



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

November/December 2014

Department of Elder Affairs Staff

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Riverview Center Director
Kerry Welch
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Center Director*
Linda Henley
Hungry Hill Center Director
Madeline Cofield
Mason Square Center Director
Alex Martin
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 Allen
Van Driver



Springfield Department of Elder Affairs
Underwear and Sock Drive
October 20th - November 20th, 2014
All Donations will benefit:
The Friends of The Homeless Shelter

New and unopened packages of underwear and socks can be dropped off at any of the following locations Monday through Friday, 8 a.m. to 3 p.m.

Mayflower Senior Center 1516 Sumner Ave 413-782-4536	Hungry Hill @ Raymond Sullivan Safety Complex 1212 Carew Street 413-733-9411	Mason Square Senior Center 439 Union Street 413-733-3917
Riverview Senior Center 122 Clyde St 413-787-5220	Forest Park Manor 24 Bunsby Lane 413-787-7714	Pine Point Senior Center 335 Berkshire Ave 413-732-1072
Greenleaf Community Center 1187 1/2 Parker Street 413-730-2873	GoodLife Center 1600 East Columbus Ave 413-787-6785	

Springfield Golden Age Club Board Members

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Tri-Towers Vice President
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*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

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Olga Ellis

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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



Hello All,

*Can you believe that it’s November and the Holidays
will be upon us before we can blink an eye!*

*Our Golden Age Club and Senior Centers are busy
planning their holiday activities. Stop in to visit.*

*There is still time to check in with our SHINE depart-
ment to get a health insurance check-up. Medicare
open enrollment ends on December 7, 2014 Please con-
tact our SHINE office at 750-2093.*

Wish in you a Healthy, Happy and Safe Holiday Season!

Jan

Springfield Golden Age Travel

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

Friday, November 21, 2014 ~ Mohegan Sun Casino

\$25.00 includes food coupon & bonus



Meet our New
Van Driver,
Ward Allan!
Welcome Ward!

We're busy working on new trips for you for 2015!

Please keep your eye out for details!

Wishing all Healthy, Safe and Happy Holidays!

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

Golden Age Club

Fall *Big Bingo*

Friday November 14, 2014

Greenleaf Community Center

1187 1/2 Parker Street

11:00 am

\$10.00 cover (includes lunch & one bingo card)

LEGAL COLUMN

When Should I Consider Updating/Dusting Off My Estate Plan?

One of the most significant gifts that you can give your family is a well-planned estate that saves the family money, time, taxes and complexity in the event of your incapacity or death. However, estate planning is not a one-time process. If you created an estate plan and now the estate plan is collecting dust in a safety deposit box or drawer, it is most likely a good idea to review the plan as we do not live in a stagnant existence, without change. Changes occur whether we want them to or not. Many people with properly drafted estate plans fail to update their estate plans due to inattention to those transactions and events in life that are particularly significant from an estate planning perspective. As such, people with once appropriate plans are subject to inappropriate estate plans upon their incapacity or death. Therefore, there are many reasons to update your estate plan – even if it seemed perfectly fine at one time. The following transactions and life events are excellent occasions to consider updating your estate plan.

- **Death of Spouse or Children**
- **Marriage**
- **Divorce**
- **Change in Laws**
- **Birth of a Child or Grandchildren**
- **Illness**
- **Change in Residence**

Do not be lulled into a false sense of security once your initial estate plan is in place. Estate planning is a life-long process, not a one shot deal, and your plan needs to change as your life and the laws change. Consider working with an attorney or law firm that focuses their practice on estate planning. All attorneys licensed to practice law can draft documents, but you want someone who does so on a regular basis with a particular set of expertise in estate planning. Therefore, it is important to consult with a qualified estate planning attorney to review your estate plan periodically.

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.



Don't Ignore Your Medicare Mail!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for 2015.

During the annual Medicare Open Enrollment (**October 15 - December 7**), you will have a chance to **CHANGE** your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Make your SHINE appointment early!

DO NOT WAIT UNTIL IT'S TOO LATE!

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.

MEDICARE OPEN ENROLLMENT ENDS DECEMBER 7!

IF YOU WANT TO CHANGE YOUR MEDICARE PLAN, DON'T WAIT!

CALL 1-800-MEDICARE NOW!

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



**IMPORTANT TO
REMEMBER!**



During the event of a winter
storm it's important to lis-
ten 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 pro-
grams 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**

End of the Year Tips

It's hard to believe that 2014 is nearly over. There's no denying that this year has been an eventful one for consumers, resulting in a busier than normal one for me and my staff. While some of the complaints and inquiries we handled resulted from situations which could've been avoided, this was not the case for the countless consumers who had their personal information stolen or compromised when someone hacked into a company's database. It shows how vulnerable we've become through no fault of our own. This is why it is paramount for consumers to get empowered and be better prepared for the unexpected.

With the holiday rush upon us, we tend to become lax and let our guard down. We suspect that scams and hackers will continue to be a problem for consumers. As such, I offer you some tips to protect yourself and your personal information:

Check your three (3) FREE credit reports before the end of the year:

www.annualcreditreport.com or 877-322-8228.

Never share your personal information with anyone via email, internet or telephone unless you are 100% confident of who are giving it to you and for what reason.

Do not carry your social security card in your wallet. In fact, carry only the credit card you will be using on a regular basis. Consider using an RFID sleeve to protect your credit cards from being skimmed.

Do not rely on Caller ID. Spoofing devices are becoming more popular and being used to scam people by thinking they are talking to a legitimate business.

Check your credit card and bank statements regularly. Sign up for text or email alerts for suspicious activities or large purchases.

Do not make purchases online unless you first research the company. Use only a major credit card, and never a debit card.

