Springfield Campanile

A publication of the City of Springfield
Department of Elder Affairs

Mayor Domenic J. Sarno

September / October 2015

THE CITY OF SPRINGFIELD, MASSACHUSETTS

MAYOR DOMENIC J. SARNO

HOME OF THE BASKETBALL HALL OF FAME

Dear Friends,

It was with great pleasure that I was able to recently open our new Hungry Hill Senior Center which is now located next to a brand new park named in the memory of former center director and longtime neighborhood champion, Mary Troy. In addition to Mary Troy Park we have recently announced improvements to Nathan Bill Park and Balliet Park. These three parks bring the total investment in our parks system to over $10 million during my administration. This investment underscores the importance of world class parks so that parents and grandparents have a place to be outdoors with their children and grandchildren.

Additionally we will have a new police academy graduate in October that will bring our police department up to 461 brave men and women in blue. All of our new graduates will be trained in our innovative C-3 policing model that has won national acclaim.

Recently I had a great time visiting the Mason Square and Greenleaf/Concepcion centers to visit with some of our seniors and I hope to be at other centers soon. In addition we will soon have an exciting announcement on our new Senior Center to be located at Blunt Park.

Thank you for your continued belief, wisdom and investment in our City of Springfield. God Bless.

Respectfully,

Domenic J. Sarno
Mayor

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

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

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Employment Specialist
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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

I cannot believe it is already Fall!

Pumpkins, apples, and warm sweaters!

Unfortunately heating bills!
Please contact your senior center to find out when New England Farm Worker's Council will be doing Fuel Assistant applications.

Golden Age has wonderful fall trips planned check out the Turkey Train sounds fun!

As always am looking forward to seeing you at the many activities across the city!

Jan Rodriguez Denney

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

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
773 Liberty 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

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

THE SHINE PROGRAM
Serving the Health Insurance Needs of Everyone

Don't Wait Until It's Too Late!

Medicare's Open Enrollment Period
October 15 – December 7

Medicare plans change every year!
This is the time to decide on your coverage for 2016.

SHINE Can Help!

SHINE counselors provide free Medicare counseling.

Call your senior center for a SHINE appointment now! We can also help search for a new plan via mail!
Or

For assistance from a Medicare customer service representative
24 hours/day, 7 days/week, call **1-800-MEDICARE**.

For SHINE related matters (other than an appointment), call **1-800-AGE-INFO (1-800-243-4636)**, then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will return your call within 2 days.

The New Pine Point Golden Age Club Officers 2015-2016

The Pine Point Senior Center ~ Golden Age Club is happy to announce that they will remain at the Pine Point Comm. Council at 335 Berkshire Ave for another 18 months!!

Thank you to the powers that be!

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

What resources are available for persons with low vision, blind or visually impaired?

The **Massachusetts Commission for the Blind (MCB)** provides the highest quality rehabilitation and social services to individuals who are blind, leading to independence and full community participation. MCB accomplishes this critical mission by working in partnership with consumers who are legally blind, families, community agencies, health care providers, and employers.

MCB is committed to the following principles:

- Providing responsive, high quality, individualized services.
- Promoting full access to community resources.
- Offering individuals choices among services tailored to meet their unique needs.
- Eliminating barriers to employment and community integration.
- Exploring and applying new technologies to enhance opportunities.

To be eligible for services from the Massachusetts Commission for the Blind (MCB)

- Must be a Massachusetts resident
- Must be legally blind

If you are in need of services for low vision, blind or visually impaired they are support groups and programs available to assist you and your caregiver. One such support group is the Springfield Insight Support group with meetings on the third Monday of every month, 1:00 p.m. at the Mayflower Senior Center, located at 1516 Sumner Avenue, Springfield , MA 413.782.4536. If you are in need of support and information about vision loss, access to services and other resources, please contact us, or your local S.O.A.R neighborhood location.
www.mass.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

Mass Association of Councils on Aging to Partner with *City of Springfield Department of Elder Affairs to Lead County-Wide SNAP Enrollment Outreach Effort*

The Mass Association of Councils on Aging has contracted with the Springfield Department of Elder Affairs to begin the immediate development of a new intensive SNAP (Supplemental Nutrition Assistance Program) Enrollment Initiative for older adults age 60+ in Hampden County. This new free service will help older adults complete the SNAP application process – filing applications and assembling documents to prove household expenses. Three economic case workers in Springfield will help to boost the capacity of all the Councils on Aging and other social services agencies in the region by completing applications for 1,500 older adults in the next 11 months.

