



The Springfield Star

A publication of the Springfield Department of Elder Affairs

April/May 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



AARP Tax Aide
Volunteers

AARP Tax Aides volunteer their services to seniors in the City of Springfield. They take appointments for 2 months every Thursday leading up to April 15th. Here, they stand with Jan Rodriguez Denney, Director of Elder Affairs, at the Good Life Center.

Program

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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To submit an article, idea, or question please mail your submission to:
 Dept. of Elder Affairs/Newsletter Team
 1600 E. Columbus Avenue
 Springfield, MA 01103

Department of Elder Affairs
Mission Statement

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

NEWSLETTER COMMITTEE

Eliana Franklin
 Adult Outreach Liaison
 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
 1600 E. Columbus Ave, 413-787-6861

Prettlo Heartley, Jr.
 Staff Photographer
 Transportation Program
 1600 E. Columbus Ave, 413-787-5013

Alicia Germain
 SHINE Director
 1600 E. Columbus Ave, 413-750-2893

Director’s Corner



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

Happy Spring!

Finally we are having nice weather! We can get out of our homes and enjoy our family and friends at our many activities in our senior centers and Golden Age Club Branches!

Check out the schedule of events for fun and information near you.

Last but not least SAVE THE DATE April 17th! Golden Age is sponsoring a special senior day at the Eastfield Mall. Lots of discounts, food entertainment and prizes! Watch for more information in your senior centers and branch meetings!

Looking forward to seeing you there!

Janet Rodriguez Denney

Community Bulletin Board

Need a Job?

**Part-Time Training and
Employment Available Now!
Call 413-787-6861/6126**

You must be 55 years or older, unemployed, and meet income eligibility guidelines. This program is operated under a USDOL grant and in cooperation with Senior Service America Inc.

Training participants are paid minimum wage while they gain marketable job skills working part-time in non-profit and public organizations, including senior centers, schools, and libraries. The program provides a win-win for participants and their communities: Participants help community organizations extend their reach and capabilities, while developing their own job skills, self-confidence, and a restored sense of self-worth.

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



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

The City of Springfield's Senior AIDES Program in conjunction with the Springfield Fire Department installs smoke detectors in residents' homes who are 60 years or older in Springfield. Call today!



Department of Elder Affairs Senior Outreach Help Line

Assisted Living info, Caregiver Support, Companion Care, Dental, Employment, Food and Fuel Assistance, Grandparents as parents, Hearing, Housing, Medical Equipment, Transportation and much more. Please Call Alex Martin 413-7824536.

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The **SHINE** office is located at:
Good Life Center
 1600 E. Columbus Ave
 Springfield, MA 01003

Open
 Monday-Friday
 9 am-3 pm
413-750-2893

**“Help! I’m Retiring and I don’t know when to sign up for Medicare.
 Can SHINE help me?”**

You have a 7 month window to sign up for Medicare when you know you’re retiring. This window begins 3 months before your retirement date and ends 3 months after your retirement date. The 7th month is the month you retire. For example, if you retire June 1, you can contact Medicare to enroll starting on March 1 through September 30.

“Will Social Security notify me on my 65th birthday?”

No, it is your responsibility to contact the Social Security Administration to notify them that you are turning 65 and would or would not like to start receiving Social security benefits. This is also the time you NEED to sign up for Medicare Part A (hospital) and B (medical) with them. If you have employer health coverage still, you can waive getting Part B. If you do not sign up for Part B and do not have appropriate coverage, you will be faced with paying a lifetime penalty when you sign up for Part B in the future.

The SHINE program recently lost a longtime, treasured member of its counseling staff. *Bruce B. Stoler, M.D.* of Longmeadow passed away on February 27, 2009. He approached the end (nearly two years after his diagnosis with leukemia) with courage and uncommon grace. Between his gift for telling a great story and his dry humor, he could always be counted on to bring laughter to any get-together.

