



# Springfield Campanile



A publication of the City of Springfield  
Department of Elder Affairs

Mayor Domenic J. Sarno

November / December 2015



## *\$12 Million Blunt Park Senior Center Plan Applauded by Springfield Senior Citizens, Officials*



SPRINGFIELD – After two decades of anticipation, residents and city officials gathered Tuesday to unveil final plans and to announce the city is advertising for bids for the construction of a \$12 million senior center at Blunt Park.

A 25,000-square-foot senior center is planned at the park on Roosevelt Avenue and will include space for a banquet room, kitchen, special events, dance, library, billiards, sewing, ceramics, carpentry, music and computer access among other activities, officials said.

Mayor Domenic J. Sarno praised the park as a beautiful setting for the senior center, and thanked senior citizens "who have given so much to our city and hung in there through thick and thin and the trials and tribulations to finally gain a centrally located senior center."

The senior center is being funded by local and federal funds and private donations. The city received \$7.5 million from the Federal Emergency Management Agency and the mayor and City Council also approved \$4.5 million in city bond funds

The press conference included announced donations of \$100,000 from MassMutual Financial Group and \$50,000 from Sodexo to help with furnishings and equipment. Both gifts triggered applause and cheers from many senior citizens and officials who gathered for the event at the park site.

The Springfield Council for Cultural and Community Affairs is also raising private funding.

Residents said they are excited the project is about to move forward. Bids will be opened in early November, and the ground breaking is planned for March 2016, with construction expected to take 18 months.

By Peter Goonan



City Officials including Mayor Domenic Sarno, center, gather at Blunt Park to laud plans for a new senior center at Blunt Park in Springfield, now advertised for bids.

Peter Goonan / The Republican



**Council on Aging**

787-6785

Fax: 750-2694

**Golden Age Club**

787-6486

**Senior AIDES****Employment Program**

787-6126

**S.H.I.N.E.**

750-2893

**Computer Learning Center**

750-2090

**Outreach Program**

750-2896/ 886-5260

**Smoke Detector Program**

311

**COA Board Members**

Maurita Bledsoe

Adrienne Caulton

Olga Ellis

Donald Evans

Annemarie Pajer

William Toller

Willinette Williams

**Department of Elder Affairs Staff**

Janet Rodriguez Denney

*Director of Elder Affairs*

Charlotte Lee

*Senior Employment Director**Employment Specialist*

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*SHINE Program Director*

Olga Ellis

*SHINE Program Assistant*

Ramon Planas

*SHINE Outreach Worker*

Eliana Franklin

*Adult Outreach Liaison*

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*Outreach & Referral Services*

Frank Holmes

*Computer Learning Center*

Hector Torres

*Smoke Detector Program*

Ward Allen

*Van Driver*

**Janet Rodriguez Denney**  
**Director of Elder Affairs**  
**City of Springfield, Mass**

*Director's Corner*

*Happy Holidays!*

*These holidays remind me of thankfulness.*

*I am thankful for all of you! You remind me of the importance of laughter, friendship, and to live each day fully!*

*Our department through the centers, programs and Golden Age Club creates programs that help all live each day fully. From trips on the Turkey Train to Tai Chi!*

*I hope to see you in the coming months as we celebrate Veterans Day, Thanksgiving and Christmas in all of our centers and programs.*

*May you have a safe and peace filled Holiday Season!*

*Jan Rodriguez Denney*

*Funding for many of our wonderful programs and activities is provided through Council on Aging grants from the Executive Office of Elder Affairs at the Commonwealth of MA.*

***Department of Elder Affairs ~ Mission Statement***

*The Department of Elder Affairs  
 is dedicated to enhancing the quality of life for senior citizens in the  
 City of Springfield.*



# Springfield Golden Age Travel

1600 East Columbus Ave, Springfield, MA  
 Call 413-787-6486 for more information.

Please make all checks payable to: Golden Age Club

## On the Road Again!

**Day Trips**

### Stay Tuned For Our Travel Plans In 2016!!



November is here!

It's time for the daily calendar drawings. Winners will be notified by phone and winnings will be mailed. Good Luck!