The National Council on Aging has provided funding to MCOA and the Springfield Department of Elder Affairs to run this intensive outreach campaign over the next 11 months. "Benefits counseling and application assistance has helped hundreds of people with food, energy costs and improving their home," said Jan Denney, Executive Director of SDEA. Outreach events will take place all over Hampden County starting in July and running through April 2016. Alicia Germain, the Director for the Hampden County SHINE Program, will lead the Hampden County SNAP Enrollment Initiative team as well.

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 Pick-up
Grocery Store Trip ~ Once a Month call for days & time

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 Center
Director: Linda Henley
Open Mon-Fri 9:00 am-4:00 pm
773 Liberty Street 733-9411

Monday
10:30 Light Aerobics($3.00 per mo)
11:30 Social Hour
11:00 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
1:30p.m. Movie w/popcorn
Hungry Hill Council Mtgs
3rd Thurs. 6pm
Friday
10:00 Line Dance
EOM Foot-care by appoint.
2nd Friday of the Month Brown Bag
3rd Fri. Reflexology $5.00 & Chair Massage $10.

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 7/20 & 8/17

Tuesday
10:00 Dominoes
10:00 Tues. Benefits check-up screening
11:00 Join Mayflower Walking Tigers
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 Workout w/bands
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

NEW! Blood Pressure Clinic
Thurs. September 10th @ 11:15
Sponsored by Holyoke VNA

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!

September is National Emergency Preparedness Month

A PUBLIC HEALTH EMERGENCY PLANNING GUIDE
You and your family can be ready for emergencies. *Visit mass.gov/dph/ready*

Family Emergency Action Plan

- Develop a contact list for every family member, including work, school, and cell phone numbers.
- Pick an out-of-state friend and another who lives near you as your family's contacts.
- Create an emergency preparedness kit.
- Review your town/city emergency preparedness plan.
- Check with your local public safety officials about local notification systems and how to register.
- Create an evacuation plan and identify a meeting place for your family near your home and another outside your neighborhood.
- Find out how your children's schools will handle emergency situations including where students will be taken if they are evacuated, how the school will notify you, and how you will meet your child.

Emergency Contacts: (name, e-mail & mobile information)
Local: _____
Out-of-State: _____
Meeting Place:
Near home: _____
Outside neighborhood: _____

Family Emergency Contacts List

Fill out the following information for each family member and update as necessary.

Name: _____
Mobile Phone Number: _____
Important Medical Information: _____
_____

Name: _____
Mobile Phone Number: _____
Important Medical Information: _____
_____

Name: _____
Mobile Phone Number: _____
Important Medical Information: _____
_____

Name: _____
Mobile Phone Number: _____
Important Medical Information: _____
_____

Emergency Preparedness Kit

Every family should prepare an emergency kit. An emergency kit will provide you with the basics in the event you are without water, electricity, or other essential services.

For more details, visit mass.gov/mema/ready.

- Bottled water (1 gallon per person/per day for 3 days)
- Canned goods and nonperishable foods
- Manual can opener
- Radio (battery-powered or hand crank), with extra batteries
- Flashlight or lantern, with extra batteries
- First aid kit
- Diapers, wipes, baby food, formula, if needed
- Pet food, supplies, tag, crate, if needed
- Prescription medications and eyeglasses
- Copies of important documents
- Whistle to signal for help
- Sleeping bag or blanket (per person)
- Change of clothes and sturdy shoes (per person)
- Personal hygiene items
- Matches in a waterproof container
- Cash or travelers checks

