



July / August 2020

Senior Moments

A publication of the City of Springfield ~ Department of Elder Affairs
Mayor Domenic J. Sarno

*FROM THE DESK OF
Sandy Federico*

To My Family,

We are all spending our time a bit differently these days, aren't we? We are sticking close to home. We are reaching out more often to our friends and families. We are cooking again and sitting on the front stoop and cleaning. We are spending more money on things like flowers for our long-neglected gardens, and home repairs. The news has focused on COVID-19, racism, tragedies, deaths and on and on.

But...what if we take this and put a new spin on it? Can we take a moment here? Can we go back and re-examine what I said in my opening remarks? There is a purpose, a balance, if you will, to life. Challenges, strife, joys, anxiety...they are put before us for reasons we don't always understand. Maybe that's the point. Maybe we are not meant to "see" the why's of things, but rather to experience *through them* and emerge on the other side a bit more enlightened. If we can pull the *positive* out of our current times maybe we can have that "aha!" moment. Maybe we can say we were meant to return to simpler times.

We are all spending our time a bit differently these days. We are sticking close to home. We are reaching out more often to our friends and families. We are cooking again and sitting on the front stoop and cleaning. We are spending more money on things like flowers for our long-neglected gardens, and home repairs. I challenge you to ask yourselves, "What is so wrong with that?" I think we need to see the gift we've been given in all of this. We don't often get the chance for a do-over. Take the hint. Value each day... each breath...time. Make today count more than ever. And remember...because if we forget...then we have not learned anything at all.

Sandy

Mission Statement

The Department of Elder Affairs: where we encourage everyone to create their own handbook for aging well via services and programs that support living better.



Department of Elder Affairs Staff



Sandy Federico
Director of Elder Affairs

Carol Gasque
Fiscal Administrative Manager

Krista Stott
Senior Program Coordinator

Madeline Cofield
Kerri Jah

Dashima Washington
Program Coordinators

Misha Mayers
Administrative Assistant

Suzette Livingston
Senior Employment Coordinator

Alicia Germain
SHINE Program Coordinator

Irene Kenison
SHINE Program Outreach Worker

Zelmon Johnson
Outreach Coordinator

Ramona Matos
Outreach Worker

Eliana Gutierrez
Adult Outreach Liaison

Frank Holmes
Computer Learning Center

Darrell Mickey
Transportation Coordinator

Kerry Welch
Health and Wellness
Coordinator

Linda Henley
Hungry Hill Coordinator

Alex Martin
Clodo Concepcion Coordinator

Doris Feliciano
Riverview Coordinator

**Dept. Of Elder Affairs
RAJ Center ~ Council on Aging**

**1476 Roosevelt Ave
Springfield, MA 01109**

Hours of Operation:

Monday-Friday

Program Hours

7:00am-3:30pm

Office Hours

8:00am - 4:00pm

Main: 413-787-6785

Fax: 413-750-2698



Facebook

Check out our page for activities, stories, information, games and more!

Music Mondays, Thoughtful Tuesdays,
Work-Out Wednesdays, Talent Thursdays, Fun Fact Fridays

<https://www.facebook.com/elderaffairsspringfield/>

Oasis in the Storm Zoom Meditation Group

Thursdays with Doris Dittmer
ZOOM meeting # **766 4802 6461**
Password **6MBTn0.**

*you do not have to call and register



SENIOR PLANET

Aging with Attitude

Check out Senior Planet for more online events

<https://seniorplanet.org/get-involved/online/>

Golden Age Club

413-787-6486 / 413-886-5104

Senior Community

Service Employment Program (SCSEP)

413-787-6124

S.H.I.N.E.

413-750-2893

Computer Learning Center

413-750-2090

Outreach Program

413-750-2896 / 413-886-5260

Notary Public ~ Cost: \$2.00 per document

Dashima Washington ~ 413-787-6633

Funding for many of our wonderful programs and activities is provided by Council on Aging grants from the Executive Office of Elder Affairs at the Commonwealth of MA.

