



The Springfield Star

A publication of the Springfield Department of Elder Affairs

January 2009

Janet Rodriguez Denney
*Director, Springfield
Department of Elder Affairs*

The Good Life Center
1600 E. Columbus Ave
Springfield, MA 01103
Telephone: 787-6785
Fax: 750-2694

Council on Aging
787-6785

Golden Age Club
787-6486

**Senior AIDES
Employment Program**
787-6126

S.H.I.N.E.
750-2893

Senior NET
750-2090

Outreach Program
750-2896



Brown Bag Volunteers at Mayflower Center—packaging free monthly groceries for people over 55 through the Food Bank of Western Massachusetts

Program Sites

Hungry Hill Center
494 Armory St, 01101
Lower Level
733-9411

Mayflower Center
1516 Sumner Ave, 01118
782-4536

Mason Square Center
439 Union St @ Emerson Hall
733-3917

Pine Point Center
335 Berkshire Avenue, 01109
732-1072

Riverview Center
120 Clyde Street, 01107
787-5220

**Greenleaf Community
Center**
1188 Parker Street, 01129
750-2873

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INSIDE THIS ISSUE...

Front Page.....1

Director’s Corner.....2

Community Bulletin Board.....3

Golden Age.....4-5

Digital TV Transition.....6-7

Senior of the Month Word Search “The Funnies” People & Places.....8-9

Program Site Calendars.....10- 12

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.

NEWSLETTER COMMITTEE

Eliana Franklin
Adult Outreach Liaison
Department of Elder Affairs,
1600 E. Columbus Ave, 413-886-5104

Kerri Jahn
Greenleaf Senior Center Director
1187 1/2 Parker Street, 413-750-2873

Meghan Lynn Allen
Employment Specialist,
Senior AIDE Employment Program
Department of Elder Affairs
1600 E. Columbus Ave, 413-787-6861

Questions regarding “The Springfield Star”?
If you would like to submit an article and /or if you have an idea/subject that interests you please submit them to:

Dept. of Elder Affairs/Newsletter Team
1600 E. Columbus Avenue
Springfield, MA 01103

Director’s Corner



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

Happy New Year to you and yours! Can you believe it is 2009?

In this time of a depressed economy, 2009 will be harder than ever on our seniors. Food and fuel are at the top of our concerns here at the Department of Elder Affairs for seniors in the City of Springfield.

For help with fuel assistance, call New England Farm Workers’ Council at 413-272-2209. For food assistance, please take advantage of the Brown Bag Program at 413-247-9738 or 800-247-9632 and/or the Food Stamp Program at 413-858-1000 (Liberty Street) and 413-858-1300 (State Street).

Have a safe, healthy, and warm New Year!

Jan Rodriguez Denney



Community Bulletin Board

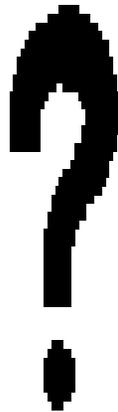
Anyone Can Now Apply for Food Stamps Online!

Any Massachusetts resident with access to a computer and the Internet can now apply for food stamps online via the Virtual Gateway. The online application is for new applicants only and cannot be used for re-certification. An interview with a DTA worker is still required but can be conducted over the phone. The applicant can print out a confirmation page and a tailored verification checklist. To use this new tool, go to www.mass.gov/dta and under "Key Resources" click on "Apply Online."



Nifty Nineties

Are you turning ninety or do you know a special person turning ninety? We will be happy to showcase them on the cable access program Senior Spotlight! For more information please call 413-787-6486.



Need Tax Preparation Help!

AARP will once again be preparing **FREE** tax returns starting the week of February 2, 2009. thru April 9th, 2009. Please bring a copy of last year's tax return, also a copy of your real estate taxes and water/sewer charges paid in 2008 if you qualify for the Massachusetts "circuit Breaker" Tax Credit & heating fuel receipts for Jan, Feb and Mar of 2008 for possible state tax deduction.

See Center Schedules to locate a site near you or call:

**Good Life Center
1600 East Columbus Ave
Call 787-6785**

IMPORTANT TO REMEMBER!