Marie L's Crock Pot Recipe

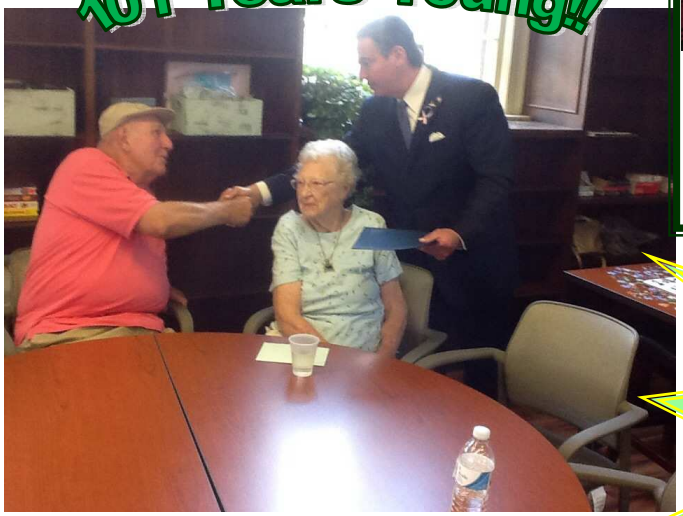
4 Chicken breast, boneless, skinless, lightly pounded
4-6 slices muenster cheese
1 can cream of mushroom soup
1 can cream of chicken soup
1 can chicken broth
¼ cup milk
1 box stove top stuffing

Place chicken breast in bottom of crock pot. Lay cheese on top. Beat all soup together with milk. Pour chicken broth over chicken. Add soups & box of stuffing mix. Cook on high for 4-6 hours…… delicious!

Tai Chi at Mason Square

Arts & Crafts at Mason Square

Evelyn Beer 101 Years Young!!



Celebrating a 101 years with Mayor Sarno at the Hungry Hill Center on Liberty Street

Are you a Veteran??
Are you the Surviving Spouse or Widow of a Veteran???

Every city and town in Massachusetts has a Veterans' Services Office, to assist veterans and their families by offering resources, information, and benefits. The Commonwealth of Massachusetts offers a variety of programs for veterans and surviving spouses and/or widows.

Mr. Thomas M. Belton, Sr. is the Director of the Department of Veterans' Services (DVS); under his leadership, veterans and surviving spouses residing in Springfield can be assured he and his staff are available to advocate on their behalf.

Chapter 115 is one of the benefits available to eligible veterans and their dependents. The Commonwealth of Massachusetts is the only state in all of the United States with this program. Chapter 115 provides needs-based financial assistance. Qualifying veterans and their dependents receive necessary assistance for: food, shelter, clothing, housing, and medical care.

Do you know someone who can be helped by the DVS?

The DVS will be contacting each of the Senior Centers and Golden Age Clubs within the next few weeks to set up meetings for those interested in learning more about the benefits and programs available to those who proudly served our country.

Please check the schedule at your local Senior Center or Golden Age Club for the date and time of the DVS presentation at a location convenient for you.

BEFORE YOU CRANK UP THE HEAT

Summer is gone and fall weather has arrived. Soon we will be cranking up the thermostat to heat our homes. If you are one of the many consumers who struggle each winter with their heating bills, now is the time to start working on your heating budget. Here are some tips:

1. **If you heat with oil or propane, consider calling your supplier to lock in a price. Remember to comparison shop for the best prices. Most, if not all suppliers, require that you enter into a written agreement. Be sure to first do research on the company and to read the fine print before signing.**
2. **If you heat with gas, you may want to contact your gas company to enter into a monthly budget plan. Your gas company will determine how much you will pay on your monthly budget plan based on your usage history. Being on a budget will prevent you from falling behind on your bill.**
3. **If you require fuel assistance, make note of the date when the agency will begin taking applications. Also begin to gather the documents the agency needs to process your application.**
4. **It may be a good idea to contact a local (free) weatherization program to have an assessment made of your home to ensure that your home is energy-efficient. For instance, turning up the thermostat if you have poor insulation is simply throwing money out the roof.**

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.

THE CITY OF SPRINGFIELD, MASSACHUSETTS

MAYOR DOMENIC J. SARNO

HOME OF THE BASKETBALL HALL OF FAME

Queridos amigos,

Recientemente yo tuve el gran placer de abrir un nuevo centro para personas de la tercera edad en el vecindario De Hungry Hill y se encuentra al lado de un nuevo parque que fue nombrado en memoria de Mary Troy la ex directora del centro y campeona del barrio. Además del parque Mary Troy hemos nuevamente anunciado renovaciones a los parques de Nathan Bill y Balliet. Durante mi administración la inversión total de estos tres parques y en nuestro parques recreativos de la cuidad sobre paso 10 millones de dólares. Esta inversión expreso la importancia de parques internacionales para que los padres y los abuelos tengan un lugar para estar al aire libre con sus hijos y nietos.

