

March / April 2024

*A publication of the City of Springfield ~ Mayor Domenic J. Sarno
Department of Elder Affairs ~ Raymond A. Jordan Senior Center*

Senior Moments

City of Springfield ~ Department of Elder Affairs

Are you Interested in...

Walking the Runway?

Model Call

Seeking Models for our July 2024 Fashion Show

**Looking for both male and female
members to strut their stuff!**

Interested?

Visit the Welcome Center or call 413-787-6785 to sign up.



*The Department of Elder Affairs: where we encourage everyone to create their own handbook
for aging well via services and programs that support living better.*



**Department of Elder Affairs ~ Raymond A. Jordan Center
1476 Roosevelt Ave, Springfield, MA 01109 Main: 413-787-6785 Fax: 413-750-2698**

Mission Statement

The Department of Elder Affairs: where we encourage everyone to create their own handbook for aging well via services and programs that support living better.

Health & Wellness



TOTALLY YOU!
(Fitness Room)

Our fitness instructor will guide you along to achieve your ultimate wellness goals! **By appointment only!**

Daily ~ 7:00am-3:00pm

STRENGTH SQUAD
(Walk & strength)

Warm-up consists of 30 minutes of walking, followed by 30 minutes of standing & seated stretching & strength exercises with resistance bands. Work at your own pace and ability.

Tuesday & Thursday
1:00pm-2:00pm

Tai-Chi

An Ancient Chinese Tradition & Graceful Form of Exercise. Tai Chi can improve: Balance, Weight, Cholesterol, Blood Pressure, Diabetes and Calming of the mind.

For All Abilities.

Tuesday ~ 9:15am - 10:15am

Fit & Fierce Dance Camp

This 1-hour class will be exercise, dance/movement & fun! Dancing with the oldies, R&B, gospel and the rhythmic beat of native African Drums.

Wednesday ~ 9:15am - 10:15am

Gentle Chair Yoga

This yoga class offers a focused series of movements and poses that bring body, breath and mind together. Every Body is welcome.

Wednesday ~ 10:30am - 11:30am

Pickle Ball

A fun and social sport that is easy to play that mixes tennis, badminton, and ping-pong.

Monday & Wednesday

1:00pm-3:00pm

Friday ~ 9:00am - 11:00am

COMPUTER LAB

Opened Monday ~ Thursday
8:30am-1:00pm
Closed Fridays

Expand Your Knowledge

- ◆ Basic Computer
- ◆ Laptops
- ◆ Microsoft Word ~ Basic
- ◆ Smart Phones
- ◆ Tablets
- ◆ Zoom Conferencing

Cyber Scavenger Hunts

Each month a new computer task will be assigned. Show us your computer skills by joining in.

Be the first to complete the task and receive a prize!

Call our computer guru,
Frank Holmes at 413-750-2090

**A FEW OF MY
favorite things**
BILLIARDS ROOM

By Appointment
Monday-Friday

BOOK CLUB

3rd Thursday
10:00am - 11:00am

BROWN BAG

3rd Thursday
Distribution
11:00am - 12:00pm

DEVOTIONAL MOMENTS

Mondays
10:30am

DOMINOS

Monday, Wednesday & Friday
12:00pm - 3:00pm

Your Arts In The Right Place

Brought to you with love from
your program coordinators.

Discover your *creative* side!

Fridays ~ 9:30am
(Subject to change)

New & creative art projects.
Registration is required.
Limited number of supplies.

Visit or call our Welcome Center for schedule. 413-787-6785.

Programs sponsored by:
Springfield Department of Elder Affairs, Council on Aging and CDBG
(Community Development Building Grant)

Funding for many of our wonderful programs and activities is provided by Council on Aging grants from the Executive Office of Elder Affairs at the Commonwealth of MA, CDBG (Community Development Block Grant) and the Federal Administration for Community Living



Outreach Division

Our goal is to keep individuals as independent as possible while living at home or with loved ones. For those in need, we will advocate and make connections to in-home services.

