



The Springfield Star

A publication of the City of Springfield
Department of Elder Affairs



Mayor Domenic J. Sarno

Good Life Center 1600 E. Columbus Ave. Springfield, MA 01103
(413) 787-6785 ~ www.springfieldcityhall/elderaffairs

July/August 2014

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Hungry Hill Center Director
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Mayflower Center Director
Kerri Jahn
Pine Point Center Director
Maddie Allen
Forest Park Manor
Frank Holmes
Computer Learning Center
Hector Torres
Smoke Detector Program
Ward Allan
Van Driver

Springfield makes AARP's list of best small cities for retirees to spend golden years

SPRINGFIELD — The "City of Firsts" has [ranked among the top ten small cities to retire to](#), according to AARP Inc., formerly the American Association of Retired Persons. Springfield's mention as a great place to spend one's golden years comes as AARP boasts of the city's wide range of cultural amenities, many of which will be incorporated in the new Cultural District.

"For the culturally inclined, museums, galleries and shows abound, including the Quadrangle, a cluster of five world-class museums on Chestnut Street, surrounding the Dr. Seuss National Memorial Sculpture Garden," AARP writes. "For kids of all ages, the Eric Carle Museum of Picture Book Art celebrates the children's author. Springfield is the heart of Pioneer Valley."

Mayor Domenic Sarno applauded the city's place on the list, agreeing with AARP's conclusion that Springfield has a lot to offer older folks of varying interests.

"AARP is nationally recognized and well respected, so we take this listing as very good news for the city. When you look at it, we have some great housing stock here and at great prices," Sarno said. "Like many urban areas across the country, we've went through a rough patch but when you consider the amenities we have here and the affordability, it's a win."

To Springfield's credit, AARP listed Symphony Hall and CityStage's diverse variety of performances as a bonus for residents here, much like the access to world-class colleges and universities located with-in driving distance throughout the region.

(Continued on page 4)

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
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Mayflower Vice President
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Sixteen Acres Vice President
Anna Aucella
South End Vice President

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

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

Maurita Bledsoe
Adrienne Caulton

Olga Ellis

Donald Evans

Ruth B. Loving
Annemarie Pajer

William Toller

Willinette Williams

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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.*



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

Director’s Corner



Happy Summer!

Can you believe it is already summer? Summer is a very busy time here at Elder Affairs. Lots of programming happening in our parks and centers~ Check out the Tai Chi classes in Forest Park or a walking club in Mason Square. Let us not forget the ice cream socials at all the centers!

AARP has listed Springfield as one of the top ten cities to retire in! Must be all the cultural activities, senior centers and the Golden Age Club trips that are the greatest draw!

The mobile market starts June 27th look for the fliers here in the newsletter and in your centers.

A special Happy 100th birthday goes out to Ms. Ruth Loving! May she have many more!

Enjoy your summer!

Jan

Springfield Golden Age Travel

1600 East Columbus Ave, Springfield, MA 413-787-6486

See What's in Store for 2014!

Tuesday, July 15, 2014 ~ Casino Trip ~ \$30.00 includes \$10 Slot Play



Tuesday, August 12, 2014 ~ Mystery Trip! **\$89.00**...& that's all we're telling you!
(Non-Members \$94.00)



Tuesday, September 9, 2014 ~ York, ME ~ Fosters Lobster Bake/Lobster or Chicken Dinner, Kittery for Shopping, & Nubble Lighthouse ~ **\$75.00**
members / non-members **\$80.00**

Friday, September 19, 2014 ~ Foxwoods Casino ~ **\$25.00**

Tuesday, October 7, 2014 ~ Cabot Annex Cheese Store, Foliage Trip ~ **\$71.00** members / non-members **\$76.00** ~ includes dinner



Mohegan Sun

Friday, November 21, 2014 ~ Mohegan Sun Casino ~ **\$25.00** includes food coupon & bonus

Please make all checks payable to: *Golden Age Club*

(AARP top 10 list, Continued from front page)

"The colleges of Hampshire, Amherst, Mount Holyoke, Smith and U. Mass-Amherst collaborate to offer courses to older learners through Five College Learning in Retirement," AARP wrote. "Springfield College offers a program of its own called [Learning in Later Life](#)."

