

The Springfield Star

A publication of the City of Springfield
Department of Elder Affairs



Mayor Domenic J. Sarno

January/February 2015

How Thankful Are You?

During the holidays, people around the United States express gratitude for the bounty of their lives, but many may not realize that in doing so, they're also improving the quality of their health and increasing their life expectancies. The scientific evidence is conclusive when it comes to mood, outlook, and health. Happy people live up to 10 years longer than unhappy people, and optimists have a 77% lower risk of heart disease than pessimists. We can be up to 40% happier in our lives without changing our circumstances one bit, and one of the key intentional activities is the practice of gratitude. Research shows that consistently grateful people are happier, more energetic, more hopeful, more helpful, more empathic, more spiritual, more forgiving, and less materialistic. They're also less likely to be depressed, anxious, lonely, envious, neurotic, or sick. In one study, one group of participants were asked to name five things they're grateful for every day, while another group was asked to list five hassles. Those expressing gratitude were not only happier and more optimistic, they reported fewer physical symptoms (such as headache, cough, nausea, or acne). Other gratitude studies have shown that those with chronic illnesses demonstrate clinical improvement when practicing regular gratitude. Severely depressed people instructed to list grateful thoughts on a website daily were found to be significantly less depressed by the end of the study when compared to depressed people who weren't asked to express gratitude. And we know that depression is a significant risk factor for disease.

GRATITUDE!

SENIOR NEWS

Name the Newsletter
Contest

We are renaming the Newsletter, along with doing a bit of remodeling on the contents and organization. We hope you will enter a clever name for our Publication in your Senior Center. We'll choose one at the end of January and it will be on the March/April Issue with compliments to the winner! The winner will also receive a special prize!

Get thinking!



Thank you, Ruth, for your service to the City of Springfield! You will be missed!

Ruth B. (Stewart) Loving, 100, departed this life on November 25, 2014 after a short illness. Born in Phoenixville, PA on May 27, 1914 to the late Emma Walker and Alexander Stewart, Ruth was one of seven. She was predeceased by husband Minor Loving, sons Minor, Anthony and daughter Holly Loving. She leaves to cherish her memory six grandchildren Eugene Lee, Anthony J. Loving, Jacqueline Loving, Minor Loving Jr., Barbara Loving, Mara Loving, twelve great grandchildren, and special friends E. Henry (Karen) Twiggs and Robert Clarke. Along with several nieces, nephews, other family and friends.

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

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Olga Ellis

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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 New Year !

A new year always brings a fresh start. A fresh start to get started on your exercise program, to learn a new craft or to go to a workshop on an interesting topic. Better yet go on a trip! Within this issue you will find all of these things. Check out the Golden Age trip schedule they have something for everyone!

All our center sites have a variety of exercise program and many crafts and workshops to choose from!

Make this year the year to try something new!

I look forward to seeing you in the coming year!

Jan

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 in 2015!

Day Trips

<i>Wednesday April 15, 2015</i>	Captain Jacks for Lobster Dinner and Foxwoods \$73.00 members & \$78.00 non-members
<i>Wednesday May 13, 2015</i>	Newport Playhouse "Cheaters" w/Lunch \$85.00 members & \$90.00 non-members
<i>Tuesday July 14, 2015</i>	Lyman Orchards, Lunch at the Chowder Pot and Thimble Island Cruise. (approximate cost \$72.00 members & \$77.00 non-members)
<i>Tuesday September 15, 2015</i>	Aqua Turf "Polka Party" & Lunch \$69.00 members & \$74.00 non-members
<i>Tuesday October 6, 2015</i>	Foliage Trip ~ New Hampshire Turkey Train, Heart Farms for Lunch & Train Ride. \$81.00 members & \$86.00 non-members
	Casino Trips TBA

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 ~ 1:30p.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
 Raymond M. Sullivan Public
 Safety Complex
 1212 Carew 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

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

Springfield Golden Age Club Board Members

Top Officers

Annemarie Pajer
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 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
 Anna Aucella
South End Vice President

Marilyn Hallas
Tri-Towers Vice President
 Luora Webb
*Winchester Square
 Vice President*

LEGAL COLUMN

The Durable Power of Attorney Demystified

A critical estate planning tool is a durable power of attorney. This document gives a person called the “attorney-in-fact” the ability to handle your financial affairs during your lifetime when you require assistance. This includes paying your bills, having access to your bank accounts, signing deeds and contracts on your behalf, filing income tax returns, etc.