Read the fine print, especially before buying goods or services online or placing your signature on any document.

Be wary of buying gift certificates. If the business closes before the certificate is redeemed, there is no remedy available. Preferably give cash.

Do not display shopping bags or holiday gifts in open view near windows or doors.

Know the meaning of FREE: If it's free, you shouldn't have to give your credit card information or any form of payment. Free means FREE!

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.

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 

Spinach-and-Brie-Topped Artichoke Hearts

Ingredients

- 1 box(es) (9-ounce) frozen artichoke hearts
- 2/3 cup(s) cooked chopped spinach
- 1 teaspoon(s) lemon pepper
- 1/4 teaspoon(s) salt
- 18 slice(s) (thin) brie

Directions

1. Preheat broiler. Prepare artichoke hearts according to package directions.
2. Combine spinach, lemon pepper, and salt in a small bowl. Top each artichoke heart with the spinach mixture and brie. Broil until cheese melts, 1 to 2 minutes. **Carb Servings:** 1/2 vegetable, 1/2 fat. Nutrition Bonus: Vitamin A, folate, potassium, magnesium.

Nutritional Information

Calories	20
Total Fat	1g
Saturated Fat	1g
Cholesterol	4mg
Sodium	94mg
Total Carbohydrate	1g
Dietary Fiber	1g
Sugars	--
Protein	1g
Calcium	--



No-bake Snickers Pie

Ingredients

- 1 Oreo Cookie Pie Crust (store bought or homemade)
- 8 Ounce Cream Cheese
- 1/2 Cup Dulce de Leche
- 1 Cup Powdered Sugar
- 1 8oz Can/Jar Cool Whip
- 3 Snickers Candy Bars (chopped)
- 1/4 cup Peanuts (chopped)
- Melted Chocolate, for drizzling (optional)

1. Spread 2 tablespoons of dulce de leche on the bottom of the pie prepared pie crust (fully cooled if homemade). Sprinkle half of the chopped peanuts and 1 of the chopped Snickers bars over the bottom of the cooled pie crust.
2. In a large bowl, beat 1/4 cup of the dulce de leche with the cream cheese until smooth. Add powdered sugar and beat until smooth. Add in the thawed Cool Whip and beat mixture until creamy and fluffy, scraping the sides as needed to ensure everything is fully incorporated. Fold in 1 chopped Snickers bar.
3. Pour filling into crust, evening out the top with a knife or spatula. Dollop the remaining 2 tablespoons of dulce de leche around the top of the pie and swirl in with a knife. Top with remaining peanuts and chopped Snickers. If desired, drizzle the top of your pie with melted chocolate.
4. Refrigerate for at least an hour before serving. Enjoy!



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.

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
8:00-10:00 Coffee hour 9:30-10:30 Elm's Nurses, Glucose & Blood Pressure clinic 12:00 Open Art Studio	8:00-10:00 Coffee Hour 9:30-11:30 Drop in Knitting w/Nancy All Day—Open Art Studio	8:00-10:00 Coffee Hour 9:30-11:30 Crochet Basics All Day—Open Art Studio	8:00-10:00 Coffee Hour 10:00 Resident Doctors from Brightwood Health Center; Lectures & Education Program 12:00 Sewing Project	8:00-10:00 Coffee Hour 10:00-11:00 Fit Fridays! Lectures, Cooking-Demos, Fitness w/Glenny 11:00-11:30 Book club w/Hayde – Brightwood Library 12:00 —Open Art Studio

Billiards and Dominoes Available Daily

Brown Bag for Food Pantry: Fourth Tuesday of the month (unless it is a Holiday)

Outreach Services Provided by Springfield College School of social Work Graduate Program

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. November 5th 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.

***Note: Schedule is subject to change

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!

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

Please Call center for fall programming

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	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 <i>Call About Our Special Holiday Lunches.</i> <i>Thanksgiving & Christmas coming up!</i>	9:15 Coffee & chat 1:00 Golden Ages Coffee, Pastries & Bingo	9:15 Coffee & chat 1:00 Cards or Pokeno

Jewelry Class w/Sandy Merrill 3rd Mon. of the Month ~ Nov. 17th & Dec. 15th ~ 1:00p.m. ~ \$3.00 plus supplies

Foot-care Wednesday November 12th, 2014 ~ please call for an appointment.

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

Come in to learn to Arm Knit ~ TBD

We're thinking about the up-coming holidays and making No-Sew Blankets ~ give us a call or stop in!

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.

Staying Safe: Cold Weather Safety & Prevention Tips for Seniors

Outside the House

While you can't change the weather, you can change how you react to the weather outside of your house to ensure your safety this winter:

- **Hire Some Help.** When bad weather strikes, it's not safe for you to be out there shoveling snow after a certain age. Hire a local snow removal company or a neighbor to help you with getting rid of snow this winter.
- **Keep Supplies on Hand.** Keeping a big bag of salt to help melt ice (especially black ice!) and ice removal tools in your garage or shed will prove to be useful in nasty weather. Laying salt before a potentially big storm can help mitigate your damage afterwards.
- **Improve Your Lighting.** Similar to the suggested change for inside the house, providing good lighting along clear pathways and walking areas can end up being a life saver.
- **Invest in Solid Footwear.** Shoes or boots that provide traction on snow and ice are the best for winter fall prevention. In the same vein, you should avoid shoes or boots that have smooth soles or high heels.

Whether inside or outside the house, we also recommend paying close attention to where you are placing your feet when you are walking. Distractions such as smart phones and conversations with friends can be enough to cause a tumble. Stay warm and safe this winter!

*Take a Moment
this Holiday Season
to Count Your Blessings
One By One!*