Dr. Stoler began his career at what is now Bay State Medical Center. He was a founder and the first radiologist of the Medical West Health Center in Chicopee, the predecessor of Medical West and River Bend health maintenance organizations. Following his retirement from medical practice, he volunteered as a counselor in the Springfield office of the SHINE program for the past 10 years. Bruce was predeceased by Peggy and two sons, Bradford B. Stoler and Dr. Samuel B. Stoler. He is survived by two sons, Jeffrey M. Stoler and Bruce K. Stoler and their families. A memorial service to celebrate Bruce's life will be held at the First Church of Christ, 763 Longmeadow St, Longmeadow, MA on April 11 at 2:00 pm.

SHINE Saves Springfield Seniors over \$1.1M in 6 Months

SHINE which provides health insurance counseling to Medicare recipients assisted about 320 Springfield senior citizens during the last six months of 2008, helping them save \$1.1 million. The results and the counselors were praised by Mayor Domenic J. Sarno. Sarno said the free assistance provided by the volunteer counselors is invaluable to the senior citizens, both in savings and in guiding them through forms that can be "difficult and confusing."

The \$1.1 million in savings was calculated just in Springfield for those helped from July through December, included changes in health plans or prescription drug plans, and additional public assistance that may be available to them. The seniors were helped in finding a plan that would provide equal or greater benefits at an affordable cost.

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SHINE assists hundreds in Springfield

We have something to smile about here in the SHINE office. The Springfield Department of Elder Affairs' SHINE Program is proud to announce that they counseled 320 Springfield seniors in the last six months. That's 30% of all clients seen in Hampden County.

SHINE puts Springfield residents at ease when it comes to their health care plans and prescription drug coverage. By changing plans or rearranging some coverage, you could see a lot more money in your wallet. This is welcome news during this time of economic hardship.

The struggling economy, cost of fuel and groceries, and insurance premiums going up have created record demand for SHINE services as many residents are finding it difficult to keep up. In response, the SHINE Counselors put in many extra volunteer hours to help local seniors during Open Enrollment.

The SHINE Program provides free, unbiased health insurance counseling and assistance to Medicare recipients and their caregivers. SHINE is staffed by 35 volunteer counselors across Hampden County, while 14 of them counsel in Springfield.

We have our dedicated, knowledgeable counselors to thank for their help in guiding seniors to the most affordable healthcare choices available. We could save an elder thousands of dollars a year by helping them to enroll in Prescription Advantage or by changing their Part D coverage. Schedule an appointment for a Health Plan Check Up by calling (413) 750-2893.

Alicia Germain
Regional SHINE Director

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 Pubic 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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Play Sudoku!

1. Fill the grid so that the numbers 1 through 9 appear in each row.
2. Fill the grid so that the numbers 1 through 9 appear in each column.
3. Fill the grid so that the numbers 1 through 9 appear in each 3x3 box.
4. A complete Sudoku puzzle contains the numbers 1 through 9 in every row, column, and 3x3 box.

	6		5	3	9			8
		5		7		2	3	
					6			1
5			4	6				
9								4
		3				7	8	5
		9			5	3		
1	3			8	7	5		
4					1			

			4		8	3		
			1					
6		8	3		9	2	1	
8	4		6				5	
9			7					
		1			5			
		5	9				7	
						6	4	8
4	2	6		3		5	9	

20th Annual

Family Fishing Fest

At Five Mile Pond ~ Boston Road, Springfield

Sunday, May 17th, 2009

9:00 am to 2:00pm

Memorial to Joseph Nahoriak & San Joseph

Young and Old Invited
Fishing License not required

Sponsors TBA



Pancake Breakfast on Main Street in Downtown Springfield

Sponsored by

www.springfielddowntown.com

Saturday, May 16th the
"World's Largest Pancake
Breakfast" returns!

8AM to 11AM

Main Street from
State Street to Bridge Street

Springfield Museums à la Carte Programs

April

April 2 - *Nature in Art: Splendid Floral Views through Tiffany Stained Glass*; Christopher Lyons, owner, Glass Visions.

April 9 - *Music of Yesterday*; Blue Ribbon Singers.

April 16 - *Raves for Reptiles: A Live Reptile Presentation*; Rae Griffiths, Teaching Creatures.

April 23 - No program – School Vacation Week

April 30 - *Adventures among the Stars*; Richard Sanderson, author and curator of physical science, Springfield Science Museum.

Admission to Museums à la Carte is \$4 (\$2 for members of the Springfield Museums). The programs are sponsored by Big Y World Class Market. Visitors are invited to bring lunch to enjoy during the program; cookies and coffee are provided.