The drawback to settling down in the City of Homes, according to AARP, is the relatively high cost of living which is often attached to Massachusetts as a whole. But considering some of Springfield's most attractive and stable neighborhoods often boast a variety of unique and historic homes at a price much lower than their counterparts in the suburbs, a savvy buyer can typically nab a deal, regardless of the state of the housing market.

Sarno also said that the [city's Department of Elder Affairs/Council on Aging](#) is always working to engage the already active seniors in the community, and keep providing them opportunities to explore something new.

"Through our elder affairs division we have a number of satellite senior centers across the city, which is unique compared to other cities and towns," Sarno said. "They administer a number of programs all year round and we are currently working to build a new senior center at Blunt Park as well."

The city in 2014 is aiming to advance a new single-story, 42,847-square-foot [senior center in Blunt Park](#) on Roosevelt Avenue to replace the Good Life Center on East Columbus Avenue downtown. The building's design emulates that of a destination resort, and has space designed for activities ranging from dancing and dining to ceramics and carpentry.



The Cheesecake Factory!

Mason Square Sr. Center Visits





Medicare Appeals

If you have Medicare, you have the right to appeal decisions you disagree with. All steps in the appeal process have specific time frames and other requirements. *It is very important to pay attention to the time limits for appeals!*

Some appealable situations are:

Medicare denies your request for a health care service, supply, or prescription

Medicare denies payment for health care that you have already received

Medicare stops covering services that you are receiving

Medicare pays a different amount than you believe it should

For assistance with appeals, the Medicare Advocacy Project (MAP) provides free advice and legal representation. MAP can assist anyone with Original Medicare or a Medicare Advantage Plan, regardless of income. For assistance from MAP, call the Massachusetts Senior Legal Helpline at 866-778-0939.

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 your local Senior Center or 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.

One Care

MassHealth+Medicare
Bringing your care together



New at SHINE!

If you are age 21-64, have Masshealth **AND** Medicare, you are in luck! There is a new option available to you called OneCare. It joins the two programs together offering wrap-around services, so that you aren't ever facing a gap in coverage.

You'll get:

- Free Medications!
- Free Doctor's Visits!
- Free Hospitalizations!
- Free *Glasses* and Vision Exams!
- Free Dental Coverage and *DENTURES!*
- Free Medical Transportation!

Call SHINE for more information at (413) 750-2893 or (413) 886-5182 ~ Bilingual Counseling Available!

S.O.A.R
Senior Outreach and Referral
413 750-2896 (English)
413 886-5260 (Español)

DEPARTMENT OF ELDER AFFAIRS
SENIOR OUTREACH AND REFERRAL
HELP LINE

- **Food Assistance**
- **Fuel Assistance**
- **Eyeglasses Assistance**
- **Caregiver Support**
- **Companion Care**
- **Dental Assistance**
- **Employment Assistance**
- **Grandparents as parents**
- **Hearing Assistance**
- **Housing**
- **Medical Equipment**
- **Medication Assistance**
- **Respite Care**
- **Transportation**
- **Assisted Living Information**



THE CITY OF
SPRINGFIELD, MASSACHUSETTS



Funding provided by Greater Springfield Senior Services

Danceize ~ The Fun Way to Fitness!

Ballet ~ Stretching ~ Posture ~ Grace
 Jazz ~ Aerobic Exercise
 Ballroom ~ intro to Latin & American
 rhythms & styles



Mondays ~ 9:30a.m.-10:30a.m.