Due to the great responsibility of the position, individuals that become an attorney-in-fact must, by law, act in good faith at all times on your behalf. If you have not executed a durable power of attorney, you can only hope that someone will petition the Probate Court to become a Conservator for you. A Conservator will manage your financial affairs when you are legally incapable of doing so. Conservatorship is a lengthy and expensive court procedure. Moreover, the Conservator will be required to file accounts to the Probate Court. This can all be alleviated by executing a durable power of attorney. However, it is strongly recommended that you seek the advice of an experienced estate planning and elder law attorney to discuss the risks and benefits associated with the durable power of attorney to ensure that you make an informed decision.

Todd C. Ratner is with the law firm of Bacon / Wilson P.C. He is a member of the National Association of Elder Law Attorneys, the Estate Planning Council of Hampden County, co-chairperson of the Tri-County Alzheimer's Association and the recipient of Boston Magazine's 2007-2013 Massachusetts Super Lawyers Rising Stars award and Lawyer's Weekly 2014 Up and Coming Lawyer award. He concentrates his practice in the areas of Estate Planning and Elder Law, Probate Administration, Guardianships, Conservatorships and General Business and Real Estate matters; (413) 781-0560 or tratner@baconwilson.com.

Bacon / Wilson
ATTORNEYS AT LAW

TAX IDENTITY THEFT AND AN ANNOUNCEMENT!

Happy New Year, my dear friends! Tax season is here, and so are crooks looking to file fraudulent tax returns using your personal information. Yet, one more form of identity theft. The Internal Revenue Service claims they lost \$4.5 billion dollars last year to tax identity theft. Here are tips on protecting yourself from becoming a victim:

1. File early to prevent a fraudster from filing on your behalf.
2. Request a PIN from the IRS if you file your taxes electronically, which most people do. <http://www.irs.gov/Individuals/Electronic-Filing-PIN-Request>. Be sure to use a strong password, and not one you use often. Never share the PIN with anyone and secure it in a safe place.
3. Never dispose of your old tax returns without shredding them. Remember those documents contain your full name, address, and your social security number.
4. IRS Telephone scams are on the rise, and usually flourish during tax season. Never give your personal information to anyone who calls you attempting to collect on a tax bill they claim you owe. If you owe taxes, call the local IRS office at (413) 788-0284.
5. Phishing emails are surfacing every day. Don't open the emails or click on the links. While the emails may appear authentic, the IRS does not email or call you about taxes you may owe. The IRS will mail you a formal letter.

Finally, I'm thrilled to announce that this past October we introduced our new Community Access Television program entitled, *The Con\$umer Toolbox*. Our mission is to bring you, in the comfort of your home, the tools you need to help you become an informed consumer. We hope you watch us on Thursdays at 7pm on *Focus Springfield* channels 12, 15 and 17.

THE SHINE PROGRAM
Serving the Health Insurance Needs of Everyone

Did YOU reach the “donut hole” last year?

If so... chances are you could reach it again!

If you have a Medicare Part D or Medicare Advantage plan and do not get Extra Help, you will reach that coverage gap

when the total retail cost of your prescription drugs reaches \$2960. Then you will pay 45% of the cost of brand name drugs and 65% for generics. Think what that means.... a \$300 brand name drug will now cost you \$135!

This is where Prescription Advantage can help.

Prescription Advantage, the Massachusetts prescription drug assistance program, can help pay for you prescription drugs when you reach the “donut hole.”