We offer many services for Springfield residents.
Requirements vary.

- ◆ Brown Bag
- ◆ Circuit Breaker
- ◆ Connection to in-home services
- ◆ Education Workshops
- ◆ Fuel Assistance
- ◆ Housing Applications
- ◆ Real Estate Abatements
Income Eligible
- ◆ Referrals for meal program

City of Springfield discount programs

- Property tax exemptions
- Trash Discount Fee
- Water and Sewer Discount

- ◆ SNAP (Food Stamps)

Have more questions about services?

*Stop in for Meet and Greet
Mondays 11:00am-12:15pm*

1st floor Multi-purpose room

Have more questions about services?

Call 413-787-6125.

The Outreach Division is supported through the Massachusetts Executive Office of Elder Affairs and the Federal Administration for Community Living and Greater Springfield Senior Service Inc.

Permítanos ayudar! Varios requisitos.

- ◆ Bolsa marrón
- ◆ Disyunto
- ◆ Conexión a servicios a domicilio
- ◆ Talleres educativos
- ◆ Asistencia de combustible
- ◆ Aplicaciones de Vivienda
- ◆ Reducciones de bienes raíces
Ingresos elegibles
- ◆ Referencias para programas de comidas

Programas de descuento de la ciudad de Springfield

- Exenciones del impuesto sobre bienes inmuebles
- Tarifa de descuento de basura
- Descuento de agua y alcantarillado

- ◆ SNAP (cupones de alimentos)

Llama (413) 787-6125 en la División de Extensión del Departamento de Asuntos de Ancianos.

La División de Extensión recibe apoyo a través de la Oficina Ejecutiva de Asuntos de Ancianos de Massachusetts y la Administración Federal para la Vida Comunitaria.



Brown Bag Distribution

Distribution

At the

Raymond A. Jordan Senior Center
1476 Roosevelt Ave., Springfield, MA

Pick-up
11:00am-12:00pm

Next Brown Bag

March 21, 2024 & April 18, 2024

Volunteers needed 3rd Thursday of the month.



Many Hands Make **LIGHT** Work

All volunteers please arrive at 9:00am

For more details call 413-787-6125



****IMPORTANT****

In the event of a winter storm it is important to listen to your local news:

WWLP-22 NEWS
WESTERN MASS NEWS
(ABC 40, CBS 3 FOX 6)



For delays and cancellations.

Please remember when
Springfield Public Schools are **Closed** there
are **NO Activities**

**at the Department Of Elder Affairs,
All Senior Centers and
Golden Age Clubs.**

**The closings will show listings as:
Springfield Senior Centers, Council on Aging
and Golden Age Clubs.**

If you are unsure please call 413-787-6785.

To find more information about our
programs please visit our website
www.springfield-ma.gov/hhs/elderaffairs or
Facebook page:

<https://www.facebook.com/elderaffairsspringfield>



Serving the Health Insurance Needs of Everyone

MassHealth Senior Care Options (SCO)

A Senior Care Options Plan is a managed care program for people **AGED 65+** who have **MassHealth Standard**, including those eligible through the Frail Elder Waiver. Members may also have Medicare, but they are **NOT** required to have Medicare to be eligible.

ELIGIBILITY

- Be 65 or older
- Qualify for MassHealth Standard (\$1215 mo single/ \$1644 mo couple/ \$2000 assets)
- Live in a designated service area of an SCO plan

BENEFITS INCLUDE:

- Program combines Medicare/MassHealth services as well as social and psychological services to help seniors maintain their health and live in the community as long as possible
- Includes comprehensive dental services
- No co-pays for services or drugs

Important Note: Plans have provider networks, are offered by private companies and vary by region.

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

To schedule a SHINE appointment, call the Regional SHINE Office within Elder Affairs at 413-750-2893. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible.

MassHealth Senior Care Options (SCO)

Senior Care Options es un programa administrada para personas **MAYORES** de 65 años que tienen MassHealth Standard, incluidos aquellos elegibles a través de Frail Elder Waiver. Los miembros también pueden tener Medicare, pero **NO** se requiere que tengan Medicare para ser elegibles.