#### SPRINGFIELD GOLDEN AGE CLUBS WEEKLY MEETINGS

**MONDAYS**

**Brightwood Branch ~ 1:15p.m.**  
 Springfield Hobby Club  
 309 Chestnut Street

**Winchester Sq. Branch ~ 1:00p.m.**  
 Independence House  
 1475 Roosevelt Avenue

**TUESDAY**

**Tri-Towers Branch ~ 1:00p.m.**  
 Tri-Towers Community Room  
 18 Saab Court

**WEDNESDAYS**

**Bi-Monthly 1st & 3rd Wednesday**  
**Mayflower Branch ~ 10:00a.m.**  
 Wachogue Church  
 Corner of Arvilla/Roosevelt

**East Springfield Branch ~ 1:30**  
 773 Liberty Street

**THURSDAYS**

**Carew Street Branch ~ 10:30a.m.**  
 1122 St. James Avenue

**Pine Point Branch ~ 1:00p.m.**  
 Pine Point Community Center  
 3350 Berkshire Avenue

**FRIDAY**

**Sixteen Acres Branch ~ 1:00p.m.**  
 Clodo Concepcion Center ( Greenleaf)  
 1187 1/2 Parker Street

*Springfield Golden Age Club Board Members*

**Top Officers**

Annamarie Pajer  
*President*  
 Darlene Mickiewicz  
*1st Vice President*  
 Pearl Defilio  
*Treasurer*  
 Marie Brackney  
*Secretary*

Madeline Chabot  
*Brightwood Vice President*  
 Joanne Lucas  
*Carew Street Vice President*  
 Teresa Plasse  
*East Springfield Vice President*  
 Annemarie Pajer  
*Forest Park Vice President*

Marie Spedero  
*Mayflower Vice President*  
 Joy Ouellette  
*Pine Point Vice President*  
 Alice Lamothe-Roy  
*Sixteen Acres Vice President*

Marilyn Hallas  
*Tri-Towers Vice President*  
 Earnestine Johnson  
*Winchester Square Vice President*

\*\*\* IMPORTANT REMINDER \*\*\*



*The Medicare Open Enrollment ends on December 7th!  
Don't Wait Until It's Too Late!  
Make a SHINE Appointment Now!*

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. It's important to review your options EVERY year to make sure you have the plan that works best for you for next year.

Assistance is available from the SHINE program. Call your Senior Center and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

For Medicare related matters (other than an appointment), call **1-800-AGE-INFO (1-800-243-4636)**, then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will return your call within 2 days.

For assistance 24 hours/day, 7 days/week, call 1-800-MEDICARE to speak to a Medicare customer service representative.



**Gain  
job skills  
and  
earn money  
while working  
for your  
community!**

Charlotte P. Lee, Employment Director  
Senior AIDES Program  
1600 East Columbus Avenue  
Springfield, MA 01103

**Paid employment training is available  
to low-income seniors age 55 and older.**

**Learn more by calling:  
(413) 787-6126**

Senior Community Services Employment Program  
City of Springfield Department of Elder Affairs



## *Honoring Our Veterans*

Please be sure to visit your local Senior Center and Golden Age Clubs as we take time to say thank you to our Veterans!

Mon. Nov. 9th at 11:45 a.m.

***Clodo Concepcion Community Ctr /Senior Ctr.***

Tues. Nov. 10th at 11:30a.m.

***Riverview Senior Center and Fitness Center***

Tues. Nov. 10th at 10:00a.m.

***Hungry Hill Senior Center***

Fri. Nov. 13th at 1:00p.m.

***Clodo Concepcion Community Ctr / Golden Age Club***

Tues. Nov. 17th at

***Mason Square Senior Center***

Wed. Nov. 18th at 11:45

***Pine Point Senior Center***

Thurs. Nov. 19th at

***Mayflower Senior Center***



**SPRINGFIELD OUTREACH AND REFERRAL SERVICES (S.O.A.R)****Transportation for sSeniors****For Your Information**

§ Drivers will assist customers with boarding and exiting the vehicle and upon request to and from the ground level exterior door of the building. Drivers cannot escort customers past the ground floor of any building and are not allowed to enter residences. § Drivers are prohibited from assisting with loading/unloading packages. Customers are expected to carry their own bags and packages. § Grocery/shopping carts are not permitted on the van for shopping.

§ Drivers and staff cannot accept tips or gratuities. If a rider wishes to compliment a driver they may send a letter to:

Ms. Mary MacInnes, Administrator, Pioneer Valley Transit Authority, 2808 Main Street, Springfield, MA 01107

**To provide feedback, comments, concerns, or suggestions**

Please call PVRTA's Customer Service Office at 1-877-779-7882.

When you make a reservation for a PVRTA Senior Service trip you will be told of the cost of your trip.

You must pay your fare as soon as you board the vehicle. You may pay in cash, with tickets or a combination of the two. If you are paying with cash, please bring exact change, the drivers cannot make change.

Depending on your pick up and drop off location the fare will be \$2.50, \$3.00 or \$3.50. Tickets are available in \$0.50 or \$2.50 denominations.

