had birthdays in June, July, and August. A noteworthy birthday is that of Ms. Dina Battistoni (seated in the center of the picture). She turned 102 years old in July. Happy Birthday to everyone!! We had nearly 40 people here to enjoy a Turkey dinner and birthday cake.

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	\$ 35,158	\$ 40,180	\$ 53,511
4	\$ 24,250	\$ 30,313	\$ 36,375	\$ 42,438	\$ 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	\$ 99,378	\$ 99,378	\$ 99,378
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

Flu Clinic

The Southwick Health Department is unable to provide a free Flu Clinic this year due to restrictions from the State of Massachusetts placed on the distribution of the vaccine. Please make an appointment with your health care provider to schedule your flu shot this year. Sorry for any inconvenience this may cause you.

CRAFTS with DENISE HILLS- MCGARRY

Denise will be hosting a craft activity for 5 weeks. This will be held after lunch beginning at about 12:15pm. The cost of this program is \$2.00 per craft to pay for materials. The schedule is the following:

Wednesday Sept. 2nd: Greeting Cards. Come make greeting cards using a variety of stamps and colored paper.

Wednesday Sept. 9: Paint a bird house. Come on in and paint a bird house for your yard or give it away as gift.

Wednesday Sept. 16: Flower Balls. Come in and use Styrofoam balls to create a beautiful flower ball.

Wednesday Sept. 23: Gift Bags. Come in and use stickers, clips etc to decorate a gift bag to be used for a future gift.

Question and Answers

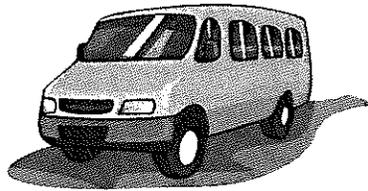
with the Building Inspector Art Lawler

This Q&A will be held at the Southwick Senior Center on **Thursday September 10, 2015 at 9:00am**. This is an informal time to ask Art questions regarding permits, code regulations etc. regarding houses or apartments.

Senior Health Fair

There will be a Health Fair in the auditorium of the Town Hall on **Thursday September 24th from 9:00am-12:00pm**. There will be over 30 vendors for you to receive information from. This fair is free and you do not need to sign up to participate. Hope to see you all!!!

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.

Three County Fair in Northampton

This trip will be held on **Friday September 5th**. The cost is \$10.00 per person. We will leave the Senior Center at 9:30am. Lunch will be at your own expense at the Fair. Please sign up in the office.

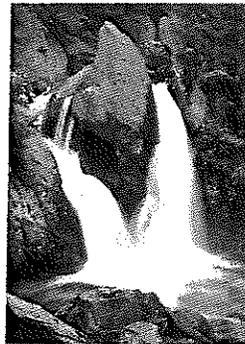


The trip to the Big E will be held on **Monday September 21st**. We will be leaving the Senior Center at 9:00am. The cost of this trip is \$2.00. You will need to pay for your own admission at the gate which is \$12.00. Please sign up in the office.

Southwick Senior Center VOLUNTEER DRIVERS NEEDED

Do you like to drive and are looking for something to do in your spare time? We are looking for 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.

Bish Bash Falls



This trip will be held on **September 29th**. We will be leaving the Senior Center at 9:00am for this wonderful adventure. The cost will be \$2.00. There is a ¾ mile walk to get to the falls, but it is flat terrain. We will be going to Friendly's after for lunch at your own expense. Please sign

up in the office asap for this trip.

Mohegan Sun Casino

This trip will be held on **Tuesday September 22nd**. Enjoy \$20.00 bet and \$15.00 credit at any restaurant. 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 asap.



Tag Sale

The Southwick Senior Citizens, Inc. (Friends of COA) is having a tag sale. This will take place at the Southwick Senior Center rain or shine. **The date of this event is SATURDAY ONLY September 12, 2015 from 9:00am-2:00pm.** If you have gently used items that you would like to donate you are free to drop it off at the center on September 10th and 11th **ONLY** between the hours of 10:00am and 1:00pm. **DO NOT LEAVE ITEMS OUTSIDE!!!!** You **MUST** check with a staff person before leaving any items for the tag sale. Electronics will be checked before they are left to make sure they are in working order.

In Memoriam 

Our Condolences to Family and Friends

Joseph Calabrese

September Calendar

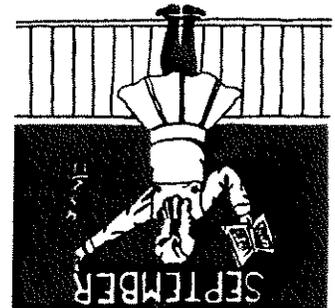
Friday Sept. 5	9:30am	Three County Fair
Tuesday Sept. 8	11:00am	Brown Bag
Friday Sept. 19	9:00am	Veteran's Representative
Monday Sept. 14	1:00pm	COA Board Meeting
Thursday Sept. 10	Appt only	SHINE
Saturday Sept. 12	9:00am	Tag Sale
Thursday Sept 17	10:30am	Blood Pressure
Thursday Sept. 17	Appt only	SHINE
Monday Sept. 21	9:00am	BIG E
Tuesday Sept. 22	8:00am	Mohegan Sun Casino
Thursday Sept. 24	9:00am	Health Fair
Friday Sept. 25	9:00am	Veteran's Representative
Thursday Sept. 29	9:00am	Bash Bish Falls

COA Office 569-5498 • Dining Center 569-0410

Classes will be starting September. 14th

CLASS SCHEDULE

Mon.	9:00	Quilting & Needlework	
	10:00	Chi-Gong	\$3.00
	11:15	Beginner Tai-Chi	\$3.00
Tues.	9:00	Aerobics	\$3.00
	9:30	Bingo	5¢ per card
	11:00	Tai-Chi	\$3.00
	12:00	Painting	\$2.00
	12:30	Poker	
Wed.	10:00	Line Dancing	\$2.00
Thur.	9:00	Yoga	\$3.00
	10:15	Zumba (begins Sept 24th)	\$4.00
	12:30	Poker	
Fri.	9:30	Beginner Line Dancing	\$3.00
	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	



*Please Forward
Change Service Requested*

454 College Highway
Southwick, Massachusetts 01077

SOUTHWICK COUNCIL ON AGING

Non-Profit Org.
U.S. Postage
PAID
Southwick, MA
01077
Permit #20