During the event of a winter storm it's **important** to listen to your local news-Channel 22 & 40 for **delays & cancellations.**

REMEMBER WHEN SPRINGFIELD SCHOOLS ARE CLOSED, ACTIVITIES AT THE DEPARTMENT OF ELDER AFFAIRS, GOLDEN AGE CLUBS & SENIOR CENTERS ARE AUTOMATICALLY CANCELLED.

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Springfield Golden Age Travel Club 2009
1600 East Columbus Ave, Springfield, MA 01103 413-787-6486

March 1, 2009—City Stage in Springfield, MA

Presents.... "God's Favorite" in the Winifred Arms Theatre

Start the afternoon with a mouth watering lunch at the Student Prince then your off to see Neil Simon's "God's Favorite", a funny play based on the Book of Job. The scene takes place at the Benjamin mansion on the North Shore of Long Island in the mid 1970's, where resides a tycoon, his wife, a drunken, prodigal son, a pair of kookie twins and two servants. Then one night a messenger from God enters, with a big G on his sweatshirt to tell Joe that he is God's favorite.

Travel Information

Parking: Park for FREE in the City Stage parking garage

Time: Sunday, March 1, 2008

1:00pm Lunch at the Student Prince

3:00pm Show at City Stage

Price: \$30.00 (includes Parking, Lunch, Tax/Tip and Show Tickets)

March 10th, 2009—Tony Kenny's Celtic Night at Chez Josef

Join Tony, in a Celebration of Irish Music, Song, Dance and Laughter! Tony will be bringing Tony Kenny's Celtic Nights to America at the beautiful and Classic Chez Josef in Agawam, MA. This package includes your choice of 2 meal choices, Corn Beef or Scrod.

Travel Information

Time: Tuesday, March 10th, 2009 at 11:15 am

Show Time: 12:00 pm

Member Price: \$50.00

March 22, 2009 - Warner Theater, In Torrington, ct

Presents.... 42ND STREET.

42nd Street (1933) is the classic, fast-paced, backstage movie musical - a refreshing film that changed the film musical forever and saved Warner Bros. studios from bankruptcy, helping it grow into a major studio. Set during the Depression and about the Depression, this film is considered the backstage musical par excellence, the grand-daddy of them all. It was based on the 'putting-on-a-show' tradition stemming from MGM's first sound film, *The Broadway Melody* (1929), another "backstage musical."

Travel Information

Bus Departs: Raymond Sullivan Pubic Safety Complex,
1212 Carew Street, Springfield, MA

Departure Time: Sunday, March 22nd, 2009 at 10:30 am

Lunch: 12:00 pm Buffet at Bogeys Restaurant

Show Time: 2:00 pm

Return Arrival: 5:30 pm

Member Price: \$63.00 **Non-Member Price:** \$68.00

Springfield Golden Age Travel Club 2009
 1600 East Columbus Ave, Springfield, MA 01103 41787-

April 22nd, 2009 - Newport Play house, Newport, RI

Presents.... "Butterflies Are Free"

A young man rents his first apartment for independence and a get away from his overprotective mother. A pretty actress moves next door. When the bachelor's mother and a girl meet, the two simply do not mix!

Travel Information

Bus Departs: Raymond Sullivan Public Safety Complex, 1212 Carew Street, Springfield, MA

Departure Time: Wed April 22, 2009 at 8:00 am

Lunch: Buffet

Doors Open: 11:00 am

Return Arrival: 6:00 pm

Member Price: \$67.00 **Non-Member Price** \$72.00



For a list complete list of 2009 trip

Please Call:

Springfield Golden Age Club at

413-787-6468

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What Is The Digital TV (DTV) Transition?

Currently, many over-the-air stations are broadcasting in both analog and digital TV formats. After February 17, 2009, full-power TV stations will broadcast only in digital. The DTV transition will affect those who watch free over-the-air television (through a rooftop antenna or "rabbit ears"). If you watch over-the-air programs on an analog TV, you must take action before February 17, 2009.

Why Are Broadcast Stations Switching to Digital?

Federal law requires the switch, which will free up the airwaves for police, fire, and emergency rescue communications, allow broadcasters to offer programming with better picture and sound quality and offer more programming choices, and allow for advanced wireless services for consumers.

