Springfield Campanile

A publication of the City of Springfield
Department of Elder Affairs

Mayor Domenic J. Sarno

May/June 2015

THE CITY OF SPRINGFIELD, MASSACHUSETTS

MAYOR DOMENIC J. SARNO

HOME OF THE BASKETBALL HALL OF FAME

Dear Friends,

It is an exciting time here in the City of Springfield as our renaissance is under way. Our strategic and disciplined recovery process has allowed us to emerge stronger as we move forward; Wall Street is even taking notice. With the highest bond rating in the City's history from Standard and Poor's; Moody's Investor Services has just enhanced Springfield's outlook from stable to positive.

My administration continues to move on all fronts with exciting and transformative projects moving forward in 2015. With MGM Springfield breaking ground and the rehabilitation of Springfield Union Station going full speed; we will soon break ground with other exciting projects such as: our new $12 million Senior Center, CNR Changchun Railway and a renovation of the E.C.O.S building in Forest Park. With UMass at Springfield now open we will continue our drive in transitioning the downtown Worthington Street area into an innovation district that will foster our businesses of tomorrow.

The groundwork has been laid and our future is now! Thank you for your continued belief and investment in our City of Springfield.

Respectfully,

Domenic J. Sarno
Mayor

Queridos Amigos,

Es un momento emocionante aquí en la ciudad de Springfield ya que nuestro renacimiento está en marcha. Nuestro proceso de recuperación estratégica y disciplinada nos ha permitido salir reforzados a medida que avanzamos: Aun Wall Street está tomando nota. Con la más alta calificación de enlace en la historia de la Ciudad desde Entandar a Pobresa; Servicios de inversión Moody apenas ha mejorado las perspectivas de Springfield de estable a positiva.

Mi administración sigue avanzando de frente con proyectos interesantes y transformadores que seguiremos adelante en el año 2015. Con MGM Springfield rompiendo suelo y la rehabilitación de la estación Union Springfield a toda velocidad; pronto vamos a romper suelo con otros proyectos interesantes como: nuestro nuevo Centro de Envejecientes de $12 millones, Ferrocarril CNR Changehun y renovación del edificio de E.C.O.S en el parque forestal. Con la Universidad de Massachusetts abierta ahora en Springfield vamos a seguir nuestro camino en la transición de la zona centro de la Calle Worthington en un distrito de innovación que fomente nuestros negocios del mañana.

El trabajo de base se ha establecido y nuestro futuro es ahora! Gracias por su creencia continua e inversión en nuestra ciudad de Springfield.

Respetuosamente,

Domenic J Sarno
Alcalde

City of Springfield • 36 Court Street • Springfield, MA 01103-1687 • (413) 787-6100

Hungry Hill Center Annual St. Patrick's Celebration

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
Annemarie Pajer
William Toller
Willinette Williams

Department of Elder Affairs Staff

Janet Rodriguez Denney
Director of Elder Affairs
Katie Collins
Fiscal Manager
Charlotte Lee
Senior Employment Director
Albert Rivers
Employment Specialist
Alicia Germain
SHINE Program Director
Olga Ellis
SHINE Program Assistant
Ramon Planas
SHINE Outreach Worker
Eliana Franklin
Adult Outreach Liaison
Alex Martin & Rosalba Behnk
Outreach & Referral Services
Frank Holmes
Computer Learning Center
Hector Torres
Smoke Detector Program
Ward Allen
Van Driver

Director's Corner

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

Happy Spring!
Check out our beautiful newsletter! This is our first edition of our bilingual, full color Campanile! Our Mayor has written an update on all of the wonderful projects the City of Springfield is doing. Springfield is on the move! The senior centers have great upcoming programs for this spring and summer from Tai Chi to walking clubs! Let us not forget the Golden Age that has many great trips planed from first rated shows to great outdoor picnics! Hope to see you at some or all of the events!