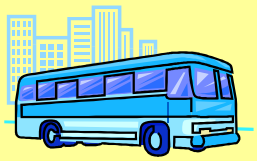
Además en octubre vamos a tener una nueva clase graduanda de la academia policíaca y subirá el total de policía a 461 hombres y mujeres. Todos nuestros nuevos cadetes graduados serán educados en nuestro modelo innovador de C-3 policial que ha ganado fama nacional.

Recientemente he tenido un gran placer de visitar los centros de tercera edad de Mason Square y Greenleaf/ Concepción. Donde yo tuve el honor de visitar y compartir con nuestra personas de tercera edad y espero pronto visitando otros centros. Además, muy pronto tendremos un anuncio interesante del nuevo centro de la tercera edad que se va encuentra en Blunt Park.

Gracias por su constante respaldo, fe y confianza en la inversión en nuestra ciudad de Springfield. Que Dios los Bendiga.

Respetuosamente,

Domenic J. Sarno
Mayor



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

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
773 Liberty 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

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Madeline Chabot
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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

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

THE SHINE PROGRAM
Serving the Health Insurance Needs of Everyone

No espere hasta que sea demasiado tarde!

El Período de Inscripción Abierta de Medicare es 15 octubre hasta 7 diciembre

Los planes de Medicare cambian todos los años! Este es el momento de decidir sobre su cobertura para el 2016.

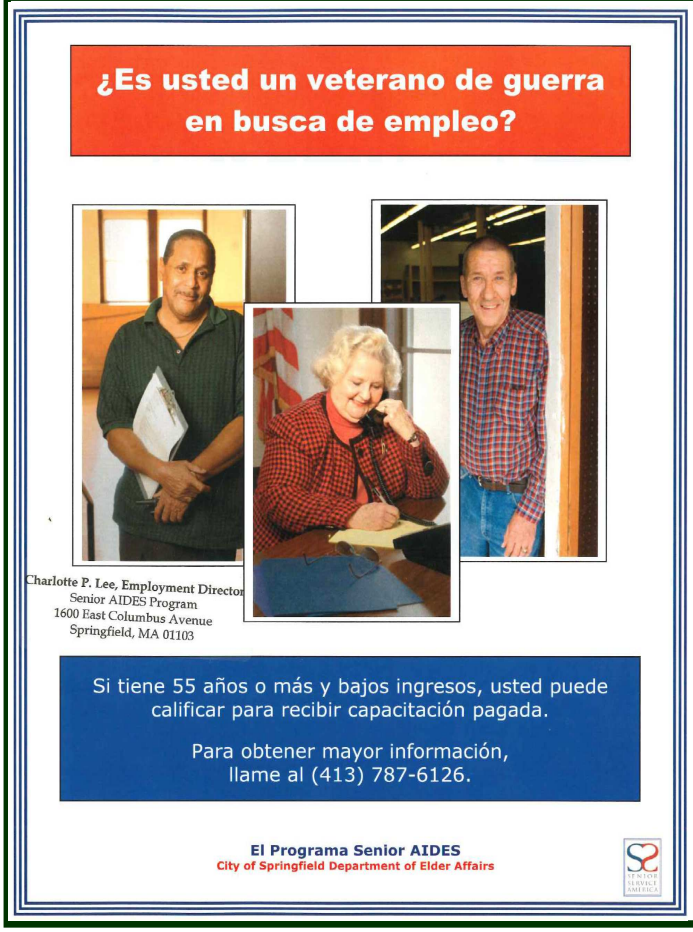
SHINE puede ayudar! Los asesores de SHINE proporcionan asesoramiento gratuito de Medicare.

Llame a su centro de ancianos para una cita con SHINE ahora! También podemos ayudar a buscar un nuevo plan a través de correo!

o

Para la asistencia de un representante de servicio al cliente de Medicare 24 horas / día, 7 días / semana, llame al 1-800-MEDICARE.

Para asuntos relacionados con SHINE (excepto una cita), llame al 1-800-AGE-INFO (1-800-243-4636), a continuación, pulse o diga 3. Una vez conteste el contestador automático de SHINE , deje su nombre y número. Un voluntario le devolverá la llamada dentro de 2 días.