If you require a Personal Care Attendant (PCA), that person rides for free. You may also bring one traveling companion who must have the same pickup and drop off location as the paratransit rider. A companion pays the same fare as the paratransit traveler.

**Where Can I Buy Tickets?**

You can purchase tickets at various local senior centers or the PVRTA Information Office located at 1341 Main Street in Springfield. For more information or for a list of Senior Centers, please call PVRTA Customer Service Office at 413-781-7882 or Toll Free at 1-877-779-7882.

**Fares ~ Senior Service Quick Reference Guide**

**To Reserve Senior Service Transportation Call: 1- 413-739-7436, 1- 866-277-7741 Toll Free, 1- 413-594-2349 TTY**

**Contact your local Neighborhood S.O.A.R Program**

**Department of Elder Affairs**  
1600 East Columbus Avenue  
Springfield, MA 01103  
413.750.2896/413-886-5260

**Greater New Life Christian**  
1323 Worcester Street  
Indian Orchard, MA 01151  
413.309.7673

**Jewish Family Services**  
1160 Dickinson Street  
Springfield, MA 01109  
413.455.1936 Ext. 100

Mass Association of Councils on Aging to Partner with *City of Springfield Department of Elder Affairs*  
*to Lead County-Wide SNAP Enrollment Outreach Effort*

**The Mass Association of Councils on Aging has contracted with the Springfield Department of Elder Affairs to begin the immediate development of a new intensive SNAP (Supplemental Nutrition Assistance Program) Enrollment Initiative for older adults age 60+ in Hampden County. This new free service will help older adults complete the SNAP application process – filing applications and assembling documents to prove household expenses. Three economic case workers in Springfield will help to boost the capacity of all the Councils on Aging and other social services agencies in the region by completing applications for 1,500 older adults in the next 11 months.**

**The National Council on Aging has provided funding to MCOA and the Springfield Department of Elder Affairs to run this intensive outreach campaign over the next 11 months. "Benefits counseling and application assistance has helped hundreds of people with food, energy costs and improving their home," said Jan Denney, Executive Director of SDEA. Outreach events will take place all over Hampden County starting in July and running through April 2016. Alicia Germain, the Director for the Hampden County SHINE Program, will lead the Hampden County SNAP Enrollment Initiative team as well.**

**Forest Park Manor**

Director: Maddie Allen

Open Tues & Thurs 10:00 am-2:00 pm  
24 Barney Lane ~ 787-7714**10:30-11:15a.m.**

Easy Does it Group Exercise

**1st Thurs.**—Movie with free popcorn**3rd Thurs.** 10:00a.m. Vietnamese  
Women's Group**11:00a.m.-1:00p.m.** Blood Pressure  
ScreeningWorkshops & presentations—call for  
dates & topics**2nd & 4th TUESDAY OF THE MONTH****Hot Lunch ~ 12:00 noon ~ \$2.00**Lunch provided through Greater Springfield  
Senior Services-Reservation required by the  
previous Thursday. Call 787-7714 to make  
your lunch reservation. .**2nd Friday:** Brown Bag Pick-up**Grocery Store Trip** ~ Once a Month call  
for days & time*The coffeepot is always on. Stop in to read  
the paper, watch TV, have a cup of coffee or  
tea, chat with you neighbors!***Clodo Concepcion Comm. Center**

Director: Kerry Welch

Open Mon-Fri 9:00 am-3:00 pm ~  
1187 1/2 Parker Street ~ 750-2873Hot Lunch Served Mon.& Wed. from 12:00-  
1:00 \$2.00 Suggested Donation.  
Reservations required**Monday**

