



The Springfield Star

A publication of the Springfield Department of Elder Affairs

June/July 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



Newly Certified SHINE Counselors will be in the community to assist with Medicare-related concerns. Back row (L-R) Marion Aspinall, Eileen Burke, Fidan Orduk, Darcy Flynn, Alex Martin, Sarah Stiles, Kara Fink, and Alicia Germain. Front Row (L-R) Charlotte Meyer, Gina Lynch, Tammy Wetherbe, and Maryjane Lemire.

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**
 1187½ 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.

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Director’s Corner



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

Hello Everyone,

I hope this newsletter finds you healthy. Part of being healthy is to be physically fit. If you are looking for fitness classes and/or a fitness center. try the centers across the city (see schedules of the classes offered in this newsletter) and of course the wonderful Fitness Center at Riverview. This fitness center has state of the art equipment, easy access for parking, on a bus route and is handicapped accessible!

Congratulations are in order for all the officers in the Golden Age Club! I look forward to working with you in delivering your recreational activities.

Hope to see you at one of the fitness classes or at the Golden Age Club branch meetings and as always please feel free to contact me for any suggestions and/or comment you may have.

Thanks, Jan

Community Bulletin Board

Star Spangled Springfield on Saturday, July 4, 2009

Schedule of Events

- Program begins at 7:30p.m., on the steps of City Hall, *Celebrating America*
- Fireworks at 9:30 p.m. from the Memorial Bridge with musical simulcast on MIX 93.1 FM.

Brightwood Library Branch

Thursday June 4, 2009
3:30 PM to 5:00 PM

Children and families are invited to complete a craft project when they visit the library. All activities are free, and no registration is necessary.

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."

Free Mall Walker Presentations at the Eastfield Mall



Held at 9:00 am on June 3 and 10 and July 1 and 8 month in the International Food Court.

Includes FREE Blood Pressure screenings and complimentary coffee. Everyone who attends is

entered into a raffle for a 99 Restaurant gift card and two Showcase Cinemas movie passes.



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.

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SPRINGFIELD GOLDEN AGE TRAVEL CLUB 2009

1600 EAST COLUMBUS AVE,
SPRINGFIELD, MA 01103
413-787-6486



June 23, 2009 - Day trip to Foxwoods Casino resort

Enjoy a day out with friends at the beautiful Foxwoods Casino.

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

Departure Time: Tuesday, June 23rd, 2009 at 7:30 am

Return Arrival: 4:30 pm

Member Price: \$20.00

August 9th, 2009—Warner theater, in Torrington

Presents....Wizard of Oz

The Wizard of Oz is a stage play based on the 1900 children's novel The Wonderful Wizard of Oz by L. Frank Baum. The play follows schoolgirl Dorothy Gale who lives on a Kansas farm with her Aunt Em and Uncle Henry, but dream of a better place "somewhere over the rainbow." After being struck unconscious during a tornado by a window which has come loose from its frame, Dorothy dreams that she, her dog Toto, and the farmhouse are transported to the magical Land of Oz. There, the Good Witch of the North Glinda advises Dorothy to follow the yellow brick road to Emerald City and meet the Wizard of Oz, who can return her to Kansas.

Travel Information

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

Departure Time: Sunday, August 9th, 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



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**September 24th, 2009 -
Boston Granite Link County Club, Musical
Impersonator Show....Presents.....
"WAR OF THE MAMA
ROSES"**

Suppose popular characters wanted to fill the role of Mama Rose in *Gypsy*, and they all showed up at the casting call to audition at the same time. What nonsense! What chaos! What fun!

Travel Information

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

Departure Time: Thursday September 24th,09 at 8:45 am

Return Arrival: 5:30 pm

Member Price: \$78.00

Non Member Price: \$83.00



**October 13, 2009 - Sound of Music Warfield
House Cabaret
& Foliage trip**

Enjoy Le Cabaret performing at the Valley View farm in the Berkshires. Your choice of lunch will include Bratwurst,, Pot Roast or Stuffed Chicken.

Travel Information

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

Departure Time: Tuesday October 13th, 2009 at 9:30 am

Return Arrival: 5:30 pm

Member Price: \$72.00

Non Member Price: \$77.00





Remember To Take Your Pills?

Jog Your Memory of What to Take and When

We forget things every day — people's names, our keys or whether we locked the front door. But when it comes to taking your medicines, don't let your memory fail you. Taking medicines the right way could mean the difference between life and death. You can take simple steps to remember what medicines to take and when to take them.

"Keeping track of different medications can be a problem for everybody, whether you're young or old," says Dr. Marie Bernard, deputy director of the National Institute of Health's (NIH's) National Institute on Aging. "But as you get older, you tend to have more illnesses, so it's likely you'll need to take more medications."

Many experts recommend making a list of all the medications you need to take. For each medicine, include how much you need to take, the time of day you should take it, what it's for and the name of the doctor who prescribed it. You can turn this list into a daily checklist and post it in an obvious place in your house — like the refrigerator or your medicine cabinet.

Taking your medicines should become part of your daily routine. For instance, you might take one medication every morning after you brush your teeth, and a different one at night before you climb into bed.