To find out how to lower your drug costs, call Prescription Advantage at:

or TTY (toll free) at 1-877-610-0241 for the deaf and hard of hearing with Text Telephone capability. You can also visit our web-site: www.prescriptionadvantagemma.org.

The money you save can be your own!

With Medicare Plans, does it matter which pharmacy you use?

For many Medicare plans, the pharmacy you use could make a big difference in the cost of your drugs!

All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have **network pharmacies**. Most pharmacies accept most plans. However, if you go to a pharmacy that isn't in your plan's network, your drugs will not be covered.

In 2015, 80% of the Medicare drug plans have **preferred pharmacies**. By using a preferred pharmacy, you will save money! Many plans have changed their preferred pharmacies for next year. You should check that the pharmacy you currently use is still a preferred pharmacy.

Most plans have a **mail-order program** that allows you to get a 90-day supply of your covered prescription drugs sent directly to your home. This can be a cheaper and easier way to fill your prescriptions.



The Lions' Club Eyemobile visited the Elder Affairs' Fall Health Fair. Visitors received lots of different screenings, including Blood Pressure, glaucoma testing, and retinal scans. The Eyemobile travels to events staffed with volunteers trained on cutting edge screening equipment.

To Request the Eyemobile at a community event call one of the Eyemobile Drivers at:
Bob Richards 413-3547893
Jody Decker 413-243-1853

Springfield Outreach and Referral Services (S.O.A.R)

Fuel Assistance 101

Fuel assistance is the Low Income Home Energy Assistance Program (LIHEAP), commonly referred to as fuel assistance, is a government program to help low-income families and individuals pay their heating bills during the winter.

[Am I Eligible?](#)

LIHEAP fuel assistance is for low-income tenants and homeowners. Eligibility is based on household gross annual income. If you rent, you may receive fuel assistance even if your heat is included in the rent

[Eligibility Check](#)

The Fuel Assistance Eligibility Check is an easy way for you to find out if you are likely to qualify for fuel assistance, by answering questions online about your household, your heating costs, and your income. You will see the results of the eligibility check right away, on your computer screen

[What Benefits Will I Get?](#)

The amount of fuel assistance you will get depends on your income, your housing status, and your heating costs. Some households qualify for extra help if their heating bills last year were very high. You may also be eligible for weatherization services, heating system repairs, discount utility rates, and Citizens Energy heat assistance programs.

[How Do I Use My Benefits?](#)

Once you are found eligible for fuel assistance, your local fuel assistance agency will notify your heating company. The agency will pay your fuel assistance benefit directly to your heating company, unless your heat is included in your rent. You must pay any part of your heating costs not covered by fuel assistance.

[How Do I Apply?](#)

Contact Alex Martin at 413.750.2896 or Rosalba Behnk 413.886.5260 (Espanol)

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 Dickerson Street
Springfield, MA 01109
413.455.1936 Ext. 100

Funding provided by Greater Springfield Senior Services

Flu Fighting Tea

Ingredients:

- 1 bag good quality organic echinacea tea (optional)
- 3 or 4 thin slices of fresh organic ginger root
- 3 tablespoons organic lemon juice, fresh squeezed
- 2 tablespoons raw organic honey
- 1/2 teaspoon organic ground cinnamon
- 1/4 teaspoon organic ground clove
- Cayenne pepper to taste

Directions:

1. In a large cup of hot filtered water, steep the tea bag and the sliced ginger (you may omit the tea bag if you'd like).
2. Add the lemon juice, honey and spices and stir well. The tea will be cloudy.



ENJYD, AND FEEL BETTER SDDN!

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, THERE ARE NO ACTIVITIES AT THE

**~DEPARTMENT OF ELDER AFFAIRS,
~GOLDEN AGE CLUBS & SENIOR CENTERS**



The City of Springfield, Department of Elder Affairs is conducting free benefits check up screening.