The D'Amour Museum of Fine Arts is located at the Quadrangle at 21 Edwards Street in downtown Springfield. Parking is free. For more information about Museums à la Carte, call 413-263-6800, ext. 488.

Places to go...

Art Exhibit

100 Faces of War Experience Exhibit

Mid-April through Mid-June

Everyday from 4/13/2009 to 6/14/2009

Springfield Armory Museum

1 Armory Square, Suite 2
Springfield, MA 01105

FREE

Portraits and words of Americans who served in Iraq & Afghanistan

This project uniquely captures the human dimension of war, wrote Manson K. Brown, Rear Admiral, U.S. Coast Guard, 2004 senior Advisor for Transportation to the Coalition Provisional Authority in Iraq.

The 100 Faces project is a moving, haunting, and beautiful tribute to the sacrifices and courage of our service members, wrote Khaled Hosseini, author of *The Kite Runner* and *A Thousand Splendid Suns*.

100 Faces is a show of portraits, painted by Amherst artist Matt Mitchell, of Americans who have been witness to and part of the current theaters of war. Each portrait is shown next to a statement written by the person pictured in the portrait. The statements are letters, poems, recorded statements or other writings, which illustrate some small part of their personal experience of

Saturday March 7, 2009

1:00 PM to 2:00 PM
East Forest Park

Mothers (or grandmothers!) and daughters, join us at the East Forest Park Branch Library to enjoy an interesting story as you learn about tea etiquette. We'll have tea games and crafts, and sample afternoon tea, tea sandwiches and special sweets. You can reserve your spot of tea by calling 263-6836, for this special Saturday event planned for March 7, from 1-2 p.m. It's open to girls aged 5 to 8 years old, with their Mom or Gramma. The East Forest Park Branch Library is located at 122 Island Pond Road, Springfield. Space is limited, so pre-registration is required!



Come enjoy our monthly *Ballroom Dances* at the **GOOD LIFE CENTER** 1600 E. Columbus Ave

Thursday, April 16, 2009

Cost - \$5.00per person
Time: 6:30 pm to 9:30 pm

GRANDE FINALE ~ 65th Anniversary Concert
Saturday, May 9, 2009 at 8 PM



KEVIN RHODES, Conductor

- Springfield Symphony Chorus ~ Nikki Stoia, Chorus Director
- Pioneer Valley Symphony Chorus ~ Lisa Jablow, Chorus Director
- South Hadley Children's Chorus ~ Catharine Melhorn, Chorus Conductor
- Springfield Symphony Youth Orchestras ~ Marsha Hassett & Jonathan Lam, SSSYO Conductors

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	8:45a.m.-9:45a.m. Tai Chi	9:00—9:45 Easy Does It Exercise <i>Health & Wellness</i>	10:00—11:30 am Beginning Line Dancing Club	8:45 - 9:45 Tai Chi
10-12:00 Line Dancing	10 am - 11:30 am Art Class <i>Painting on Fabric</i>	10– 11:30a.m. Morning Boomers Connect	<i>Drop in pick up your packet for emergency Preparedness</i>	10:00 - 12:00 Blood Pressure & diabetic Check—No Fee Charged
1-2:00 Healthy Living	1:00 - 2:00 pm Home Improvement	1-2:00p.m. Afternoon Boomers Connect		10:30 am—11:3 Chair Tai Chi No fee Charged
				Drop in 12—1:30pm
<i>Brown Bag ~Call Center NOW to find out April & May dates to register!</i>				

Riverview Center

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

122Clyde St., 787-5220

Director:

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	12-1:30 Arts & Crafts	9:00 Foot Care, Glucose & Blood Pressure Clinic	12:30 Bingo & Dominoes	12-1:30 Arts & Crafts
12:30 English Classes	12:30 Bingo & Dominoes	9:30 Fitness Walk & Strength Class	12:30 English Classes	12:30 Bingo & Dominoes
12:30 Bingo & Dominoes		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 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 12:00 GSSSI lunch reservations needed	9:00 Coffee Hour & Walking Club 12:00 Play Pitch Every Thursday \$2.00 (high score & door prizes)	9:00 Coffee Hour & Walking Club 10:00 Ballroom dance lessons 1:30 Strength & Walk Hearing Clinic (by appointment)

Greenleaf will soon be serving lunch on Wednesday too! Call center for starting date!