COA Board Members

Maurita Bledsoe ~ Magda Colon

Teresa Concepcion ~ Olga Ellis

Donald Evans ~ John Jordan

Donald Roberts

Greater Springfield Senior Service

413-781-8800

PVTA

413-781-7882

Domestic Violence

1-877-785-2020

24/7 Crisis Behavioral Health Network

413-733-6661

National Distress Hotline

1-800-985-5990



Special Shopping Hours

- ◆ **Whole Foods:** Opening one hour early to shoppers aged 60+ in the US. Closing up to two hours early for restocking and sanitizing.
- ◆ **Stop & Shop:** Opening earlier to service elderly and more vulnerable customers from 6 a.m. to 7:30 a.m. every day.
- ◆ **Fresh Acres Market:** Reserves the hour of 8 a.m. to 9 a.m. each day for customers who are 60 and older or have compromised immune systems.
- ◆ **Dollar General:** Dedicating the first hour of opening to seniors, and closing one hour early to clean and restock.
- ◆ **Target:** Reserving the first hour of shopping every Wednesday to the elderly and those with underlying health conditions, and closing at 9 p.m. for cleaning and restocking.
- ◆ **Walmart:** Hosting an hour-long "senior shopping event" every Tuesday aged 60+ and adjusting operating hours for enhanced cleaning.
- ◆ **Costco:** Doors will open to members 60 years and older every Tuesday, Wednesday and Thursday from 8 a.m. to 9 a.m.
- ◆ **Big Lots:** The first hour of each day will be open for senior citizens and vulnerable shoppers.
- ◆ **Aldi:** Stores nationwide will open at 8:30 a.m. on Tuesdays and Thursdays and reserve the first hour of business for vulnerable shoppers (senior citizens, expectant mothers and those with underlying health concerns).
- ◆ **Big Y:** Reserving 7 a.m to 8 a.m. daily for customers who are 60 and older, or who have compromised immune systems.
- ◆ **Walgreens:** Offering seniors-only shopping from 8 a.m. to 9 a.m. every Tuesday.



**SPECIAL
HOURS
FOR
SENIORS**



Family Reunion

DRIVE-BY PARADE

We all love a parade but did you ever realize YOU would be in one?
Deck yourself and your car out and drive through the RAJ Parking Lot.

Masks Must Be Worn!

Come "visit" our family, receive some goodies and get out of your house!



Tuesday, July 7, 2020

Time: 11:00am-12:30pm

Stay CONNECTED with Pen Pals

*Remember the good ole days,
when writing letters was the only way to communicate?*

Send us a letter and gain a new friend in the process! One of our family members will be your pen pal. You can mail or drop the letters off. Once someone responds you will be notified the letter is ready for pick up or it can be emailed to you. Look for our special mail drop-off box outside the RAJ Senior Center.

Letters can be dropped off Monday-Friday, 8:00am-3:00pm.



Musical Call with Community Music School



Get spoiled with your very own private concert!!

Call Liz Simmons at **603-554-5286** to put your name on the list to receive your very own musical phone call!





Your Arts in the Right Place!

Bird-Feed Kits

Create your own bird feeder.
Kits and instructions provided.

Please call to register by
Wednesday, July 15, 2020

Pick-up will be Friday, July 17, 2020



Painted Garden Rocks

Decorate rocks and bring them to
the RAJ Center and help us grow
our rock garden!

Kits and instructions provided.

Please call to register by
Wednesday, July 29, 2020

Pick-up will be Friday, July 31, 2020



Key Chain Kits

Create your own keychains.
Kits and instructions provided.

Please call to register by
Wednesday, August 12, 2020

Pick-up will be Friday, August 14, 2020



Farmhouse Signs

Be creative and let your HGTV
shine through!

Kits and instructions provided.

Please call to register by
Wednesday, August 26, 2020

Pick-up will be Friday, August 28, 2020



Registration

If you are interested in participating in any of our programs, please call the Raymond A. Jordan Senior Center at 413-787-6785 sign up. If you would like to sign up for multiple projects, you will be given your first choice and put on a wait list for the others.

- After registration, you will receive a phone call for confirmation and any additional information.

- All programs are on a first come, first served basis. Limited number of supplies.

We look forward to seeing your creativity!