9:00 Coffee Hour &amp; Walking Club

9:00 3rd Monday Jewelry Making Class

10:00 Dancercise

12:00 GSSSI lunch/1st Monday Blood  
Pressure**Tuesday**

9:00 Coffee Hour &amp; Walking Club

9:30 Walk &amp; Strength

10:45 Tai Chi \$3.00pp

1:00-3:00p.m Line Dancing

**Wednesday**8:30 1st Wed. of the month Foot Care (by  
appt.only)

9:00 Coffee Hr &amp; Walking Club

10:30 Zumba Gold \$3.00pp

12:00 GSSSI lunch

**Thursday**

10:00 Walk &amp; Strength

12:00-3:00 Play Pitch \$2.00 (high score &  
door prizes)**Friday**

1:00 -3:00 Golden Age Club Mtg

**Fitness Center**

Director: Gleny Vargas

Open Mon-Fri 7:00 am-3:00 pm  
310 Plainfield Street ~ 886-5240**Monday**

Cardio Machines/Weight machines

Coffee

7:30-8:30am ~ Blood Pressure

10:30-Resistance Bands w/Gleny

**Tuesday**

7:30-9:00 Blood Pressure

Cardio Machines/Weight machines

Coffee

**Wednesday**

Cardio Machines/Weight machines

Coffee

7:30-8:45Blood Pressure

10:30 Resistance Bands w/Gleny

**Thursday**

Cardio Machines/Weight machines

Coffee

7:30-9:00 Blood Pressure

**Friday**

Cardio Machines/Weight machines

Coffee

8:00-11:30 Blood Pressure

\*\*Walking Club: Spring TBD

**Hungry Hill Center**

Director: Linda Henley

Open Mon-Fri 9:00 am-4:00 pm  
773 Liberty Street 733-9411**Monday**

10:30 Light Aerobics(\$3.00 per mo)

11:30 Social Hour

11:00 Chair Exercise

Every 2nd Mon. Pokeno 12-4:00p.m.

**Tuesday**

9:30 Knitting &amp; Crafting

1st &amp; Last Tues Pokeno 12:00-4:00p.m.

2nd Tues. Lunch &amp; Bingo 1p.m.-4:00p.m.

4th Tues Lunch

**(Reservations One week in Advance)****Weds Closed Golden Age Club Meeting**  
1:00-3:00p.m.**Thursday**

10:30 Video Exercise &amp; Strength training

1:30p.m. Movie w/popcorn

Hungry Hill Council Mtgs

**3rd Thurs. 6pm****Friday**

10:00 Line Dance

EOM Foot-care by appoint.

2nd Friday of the Month Brown Bag

3rd Fri. Reflexology \$5.00 & Chair Mas-  
sage \$10.**Mason Sq. Center**

Director: Madeline Cofield

Open Mon-Fri 8:00 am-4:00 pm  
439 Union St, Emerson Hall ~ 733-3917  
GSSSI Lunches \$2.00 suggested donation**Monday**

9:00 Coffee &amp; Chat

10:30 Bible Study

1:00 -3:00 Bingo/Triominoes

**Tuesday**

9:00 Coffee &amp; Chat

Sewing &amp; Crafts

12:00 Jigsaw~ anyone !!!

**Wednesday**

9:00 Coffee &amp; Chat

9:00 Manicures by appt

1-2:00 Chair Aerobics/Exercise

Strength with Bands (bi-weekly)

**Thursday**

9:00 Coffee &amp; Chat

Sewing &amp; Crafts

1:00-3:00 Bridge

**3rd Thursday 10:30 am Brown Bag &  
SNAP; Manicures by apt****Friday**

9:00 Coffee &amp; Chat

12:30 Knitting &amp; crafts

1:00-3:00 Domino's

1:00 Movie 5th Friday

**Good Life Center**Open Mon-Fri 8:00 am-4:00 pm  
1600 East Columbus Ave. 787-6785**Outreach Program** It serves as the prima-  
ry vehicle for providing information and  
referral services for seniors in the Spring-  
field area.**Golden Age Club** Provides Social/  
Recreational services to eleven branches  
across the city.**Senior AIDES Employment Program-**  
Provides useful, meaningful community  
service employment to eligible low-  
income, disadvantaged mature workers.**S.H.I.N.E** The SHINE Program is Massa-  
chusetts' State Health Insurance Program  
that provides free, one-on-one health insur-  
ance information, counseling and assis-  
tance to Medicare beneficiaries of all ages.**Computer Learning Center** Seniors can  
learn to use email, the internet, and com-  
puter programs.



**Mayflower Center**

Director: Alex Martin

1516 Sumner Ave. 782-4536

Open Mon-Fri 9:00 am-2:00 pm

GSSSI Lunches \$2.00 suggested donation

Home of the Technograys email:

mayflowercenter@verizon.net

**Monday**

9:30 Line Dancing

1:00 Mass Assoc. for the Blind 7/20 & 8/17

**Tuesday**

10:00 Dominoes

10:00 Tues. Benefits check-up screening

11:00 Join Mayflower Walking Tigers

12:30 Art for the Soul

**Wednesday**

9:00 1st Wed. Ask your CPA

10:00 Tai Chi for Beginners ~ New

11:15 Meditation

12:30 Book Club

**Thursday**

11:30 1st Thurs. Lunch w/appetizers

11:00 2nd Thurs Workout w/bands

11:30 3rd Thurs. Lunch w/appetizers

12:30 4th Thurs. Gratitude Journaling

**Friday**

8:45 Tai Chi Weekly

10:00 1st Fri. Beg. Tap Dancing ~ New

12:00 2nd Fri Brown Bag Pick-Up

10:00 3rd Fri Beg. Tap Dancing

12:30 4th Fri. "It's Hip to Be Fit"