Feliz Primavera!
Echen un vistazo a nuestro hermoso boletín informativo! Esta es nuestra primera edición totalmente a color y bilingüe Campanario! Nuestro alcalde ha escrito una actualización de todos los maravillosos proyectos que está haciendo la ciudad de Springfield. Springfield está en movimiento! Los centros de envejecientes tienen grandes programas venideros para esta primavera y el verano desde Tai Chi hasta clubes de caminar! No nos olvidemos de la Edad de Oro que tiene muchos grandes viajes planeados desde shows de primera clasificación a grandes picnics al aire libre! Espero verlos en todos o algunos de los eventos! *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

Wednesday May 13, 2015	Newport Playhouse "Cheaters" w/Lunch $85.00 members & $90.00 non-members
Tuesday July 14, 2015	Lyman Orchards, Lunch at the Chowder Pot and Thimble Island Cruise. (approximate cost $72.00 members & $77.00 non-members)
Tuesday September 15, 2015	Aqua Turf "Polka Party" & Lunch $69.00 members & $74.00 non-members
Tuesday October 6, 2015	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 ½ Parker Street

Springfield Golden Age Club Board Members

Top Officers
Annemarie Pajer
President
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

THE SHINE PROGRAM
Serving the Health Insurance Needs of Everyone

Need help with prescription drug costs? Prescription Advantage may be your answer!

Prescription Advantage is a state-run program which helps many seniors pay for their prescription drugs. Eligibility is based on ***income only*** and there is ***no asset limit***!

Who can join?

If you are a **Massachusetts resident, eligible for Medicare**, and are:

65 years or older with an annual income at or less than $58,850 for a single person or $79,650 for a married couple

OR

Under 65 years and disabled, with an annual income at or less than $22,128 for a single person or $29,948 for a married couple.

You may also join… if you are 65 years or older and **not eligible for Medicare. There is *no income limit*.**

There is **no charge** for joining Prescription Advantage, if you have an annual income at or less than $35,310 for a single person and $47,790 for a married couple. There is a $200 per person annual enrollment fee for those with higher incomes.

Call Prescription Advantage today to enroll on the phone or ask for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say **2**. You may also apply on line by going to **www.prescriptionadvantagema.org** .

2015 Volunteer Training

Western Massachusetts Dial-A-Lawyer Program

MAY 19, 2015 4-7pm

Do you have Estate, Will, Property, Long Term Care Planning, or other Legal questions?

Volunteer lawyers from the MBA will field phone calls from 4 to 7 p.m. from residents of Western MA who have legal concerns or problems.

The legal advice is provided at no charge as a public service of the MBA. The Dial-A-Lawyer phone number is (413) 782-1659. If a caller gets a busy signal, they are asked to hang up and try again.

Do you have Estate, Will, Property, Long Term Care Planning, other Legal questions?

SPRINGFIELD OUTREACH AND REFERRAL SERVICES (S.O.A.R)

What is Respite Care?

Respite care is not all the same. Respite can vary in time from part of a day to several weeks. Respite encompasses a wide variety of services including traditional home-based care, as well as adult day care, skilled nursing, home health, and short term institutional care. More specifically respite care may take any one of the following forms:

Adult Day Care: provide care and companionship for the frail who need assistance or supervision during the day. The program offers relief to caregivers and allows them some time off .

Informal and volunteer Respite Care: This is as simple as it sounds. It is accepting help from other family members, friends, neighbors, or church volunteers who offer to stay with the elderly individual while you go to the store or run other errands.

In-home respite care: Generally speaking, in home respite care involves the following four types of services for the more impaired older person: 1. Companion services to help the family caregiver 2. Homemaker services to assist with housekeeping chores, preparing meals, or shopping 3. Personal care services to help the aged individual bathe, get dressed, go to the bathroom, or/or exercise. 4. Skilled care services to assist the family caregiver in tending to the senior's medical needs

resource: www.eldercare.gov

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 Dickinson Street
Springfield, MA 01109
413.455.1936 Ext. 100

Funding provided by Greater Springfield Senior Services

When Not To Be Polite

Being polite and courteous is no longer the case when dealing with scam artists, fraudsters and telemarketers who persistently call your home. There is no denying that scammers work shrewdly to get you to give them your personal information or your hard-earned money. Simply stated, if you don't learn to "toughen-up", scammers will wipe you clean of your identity or money. I would like to share with you a few of the situations in which you may want to use your power of authority to hang up the phone.