Virtual Spirit Week

Hi Friends. We have a CHALLENGE for you! We want you to join us for a virtual spirit week. It's time to have some fun! We have come up with themed days and would like for you to participate with us! . If you are interested please call The RAJ Center at 413-787-6785 or email kstott@springfieldcityhall.com to sign up. You will need to be able to post pictures to our Facebook page or email them to participate. Pictures will be posted on Facebook. SMILE for the camera!!!

PLEASE REGISTER BY: MONDAY JULY 27, 2020

8/3/2020	8/4/2020	8/5/2020	8/6/2020	8/7/2020
Mask Monday	Team Tuesday	Work-it Wednesday	T-Shirt Thursday	Fun Friday
<p><i>Wear any type of mask</i></p> 	<p><i>Wear your favorite sports team uniform</i></p> 	<p><i>Dress to impress</i></p> 	<p><i>Dress in one of your favorite t-shirts</i></p> 	<p><i>We want to see your Costumes!</i></p> 

Senior Step-Up Challenge

Stepping out matters, especially in our 15 day walking challenge Win a \$40 gift card to Big Y!

Please call 787-6785 and register by:
Monday, August 3, 2020

Challenge begins:
Saturday August 15, 2020
through
Monday, August 24, 2020



Facebook Messenger Meetings

You do not need to call and register just "show up!"
Monday Morning Stretches with Krista.
More details to come!

Interested? Call 413-787-6785





To All of our Golden Agers,

I hope that this message finds you healthy and looking forward to better times.

I know this has been a very trying few months since we were last together. Hopefully, we are beginning to see the light at the end of the tunnel and will soon be able to be together enjoying the company of our “golden friends”.

The virus seems to be loosening its grip on our lives. Recent events have shown us that we still have a great deal of work to do in order to help everyone feel a sense of equality. I hope that the issues that people feel strongly about can be worked out peacefully.

Until we meet again - Let us use our voices for kindness, our ears for listening, our hands for holding, our minds for truth, our hearts for love and our energy for working together to make our world a better place for all.

Until we are able to see each other again, please stay safe and keep healthy.

Don Roberts,
President Springfield Golden Age Club

Golden Age Top Officers

President
Donald Roberts
1st Vice President
Joanne Lucas
Treasurer
Maureen Whitehead
Secretary
Annemarie Pajar

St. James Ave. Vice President
Joanne Lucas

Mayflower Vice President
Cecile Benoit

Pine Point Vice President
Eveline Malbouef

Sixteen Acres Vice President
Dick Sitnik

Tri-Towers Vice President
Marilyn Hallas

Winchester Square
Vice President

Earnestine Johnson

Mondays

Winchester Sq. Branch ~ 1:00pm

Independence House
1475 Roosevelt Avenue

Tuesdays

Tri-Towers Branch ~ 1:00pm

Tri-Towers Community Room
18 Saab Court

Wednesdays

**Bi-Monthly 1st & 3rd
Mayflower Branch ~ 10:00am**

East Forest Park Library
136 Surrey Road

Thursdays

St. James Ave. Branch ~ 10:30am

Jenny Lane
1122 St James Avenue

**Bi-Monthly 1st & 3rd
Pine Point Branch ~ 1:00pm**
@ Raymond A. Jordan Senior Ctr
2nd Floor Multi Purpose Room

FRIDAYS

Sixteen Acres Branch ~ 1:00pm
Clodo Concepcion Center
(Greenleaf)
1187 ½ Parker Street

For more trip information or questions on becoming a Golden Age Club member, please call 413-787-6486 or visit the Golden Age Office at the Raymond A. Jordan Senior Center 1476 Roosevelt Ave, Springfield, MA 01109