ELEGIBILIDAD:

- Tener 65 años o más
- Calificar para MassHealth Standard (\$ 1215 por mes individual / \$ 1644 por mes parents / \$ 2000 de activos)
- Vivir en una área de servicio designada de un plan de SCO

BENEFICIOS INCLUIDOS:

- El programa combina servicios de Medicare / MassHealth, así como servicios sociales y psicológicos para ayudar a las personas mayores a mantener su salud y vivir en la comunidad por el tiempo más posible.
- Incluye servicios dentales integrales
- No hay copagos para servicios o medicamentos

Nota importante: los planes tienen redes de proveedores, son ofrecidos por compañías privadas y varían según la región.

¡Los voluntarios de SHINE (Serving Health Insurance Needs of Everyone... on Medicare/sirviendo las necesidades de seguro de salud de todos... en Medicare) te pueden ayudar! Ellos ofrecen consejo confidencial gratis sobre todos los aspectos del seguro de salud a cualquier persona que tenga Medicare. Para una cita de SHINE, llame a la oficina regional de SHINE dentro de Elder Affairs al 413-750-2893. Por favor deje su nombre y número y un voluntario lo llamará lo más pronto posible.

DAYLIGHT SAVINGS 2024

Sunday, March 10th at 2 a.m. local time.



**Reminder to change your clocks and the batteries
in your smoke and carbon monoxide detectors**

*May the renewal of life at Easter bring new blessings
of love, hope, peace, good health and happiness to
you and your loved ones...*

Embrace the Renewal of Life

www.lovethepic.com



*Happy
Easter*

Sunday, March 31, 2024

NEW Class!!



Springfield Department of Elder Affairs

STARTS
MARCH
12TH!

Crochet with Kaspar

Tuesdays 9:30 AM - 11:30 AM

Raymond A. Jordan Senior Center
1476 Roosevelt Avenue



Learn how to crochet at your own pace! Visit our Welcome Center or call 413 - 787 - 6785 to sign up.

SPACE IS LIMITED!

Program sponsored by the Springfield Department of Elder Affairs, Council on Aging, and CDBG (Community Development Block Grant)

SPRINGFIELD GOLDEN AGE CLUB

FATHER'S DAY

WHEELS SHOW

**FRIDAY
JUNE
14**



FREE
CAR REGISTRATION FOR
GAC & SENIOR CENTER
MEMBERS

RAYMOND JORDAN SENIOR CENTER. 1476 ROOSEVELT AVE

REGISTRATION FORM

This is an outdoor show. Spaces are free for Golden Age members and Senior Center members. \$10. registration fee required for anyone under the age 55.
 Registrations must be completed by **May 31, 2024** and returned to RAJ Senior Center.
 Additional vehicles must be legally registered to the same owner.

Name:	Phone:
Address:	Email:
City:	Vehicle Year:
Zip	Vehicle Model:
Bike Description:	Car Interior Description:
Vehicle Mileage:	Car Exterior Description:
Bike Classification:	Car Classification:
Golden Age member <input type="checkbox"/>	Senior Center member <input type="checkbox"/> Non-member \$10 <input type="checkbox"/>



Springfield Golden Age Club

JOIN A MEETING

GOLDEN AGE CLUB

Top Officers

President

Donald Roberts

1st Vice President

Joanne Lucas

Treasurer

Maureen Whitehead

Secretary

Martha Kelliher

Hungry Hill Vice President

Martha Kelliher

Sixteen Acres Vice Presidents

Don Roberts

Tri-Towers Vice President

Marilyn Hallas

Winchester Square Vice President

Vivian Brantley

Mondays

Winchester Sq. Branch ~ 1:00pm

@ Raymond A, Jordan Senior Ctr

Tuesdays

Tri-Towers Branch ~ 1:00pm

Tri-Towers Community Room
18 Saab Court

Hungry Hill Branch ~ 1:00pm

1st & 3rd Tues.