Only ~ \$3.00 PER CLASS

Clodo Concepcion Community Center
 1187 1/2 Parker Street, Spfld
 (Greenleaf Park ~ behind 16 Acres Library)

Instructor: Lynn Jasmin

* Owner, Director of "Miss Lynn's School of
 Dance" (15yrs)

* Ballroom Instructor (20yrs -JCC)

* Ms. Senior Massachusetts ~ 2005

Please Register for Class.
 For more information call
 Kerry Welch at 413-750-2873



Check Out the New Classes At
 Clodo Concepcion Community Center
 @ Greenleaf Park
 1187 1/2 Parker Street, Spfld, MA
 (behind 16 Acres Library)

Tai chi w/Instructor Miraiva Gusmao
 Tuesdays @ 10:45a.m.
 \$3.00 per person



&

Zumba Gold w/Instructor April Marion
 Wednesdays @10:30a.m.
 \$3.00 per person



Call Kerry Welch at 750-2873
 to register or
 for more information

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

**2014 MOBILE
MARKET SEASON
June 25th - October
31st**



Mobile Farmer's Market

STRAIGHT FROM THE FARM TO YOU

The Go Fresh Mobile Farmer's Market brings affordable, fresh fruits and vegetables to local neighborhoods every week.
We accept SNAP, Cash, Credit/Debit, WIC and Farmer's Market coupons.
Use your SNAP card and pay HALF price

WEDNESDAYS

- Saab Court**
25 Saab Court
10:00-11:00 am
- Clodo Concepción
Community Center
(Greenleaf Senior Cntr)**
1187 ½ Parker Street
12:30-1:30 pm
- Puerto Rican Cultural
Center**
38 School Street
2:00-3:00 pm
- Robinson Gardens**
34 Robert Dyer Circle
4:00-5:00 pm

THURSDAYS

- Vietnamese American
Civic Association**
433 Belmont Avenue
10:00-11:00 am
- Caring Health Center**
1049 Main Street
12:00-1:00 pm
- Gentile**
85 William Street
2:00-3:00 pm
- Independence House**
1475 Roosevelt Avenue
4:00-5:00 pm

FRIDAYS

- Linden Towers**
310 Stafford Street
10:00 -11:00 am
- Court Square**
12:00-1:30 pm
- New North Citizen's
Council**
2455 Main Street
2:00-3:00 pm
- Colonial Estates**
1 Beacon Circle
4:00-5:00 pm

Supported by:

City of Springfield, Department of Elder Affairs
Common Capital
Gardening the Community

New Lands Farm
Partners for a Healthier Community
Springfield Housing Authority
Enterprise Farm



Fitness Center

Director: Gleny Vargas

Open Mon-Fri 7:00 am-3:00 pm ~ 310 Plainfield Street ~ 886-5240

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cardio Machines/ Weight machines Coffee Blood Pressure 7:30-8:30am Resistance Bands Toning Class with Gleny @ 10:30	Cardio Machines/ Weight machines Coffee Blood Pressure @7:30- 9:00 am	Cardio Machines/ Weight machines Coffee Blood Pressure 7:30-8:45am *Walking Club* @9:30 a.m. Resistance Bands Ton- ing Class with Gleny @ 10:30	Cardio Machines/ Weight machines Coffee Blood Pressure 7:30- 9:00 am *Walking Club* @ 9:30am	Cardio Machines/ Weight machines Coffee Blood Pressure 8-11:30 

The "Knitters" @ Hungry Hill Center



Donated afghans, baby hats & booties for the Annual Community Baby Shower.
(Through the Springfield Health Departments)



Mayflower Center

Director: Alex Martin

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

Lunches provided by Greater Spfld Senior Services Inc. \$2.00 suggested donation

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30a.m. Line Dancing 1:00p.m. Spfld Insight Support Group Sponsored by the Massachusetts Association for the Blind July 21st & August 18th	10:00 Dominoes . 10:00 a.m. 2nd Tues. Benefits check-up screening w/Alex. Helps you find benefit programs that can help pay for medications, healthcare, food, utilities and more.	9:00a.m 1st Wed. Ask your CPA 2nd Wed. 10:00a.m. Neighborhood Chat 3rd Wed. 10:00a.m. "It's Hip to be Fit" 4th Wed. 10:00a.m. Meditation	1st Thurs. 11:30a.m. Lunch w/appetizers 2nd Thurs. 10:00a.m. Enjoy the great outdoors with friends 3rd Thurs. 11:30a.m. Lunch w/appetizers 11:00a.m. Chair Tai Chi	8:45a.m. Tai Chi Weekly 10:00a.m. 1st Fri. Movies 2nd Friday Brown Bag Pick Up Noon-1:00p.m. 3rd Fri 10:00a.m. . Diabetic Support Group 4th Fri. 10:00 a.m. Weight Loss Support Group

Sign up required for all programs. Activities are due to change, check for dates and times.