The BenefitsCheckUp® screening program can identify up to 200 financial benefits assistance programs for older adults living in Massachusetts.

What can BenefitsCheckUp do for you?

BenefitsCheckUp can quickly find federal, state and private benefit programs available to help you save money on prescription drugs, utilities, taxes, nutrition, and more.

Registration Required

**Contact: Alex Martin, 413-782-4536 to register in English or
413-886-5260 to register in Spanish**

Understanding Breathing Difficulties

Does your loved one have difficulty breathing when climbing the stairs? Do you think: *“That’s what happens when you get old”*?

Breathing difficulties are a result of a medical problem, not age. Chronic pulmonary disease (COPD), asthma, pneumonia, heart failure, stroke and cancer all cause breathing problems. Allergies, colds, sinus problems and heartburn contribute as well. People who are overweight are more likely to have breathing problems.

If your loved one is having difficulty, encourage a visit to a health care provider. Be careful about taking over-the-counter medication without consulting a doctor first. Cough medicines dry out the lungs, making symptoms worse for people with COPD. Make sure your loved one knows how to use inhaled bronchodilators, if prescribed.

People with breathing problems should maintain a regular exercise program, such as walking. Exercise improves breathing efficiency. During the cold weather, try walking in a shopping mall or around the home. People troubled by heartburn and sleep apnea do better if they avoid eating or drinking alcohol before going to bed. Try to maintain good eating habits to keep a healthy weight.

If dry air is causing breathing difficulties, humidifiers help by increasing moisture levels through steam or vapor. Follow the manufacturer’s instructions for cleaning your humidifier. Dirty humidifiers breed mold, making allergies and asthma worse.

Would you like help researching a health question?

Please contact medical librarian Margot Malachowski at (413) 794-7010. This service is offered free by Baystate Health.

Check out these websites for more helpful information:

<http://www.healthinaging.org/>



Sarah Concannon, local artist painting people from Springfield Neighborhoods, stands with Flo Alessandri, of Hungry Hill. Sarah painted Flo for her art show. Article below.

Flo Alessandri is painted by Local Artist for the “People in Your Neighborhood” Art Show at Springfield Museum

(Originally printed in the Republican, 11/4/14)

For the past 12 months Sarah A. Concannon has been touring the neighborhoods of Springfield, talking with residents to identify subjects and painting a portrait of a resident from each of Springfield’s 17 neighborhoods. The result, “The People in Your Neighborhood,” is an art exhibit that forms a sort of portrait of the city itself. Some portraits are 24-by-30 inches and some are 18-by-24 inches. Concannon’s aim was to make community connections and get residents in contact with art and culture in the area. “It wasn’t always easy to explain what I was trying to do and why, but the response from people was very positive, and I had many great experiences interacting with residents in these neighborhoods that I almost certainly would never have met if it wasn’t for this project,” said Concannon. “The People in Your Neighborhood” will be on exhibit at the Lyman and Merrie Wood Museum of Springfield History beginning Tuesday, Oct. 21, through mid-January.

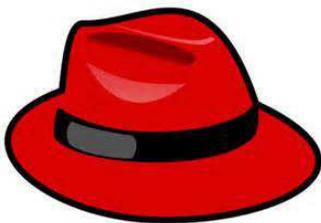
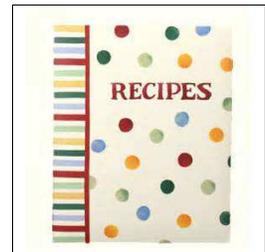


This Nursing Home Calms Troubling Behavior Without Risky Drugs (From Npr.org)

Though antipsychotics are approved to treat serious mental illnesses like schizophrenia and bipolar disorder, the FDA says the drugs can increase the risk of death for people with dementia. Still, they're prescribed for nearly 300,000 nursing home residents nationally. A few years ago, antipsychotics were used frequently at Pathstone, too. "We saw these as medications that were supposed to help the patient and, of course, we gave them to them with the feeling that we were doing good," says Shelley Matthes, a registered nurse who is head of quality assurance for the nonprofit Ecumen, which runs Pathstone and about a dozen other nursing facilities in Minnesota.