Hungry Hill Senior Center
773 Liberty Street

FRIDAYS

Sixteen Acres Branch ~ 1:00pm

Clodo Concepcion Center
1187 1/2 Parker Street

For more information or questions on becoming a Golden Age Club member please call 413-787-6486

LUCKY CHARM LUNCH & BINGO

GOLDEN AGE CLUB ST. PATRICK'S DAY EVENT

THURSDAY, MARCH 14, 2024

AT THE RAYMOND JORDAN SENIOR CENTER,
1476 ROOSEVELT AVENUE

LUNCH SERVED AT 11:30 AM
BINGO AT 1:00 PM - 3:00 PM

CORNER BEEF, PICKLE,
CHIPS, DESSERT & A DRINK

CASH PRIZE COSTUME
CONTEST

DOOR PRIZE, 50/50 RAFFLE,
& TEACUP RAFFLE

\$10.00

Senior Community Service Employment Program (SCSEP)

Older Workers...
**Serving Communities
Learning Skills
Earning Money**

PUT YOUR TIME AND TALENTS TO WORK

Find out how you can benefit from the Senior Community Service Employment Program:

- Paid training
- Work experience
- Extra income

SERVING COMMUNITIES

SCSEP participants serve their communities while gaining valuable on-the-job training through paid temporary assignments with local non-profit and government organizations including:

- Schools
- Libraries
- Social Service Agencies
- Hospital
- Senior Centers
- Museums



SECURING EMPLOYMENT

The Senior Community Service Employment Program helps older workers build the experience and confidence they need to find permanent employment. You may qualify if you are:

- 55 or older
- Income eligible
- Seeking employment

Veterans and their spouse are encouraged to apply.

Learn more by calling : 413-787-6124

Senior Service America's Senior Community Service Employment Program (SCSEP is funded by a grant from the U.S. Department of Labor Employment and Training Administration.) SCSEP is an equal opportunity program. Auxiliary aides and services are available upon request to individuals with disabilities.



Trabajadores mayores ...

SERVICIO DE LAS COMUNIDADES HABILIDADES DE APRENDIZAJE GANANDO DINERO

PONGA SU TIEMPO Y TALENTOS PARA TRABAJAR

Descubra cómo puede beneficiarse del Senior Programa de empleo de servicio comunitario:

- Entrenamiento pagado
- Experiencia laboral
- Ingreso extra

SERVICIO DE LAS COMUNIDADES

Los participantes de SCSEP sirven a sus comunidades mientras obtienen una valiosa capacitación en el trabajo a través de asignaciones temporales pagadas con organizaciones locales sin fines de lucro y gubernamentales que incluyen:

- Escuelas
- Bibliotecas
- Agencias de servicios sociales
- Hospital
- Centros de mayores
- Museos



SEGURO DE EMPLEO

El Programa de Empleo de Servicio Comunitario para Personas Mayores ayuda a los trabajadores mayores a desarrollar la experiencia y la confianza que necesitan para encontrar un empleo permanente.

Puedes calificar si eres:

- 55 o mayor
- Ingresos elegibles
- Buscando trabajo

Se alienta a los veteranos y a su cónyuge a presentar una solicitud.

Obtenga más información llamando al:
413-787-6124

Programa de Empleo de Servicio a la Comunidad para Personas Mayores de Senior Service America (SCSEP está financiado por una subvención del Departamento de Trabajo de los Estados Unidos Y Administración de Capacitación). SCSEP es un programa de igualdad de oportunidades. Auxiliares y servicios auxiliares están disponibles a pedido para personas con discapacidades.

North End Senior Center

310 Plainfield Street, Springfield, MA 413-886-5240 ~ Program Hours: 8:00am-3:00pm
Doris Feliciano ~ Center Coordinator



Lunch Served on Wednesday and Friday - 11:30am-12:30pm

Lunches provided by Palazzo Café - Free - Schedule subject to change. RESERVATIONS REQUIRED
1 DAY IN ADVANCE, BY 12:00PM AND CAN ONLY BE RESERVED FOR THE MAXIMUM OF (1) WEEK AT A TIME.