Home of the Technograys: Older adults who embrace technology, email us: mayflowercenter@verizon.net

Join the Mayflower Walking Tigers, for an early morning walk and chat. And Tai Chi in Forest Park

Riverview Center

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

122 Clyde St., 787-5220

Director: Moraima Mendoza

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

Lunch ~ \$2.00 Suggested Donation. Lunches provided through Greater Spfld Senior Services

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30-11:00 Dance & Movement 10:00 Walks, Dancing & Stretching 12:30 English Classes 12:30 Bingo & Dominoes	9:30-11:00 Arts & Crafts 12:30 Bingo & Dominoes 1:00-3:00 Sewing	9:00 Foot Care, Glucose & Blood Pressure Clinic 9:30-11:00 Dance & Movement 9:30 Fitness Walk & Strength Class 12:30 Bingo & Dominoes	9:30 Zumba Gold 9:30-11:00 Arts & Crafts 12:30 Bingo & Dominoes 12:30 English Classes 1:00-3:00 Sewing	9:30-11:00 Dance & Movement 12-1:30 Arts & Crafts 12:30 Bingo & Dominoes

Clodo Concepcion Community 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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Coffee Hour & Walking Club 9:00a.m Jewelry Making Class 3rd Monday 10:00 Dancercise 12:00 GSSSI lunch Blood Pressure 1st Monday of the Month	9:00 Coffee Hour & Walking Club 9:30 Walk & Strength 10:45 Tai Chi \$3.00pp 1:00-3:00p.m Line Dancing	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	10:00 Walk & Strength 12:00-3:00 Play Pitch Every Thursday \$2.00 (high score & door prizes)	1:00 -3:00p.m. Golden Age Club Mtg

Foot-care Wed. July 2nd by appointment

Hungry Hill at Raymond Sullivan Safety Complex

Director:Linda Henley ~ Open Mon-Fri 9:00 am-3:00 pm

1212 Carew Street ~ 733-9411

MONDAY	TUESDAY	THURSDAY	FRIDAY
10:30 Light Aerobics(\$3.00 per month) 11:30 Social Hour 1:00 Chair Exercise Every 2nd Mon. Pokeno 12-4:00p.m.	9:30 Knitting & Crafting 1st & Last Tues Pokeno 12:00-4:00p.m. 2nd Tues. Lunch & Bingo 1:00p.m.-4:00p.m. 4th Tues Lunch	10:30 Video Exercise followed by Strength training 12:00 Tai Chi-1st & 3rd Thurs 1:30p.m. Movie w/popcorn Neighborhood Council Mtgs at 7:00pm Call for Dates	10:00 Line Dance 2nd Friday of the Month Brown Bag

- ◇ *Lunch provided through Greater Springfield Senior Services—Reservation one week in advance.*
- ◇ *Craft group meets at 10:00 am each Tuesday. Materials are supplied, just stop in and enjoy the company.*
- ◇ *Wednesdays Golden Age Club Meeting 1:00-3:00p.m.*

Forest Park Manor

Open Tues & Thurs 10a.m.-2p.m. Director: Maddie Allen

24 Barney Lane ~ 787-7714

Every TUESDAY & THURSDAY

2ND & 4TH THURSDAY OF THE MONTH

10:30-11:15a.m. Easy Does it Group Exercise
1st Thursday—Movie with free popcorn
3rd Thursday 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 ~ 11:45A.M.

Hot Lunch Served at 12:00 noon ~ \$1.75
Lunch provided through Greater Springfield Senior Services-Reservation required by the previous Thursday. Call 787-7714 to make your lunch reservation. Join us for lunch & socialization.
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!