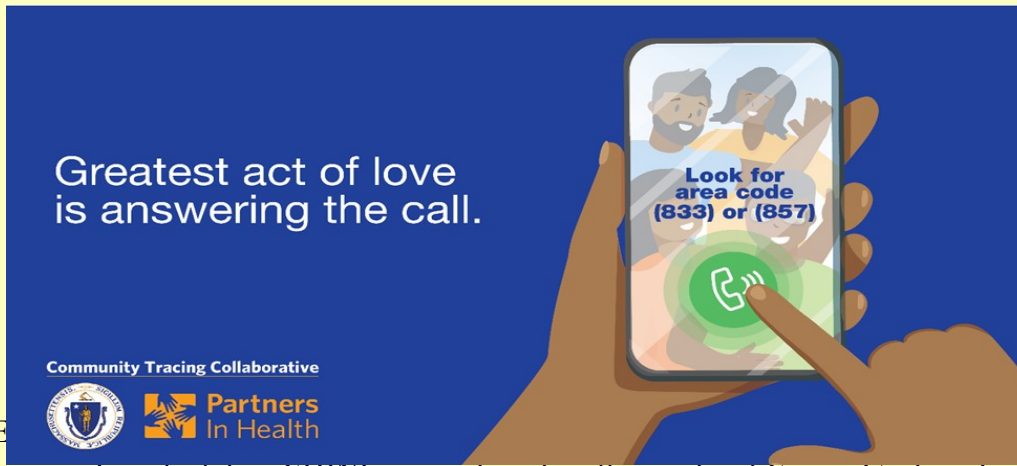


The solution starts with all of us. Answer the call.

The greatest act of love is answering the call. If you've tested positive for COVID-19, the MA COVID Team will be reaching out via phone to connect you with the support you need through quarantine and to identify your close contacts to stop the spread.

**Your name will not be released.
Answer the call. Stop the virus.**

#COVID19MA



Trained SHINE related health insurance programs. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, 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 call you back, as soon as possible.

Book "In-Sight?"

Your team at the Department of Elder Affairs family would like to hear from you! You have experiences, advice, and knowledge that we are interested in. Our goal is to gather all that information and put it into a book.

Please feel free to send us a story, a poem, a drawing, a recipe, anything that expresses YOU! Be creative and have fun.

SUGGESTED TOPICS:

- What is best/worst advice ever given to you?
- What makes you smile?
- What are you most proud of?
- What do you want the world to know about you?
- What life lesson did you learn the hard way?
- Looking back, is there something you wish you had done but haven't? What stopped you?



Please send in information by: August 28, 2020



Have You Heard????

SNAP-New and exciting news from DTA! DTA has recently received approval from USDA for residents of Massachusetts to use their SNAP benefits to buy food online from Amazon and Walmart. **As of May 29, 2020** residents of Massachusetts are able to use their SNAP card to buy food and have it delivered to their home. Some restrictions may apply on shipping and delivery fees. Check the website for more information at www.walmart.com or www.amazon.com.

Census- Make Sure You Get Counted!

The United States counts everyone who lives in the country every 10 years, from infants to the oldest among us. Make sure to complete the 2020 Census because it is important for communities like ours to be accurately funded and represented.

The Importance of Responding:

The 2020 Census will influence community funding and congressional representation for the next decade. Information collected in the census provides for the allocation of more than \$675 billion in federal funds for states and communities each year. That includes money for things like:

- First responders
- Medicare Part B
- Supportive Housing for the Elderly Program
- Libraries and community centers
- Supplemental Nutrition Assistance Program (SNAP)
- Senior Community Service Employment Program

Ways to Respond:

You can respond to 2020 Census online, by phone, or by mail. Choose the option that is most comfortable for you. You can also contact the Springfield City Library at 413-263-6828 x 213 for assistance with completing your 2020 Census. So c'mon! Stand up and be counted...it COUNTS!!!

The REAL ID: Still need to get a real id? The deadline originally scheduled for October 2020 has been extended to October 1, 2021. **Beginning October 1, 2021**, you will need a REAL ID or a passport to fly within the United States or enter federal buildings. You still have time, but reach out to us if you have immediate questions.

AlzHereForYou.org: is a hub for all resources for caregivers, families, individuals living with dementia and professionals, including support groups, virtual education programs and virtual social engagement programs.

Have more questions about senior services?

**Contact Ramona Matos (413) 886-5260 or
Zee Johnson (750-2896) in the Outreach Division of the Department of Elder Affairs.**





UNDERSTANDING COVID-19

What is COVID-19?