Monday/Lunes	8:00am-3:00pm 10:00am-3:00pm 10:00am-3:00pm	Fitness Room ~ By appointment / Sala de Ejercicio ~ Por Cita Dominoes Club / Club De Dominoes Pool Table / Mesa De Billar
Tuesday/Martes	8:00am-3:00pm 10:00am-3:00pm 10:00am-3:00pm	Fitness Room ~ By appointment / Sala de Ejercicio ~ Por Cita Dominoes Club / Club De Dominoes Pool Table / Mesa De Billar
Wednesday/Miércoles	8:00am-3:00pm 11:30am-12:30pm 10:00am-3:00pm 10:00am-3:00pm	Fitness Room ~ By appointment / Sala de Ejercicio ~ Por Cita Lunch / Almuerzo Dominoes Club / Club De Dominoes Pool Table / Mesa De Billar
Thursday/Jueves	8:00am-3:00pm 10:00am-3:00pm 10:00am-3:00pm 10:00am-11:00am	Fitness Room ~ By appointment / Sala de Ejercicio ~ Por Cita Dominoes Club / Club De Dominoes Pool Table / Mesa De Billar Nutritional Class / Clase De Nutricion
Friday/Viernes	8:00am-3:00pm 10:00am-3:00pm 10:00am-3:00pm 11:00am-1:00pm 11:30am-12:30pm	Fitness Room ~ By appointment / Sala de Ejercicio ~ Por Cita Dominoes Club / Club De Dominoes Pool Table / Mesa De Billar Arts & Crafts / Manualidades Lunch / Almuerzo

Almuerzos Servido

Los Miercoles Y Viernes

Reservacion Requerida el dia anterior antes de las 12 del mediodía

El Menu Varea Dependiendo Puedo Ser Distinto Al Lo Ques Escojas

Almuerzo Proveado Por

Palazzo Café - Gratis



Clodo Concepcion Community Center

Alex Martin ~ Center Coordinator 1187 1/2 Parker Street, Springfield, MA 413-750-2873

Monday	9:00am 11:00am 1:00pm	Walking Tigers Get Fit Club Access Tech Craft Class ~ sign up required	<p style="text-align: center;">Lunch Served Monday, Wednesday and Friday 11:15am-12:15pm</p> <p>Free Lunches provided by Palazzo Café Menu subject to change. Reservations required 1 Day in advance can only be reserved for the maximum of (1)Week at a time.</p> <p style="text-align: center;">Access Tech with Jerry Feliz Access Technology Director</p> <p>Access technology includes apps and devices that help individuals who are blind or have low vision increase their independence. Training is provided by appointment. Call 1-857-443-6636</p>
Tuesday	9:00am 9:30am 10:30am 1:00pm 1:00pm	Walking Tigers Get Fit Club Walk & Strength with Kerry Welch Step in Time “Line Dancing For Beginners” Line Dancing 3rd Tuesday ~ Massachusetts Association For the Blind ~ Support Group	
Wednesday	9:30am 1:00pm	Improvers Line Dancing Cameo Club	
Thursday	9:00am 9:30am 1:00pm	Walking Tigers Get Fit Club Walk & Strength with Kerry Welch Craft Class	
Friday	1:00pm	Golden Age Club	

Tech Time w/Alex-appointment only
Learn how to use your tablet, computer, smartphone and hotspot. Open to all members at Clodo Concepcion Community Center.

Wi-Fi Available

Crafts at your own pace. March ~ Designing Shamrocks, Creating puppies with yarn. April ~ Paper flowers, creating puppies with yarn. Registration required. Call for dates and times.

Sixteen Acres Lions Club will be hosting events at the center. Call for details.