***Note: Schedule is subject to change

Mason Square

Director: Madeline Cofield

Open Mon-Fri 8:00 am-4:00 pm - 439 Union Street, Emerson Hall 733-3917
Hot Lunch served daily at 11:30 am. Provided by GSSSI \$2.00 Suggested Donation.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Coffee & Chat 10:30 Bible Study 1:00 Movie	9:00 Coffee & Chat Sewing & Crafts 12:00 Bingo !!!	9:00 Coffee & Chat 9:00 Manicures by appt 12:30 Blood Pressure 1-2:00 Chair Aerobics "Living Longer Better"(3rd Wed) Strength with Bands (bi-weekly)	9:00 Coffee & Chat Sewing & Crafts 12:30 Bridge 3rd Thursday 10:30 am Brown Bag & SNAP Manicures by appt	9:00 Coffee & Chat 12:30 Domino's 1:00 Movie 2nd & 4th Friday

Open House during July! It's registration time!
Volunteer appreciation cookout July 17th.
Bur Trip TBA
CISA Senior farm-share distribution mid-month
August bus trip TBA and Senior Safety Class

Pine Point

Open Mon-Fri 9:00 am-3:00 pm ~ 335 Berkshire Ave, 732-1072

Director: Kerri Jahn

Hot Lunch Served Daily @ from 11:45am Provided by GSSSI ~ \$2.00 Suggested Donation

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:15 Coffee & chat 9:15 Chair Exercise 1:00 Card Playing <i>Manicures once a month ~ Call for appt.</i>	9:15 Coffee & chat 10:00-12:00 Cards 1:00 - 3:00 Bingo Pine Pt. Council Mtgs 2nd Tues 7:00p.m.	9:15 Coffee & chat 1:00 Cards <u>FOOT CARE</u> Monthly by appoint. <i>May 14th</i>	9:15 Coffee & chat 1:00 Golden Ages Coffee, Pastries & Bingo	9:15 Coffee & chat 1:00 Cards or Pokeno

Jewelry Class with Sandy Merrill 3rd Monday of the Month ~ July 21st & no class in August.

Foot-care Wednesday July 9, 2014 ~ please call for an appointment.

We will resume in September ~ 1:00p.m. ~ \$3.00 plus supplies

Chair Massage ~ 4th Wednesday of the Month ~ ~ Please call to make an appointment

Good Life Center

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

Available programs/services

Outreach Program It serves as the primary vehicle for providing information and referral services for seniors in the Springfield area.

Golden Age Club Provides Social/Recreational services to eleven branches across the city.

Senior AIDES Employment Program- Provides useful, meaningful community service employment to eligible low-income, disadvantaged mature workers.

S.H.I.N.E The SHINE Program is Massachusetts' State Health Insurance Program that provides free, one-on-one health insurance information, counseling and assistance to Medicare beneficiaries of all ages.

Computer Learning Center Seniors can learn to use email, the internet, and computer programs.



*Sponsored by
City of Springfield*

Department of Elder Affairs



Mayor Domenic J. Sarno

Forest Park season pass is
\$7 for seniors!

Tai Chi in the Parks Classes are free of charge!

Monday's Blunt Park at 9:00 am
(Entrance is free of charge)

Wednesday's Kenefick Park at 9:00 am
(Plainfield Street - Next to Brightwood Neighborhood Clinic)

Thursday's Forest Park at 9:00 am
(Just pay for entrance at **Forest Park**, season pass is \$7 for seniors!)
(Next to Cyr Arena Skating Rink/Farmer's Market)

First session begins June 16th ends July 24th 2014



Tai Chi with Miralva Gusmao

Tai Chi is an ancient Chinese tradition that today, is practiced as a graceful form of exercise. It involves a series of movement perform in a slow, focused manner and accompanied by deep breathing. Tai Chi focuses on the body's proper alignment, breathing techniques, and relaxation.

Miralva Gusmao has been practicing Tai Chi for over 25 years. In 1989 she became an instructor and also a shiatsu (acupressure) practitioner.

Come join her for Tai Chi!!!
To register please call 413.886.5240