Jewelry class will be on Fri. April 3rd and May 18th Class begins at 9:00a.m.

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 April 14th & 28th May 12th & 26th Luncheon 12:00	10:30 Light Aerobics	April 16th & May 21st Neighborhood Council meeting at 7:00pm	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

Health Screenings ~ Monday April 13th and Monday May 18th 9:00a.m.—11:00a.m.

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. \$.1.75 Suggested Donation.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Coffee & Chat 10:00 Bible Study	9:00 Coffee & Chat 10:00 Movies 12:00 Bingo 1:00 Movies	9:00 Coffee & Chat 9-3p.m. Manicures <u>12:30-1 Blood Pressure Screening</u> 1-2:00 Chair / Fitness Aerobics	9:00 Coffee & Chat 10:00 Movies 1:00 Movies 3rd Thursday 10:30 am Brown Bag	9:00 Coffee & Chat 12:30 Domino's Every Friday
<p>April 6th Public Health Kick-off 10:00a.m. at City Hall with Dr. Jewell Mullen "Living Longer Better" <u>May ~ Older American's Month * National High Blood Pressure Education Month ~ Every Wednesday 12:30p.m. Learn how to check your numbers. Blood Pressure Screening May 6, 13, 20, & 27.</u> Mother's Day Brunch May 7, 2009 Call for details and to RSVP. Walking Teams forming at the Mall, Blunt Park and Mason Wright. Join Us!</p>				

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 Age Coffee, Pastries & Bingo <u>Health Screening</u> April 30th & May 28th @12:45p.m.	1:00 Arts & Crafts and Quilt Making

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

Fishing Festival ~ Sunday May 17th 9:00a.m.-2:00p.m. @ Five Mile Pond

Good Life Center

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

Available programs/services

Council on Aging 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.

2009 Annual City Census

If you are a Springfield resident you should have received a 2009 Census form in the mail this week. The Election Office is urging ALL residents to send this form back promptly.

Census information is crucial in receiving state and federal funding. If the City of Springfield is undercounted the City could stand to lose valuable resources. Listed below are options that we hope will make responding to your Census as easy as possible:

- ◆ Mail completed from to:

Springfield City Hall
36 Court Street
Elections Office Room 8
Springfield, MA 01103



- ◆ Call 787-6190
- ◆ Send by fax to 787-6186
- ◆ Drop off to Room #8 on the ground floor of City Hall
- ◆ Email kfleury@springfieldcityhall.com or download electronic form at www.springfieldcityhall.com

With a history of providing support for local writers through programming such as poetry contests and our Open Mic series, Springfield City Library is seeking entries for a collection of original writings about, or related to the City of Springfield. We are particularly hoping for pieces that tell untold stories, introduce new perspectives, and celebrate our City, its history, culture and/or inhabitants.

Submission Guidelines:

1. Pieces may be submitted by teens and adults.
2. Entries must somehow address the topic of living, working, or playing in Springfield, MA, but entrants do not need to be Springfield residents.
3. All forms of creative writing (poem, reminiscence, essay, etc.) are encouraged.
4. The limit is one entry per person.
5. Entries may be in English or Spanish (or a combination).
6. Entries must be LESS THAN 750 words.
7. Entries must be original.
8. Previously published material is acceptable, as long as the author has copyright for the piece.
9. Email your entry to: writing@springfieldlibrary.org. If there is no way for you to access email, please mail your submission (typed if at all possible) to: Anna Brandenburg, Springfield City Library, 220 State St, Springfield, MA 01103.
10. Please include all of the following with your entry: Name, address, phone number, age (if under 19), title of piece, and a short blurb about yourself (75 words or less).
11. Deadline for submissions is May 31, 2009.
12. Entrants will be notified by the end of June if their piece has been chosen.



By submitting an entry for consideration, you agree to have your piece published in the commemorative book. Selected pieces may also be posted to the library website, submitted to local media, and displayed within City buildings. Copyright for each piece will remain with the individual author.

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