Muy pocas personas mayores están matriculados en SNAP *3 de cada 5 adultos mayores que califican para SNAP no aplican. Esto significa que 5.2 millones de personas mayores pierden beneficios. Los estadounidenses mayores que califican para SNAP son significativamente menos propensos a participar en el programa que otros grupos demográficos.

***Varios factores que contribuyen a la baja tasa de participación son. Muchas personas mayores se enfrentan a obstáculos relacionados con la movilidad, la tecnología y el estigma y se desaniman por los mitos generalizados sobre cómo funciona el programa y quién puede calificar.**

Llame a La Línea de Ayuda SNAP al (413) 787-6785

¿Qué recursos están disponibles para las personas con baja visión, ciegos o con discapacidad visual?

La Comisión de Massachusetts para Ciegos (MCB) proporciona la calidad más alta de rehabilitación y los servicios sociales a las personas que son ciegas, lo que lleva a la independencia y la participación plena de la comunidad. MCB lleva a cabo esta misión crítica mediante el trabajo en colaboración con los consumidores que son legalmente ciegos, familias, agencias de la comunidad, proveedores de cuidado de la salud, y los empleadores.

MCB se compromete a los siguientes principios:
· Proporcionar sensible, de alta calidad, servicios individualizados.
· Promover el acceso completo a los recursos de la comunidad.
· Individuos que ofrecen opciones entre servicios a la medida para satisfacer sus necesidades únicas.
· La eliminación de las barreras al empleo y la integración comunitaria.
· Explorar y aplicar las nuevas tecnologías para mejorar las oportunidades.

Para ser elegible para los servicios de la Comisión de Massachusetts para Ciegos (MCB)
· Debe ser un residente de Massachusetts
· Debe ser legalmente ciego

Si usted está en necesidad de servicios para baja visión, ciegos o con discapacidad visual son los grupos de apoyo y programas disponibles para ayudar a usted ya su médico. Uno de estos grupos de apoyo es el grupo Springfield Insight apoyo con reuniones sobre el tercer lunes de cada mes, 1:00 pm en el Centro de Mayores de Mayflower, situado en 1516 Sumner Avenue, Springfield, MA 413.782.4536. Si usted está en necesidad de apoyo e información sobre la pérdida de la visión, el acceso a servicios y otros recursos, por favor póngase en contacto con nosotros, o en su local de SOAR ubicación barrio.
www.mass.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

COMO MANEJAR EL COSTO DE CALENTAR SU CASA

El verano se fue y el otoño ha llegado. Pronto se gira el termostato para calentar la casa. Si usted es uno de los muchos consumidores que luchan cada invierno con sus facturas de calefacción, ahora es el momento de comenzar a planificar su presupuesto de calefacción. Le ofrezco algunas sugerencias:

1. **Si se calienta con aceite o gas propano, considere la posibilidad de pedir su proveedor para llegar de acuerdo a un precio fijo. Recuerde que debe comparar los mejores precios. La mayoría, si no todos los proveedores, requieren un acuerdo por escrito. Primero asegúrese de hacer una investigación sobre la empresa de servicio de utilidad y a leer la letra pequeña antes de firmar.**
2. **Si se calienta con gas, es posible que desee ponerse en contacto con su compañía de gas para entrar en un presupuesto plan de pago mensual . La compañía de gas, determinara la cantidad que se pagará basado en su historial de uso de gas. Estar en un presupuesto plan de pago le impide atrasarse con la cuenta.**
3. **Si necesita asistencia con las facturas de utilidad, tome nota de la fecha en que la agencia comenzará recibiendo aplicaciones. También comienza a reunir los documentos que la agencia necesita para procesar su aplicación.**
4. **Puede ser una buena idea ponerse en contacto con un programa local que ofrezca servicios gratis de evaluación de su casa para asegurarse de que su casa es eficiente de la energía. Por ejemplo, al subir el termostato si tiene pobre aislación es como tirar dinero por el techo.**

Cortesía de Milagros S. Johnson, Directora de Mayor's Office of Consumer Information, un programa de consumidor local trabajando en cooperación con Massachusetts Attorney General's Office. Contáctenos al (413) 787-6437, o www.springfieldcityhall.com.