Taken from: <http://newsinhealth.nih.gov>

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Use these helpful tips to stay cool and healthy this summer:

- 1. Dress Lighter**—Summer clothing is often made with nylon, polyester, or Spandex. These materials are durable and resist wrinkles, however they don't allow the body to "breathe." They hold body heat in, causing you to sweat more. Cotton clothing is light and air circulates through it. Choose cotton, and you're sure to stay cool this summer.
- 2. Choose Light Colors**—Dark colors like red, black, navy, and purple absorb the sun's heat. In the summer months, choose light colored clothing. Wearing white, khaki, light blue, pink, tan, and lavender will help you stay cool.
- 3. Keep the Heat Out**—Close blinds, curtains, and drapes in the daytime to keep the heat out. When you want to "let the fresh air in", do it at night when it's cooler out.
- 4. Stay Hydrated**—You are supposed to drink 6-8 glasses of water a day to keep a body properly hydrated. In the summer time, when the heat dehydrates our bodies quicker, we need to drink even more water. Avoid drinking soda, coffee, and alcoholic beverages when it's hot outside. These beverages DEHYDRATE you instead of HYDRATING your body.

In the middle of the night, in the middle of nowhere, two cars both veer over the white line in the center of the road. They collide and a fair amount of damage is done, although neither occupant is hurt. It is impossible to assess blame for the accident.

"The Funnies"



Both the drivers get out of their car. One is a doctor and the other is a lawyer. The lawyer calls the police on his car phone and goes over to talk to the doctor.

It's cold and damp, and both men are quite shaken up at the accident. The lawyer offers the doctor a drink of brandy from his hip flask.

"Why, thank you," the doctor accepts. He takes a few drinks and hands it back to the lawyer, who puts it away. "Aren't you also going to have a drink?" the doctor asks.

"Yes. After the police get here." replies the lawyer.

The Farmer's Market Word Search



Find These Words:

- | | |
|---------------|---------------|
| TOMATOES | HERBS |
| CUCUMBERS | LOCAL |
| FRESH | RASPBERRIES |
| SWEET CORN | ASPARAGUS |
| ANNUALS | APPLES |
| PERRENIALS | GERANIUMS |
| SUMMER SQUASH | POTTED PLANTS |
| STRAWBERRIES | COOKIES |
| RECIPES | JAM |
| BLUEBERRIES | SATURDAYS |
| AVOCADO | SPICES |
| LETTUCE | KETTLECORN |
| WATERMELON | |



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



People to see

Greenleaf Center members gather for a photo before taking a bus trip to the Sugar Shack in North Hadley, MA. YUM!



Members from the Riverview Senior Center visit the Smith College Botanical Gardens!



Places to go



The East Springfield Golden Age Club hits the road and visits Gould's Sugar House. What bus trips will you be a part of this summer? Call your local Golden Age Club to find out!

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 and 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—11:30 Chair Tai Chi No Fee Charged |
| | | | | Drop in 12—1:30pm |
| <i>Brown Bag ~Call Center NOW to find out June & July 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 Pres- sure 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 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 10:30 Ballroom dance lessons 1:30 Strength & Walk Hearing Clinic (by appointment) |

SHINE Counselor 2nd Wednesday of the Month. Please call for an appointment.

Now Serving Lunch Monday and Wednesdays. Please be sure to call ahead for a reservation!

Jewelry class will be on Monday June 15th. Class begins at 9:00a.m. No classes July & August.

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 12:30 Pokeno June 12th Pot Roast June 23rd Stuffed Cabbage ~ Guest speaker @11:00a.m. Luncheon 12:00 | 10:30 Light Aerobics | June 18th Neighborhood Council meeting at 7:00pm | 10:00 Line Dance |

- ◇ *Lunch provided through Greater Springfield Senior Services—Reservation one week in advance.*
- ◇ *Dates for lunch in July are July 14th & 28th ~ Also-Guest Speaker on July 28th @ 11:00a.m.*
- ◇ *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 ~ 9:00a.m.—11:00a.m.

~ Monday June 15th Blood Pressure & Glucose Screening

~ Footcare by Pedi-care on July 15th by appointment

~ Monday July 20th Blood Pressure & Cholesterol Screening

****Our "Crafters" donated 60 baby blankets that were distributed to new mothers at the "Community Shower" held on May 9th at Commerce High School! Big "Thanks" to all!**



**Massachusetts Senior Games
Olympic Fitness Walk**



SATURDAY JUNE 13, 2009 10:00A.M.
@ SPRINGFIELD COLLEGE (Blake Track Pavilion)

Fee: \$10.00

The Massachusetts Senior Games will have their 18th Annual Olympic Fitness Walk at Springfield College. Participants can walk any distance, ranging from a 1/4 mile up to 3-miles.

OUR GOAL IS TO PROMOTE PHYSICAL ACTIVITY FOR SENIORS.

There will be prizes for the largest and best dressed group. Every participant will receive a t-shirt and medal. The \$10.00 fee includes entry fees, lunch (a Barbeque) fitness walk, t-shirt and medal.

If you have any questions please call Kerry Welch at 787-5220, Fitness Coordinator for the Springfield Department of Elder Affairs

The Farmers' Markets are back!

| | | | | |
|---|------------------------------------|----------------------|---|---|
| Springfield Cooperative | Saturday 7:00 am - 11:00 am | May 2 - October 31 | Avocado Street |  WIC/ Senior Coupons accepted at all sites  |
| Springfield/ Farmers' Market at the X | Tuesday 12:30 pm - 6:00 pm | May 5 - October 27 | Trinity Church Parking Lot 361 Sumner Avenue | |
| Indian Orchard | Friday 11:00 am - 4:00 pm | May 8 - October 30 | Hampden Bank 187 Main Street | |
| Mason Square | Saturday 9:00 am - 1:00 pm | July 11 - October 10 | Mason Square Health Center 11 Wilbraham Road | |
| Shriner's Hospital | Wednesday 11:00 am - 1:30 pm | July - October | Shriner's Hospital for Children 516 Carew Street | |
| Tower Square | Friday 11:30 am - 2:30 pm | June - September | Tower Square at Main and Bridge Streets | |

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