Dr. Tracy Tomac is a psychiatrist and medical consultant at Pathstone. In the old days, a resident might have been started on antipsychotics to deal with an emergency, Tomac says, "but they would just stay on it. They would never be taken off for many months or even years." So in 2009, she and a colleague at a small Ecumen nursing home near Duluth decided to see if they could reduce the use of antipsychotics there. "At the end of six months or so," Tomac says, "we were able to get them all off any antipsychotics." At Pathstone these days, around 5 to 7 percent of residents get antipsychotic drugs. Not all of the Ecumen nursing homes have numbers that low, but they're almost all well below the national average. "They started interacting," recalls Matthes, "and people who hadn't been speaking were speaking. They came alive and awakened." Which is why they decided to call their program Awakenings. A resident called Mac is definitely awake as he meanders around the skilled nursing wing at Pathstone. When he arrived at Pathstone, Mac was on antipsychotic drugs. He also had a tendency to fall, which meant he wasn't allowed to walk around on his own. That upset him. So, first the staff weaned him off the antipsychotics, which can increase the risk for falls. But they also needed to deal with what was making Mac unhappy. The answer was a device called a Merry Walker (sort of a walker on wheels, but with railings and a chair). It's given Mac some of his independence back, so he's happier and so is everyone around him.

Maria Reyes, who's in charge of the Awakenings program for all of Ecumen's nursing homes, says everyone on the staff is trained to know and understand the residents' likes, dislikes and life stories. Whether working in dining services or maintenance, any staff member who spots a problem behavior by one of the residents is expected to try to figure out the rationale behind it, Reyes says. "And once we figure that out, we can often times curb it," she says, "or eliminate it completely." Ecumen doesn't take credit for inventing the techniques it uses.



There's a lot of information out there on individualized care for people with dementia, and Reyes says the Awakenings program has borrowed something from just about all of them, including aromatherapy, white noise, pet therapy and validation. Back in the dining room, apple crisp is still a work in progress. While utensils clatter, Shelly Cornish, director of the memory care unit, points out a vintage chest of drawers in the far corner. "Every drawer you open," she says, "you're going to find a treasure." They're treasures like an old-fashioned hat, for instance, or a book of recipes that

hails from the days when meatloaf was king. "The meaning behind that," Cornish explains, "is that people with dementia are frequently looking for something. But they don't necessarily know what they're looking for." In some nursing homes, that constant searching would be a problem behavior to be managed with risky antipsychotic drugs. Here, it's just another need — one that can be satisfied with a trifle from days gone by.

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 Screening

Workshops & 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 Distribution

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 ~ 750-2873

Hot Lunch Served Mon.& Wed. from 12:00-1:00 \$2.00 Suggested Donation. Reservations required

Monday

9:00 Coffee Hour & 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 & Walking Club

9:30 Walk & 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 & Walking Club

10:30 Zumba Gold \$3.00pp

12:00 GSSSI lunch

Thursday

10:00 Walk & 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

9:30 Walking Club

10:30 Resistance Bands w/Gleny

Thursday

Cardio Machines/Weight machines

Coffee

7:30-9:00 Blood Pressure

9:30 Walking Club

Friday

Cardio Machines/Weight machines

Coffee

8:00-11:30 Blood Pressure

Hungry Hill at Sullivan Safety Complex

Director: Linda Henley

Open Mon-Fri 9:00 am-3:00 pm
1212 Carew Street 733-9411

Monday

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

11:30 Social Hour

1:00 Chair Exercise

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

Tuesday

9:30 Knitting & Crafting

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

2nd Tues. Lunch & 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 & Strength training

1st & 3rd Thurs 12:00 Tai Chi

1:30p.m. Movie w/popcorn

Neighborhood Council Mtgs 7:00pm Call for Dates

Friday

10:00 Line Dance

2nd Friday of the Month Brown Bag

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 & Chat

10:30 Bible Study

1:00 –3:00 Bingo/Triominoes

Tuesday

9:00 Coffee & Chat

Sewing & Crafts

12:00 Jigsaw~ anyone !!!

Wednesday

9:00 Coffee & Chat

9:00 Manicures by appt

1-2:00 Chair Aerobics/Exercise

Strength with Bands (bi-weekly)

Thursday

9:00 Coffee & Chat

Sewing & Crafts

1:00-3:00 Bridge

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

Friday

9:00 Coffee & Chat

12:30 Knitting & 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 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.

Computer Learning Center Seniors can learn to use email, the internet, and computer 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 1/26 & 2/23

Tuesday

10:00 Dominoes

10:00 Tues. Benefits check-up screening

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. Forza Workout ~ New

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

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 Elm's Nurses, Glucose &

Blood Pressure clinic

12:00 Open Art Studio

Tuesday

8:00-10:00 Coffee Hour

9:30-11:30 Drop in Knitting w/Nancy

4th 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 Brightwood Medical's Education

Program

12:00 Sewing Project

Friday

8:00-10:00 Coffee Hour

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

Cooking, Fitness w/ Glenny

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

Brightwood Library

12:00 Open Art Studio

Billiards and Dominoes Available Daily



Anyone Remember
These Faces?
A Little Blast From the Past

Some of our Fitness Center Members when our center opened At the Department of Elder Affairs ~ Good Life Center

Above Picture:

Josephine Godbolt, Leo Best Sr. Prettlo Heartley, Jr. Janet Case, Wanda Lemire, Barbara Ritchie, Donovan, Jere Baba, and Rosetta Welch.

To the right:

Josephine Godbolt, Leo Best Sr. Janet Case, Barbara Ritchie, Wanda Lemire, Donald Donovan, Pat Donovan, Jere Baba, and Rosetta Welch.



Message from Charlotte Lee, Project Director:

I have assisted many individuals with answering some of things interviewing questions. I hope they might help you as they did for others in the past.

Where do you see yourself in five years?
Talk about values.
Don't get too specific about your career plan.
Talk about challenge, things that are important to you.

Why should we hire you?
Speak confidently and honestly about your abilities.
Avoid sounding boastful.
Prepare by practicing.
Tell yourself (in front of a mirror if necessary) that you have integrity, and a strong work ethics.

The best tip of all.....

Figure out what you're going to say before you're sitting in the chair.

Remember that interviewers can't ask questions re: relationships; marital status, number of children, future plans for children, and health.
They can ask if you are willing to relocate.
When asked; Do you have any questions for me?: Always say "yes"

Don't ever ask : About salary, vacation, anything that might make you seem more interested in the benefits rather than the job.

My suggestions are only suggestions, take what feels good for you and apply it to your interview.

Looking for employment???

P/t work opportunities available with hourly wages to eligible 55+ year... This is a GREAT OPPORTUNITY to get back into the workforce. Call me for your appointment at (413) 787-6126.



Charlotte Lee with Senior Aide Mona ~ retired August 2014

Jobs For Seniors

We are seeking applicants for future openings in our program.

Are you 55 or older seeking employment?

Put your Time and Talents to Work

Find out how low income seniors can benefit from the Senior AIDES Program



The Senior AIDES Program helps low income seniors build the experience and confidence they need to find permanent employment.

**Call Al Rivers Senior AIDES Office for an Appointment
413 787-6503**



Mason Square Senior Center's Mosaic Project
 Madeline Cofield & Artist Bob Markey

← Knitting 101! Lorraine B. Knitting Instructor (center)
 Brenda (left), Sally Riveis (middle) & Ruth McCants (right)
 ↓



Computer Learning Center



Come in and check us out!
 750-2090