Hungry Hill Senior Center

Linda Henley ~ Center Coordinator 773 Liberty Street, Springfield, MA 413-733-9411

Monday	11:30am	Social Hour
Tuesday	9:30am 12:00pm 1:00pm	Knitting & Crafting SAIL Class/Springfield College Lunch Golden Age Club Mtg 1st & 3rd Tuesday Bingo
Wednesday	12:00pm	Social/Games Lunch
Thursday	10:30am 10:00am	SAIL Class/Springfield College Social Hour Exercise group (4/25/24)
Friday	10:00am	Walking Club (DVD) Social Hour

Lunch Served
Tuesday and Wednesday 12:00pm

Lunches provided by Palazzo Café ~ Free Schedule subject to change
Reservations required 1 Day in advance can only be reserved for the maximum of (1) Week at a time.

Reflexology ~ Wednesdays, March 13, & March 27, 2024
~ Wednesdays, April 10, & April 24, 2024

Annual St. Patrick’s Day Celebration ~ Friday, March 15, 2024

Birthday Celebration ~ Thursdays, March 21, 2024
Brown Bag ~ Friday, March 22, and Friday, April 19, 2024

Victorian Tea Party ~ Friday, April 5, 2024

TBA ~ Estate Planning

It's International

Women's Day

Friday March 8, 2024

Wear your
Purple, Green, or
White to celebrate
the day!



Where there is a woman, there is **MAgIC**



Raymond A. Jordan Senior Center
members and staff supporting
Heart Healthy Month.

NATIONAL
WEAR RED
DAY





Department of Elder Affairs ~ Raymond A. Jordan Senior Center

Program Hours: Monday-Friday 7:30am-3:30pm ~ Office Hours: 8:00am-4:00pm ~ 413-787-6785

Director of Elder Affairs

Golden Age Club
413-787-6486 / 413-886-5104

**Senior Community
Service Employment Program (SCSEP)**
413-787-6124

S.H.I.N.E.
413-750-2893
Computer Learning Center
413-750-2090

Outreach Program
413-787-6125

Notary Public
Call 413-787-6633 for details
Dashima Washington Ortiz

Hungry Hill Center
413-733-9411

Clodo Concepcion Center
413-750-2873

North End Center
413-886-5240

Council on Aging Board Members

- Maurita Bledsoe
- Magda Colon
- Teresa Concepcion
- Olga Ellis
- Donald Evans
- John Jordan
- Donald Roberts

Greater Springfield Senior Services

413-781-8800

PVTA

413-781-7882

Domestic Violence

1-877-785-2020

24/7 Crisis Behavioral

Health Network

413-733-6661

National Distress Hotline

1-800-985-5990

Congratulations Sandy on your retirement!



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East Longmeadow, MA 01028

413-525-6361

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Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

The Springfield Star, Springfield, MA

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AND ALL
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association

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scarpenter@lpicommunities.com
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WINTER EDITION

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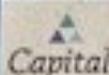
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Scan to contact us!

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A Happy & Healthy Holiday Season*

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942 Grayson Drive,
Springfield, MA, 01119
413-426-9868

www.wellingtonat.springfield.com



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Instantly create and purchase an ad with

**AD
CREATOR
STUDIO**



ipicommunities.com/adcreator

Affordable Apartments in Springfield for Over 50 Years!

Opening Our Waiting Lists for the Following:



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307 Chestnut St, Springfield, MA
Efficiency & One Bedrooms for Elderly Only
413-739-2243
Seniority@varrproperty.com

INDEPENDENCE HOUSE & COSTELLO HOUSE

1475 Roosevelt Avenue, Springfield, MA
Efficiency, One & Two Bedrooms for
Elderly and Handicapped

413-732-7953
Independence@varrproperty.com



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- On bus routes • On site management • Off street parking
- Laundry facilities • Community gardens
- Heat and hot water included in rent • 24 hour emergency service



TDD: 1-800-645-1833 Ext: 341



Ad Info: 1-800-477-4574 • Publication Support 1-800-888-4574 • www.ipicommunities.com

The Springfield Star, Springfield, MA

06-5212