What Should I Do to Be Ready?

You have three choices:

1. Connect your analog TV to a digital-to-analog converter box. Digital-to-analog converter boxes are in stores and have a one-time cost of \$40-\$70. To help you pay for the boxes, the U.S. Government is offering two \$40 coupons per household. (Please note that these coupons will expire 90 days after mailing). For more information on the coupons, visit www.DTV2009.gov, or call 1-888-388-2009 (voice) or 1-877-530-2634 (TTY). Plus, you should not need a new antenna if you get good quality reception on analog channels 2-51 with your existing antenna. **Or**
2. Buy a digital television (a TV with a built-in digital tuner). You do not need a High Definition TV (HDTV) to watch digital broadcast television. You only need a digital TV (or an analog TV connected to a digital-to-analog converter box). Plus, you should not need a new antenna if you get good quality reception on analog channels 2-51 with your existing antenna. **Or**
3. Subscribe to a paid TV service. If your TV set receives local broadcast stations through a paid provider such as cable or satellite TV, it is already prepared for the DTV transition. Cable companies are not required to transition or switch any of their channels to digital. However, if you have an analog TV that does not receive local broadcast stations through your paid provider, you will need a digital-to-analog converter box to watch digital broadcasts on that TV.



For More Information:

1-888-CALL-FCC
(Voice)

DTV.gov

1-888-TELL-FCC(TTY)

Setting Up Your Digital-to-Analog Converter Box (Basic)

FCC Consumer Facts

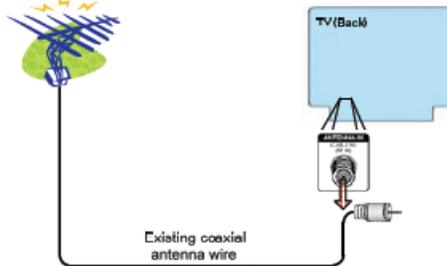
This Fact Sheet describes the installation of a digital-to-analog converter box with your current antenna and analog TV. This guide will help you prepare so that when you purchase a converter box you will know what to expect and whether you may need help setting it up.

Supplies: You will need your analog TV, the antenna you have been using (indoor or outdoor), and the coaxial wire that currently connects your antenna to your TV (as pictured on the right). Your new converter box will come with a coaxial wire and a remote control. Before you begin the installation of the converter box, you should unplug your TV.

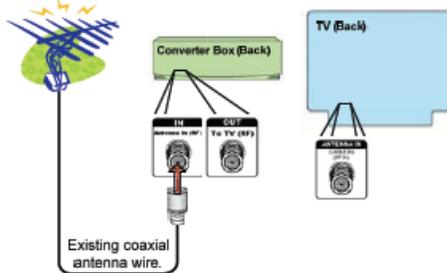


Coaxial Wire

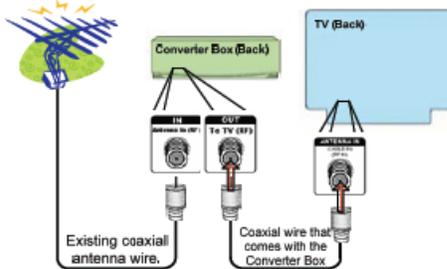
Step 1 Unplug the existing coaxial antenna wire from your TV “Antenna In (RF)” port.



Step 2 Plug the existing coaxial wire into the “Antenna In (RF)” port on your Converter Box.



Step 3 Using the coaxial wire that comes with your Converter Box, plug one end into the “Out To TV (RF)” port on the Converter Box. Plug the other end into the “Antenna In (RF)” port on your TV.



Step 4 Plug the power cords on your Converter Box and TV into a power outlet, and turn on your TV and Converter Box. Using the instructions that come with your Converter Box, tune your TV to channel 3 or 4. Using the remote that comes with your Converter Box, follow the on-screen set-up guide to scan for available DTV channels, and begin enjoying the benefits of Digital Television!