A New Respiratory Disease



A Serious Disease



A Disease That Spreads Easily



A Disease That Needs Better Understanding

Ways to Stop the Spread



Wash your hands often with soap and water for at least 20 seconds



Stay at home unless you need essentials, medical care or are going to work



Wear a cloth mask when in public, covering your nose and mouth



Keep 6 feet away when in public

LEARN MORE AT:

 **Mercy Medical Center**
Trinity Health
TrinityHealthOfNE.org
888-786-2790

 **THE INDUSTRIAL DEPARTMENT OF HEALTH & HUMAN SERVICES**
WORKING WITH YOU FOR A HEALTHIER COMMUNITY

Baystate Health
ADVANCING CARE. ENHANCING LIVES.
BaystateHealth.org/COVID19

All noncitizens should get the care they need. USCIS announced that testing, treatment and preventive care (including a vaccine if one becomes available) for COVID-19 will not be considered in the public charge test.

PVTA is on the road and here to help seniors!

- Do you need a prescription?
- Want to get to your groceries at 6AM Senior Shopping?

During this time of crisis, PVTA is committed to keeping their buses and vans moving to ensure seniors who need to access the community are able to do so!

Until **May 1st** Dial A Ride service is now scheduled for one person per vehicle with hours of service extended from **6AM to 9PM**.

Sandra Sheehan, PVTA Administrator asks those over 60 who have needs for transportation to call Paul Burns (413) **732-6248** x2230

During this time of crisis PVTA requirements are "less strict."

**If you have a need not mentioned here – CALL
It never hurts to ask!**





HAS OIDO???

SNAP-Nuevo y excitante noticias de DTA! DTA recibió recientemente la aprobación del USDA para que los residentes de Massachusetts utilicen sus beneficios de SNAP para comprar alimentos en línea en Amazon y Walmart. A partir del 29 de mayo 2020, los residentes de Massachusetts pueden usar su tarjeta de SNAP para comprar alimentos en línea y hacer que se entreguen en su hogar. Se puede aplicar algunas restricciones en el envío y la entrega. Visite el sitio web para más información en www.amazon.com o www.walmart.com.

CENSO – ¡Asegúrate de que te cuenten!

Los Estados Unidos cuenta a todos los que viven en el país cada 10 años, desde bebés hasta los mayores entre nosotros. Asegúrese de completar el censo 2020 porque es importante que comunidades como la nuestra estén financiadas y representadas con precisión.

Así es como ayudan tus respuestas. **(La importancia de responder)**

El censo 2020 influirá en la financiación comunitaria y la representación en el Congreso para la próxima década. La información recopilada en el censo prevé la asignación de más de \$675 mil millones en fondos federales para los estados y las comunidades cada año. Eso incluye dinero para cosas como:

Primeros respondedores

Medicare Parte B

Programas de vivienda de apoyo para personas mayores

Bibliotecas y centros comunitarios

Programas Suplementario de Asistencia Nutricional (SNAP)

Programa de empleo de servicio comunitario para personas mayores.

FORMAS DE RESPONDER

Puede responder al censo 2020 en línea, por teléfono o por correo. Elige la opción que sea más cómoda para ti. También puede comunicarse con la biblioteca de la ciudad de Springfield al (413) 263-6828 x213 para obtener ayuda con la finalización de su censo 2020. ¡Así que vamos! ¡Ponerse de pie y ser contado... Que cuenta!

EL ID REAL

¿Todavía necesita obtener un ID REAL? La fecha límite originalmente programada octubre de 2020 se extendió al 1 de octubre de 2021. A partir de 1 de octubre 2021 necesitara a una identificación REAL o pasaporte para volar dentro de los Estados Unidos o entrar a edificios federales. Todavía tiene tiempo, pero contáctenos si tiene preguntas inmediatas.

MERCADO DE AGRICULTORES

Los cupones del mercado de agricultores están en camino. Para obtener más información, llame al centro de bienvenida al (413) 787-6785.

AlHereForYou.org: es un centro para todos los recursos para cuidadores, familias, personas que viven con demencia y profesionales, incluyendo grupos de apoyo, programas de educación virtual y programas virtuales de participación social.