**Pine Point**

Director: Kerri Jahn

335 Berkshire Ave ~ 732-1072

Open Mon-Fri 9:00 am-3:00 pm

GSSSI Lunches \$2.00 suggested donation

**Monday**

9:15 Coffee & chat

9:15 Chair Exercise

1:00 Card Playing

3rd Monday Jewelry Class

**Tuesday**

9:15 Coffee & chat

10:00-12:00 Cards

1:00 - 3:00 Bingo

Pine Pt. Council Mtgs 2nd Tues 7:00p.m.

**Wednesday**

9:15 Coffee & chat

1:00 Cards

2nd Wed. Foot-care by appoint.

4th Wed. Massage by appoint.

**Thursday**

9:15 Coffee & chat

1:00 Golden Ages

Coffee, Pastries & Bingo

**Friday**

9:15 Coffee & chat

1:00 Cards or Pokeno

***NEW! Blood Pressure Clinic***  
***2nd Thurs. of the month @ 11:15***  
***Sponsored by Holyoke VNA***

**Riverview Center**

Director: Moraima Mendoza

Open Mon-Fri 9:00 am-4:00 pm

122 Clyde St. 413-787-5220

GSSSI Lunch Daily Reservations Required

\$2.00 Suggested Donation

**Monday**

8:00-10:00 Coffee hour

9:30-10:30 Open Art Studio

12:00 Open Art Studio

**Tuesday**

8:00-10:00 Coffee Hour

9:30-11:30 Drop in Knitting

4<sup>th</sup> Tues: Brown Bag for Food Pantry

All Day Open Art Studio

**Wednesday**

8:00-10:00 Coffee Hour

9:30-11:30 Crochet Basics

All Day Open Art Studio

**Thursday**

8:00-10:00 Coffee Hour

10:00 Crocheting Group

12:00 Sewing Project

**Friday**

8:00-10:00 Coffee Hour

10:00-11:00 Fit Fridays! Lectures,

Cooking, Nutrition

11:00-11:30 Book club w/Hayde -

Brightwood Library

12:00 Open Art Studio

**Billiards and Dominoes Available Daily**  
**Walking Club- Coming Soon!**

We hate to mention the 4-letter word.....

***SNOW***

but we live in beautiful

New England so please be mindful of the inclement weather that may be upon us this up-coming winter season.

During the event of a winter storm it is important to listen to your local news,

***WWLP ~ 22 and ABC ~ 40***

***For delays and cancelations.***

Please remember when

***Springfield Public Schools*** are

***CLOSED*** there are ***NO*** Activities at

Department of Elder Affairs

Senior Centers & Golden Age Clubs.

(if you are unsure please call before you go out)



**CROCK POT APPLE CRISP**

**Ingredients**

8 [apples](#), peeled, cored and sliced thinly

1/2-1 teaspoon [cinnamon](#)

1/4 cup [white sugar](#)

3/4 cup [flour](#)

3/4 cup [oatmeal](#)

3/4 cup [brown sugar](#)

1/2 cup [butter](#)



1. 1. Generously spray a crock pot with non stick cooking spray, line with apples. Sprinkle the white sugar and cinnamon over top.
2. 2. Mix together flour, brown sugar, and oatmeal. Cut in butter with a pastry blender until you get pea size pieces of butter. in a bowl.
3. 3. Cover the apples with this mixture.
4. 4. Pack the flour-oatmeal-brown sugar-butter mixture. Cook on high for 3 hours.
5. 5. Use a medium size crock pot to make this. Using a large crock pot will probably not work well as the ingredients will be too spread out and may burn around the edges.
6. 6. Serve with vanilla ice cream.