- If your Converter Box includes an “analog pass-through” feature, this set up will also allow you to receive any stations that still broadcast in analog in your area. Follow the instructions that come with your Converter Box for how to tune analog channels.
- For instructions on how to connect your converter box if it does not include an analog pass-through feature or for instructions on connecting your converter box to other components such as a VCR, go to www.dtv.gov or contact the FCC by e-mailing dtvinfo@fcc.gov; or calling 1-888-CALL-FCC (1-888-225-5322) voice or 1-888-TELL-FCC (1-888-835-5322) TTY.

This document is for consumer education purposes only and is not intended to affect any proceeding or cases involving this subject matter or related issues.

1-888-CALL-FCC (1-888-225-5322) TTY: 1-888-TELL-FCC (1-888-835-5322) Fax: 1-866-418-0232 www.fcc.gov/cgb

Federal Communications Commission Consumer & Governmental Affairs Bureau 445 12th St., S W Washington, DC 20554

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Chocolate Cookie Mix in a Jar

allrecipes.com

DIRECTIONS

1. Combine all-purpose flour, baking powder, baking soda, and salt. Set aside.
2. In a 1 quart wide mouth canning jar, layer dark brown sugar, white sugar, cocoa, chopped pecans, and chocolate chips. Pack everything down firmly before you add flour mixture, it will be a snug fit.
3. Attach a tag with the following instructions: Chocolate Cookie Mix in a Jar: 1. Preheat oven to 350 degrees F (175 degrees C) 2. Empty cookie mix into large bowl. Thoroughly blend mixture with hands. Mix in 3/4 cup softened butter or margarine, 1 egg, slightly beaten, and 1 teaspoon vanilla. Shape into walnut size balls, and place 2 inches apart on a parchment lined baking sheet. 3. Bake for 11 to 13 minutes. Cool 5 minutes on baking sheet, then move to wire racks.

INGREDIENTS

- 1 3/4 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 3/4 cup dark brown sugar
- 1/2 cup white sugar
- 1/4 cup cocoa
- 1/2 cup chopped pecans
- 1 cup semi-sweet chocolate chips

"The Funnies"



When I'm old, I'll live with my kids

When I'm old, I'll live with my kids,
and make them so happy, just as they did.
I want to pay back all the joy they've provided,
returning each deed. Oh, they'll be so excited.
(When I'm old and live with my kids)

I'll write on the wall with reds, whites and blues,
and bounce on the furniture wearing my shoes.
I'll drink from the carton and then leave it out.
I'll stuff all the toilets, and oh, how they'll shout.
(When I'm old and live with my kids)

When they're on the phone and just out of reach,
I'll get into things like sugar and bleach,
Oh, they'll snap their fingers and then shake their head,
and when that is done, I'll hide under the bed
(When I'm old and live with my kids)

When they cook dinner and call me to meals,
I'll not eat my green beans or salads congealed.
I'll gag on my okra, spill milk on the table
and when they get angry, run fast as I'm able.
(When I'm old and live with my kids)

I'll sit close to the TV, thru the channels I'll click,
I'll cross both my eyes to see if they stick.
I'll take off my socks and throw one away,
And play in the mud until the end of the day.
(When I'm old and live with my kids)

And later in bed, I'll lay back and sigh.
Thank God in prayer and then close my eyes.
My kids will look down with a smile slowly creeping,
and say with a groan. "She's so sweet when she's sleeping."
(When I'm old and live with my kids)

© Copyright April 1991

-- Joanne Bailey Baxter, Lorain, OH

~ Senior of the Month ~



Steve Twining works with the City of Springfield's Senior AIDES Program in conjunction with the Springfield Fire Department to install smoke detectors in residents' homes who are 60 years or older in the Springfield area. He has personally installed over 3000 smoke detectors with the help of other Senior AIDES since 2006. Thanks Steve for improving and defending the lives of seniors in the City of Springfield!

"Steve Twining has done an outstanding job installing life saving smoke detectors in the homes of our senior citizens. Steve's efforts helped the City record zero fire fatalities in 2008. That is quite an accomplishment. Thank you to Steve and the Department of Elder Affairs for partnering with the Springfield Fire Department to protect our seniors." Chief Gary G. Cassanelli

**Obtain free smoke
detectors for your
home! Please call
413-787-6125.**



People and Places



TOP LEFT: Christmas Celebration at Riverview Center. TOP RIGHT: Grand Opening and Ribbon Cutting at Riverview Center. BOTTOM LEFT: SeniorNet Instructor Ed Lubanski with Computer Class Graduates (Front row L-R, Marlene Carson and Celeste Russell. Back row L-R, Ed Lubanski, Julia Vo and John Ennis.) BOTTOM MIDDLE: Jennie Choiniere ‘The COOL COW’ and Mayor Sarno. 1st Prize Winner! Halloween Party at Good Life Center. BOTTOM RIGHT: Senior AIDE Celeste Russell with Dale West of the Food Bank of Western Massachusetts participate in Brown Bag Program at Mayflower Center

~ Winter Word Search ~

Find These Words:

- SNOWFLAKE
- SHOVEL
- SKIING
- DECEMBER
- SNOWMAN
- JANUARY
- HOTCHOCOLATE
- SNOWBALL
- FEBRUARY
- SLEDDING
- CHILLY
- FIREPLACE



N	H	N	N	I	O	V	S	N	K	L	Q	R	B	N
A	L	L	S	K	I	I	N	G	G	W	G	H	A	S
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W	N	H	I	L	H	I	W	D	D	H	B	F	I	H
O	O	Q	R	U	D	J	F	Z	X	Q	C	I	J	O
N	W	Q	H	E	Y	L	L	I	H	C	P	R	Q	J
S	B	L	W	I	B	W	A	P	U	E	P	E	B	J
O	A	W	W	J	U	M	K	S	D	X	M	P	H	A
X	L	Z	S	Y	M	S	E	A	H	Y	T	L	I	N
D	L	Y	D	S	Y	M	P	C	O	O	G	A	I	U
U	U	P	X	J	C	C	F	N	E	X	V	C	E	A
C	Z	W	K	H	G	R	B	F	N	D	F	E	V	R
C	T	A	K	P	N	Q	J	P	U	U	V	Q	L	Y
O	E	L	P	F	E	B	R	U	A	R	Y	I	W	F
R	C	I	W	O	O	Z	G	N	I	D	D	E	L	S

Mayflower Center

Director: Alex Martin

Open Mon-Fri 9:00 am-2:00 pm - 1516 Sumner Ave. 782-4536

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00—9:45 Easy Does It Exercise 10-12:00 Line Dancing 1-2:00 Healthy Living 1:00 - 2:00 Beginning Spanish	8:45 - 9:45 Tai Chi 10 am - 11:30 am Art Class <i>Painting on Fabric</i> 1:00 - 2:00 pm Home Improvement	9:00—9:45 Easy Does It Exercise <i>Health & Wellness</i> Drop in - 12:30 - 1:30 The Boomers Connection	10:00—11:30 am Beginning Line Dancing Club <i>Drop in pick up your packet for emergency Preparedness</i> 1:00—2:00pm Cyber Café With Latte	8:45 - 9:45 Tai Chi 10:00 - 12:00 Blood Pressure & Screening 10:30 am Chair Tai Chi No fee Charged Drop in 12—1:30pm 11:30am—1:30 NEW* Fly Fishing and Deep Sea Fishing
<i>Brown Bag ~Call Center NOW to find out January's date and to register!</i>				

Riverview Center

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

122Clyde St., 787-5220

Director: Mary Rives

Hot Lunch Served Daily at 11:15. Pre-Registration Required

Lunch Cost \$1.75 Suggested Donation.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 Walks, Dancing & Stretching 12:30 English Classes 12:30 Bingo & Dominoes	12-1:30 Arts & Crafts 12:30 Bingo & Dominoes	9:00 Foot Care, Glucose & Blood Pressure Clinic 9:30 Fitness Walk & Strength Class 12:30 Bingo & Dominoes	12:30 Bingo & Dominoes 12:30 English Classes	12-1:30 Arts & Crafts 12:30 Bingo & Dominoes

♦ *Lunches provided through Greater Springfield Senior Services*

Greenleaf

Director: Kerri Boland-Jahn

Open Mon-Fri 9:00 am-3:00 pm - 1187 1/2 Parker Street, 750-2873

Hot Lunch Served Mondays from 12:00-1:00 \$1.75 Suggested Donation. Reservations needed.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Coffee Hour & Walking Club 11:00 1st Mon. Blood pressure clinic 12:00 GSSSI lunch reservations needed 9:00a.m Jewelry Making Class 3rd Monday	9:00 Coffee Hour & Walking Club 10:00 Crafts 9:00-12:00 SHINE By appointment 1:00p.m. Line Dancing	8:30 1st Wednesday of the month Foot Care (by appointment only) 9:00 Coffee Hour & Walking Club 2:15 - 3:15 Tai Chi Only \$5.00 a class.	9:00 Coffee Hour & Walking Club 12:00 Play Pitch Every Thursday \$2.00 (high score & door prizes)	9:00 Coffee Hour & Walking Club 1:30 Strength & Walk 10:00—2:00 Hearing Clinic (by appointment)

FREE AARP Tax Preparation Beginning Wed. February 4th through April 8th 2009 by appointment. Call **NOW** to schedule your appointment.

Call for Jewelry class schedule for the new year!

Hungry Hill

Director: Mary Troy

Open Mon-Fri 9:00 am-3:00 pm - 494 Armory St., 733-9411

All activities take place at the Hungry Hill Center located in the lower level of Our Lady of Hope Church

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:30 Light Aerobics 1:00 Chair Exercise	10:00 Craft 12:00 Pokeno Jan 13th Meatloaf Jan 27th Pork Luncheon 12:00	10:30 Light Aerobics	December 20th Neighborhood Council meeting at 7:00pm & January 15th	10:00 Line Dance

- ◇ *Lunch provided through Greater Springfield Senior Services—Reservation one week in advance.*
- ◇ *Craft group meets at 10:00 am each Tuesday—the knitters are making mittens, hats and scarves for the local school children. Materials are supplied, just stop in and enjoy the company.*

Special Events

January 12, 2009 ~ Cholesterol and Blood Pressure Screening

Mason Square

Director: Gloria Wilson

Open Mon-Fri 8:00 am-4:00 pm - 439 Union Street, Emerson Hall., 733-3917

Hot Lunch served daily at 11:30 am. \$.75 Suggested Donation.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Coffee & Chat 10:30 Bible Study	9:00 Coffee & Chat 12:00 Bingo !!!	9:00 Coffee & Chat 12:30-1 <u>Blood Pressure Screening</u> 1-2:00 Chair / Fitness Aerobics	9:00 Coffee & Chat 3rd Thursday 10:30 am Brown Bag	9:00 Coffee & Chat 10:00 Movie 12:30 Domino's Every Friday
December 12th ~ Trip to Lee 10:30a.m. December 16th ~ Christmas Dinner ~ 11:30a.m. Entertainment by Leslie Anderson December 22nd ~ Bright Nights 4:30p.m. December 24th ~ Holiday Fest -Celebrating Dec. Birthdays CENTER CLOSED DECEMBER 25, 26, 29, 30, 31 & JAN 1 & 2, 2009				

Pine Point

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

335 Berkshire Ave, 732-1072

Director: Yolly Nahorniak

Hot Lunch Served Daily from 11:45-12:30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:00 Card Playing	9:00 - 10:00 Chair Exercising 10:00 - 12:00 Card Playing 1:00 - 3:00 Bingo	1:00 Card Playing <u>FOOT CARE</u> <u>2nd Wednesdays</u>	9:00 - 10:00 Chair Exercising 1:15 Golden Ages Coffee, Pastries & Bingo <u>Visiting Nurse</u> <u>LAST Thursday of</u> <u>the month</u>	1:00 Arts & Crafts and Quilt Making

Lunches provided through Greater Springfield Senior Services - \$1.75 Suggested Donation

Good Life Center

Open Mon-Fri 8:00 am-4:00 pm - 1600 E.Columbus Ave, 787-6785

Available programs/services

Outreach Program It serves as the primary vehicle for providing information and referral services for seniors in the Springfield 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 Massachusetts' State Health Insurance Program that provides free, one-on-one health insurance information, counseling and assistance to Medicare beneficiaries of all ages.

Senior NET The nonprofit SeniorNet teaches seniors (age 50 plus) to use computers.