1. **The caller wants your personal information.** Never give your personal or financial information to someone who calls you. In fact, make this your Golden Rule. If the caller claims to be calling from a government agency (IRS, SSA) or your bank, immediately hang up the telephone and call the main number to that agency to verify the call.
2. **The caller is demanding that you send money.** Any time someone calls you demanding money via wire transfer or any form of prepaid debit card, it should raise a red flag of a potential scam. Government agencies do not call consumers demanding money.
3. **The caller keeps asking questions and talking.** They do this to open a dialogue with you and/or wear you out so that you let your guard down. They look for ways to get you to answer just one question so that they can keep asking you more. Remember, it is your telephone and you pay for it. Hang up!
4. **The caller makes threats.** When you are threatened of being arrested or taken to court, or put in fear, hang up the phone and call your local police to report the threat/incident.

Courtesy of Milagros S. Johnson, Director of the Mayor's Office of Consumer Information, ***a local consumer program funded by and working in cooperation with the Massachusetts Attorney General's Office. Contact us at (413) 787-6437, or visit our website at www.springfieldcityhall.com.***

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
10:30 Resistance Bands w/Gleny
Thursday
Cardio Machines/Weight machines
Coffee
7:30-9:00 Blood Pressure
Friday
Cardio Machines/Weight machines
Coffee
8:00-11:30 Blood Pressure

**Walking Club: Spring TBD

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 Open Art Studio
12:00 Open Art Studio

Tuesday
8:00-10:00 Coffee Hour
9:30-11:30 Drop in Knitting
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 Crocheting Group
12:00 Sewing Project

Friday
8:00-10:00 Coffee Hour
10:00-11:00 Fit Fridays! Lectures, Cooking, Nutrition
11:00-11:30 Book club w/Hayde – Brightwood Library
12:00 Open Art Studio

Billiards and Dominoes Available Daily
Walking Club– Coming Soon!

Clodo Concepcion Community Center (Greenleaf Center)
1187 ½ Parker Street, Splfd, MA

Friday May 29, 2015 ~ 10:00a.m.

Free Admission!

Contact Your Local Senior Center To Sign up!

Senior Shopping List: 12 Staples Your Senior Shouldn't Live Without

They may seem like common staples for any healthy diet, but the following 12 foods hold special nutritional value for seniors. These items are also versatile enough to be used in a variety of recipes.

1. Oatmeal: A great source of soluble fiber, oatmeal has been shown to help lower blood cholesterol and may reduce the risk of heart disease and stroke.

2. Eggs: With only 75 calories per serving, eggs contain 13 essential vitamins and minerals, including vitamin D, important to absorbing calcium needed for bone strength. Lutein and zeaxanthin found in egg yolks may reduce the risk for cataracts and help prevent macular degeneration.

3. Yogurt: Rich in calcium, yogurt can contribute to the calcium requirement needed to prevent osteoporosis. Good bacteria is added to some yogurt, which may help people with digestive problems that often accompany aging. Mixing yogurt with fortified cereal provides added vitamins, including vitamin B12, which many seniors have difficulty absorbing from foods that naturally contain that vitamin.

4. Blueberries: These blue beauties are among the top fruits and vegetables for antioxidants. Research on aging and Alzheimer's disease reveals that blueberries may also improve memory and coordination.

5. Apples: The benefits of apples are too numerous to name. The pectin in apples supplies galacturonic acid to the body, which lowers the body's need for insulin and may help in the management of diabetes.

6. Fish: Bluefish, mackerel, salmon, sardines, trout and tuna (bluefin and albacore) are a low-fat, high-protein source of nutrients. The American Heart Association recommends fatty fish twice a week to improve heart health.

7. Chicken: Poultry is an excellent source of protein that contains less fat than most meats. Chicken, especially breast meat, contains half the fat of a steak. Chicken also has niacin and selenium, which possess cancer-fighting properties.

8. Broccoli: A good source of multiple nutrients including vitamins K, C, E, B, and calcium and iron, broccoli has been found to protect against cancer, heart disease, stroke and macular degeneration.

9. Soy (Edamame): Nutritionists recommend consuming up to one serving a day of soy as a replacement for foods high in saturated fats. Some studies have shown that soy improves bone health. Be sure to consult your doctor before adding soy to a senior's diet.

10. Sweet Potatoes and Squash: Sweet potatoes provide beta carotene and vitamins C and E, all of which promote healthy skin, hair and eyesight. Squash is a good source of beta carotene and vitamin C.

11. Rice: As a complex carbohydrate, rice digests slowly, allowing the body to utilize the energy released over a longer period, which is nutritionally efficient. Rice has low sodium content and contains useful quantities of potassium, the B vitamins, thiamin and niacin. Rice contains only a trace of fat, no cholesterol and is gluten free, so it's suitable for people with celiac disease.

12. Dark Chocolate: Consumed in moderation, this high-calorie, high-fat food may contribute to health benefits such as boosting HDL cholesterol (known as good cholesterol) and lowering blood pressure.

Learn more at www.foodsforseniors.com

Songbirds & Musical Programs

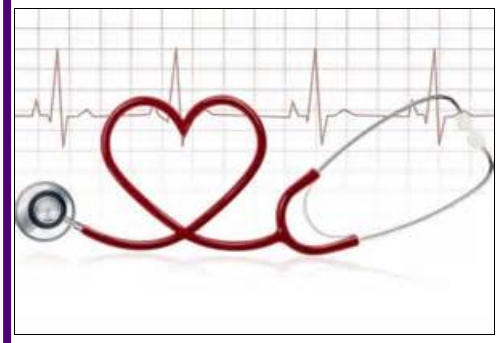
Hungry Hill is May 12, at 12:30

Mason Square is May 14th at 1:00

"The Golden Years" features a diverse repertoire of classics from the American songbook composed during the 1920's and 1930's. John sings seldom-heard verses as well as the more familiar choruses of these songs, accompanying himself at the keyboard with authentic period piano arrangements. The songs' lyrics offer insights into the customs and values of American popular culture during these two decades. Everyone is invited to sing along with familiar selections.

Red Sox Opening Day Lunch

At Clodo Concepcion Center



Tratar la Obesidad Podría Aliviar una Arritmia Cardiaca Peligrosa

LUNES, 16 de marzo de 2015 (HealthDay News) -- Buenas noticias para las personas que son obesas y tienen fibrilación auricular, una forma de arritmia cardiaca habitual: perder peso podría ayudar a restablecer un ritmo cardiaco saludable.

Ese es el hallazgo de un estudio australiano con 355 personas obesas con fibrilación auricular. Los investigadores dirigidos por el Dr. Rajeev Pathak, de la Universidad de Adelaida, examinaron los resultados de los pacientes durante 4 años mientras intentaban perder peso. Los investigadores hallaron que los que perdieron al menos un 10% de su peso corporal tenían unas probabilidades 6 veces más altas de deshacerse de los síntomas de fibrilación auricular (sin el uso de cirugía ni medicamentos) que los que no perdieron peso corporal. En el trascurso de 4 años, el 45% de los pacientes que perdieron al menos un 10% del peso corporal dejaron de presentar los síntomas de fibrilación auricular sin tratamiento. Solamente un 13% de los participantes que perdieron menos del 3% su peso corporal dejaron de presentar los síntomas, indicó el equipo de Pathak.

Los hallazgos fueron presentados el lunes en la reunión anual del Colegio Americano de Cardiología (American College of Cardiology, ACC) en San Diego. También se publicaron simultáneamente en la revista *Journal of the American College of Cardiology*.

Según el ACC, aproximadamente 5.6 millones de adultos estadounidenses tienen fibrilación auricular, que provoca síntomas como las palpitaciones y la falta de aliento. También podría aumentar el riesgo de sufrir un accidente cerebrovascular.

El nuevo estudio descubrió que solamente con perder el peso excesivo no fue suficiente, sino que evitar volver a ganarlo fue clave. Las personas que tenían fluctuaciones importantes en su peso (ganancias y pérdidas de más de un 5%) entre cada revisión médica anual tenían el doble de probabilidades de sufrir problemas recurrentes con el ritmo cardiaco que las que no presentaban dichas fluctuaciones en su peso, dijeron los investigadores.

"Estudios anteriores han mostrado que la gestión del peso puede reducir los síntomas de la fibrilación auricular", dijo Pathak en un comunicado de prensa del ACC. Los estudios anteriores también han mostrado que la pérdida de peso aumentó los beneficios de la ablación, un procedimiento que se usa para tratar la fibrilación auricular. "Perder peso también llevó a unos cambios favorables en los factores de riesgo cardiovasculares como la hipertensión, la apnea obstructiva del sueño y la diabetes, junto con mejoras en la estructura y la función del corazón".

Asando en la parilla adentro de la casa: Se puede comparar con lo que es verdaderamente?

(Borrowed from Slate.com)

Una parilla casera de asar puede significar muchas cosas. Lo unico que no significa es traer una parilla de carbon o gas, adentro de su vivienda . Nuca debe de usar estas parillas adentro de su casa. Sin embargo la tecnologia de hoy en dia ayuda a que no nos asfixiemos y qe se queme nuestro hogar cuando usamos otras clases de parillas. Hay diferentes tipos de estas tales como la de George Foreman, otras que se usan encima de las encimeras (counters), algunas versiones que vienen ya instaladas en las estufas y que mimican los asadore (rotissseries).Tambien usando el horno(broiler) de la estufa puede ser una manera de mimicar una parilla. Pero el tipo mas comun es el sarten de hierro fundido(cast iron grill pan). Este sarten, por lo general requiere una o dos hornillas, y se puede adquirir los mismos resultados del asador de afuera..

Asando en estas parillas puede presentar alguna incoveniencias y problemas. Por ejemplo como no esta afuera en el aire libre, se produce mucho mas humo. Aun a si, puede marinar pero asegurese que las carnes no esten humedas, por lo tanto se deben de secar con las toallas de papel antes de ponerlas en la parilla. Asegurese especialmente de que no hayan pedacitos de ajo, cebolla o jengibre en la superficie de la carne debido a que esto pueden caer en las grietas del asador y causar que se queme su comida. Trate de no usar recetas que requieren ingredientes talescomo
semillas de mostaza, comino, o cilantro cuando esta marinando. Usando especies en polvoy aceite trabaja mejor. Hablando de aceite , no lo ponga aceite directamente en el sarten o el asador. Use las toallas de papel para lubricar y prevenir que lo que esta asando no se pegue. El aceite de canola o el aceite de semillas de uvas dan mejores resultados con esta tarea. Tambien cuando esta asando adentro de su vivienda debe de tomar precaucion cuando la grasa de la carne junto con el contenido de agua en esta, se caen entre la parillas, causan vapor, y peligro. Esto puede causar una explosionsobre su estufa, las encimeras, otros accesorios de cocinar.....cualquier cosa que este a 1 o 2 pies alredor .

Recuerdese, NUNCA traiga un asador que se usa afuera en el aire libre, adentro de su vivienda. Pero trate este verano las opciones que hemos mencionados en este articulo y goze del sabor del aire lbre de afuera!

FOR YOU, MOM

For me, for me
You cradled me through the night
Chased demons out of sight
When I was small

For me, for me
You went beyond your means
To give me everything
Your heart pure gold

You're the one whose guiding light
Taught me wrong from right
You're the one I could count on
Oh how I love you Mom

For me, for me
You gave your love so selflessly
And taught me love can be
The greatest gift of all

For you, for you
I would do anything
You mean the world to me
The greatest Mom

For you, For you
For you whose smile and praise
Beams brighter than sun rays
You're all that matters

I hope these words convey
My gratitude to you this day
And so I say words overdue
Oh Mom, I love you

For you, for you
These words cannot describe
This love I hold inside
The greatest gift of all

HAPPY MOTHER'S DAY

Music and lyrics © Andrea Carter SongLegacy.com Performed by Andrea Carter

The Springfield Department of Elder Affairs

presents two Parents' Choice Award winning performers

Across the Americas

A Multi-Cultural Celebration

with Davis Bates & Roger Tincknell

Thursday, May 7, 2015 ~ 10:00 am

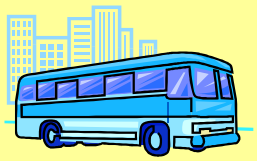
At Riverview Senior Center, 122 Clyde St., Springfield, MA

&

Thursday, May 7, 2015 ~ 12:30 pm

Mayflower Senior Center, 1516 Sumner Ave., Springfield, MA

A Participatory Song & Story Celebration of Women & Diversity! Funded, in part, by a grant from the Springfield Cultural Council, a local agency supported by the Massachusetts Cultural Council.
For more information please call (413) 787-5220.



Viajes del Club de la Edad de Oro

1600 East Columbus Ave, Springfield, MA

Llame al 413-787-6486 para mas informacion

Por favor haga los cheques a nombre del Golden Age Club

De Nuevo en la Carretera 2015

Viajes de Dia

Miercoles ***Mayo 13, 2015***	Newport Playhouse "Cheaters" (obra teatral) con Almuerzo $85.00 para miembros $90.00 para no miembros
Martes ***Julio 14, 2015***	Lyman Orchards, con almuerzo en el restaurante Choweder Pot y crucero por Thimble Island (costo aproximadamente $72.00 para miembros $77.00 para no miembros)
Martes ***Sept 15, 2015***	Fiesta de Polka & Almuerzo $69.00 para miembros $74.00 para no miembros
Martes ***Oct 6, 2015***	Viaje Foliage (Cambio de Hojas Otono) - almuerzo & Paseo en tren en New Hampshire $81.00 para miembros $86.00 para no miembros

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 ½ Parker Street

Springfield Golden Age Club Board Members

Top Officers
Annemarie Pajer
President
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

¿Necesita ayuda con los costos de medicamentos recetados?

Prescription Advantage puede ser su respuesta!

THE SHINE PROGRAM
Serving the Health Insurance Needs of Everyone

Prescription Advantage es un programa estatal que ayuda a muchas personas mayores a pagar sus medicamentos recetados. La elegibilidad se basa sólo en los ingresos y no hay límite de bienes!

¿Quién puede participar?

Si usted es un residente de Massachusetts, es elegible para Medicare, y son:

65 años o más con un ingreso anual igual o inferior a $ 58,850 para una persona soltera o $79.650 para una pareja casada

Bajo 65 años y discapacitados, con un ingreso anual igual o inferior a 22128 dólares para una sola persona o $ 29,948 para una pareja casada.

Usted también puede unirse a ... si usted tiene 65 años o más y no es elegible para Medicare. No hay límite de ingresos.

No hay ningún cargo para unirse a Prescription Advantage, si usted tiene un ingreso anual igual o inferior a $ 35.310 para una sola persona y $ 47,790 para una pareja casada. Hay una cuota de inscripción por persona anual de $ 200 para aquellos con ingresos más altos.

Llame a Prescription Advantage hoy para inscribirse por teléfono o pedir un formulario de solicitud. Se puede comunicare con Prescription Advantage al 1-800-AGE-INFO (1-800-243-4636), a continuación, pulse o diga 2. También puede solicitar en línea yendo a www.prescriptionadvantagema.org.

Para obtener más ayuda con cualquier tema de Medicare, comuníquese con el Programa SHINE al (413) 750-2893. Voluntarios de SHINE entrenados ofrecen asesoramiento, confidencial sobre todos los aspectos de Medicare y los programas relacionados de seguro de salud. Una vez que obtenga la máquina SHINE responder, deje su nombre y número. Un voluntario se comunicará con usted tan pronto como sea posible.

¿Es usted un veterano de guerra en busca de empleo?

Charlotte P. Lee, Employment Director
Senior AIDES Program
1600 East Columbus Avenue
Springfield, MA 01103

Si tiene 55 años o más y bajos ingresos, usted puede calificar para recibir capacitación pagada.

Para obtener mayor información, llame al (413) 787-6126.

El Programa Senior AIDES
City of Springfield Department of Elder Affairs

BAYSTATE SEMINARS

SUNDAY, MAY 31

Accidental Trauma: Prevention & Treatment

BARRY RODSTEIN, MD, MPH

Chief, Baystate Health Physical Medicine & Rehabilitation

Accidental trauma is a major cause of injury, at times catastrophic, with falls being particularly common in the elderly. Dr. Rodstein will review risk factors for falls, why aging increases the risk of falls, and how to minimize the risk of falling or of injury if you do fall. Some basic facts about osteoporosis, and what to expect if you do sustain a significant injury from a fall. We will also discuss prevention of vehicular and firearm injuries.

All seminars are held at the Baystate Health Education Center, 361 Whitney Avenue, Holyoke, 12-2 p.m.Refreshments will be served and handouts provided. Registration required: 1-800-377-4325. FREE!

¿Qué es cuidado de relevo?

Cuidado de relevo no son todos igual. Relevo puede variar de tiempo de parte de día a varias semanas. Relevo abarca una amplia variedad de servicios incluyendo atención tradicional en el hogar, así como guardería de adultos, enfermería especializada y atención institucionalizada a corto plazo. Más específicamente el cuidado de relevo puede tomar cualquier de las siguientes formas.
Guardería para adultos: estos programas son designados para proveer cuidado y compañía para personas frágiles o incapacitados que necesitan cuidado o supervisión durante el día. El programa ofrece relevo a miembros de familia o cuidadores; permitiendo a ellos la libertad de ir a trabajar, manejar asuntos personales o simplemente relajarse sabiendo que su pariente esta seguro y con cuidado.
Cuidado de relevo informal y voluntario: este es tan simple como suena. Es aceptar ayuda de miembros de familia, amistades, vecinos o voluntarios de iglesia que ofrecen estar con el individuo mayor mientras usted va a la tienda o hacer otros mandados.
Cuidado de relevo en casa: Generalmente hablando, cuidado de relevo en casa envuelve las siguientes cuatro servicios para la persona más deteriorada.
1. Servicios de compañía para ayudar al cuidador.

2. Servicios de ama de casa para ayudar con tareas de limpieza, preparación de comidas o compras.

3. Servicios de cuidado personal para ayudar al individuo bañarse, vestirse, in al baño o hacer ejercicio.

4. Servicios de atención especializada para ayudar al cuidador de la familia en tender las necesidades médicas de la persona mayor.
Recursos: WWW.eldercare.gov.

Póngase en contacto con su programa local del barrio.

Department of Elder Affairs	Greater New Life Christian	Jewish Family Services
1600 East Columbus Avenue	1323 Worcester Street	1160 Dickenson Street
Springfield, MA 01103	Indian Orchard, MA 01151	Springfield, MA 01109
413.750.2896	413.309.7673	413.455.1936 Ext. 100

Cuando No Ser Cortés

Ser respetuoso y educado ya no es el caso cuando se trata de los estafadores y vendedores quienes persistentemente llaman a su casa. No se puede negar que los estafadores trabajan con todo poder para obtener de su información personal o su dinero. Dicho simplemente, si no aprende a "endurecer" su poder, los estafadores le roban de su información personal o dinero. Siguiente son situaciones en las que usted puede utilizar su poder para colgar el teléfono.

1. **La persona quiere su información personal. Nunca dé su información personal o financiera a alguien que te llama. De hecho, haga de este su Regla de Oro. Si la persona afirma ser de una agencia del gobierno (IRS, SSA), o su institución financiera, inmediatamente cuelgue el teléfono y llame al número principal a dicho agencia y verifique la llamada.**
2. **La persona está exigiendo que envíe dinero. Cada vez que alguien llama pidiendo dinero por transferencia bancaria o cualquier forma de tarjeta de débito, debe ser una alerta de una posible estafa. Recuerde que las agencias del gobierno no llama a los consumidores exigiendo dinero.**
3. **La persona le sigue haciendo preguntas y hablando. Este método es para abrir un diálogo con usted y ganar su confianza. Buscan maneras para que usted responda a una pregunta, para que puedan seguir preguntando. Recuerde, es su teléfono y usted paga por ella. Cuelgue!**
4. **La persona hace amenazas de tenerla detenida o ir a la corte, y le mete miedo a usted, cuelgue el teléfono y llame a la policía para denunciar la amenaza/incidente.**

Por cortesía de Milagros S. Johnson, Directora de **Mayor's Office of Consumer Information**, un programa de consumidor local financiado por y en trabajando en colaboración con la Oficina del Procurador General de Massachusetts. Se puede comunicar con la oficina al (413) 787-6437, o visite el web: www.springfieldcityhall.com.