*Forest Park Manor Senior Ctr.  
Field Trip to  
Essex, CT, River Boat Cruise!*



*AIC Nursing Students  
Health Clinics & Teaching Projects  
Forest Park Senior Center*



**Mason Sq. Senior Ctr  
Attending Ceremony for  
New Senior Center**



**Seniors From  
Elder Affairs Senior Centers  
Celebrate New Senior Center!**





## Dancercise The Fun Way to Fitness!

*Stretching \* Posture \* Grace  
Aerobic Jazz for Strength*

**1ST CLASS IS FREE!**

**Mondays**

**9:30a.m.-10:30a.m.**

**Only ~ \$3.00 PER CLASS**



**Clodo Concepcion Community Center**  
1187 ½ Parker Street, Spfld  
(Greenleaf Park ~ behind 16 Acres Library)

*Instructor: Lynn Jasmin*

*\* Owner, Director of "Miss Lynn's School of  
Dance" (15yrs)*

*\* Ms. Senior Massachusetts ~ 2005*

Please Register for Class.  
For more information call  
Kerry Welch at 413-750-2873

### MEDICAL IDENTITY THEFT

Medical identity theft can be costly and dangerous to consumers and their health. In 2014 medical identity theft increased by 22%, with more than 2.3 million adults becoming victims. It occurs when someone else uses your personal information to obtain medical care, treatment or services.

A criminal can commit medical identity theft simply by using the victim's personal information, such as their name, date of birth, social security number or health insurance information. When this occurs, the fraudulent medical records gets intertwined with the victims, making it difficult to separate the two. It also can go unnoticed for months or years. Consumers are vulnerable to identity theft as a result of a hacking of health insurance information, as was the case this year.

The most difficult part is clearing your records from that of the perpetrator's due to the privacy laws. The other part of the medical identity theft are the trail of bills left behind which the victim is held responsible for.

To avoid becoming a victim of identity theft, request a copy of your records from your medical provider. Although medical identity theft can occur without the perpetrator having the consumer's social security number, it is best to avoid giving out your social security number unless it is necessary to the medical provider and they can assure you that it will be secure.

Be sure to always review any and all of explanation of benefits or summaries sent to you by your insurance company, as well as the medical bills to ensure that the amount billed was for medical care/treatment you obtained. Checking your credit report once a year is another way one can detect medical identity theft if there are unpaid medical bills the perpetrator incurred.

If you suspect you may be the victim of medical identity theft, you should immediately contact your medical provider, insurance company, local law enforcement and the Federal Trade Commission.

*Courtesy of Milagros S. Johnson, Director of the Mayor's Office of Consumer Information, a local consumer program funded by and working in cooperation with the Massachusetts Attorney General's Office. Contact us at (413) 787-6437, or visit our website at [www.springfieldcityhall.com](http://www.springfieldcityhall.com).*

## AIC Nursing Students @ Mason Sq.



## Crafts



## Games

## Butternut Squash Soup

MAKES 4 SERVINGS

**Nutrients per Serving:**

Calories 152, Total Fat 3g, Saturated Fat 1g, Protein 6g, Carbohydrates 28g, Cholesterol 13mg, Dietary Fiber 3g, Sodium 155mg

**Dietary Exchange:** 2 Bread/Starch, 1/2 Fat

- 2 teaspoons olive oil
- 1 large sweet onion, chopped
- 1 medium red bell pepper, chopped
- 2 packages (10 ounces each) frozen pureed butternut squash, thawed
- 1 can (10 3/4 ounces) condensed reduced-sodium chicken broth, undiluted
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon white pepper
- 1/2 cup fat-free half and half



1. Heat oil in large saucepan over medium-high heat. Add onion and bell pepper; cook 5 minutes, stirring occasionally. Add squash, broth, nutmeg and white pepper; bring to a boil over high heat. Reduce heat; cover and simmer 15 minutes or until vegetables are very tender.
2. Puree soup in saucepan with hand-held immersion blender or in batches in food processor or blender. Return soup to saucepan.
3. Stir in half and half; heat through. Add additional half and half if necessary to thin soup to desired consistency.



# Viajes del Club de la Edad de Oro

1600 East Columbus Ave, Springfield, MA  
 Llame al 413-787-6486 para mas informacion

Por favor haga los cheques a nombre del Golden Age Club

## Estamos Planeando los Viajes de 2016!!

**Viajes de Dia**



Noviembre está aquí!



Vamos a comenzar escogiendo ganadores para el sorteo de calendario. Notificaremos los ganadores por Telephone y enviaremos el premio por correo. Buena suerte!!!



### CLUBES DE SPRINGFIELD GOLDEN AGE REUNIONES SEMANALES

**LUNES**

**Brightwood Branch ~ 1:15p.m.**  
 Springfield Hobby Club  
 309 Chestnut Street

**Winchester Sq. Branch ~ 1:00p.m.**  
 Independence House  
 1475 Roosevelt Avenue

**MARTES**

**Tri-Towers Branch ~ 1:00p.m.**  
 Tri-Towers Community Room  
 18 Saab Court

**Miércoles**

**Bi-Monthly 1st & 3rd Wednesday  
 Mayflower Branch ~ 10:00a.m.**  
 Wachogue Church  
 Corner of Arvilla/Roosevelt

**East Springfield Branch ~ 1:30**  
 773 Liberty Street

**JUEVES**

**Carew Street Branch ~ 10:30a.m.**  
 1122 St. James Avenue

**Pine Point Branch ~ 1:00p.m.**  
 Pine Point Community Center  
 3350 Berkshire Avenue

**VIERNES**

**Sixteen Acres Branch ~ 1:00p.m.**  
 Clodo Concepcion Center ( Greenleaf)  
 1187 ½ Parker Street

*Los miembros de la Junta Directiva del el Club de Springfield Golden Age*

**Top Officers**

Annemarie Pajer  
*President*  
 Darlene Mickiewicz  
*1st Vice President*  
 Pearl Defilio  
*Treasurer*  
 Marie Brackney  
*Secretary*

Madeline Chabot  
*Brightwood Vice President*  
 Joanne Lucas  
*Carew Street Vice President*  
 Teresa Plasse  
*East Springfield Vice President*  
 Annemarie Pajer  
*Forest Park Vice President*

Marie Spedero  
*Mayflower Vice President*  
 Marie Brackney  
*Pine Point Vice President*  
 Alice Lamothe-Roy  
*Sixteen Acres Vice President*

Marilyn Hallas  
*Tri-Towers Vice President*  
 Earnestine Johnson  
*Winchester Square  
 Vice President*



**Serving the Health Insurance Needs of Everyone**

**\*\*\* RECORDATORIO IMPORTANTE \*\*\***

La Inscripción Abierta de Medicare termina el 7 de diciembre!  
No espere hasta que sea demasiado tarde!  
Haga una cita con SHINE Ahora!

Cada año, la Parte D de Medicare y Medicare Advantage (HMO, PPO) y los planes pueden cambiar sus primas, copagos, deducibles, formularios (lista de medicamentos cubiertos) y farmacias preferidas. Es importante revisar las opciones de cada año para asegurarse de que tiene el plan que funciona mejor para usted para el próximo año.

La ayuda está disponible desde el programa SHINE. Llame a su Centro de Envejecientes y pida una cita con SHINE. Voluntarios de SHINE entrenados ofrecen conexión asesoramiento confidencial sobre todos los aspectos del seguro de salud a cualquier persona en Medicare.

Para asuntos relacionados con Medicare (excepto una cita), llame al 1-800-AGE-INFO (1-800-243-4636), a continuación, pulse o diga 3. Una vez que el contestador automático de SHINE conteste, deje su nombre y número telefónico. Un voluntario le devolverá la llamada dentro de 2 días.

Para asistencia 24 horas / día, 7 días / semana, llame al 1-800-MEDICARE para hablar con un representante de servicio al cliente de Medicare.

**¿Es usted un veterano de guerra en busca de empleo?**



Thelma P. Lee, Employment Director  
Senior AIDES Program  
1000 Union Community Avenue  
Springfield, MA 01103

Si tiene 55 años o más y bajos ingresos, usted puede calificar para recibir capacitación pagada.  
Para obtener mayor información, llame al (413) 787-6126.

El Programa Senior AIDES  
City of Springfield Department of Elder Affairs



Find help paying for healthy food!

Get Started >

ncoa  
National Council on Aging

Muy pocas personas mayores están matriculados en SNAP  
\*3 de cada 5 adultos mayores que califican para SNAP no aplican. Esto significa que 5.2 millones de

personas mayores pierden beneficios. Los estadounidenses mayores que califican para SNAP son significativamente menos propensos a participar en el programa que otros grupos demográficos.

\*Varios factores que contribuyen a la baja tasa de participación son. Muchas personas mayores se enfrentan a obstáculos relacionados con la movilidad, la tecnología y el estigma y se desaniman por los mitos generalizados sobre cómo funciona el programa y quién puede calificar.

Llame a La Línea de Ayuda SNAP al (413) 787-6785

## ¿Cuál es mi costo?

Cuando Usted haga su reservación para su viaje de paratransito le indicaran el costo de su viaje.

Al abordar debe de pagar su tarifa. PVTA les permite pagar en efectivo, con boletos, o en una combinación de ambos. Si Usted paga en efectivo, favor de tener la tarifa exacta. Los operadores no llevan cambio.

Dependiendo de su origen y destino, la tarifa será \$2.50, \$3.00 o \$3.50. Boletos están disponibles en cantidades de \$0.50 o \$2.50.

### ¿A Dónde Puedo Comprar Boletos?

Usted puede comprar boletos en su centro local para ancianos, la Oficina de Información de PVTA en el 1341 Main Street en Springfield, o visitando al [www.pvta.com](http://www.pvta.com).

Para más información y otros lugares de venta, favor de llamar al 413-781-7882 o llame gratis al 1-877-779-7882.



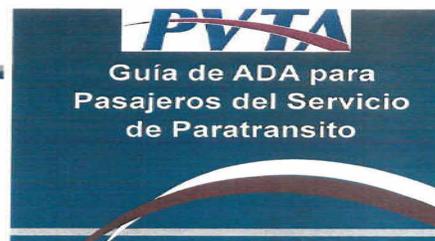
## Para su Información

- Cuando se solicite, los operadores ayudaran a los pasajeros bordar y bajar del autobús y/o desde y hasta las puertas principales localizadas en el primer piso. Los operadores no pueden acompañar a los pasajeros mas allá del primer piso y no se les permite entrar a las residencias.
- Los pasajeros que requieran asistencia con sus bolsas/paquetes deben llamar a Hulmes sólo una vez para notificarles que están solicitando la ayuda cual será anotada a su perfil de cliente. Los conductores sólo tienen la obligación de asistir con un máximo de 3 bolsas de tamaño estándar con un peso combinado que no exceda 25 libras.
- Carretillas para compras no están permitidas en los vehículos de PVTA para ir de compras.
- Los operadores y empleados no pueden aceptar propinas ni gratificaciones. Si un pasajero desea dar las gracias, por favor envíe una carta a:

Srta. Mary MacInnes, Administradora  
Pioneer Valley Transit Authority  
2808 Main Street  
Springfield, MA 01107

**Para proveer información,  
comentarios, o sugerencias**

Por favor llame al 1-877-779-7882.



### Para reservaciones llame a:

**413-739-7436  
o llame gratis al  
1-866-277-7741  
413-594-2349 TTY**

### Póngase en contacto con su programa local del barrio.

Department of Elder Affairs  
1600 East Columbus Avenue  
Springfield, MA 01103/413-750-2896/886-5260

Greater New Life Christian  
1323 Worcester Street  
Indian Orchard, MA 01151/413-309-7673

Jewish Family Services  
1160 Dickenson Street  
Springfield, MA 01109/41-455-1936 ext. 100

## Robo de Identidad Médica

Robo de identidad médica puede ser costoso y peligroso para los consumidores y para su salud. En 2014 robo de identidad médica aumentó un 22%, con más de 2.3 millones de adultos se convirtieron en víctimas. Ocurre cuando alguien utiliza su información personal para obtener atención médica, tratamiento o servicios.

Un criminal puede cometer robo de identidad médica simplemente utilizando los datos personales de la víctima, como su nombre, fecha de nacimiento, número de seguro social o información del seguro de salud. Cuando esto ocurre, los registros médicos fraudulentos se entrelazan con las víctimas, haciéndolo difícil separar los dos. También puede pasar desapercibida durante meses o años. Los consumidores son vulnerables al robo de identidad resultado de la piratería de información sobre el seguro de salud, como fue el caso este año.

La parte más difícil es borrar los registros de la información falsa debido a las leyes de privacidad. La otra parte del robo de identidad médica son las facturas que se dejó atrás y la víctima luego es responsable.

Para evitar convertirse en una víctima de robo de identidad, debe pedir una copia de los registros de su proveedor médico. Aunque Robo de identidad medica puede producirse sin el número de seguro social del consumidor, es mejor evitar dar su número de seguro social a menos que sea necesario para el proveedor de los servicios médicos y pueden asegurar que será protegido.

Asegúrese de revisar todos y cada uno de explicación de beneficios o los resúmenes enviados a usted por su compañía de seguro, así como las cuentas médicas para garantizar que la factura le pertenece a usted por atención médica o tratamiento que obtuvo. Revisar su informe de crédito una vez al año es otra forma en la que uno puede detectar robo de identidad médica si hay cuentas médicas en colección.

Si usted sospecha que puede ser víctima de robo de identidad médica, debe ponerse en contacto de inmediato con su proveedor médico, la compañía de seguro, las autoridades locales, y la Comisión Federal de Comercio.

Por cortesía de Milagros S. Johnson, Directora de **Mayor's Office of Consumer Information**, un programa de consumidor local financiado por y en trabajando en colaboración con la Oficina del Procurador General de Massachusetts. Se puede comunicar con la oficina al (413) 787-6437, o visite el web: [www.springfieldcityhall.com](http://www.springfieldcityhall.com).