¿Tienes más preguntas sobre los servicios para personas mayores? Comuníquese con

**Ramona Matos (413) 886-5260 o Zee Johnson (413) 750-2896
en la División de Extensión del Departamento de Asuntos de Ancianos.**



A todos nuestros Golden Agers,

Espero que este mensaje te encuentre saludable y esperando mejores tiempos.

Sé que han sido unos meses muy difíciles desde la última vez que estuvimos juntos. Con suerte, estamos comenzando a ver la luz al final del túnel y pronto podremos estar juntos disfrutando de la compañía de nuestros "amigos de oro".

El virus parece estar aflojando su control sobre nuestras vidas. Los eventos recientes nos han demostrado que todavía tenemos mucho trabajo para ayudar a sentir un sentido de igualdad. Espero que los problemas que las personas sienten con firmeza puedan resolverse pacíficamente.

Hasta que nos volvamos a encontrar: usemos nuestras voces para la amabilidad, nuestros oídos para escuchar, nuestras manos para sostener, nuestras mentes para la verdad, nuestros corazones para el amor y nuestra energía para trabajar juntos para hacer de nuestro mundo un lugar mejor para todos .

Hasta que podamos volver a vernos (físicamente), manténgase seguro y saludable.

Don Roberts,
Presidente, Springfield Golden Age Club

Los Oficiales

Presidente

Donald Roberts

1st Vicepresidente

Joanne Lucas

Tesorero

Maureen Whitehead

Secretario

Annemarie Pajar

St. James Ave.

Vicepresidente

Joanne Lucas

Mayflower

Vicepresidente

Cecile Benoit

Pine Point

Vicepresidente

Eveline Malbouef

Sixteen Acres

Vicepresidente

Dick Sitnik

Tri-Towers

Vicepresidente

Marilyn Hallas

Winchester Square

Vicepresidente

Earnestine Johnson

Para más información sobre el viaje o preguntas, por favor llame 413-787-6486 o visite La Oficina de la Edad de oro en el Nuevo Centro de Ancianos Raymond A. Jordan.
1476 ROOSEVELT AVE, SPRINGFIELD, MA 01109

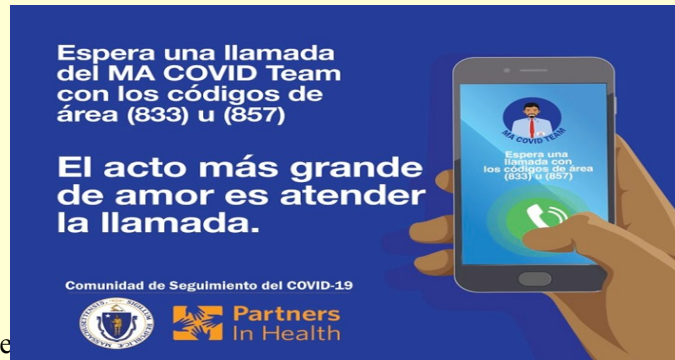


La solución comienza con todos nosotros. Atiende la llamada.

El mayor acto de amor es atender a la llamada. Si has dado positivo, el equipo de MA COVID te llamará para asegurarse de que estes bien y darle seguimiento a tus contactos para ayudar a detener la propagación del virus.

**Su nombre no será compartido.
Atiende la llamada. Detén el virus.**

#COVID19MA



Los voluntarios de Shine ofrecen servicios de Medicare y programas de seguro de salud. Para una cita de Shine, llame a su centro de ancianos local o llame al 1-800-Age-info (1-800-243-4636), luego oprima o diga 3. Deje un mensaje de voz con su nombre y número y un voluntario de SHINE le devolverá la llamada lo mas pronto posible.

COMPRENDAMOS EL COVID-19

¿Qué es COVID-19?



Una **nueva** enfermedad respiratoria



Una **grave** enfermedad



Una enfermedad que **se propaga fácilmente**



Una enfermedad que **debe comprenderse mejor**

Formas de detener la propagación



Lávese las manos con frecuencia con agua y jabón durante al menos 20 segundos



Quéedese en casa a menos que necesite productos básicos, atención médica o vaya a trabajar



Use una mascarilla de tela cuando esté en público, que le cubra la nariz y la boca



Mantenga 6 pies de distancia cuando esté en público

MÁS INFORMACIÓN EN:

