



Springfield Campanile



A publication of the City of Springfield
Department of Elder Affairs

Mayor Domenic J. Sarno

Department of Elder Affairs Staff

Sandy Federico

Director of Elder Affairs

Carol Gasque

Fiscal Administrative Manager

Cindy Coughlin

Senior Program Coordinator

Madeline Cofield

Kerri Jahn

Charles Markham

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

Eliana Gutierrez

Adult Outreach Liaison

Frank Holmes

Computer Learning Center

Darrell Mickey

Transportation Coordinator

Kerry Welch

Health and Wellness

Coordinator

Medita Lewis

RN, BSN

1476 Roosevelt Ave
Springfield, MA 01109

Hours of Operation:

Monday-Friday

8:00am - 4:00pm

413-787-6785



May is National Pet Month

Join Our "Pet Wish List" Drive

Supporting

Thomas J. O'Connor

Animal Control and Adoption Center

Gift Cards
Canned Food
Blankets
Paper Towel

Kick-Off ~ Wednesday, May 1, 2019

Through May 31, 2019

Visit any neighborhood senior center for more information
or call 413-787-6785.



Vintage Dance Society

Thursday, June 6, 2019

1:00pm

At Raymond A. Jordan Senior Center

Come take a peek at this exciting dance demonstration!

The Vintage Dance Society is dedicated to the reconstruction and preservation of music and dances of the Victorian and Ragtime eras (circa 1840 to 1925).

Visit our Welcome Center at the Raymond A. Jordan location for more information or call 413-787-6785.



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.

Dept. of Elder Affairs ~ RAJ Center / Council on Aging

Main: 787-6785

Fax: 750-2694

Golden Age Club
787-6486/886-5104

Senior Community Service Employment Program (SCSEP)

787-6124

S.H.I.N.E.

750-2893

Computer Learning Center

750-2090

Outreach Program

750-2896/ 886-5260

COA Board Members

Maurita Bledsoe

Magda Colon

Teresa Concepcion

Olga Ellis

Donald Evans

John Jordan

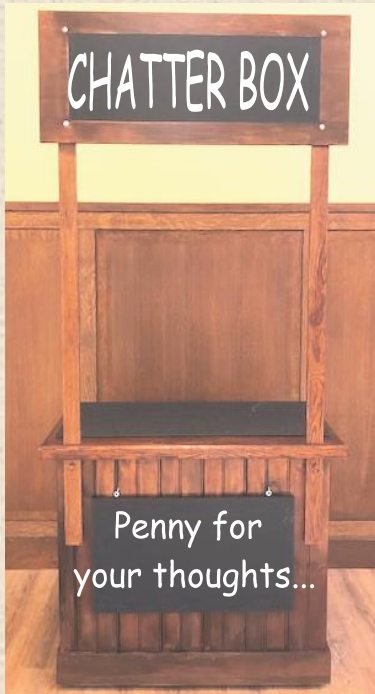
Annemarie Pajer

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

**OLDER
AMERICANS
MONTH**



CONNECT, CREATE, CONTRIBUTE MAY 2019



Wait 'til you see

our new addition!!





Springfield Golden Age Travel 2019

GOLDEN AGE TOP OFFICERS

President
Annemarie Pajer
1st Vice President
Agnes Gallerani
Treasurer
Pearl Defilio
Secretary
Joanne Lucas

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**
@ Raymond A. Jordan
Senior Center / 2nd Floor Multi
Purpose Room

THURSDAYS

St. James Ave. Branch ~ 10:30am
Jenny Lane
1122 St James Avenue

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 1/2 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



WEDNESDAY, JUNE 5, 2019
at Newport Playhouse

**GAC \$63.00
NON GAC \$68.00**

In this hilarious comedic romp, four friends have sworn to keep the promise they made on the night of their Senior Prom: to be in each other's weddings...no matter what. Thirty years later, these Southern friends-for-life are still determined to honor that vow.

Enjoy a great buffet, a funny play and a fun-filled cabaret!

Only 18 Seats Available
BUS LEAVES: 9:00AM RETURNS: 6:30PM

THURSDAY, JULY 18TH

**GAC \$57.00
NON GAC \$62.00**



at Mac-Hayden Theatre & Lunch at the Whitestone Cafe

This household favorite returns to take us down memory lane once more with the gang at Rydell High! This time we are adding in all of the hits from the film to make this new Grease even more memorable. "Hopelessly Devoted," "Greased Lightnin'," and "You're the One That I Want" are just a few of the record breaking hits that make this show such a rockin' good time!

Only 18 seats available

BUS LEAVES: 10:00AM RETURNS: 6:00PM

TUESDAY, JULY 30, 2019



GAC / NON GAC \$84.00

This two hour cruise on Boston's historic harbor is perfect for an afternoon getaway! One price includes everything except drinks and photos. As you pull away from the dock, grab a streamer and a drink and join our Spirit staff in a festive Bon Voyage toast. Next you'll be invited to endless visits to their grand buffet. Once the buffet closes you can stretch your legs and head out to a large patio deck where you can listen and dance till they dock!

BUS LEAVES: 9:00AM RETURNS: 5:00PM

WEDNESDAY, AUGUST 21, 2019

Charles River Boat Tour and Lunch at the Cheesecake Factory

**GAC \$49.00
NON GAC \$54.00**



Enjoy a beautiful day out on this Charles River Sightseeing cruise, enjoy a 70 minute cruise from the Cambridge Side Mall to Harvard and back with a narration by a terrific tour guide. Once you dock, our bus will drive you over to the super delicious "Cheesecake Factory" for lunch. (included in cost)

Only 18 seats available

BUS LEAVES: 8:00AM RETURNS: 4:00PM



**WITH MEDICARE PLANS, DOES IT MATTER WHICH PHARMACY YOU USE?
YES, THE PHARMACY YOU USE COULD MAKE A BIG DIFFERENCE I
N 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 is not in your plan's network, your drugs will not be covered, and you will pay full retail price.

For 2019, there are 26 Medicare drug plans and all but two of them have preferred pharmacies. In addition, several Medicare Advantage plans also have preferred pharmacies. By using a preferred pharmacy, you may save money! The plan and/or pharmacy that worked well for you last year may not be the best option for 2019. You should check that the pharmacy you currently use is the best one to use with your plan.

Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. For Medicare 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 call you back, as soon as possible.

Need A Hand...



Let Our Outreach Division Help!

We offer the following services for anyone 60 years of age and older:

- ◆ Assistance with search for housing and housing applications
- ◆ Supplemental Nutrition Assistance Program (SNAP)
- ◆ Referrals for meal programs such as Meals on Wheels
- ◆ Brown bag distributions
- ◆ Fuel Assistance applications
- ◆ City of Springfield discount programs
 - * property tax exemptions
 - *water & sewer discounts
 - *trash fee discount & more
- ◆ Connections to in-home services
- ◆ Education workshops
- ◆ Additional referral services

Contact us at:

(413) 886-5260

or

(413) 750-2896

The Outreach Division is supported through the Massachusetts Executive Office of Elder Affairs and the Federal Administration for Community Living.



Welcome to Department of Elder Affairs *Imagine All The Wondrous Things...*

HEALTH & WELLNESS

<i>Totally You!</i> Our fitness instructor will guide you along to achieve your ultimate wellness goals!	Monday thru Friday	7:00am-3:00pm	2nd Floor Fitness Ctr
<i>Tai-Chi</i> An Ancient Chinese Tradition & Graceful Form of Exercise. Tai Chi can improve: Balance, Weight, Cholesterol, Blood Pressure, Diabetes and Calming of the mind. For All Abilities.	Tuesday	9:30am-10:30am	1st Floor Banquet Room
<i>Pickle Ball</i> paddle sport, similar to a racquet sport that combines elements of badminton, tennis, and table tennis. Two or four players	Tuesday & Friday	1:00pm-3:00pm	1st Floor Banquet Room
<i>Fit & Fierce Dance Camp!</i> With Kim Norrington. 8-week session. The focus of this 1-hour class will be exercise, dance/movement & fun! 15 minute warm up and exercise. Dancing w/ the oldies, r & b, gospel & rhythmic beat of native African drums.	Wednesday	9:30am-10:30am	1st Floor Banquet Room
<i>Walk & Strength</i> Warm-up consists of 30 minutes of walking, followed by 30 minutes of standing & seated stretching & strength exercises with resistance bands. Work at your own pace & ability.	Monday & Thursday	1:00pm-2:00pm	1st Floor Banquet Room
<i>Mat Yoga</i> for “every body” with Cheryl Whalen. Reduce your stress! Relax your body! Mats are available if needed.	Monday	9:30am-10:30am	1st Floor Banquet Room
<i>Public Health Nurse</i> Medita Lewis, RN, BSN Blood Pressure, Oxygen Saturation Checks, Temperature Check, Weight/Height Checks, Medication Education & Health/Disease Questions. <i>Stay Healthy!</i>	Thursday	8:00am-4:15pm	Nurse’s Office 2nd Floor
<i>Senior Beats</i> Rhythm and Stomp for the Mind and Body. This class is a hybrid of music, movement, and exercise with the aim of creating the healthiest version of you while having fun.	Friday	9:30am-10:30am	1st Floor Banquet Room
<i>Game Day</i> Come join the fun every Friday afternoon to play Cornhole, Ping Pong, Wii Bowling, Pickle Ball, and Tennis and much more!	Friday	1:00pm-3:00pm	1st Floor Banquet Room
<i>Walking Club</i> Improve your health, trim your waistline, prevent/manage blood pressure, diabetes. Walk at your own pace.	Monday & Wednesday	8:00am-9:00am	Outside-Weather Permitting

NUTRITION

*Freshly prepared meals served daily . Includes tossed salad, roll & your choice of Jell-O or pudding .
Homemade desserts every Thursday!*

Mon-Fri

11:30am-
12:30pm1st Floor Banquet
Hall

RESERVATIONS REQUIRED AT LEAST A DAY IN ADVANCE! Only \$3.50

MEETING FACE TO FACE

Bible Study ~ Prayer and Meditation.
All welcome!

Monday

10:15am

2nd Fl Multi Purpose
Room

Technograys ~ Seniors that embrace technology

Monday thru
Thursday9:00am-
1:30pm

1st Fl Comm. Room

GAC Vice President's Meeting

1st Friday/month

9:30am-
10:30am2nd Fl Multi Purpose
Room

IT'S ALL FOR FUN

Deal Me In All impromptu card games you asked for:
Triominos, Skipbo, Bridge, etc.

Monday -
Friday

Open

2nd Fl Multi Purpose
Room (subject to change)

Pick-up the Pieces Love to solve those puzzles? Jig-
saws that is! This is for you!

Monday -
Friday

Open

2nd Fl Multi Purpose
Room

Game On 2 regulation size pool tables, flat screen
TV, card tables, all with a panoramic view.

Monday -
Friday

Open

2nd Fl Billiards Room

Billiards League

Monday

12:00-3:30pm

2nd Fl Billiards Room

Learn to shoot billiards with Bob Davis

Thursday

10:00-
12:00pm

2nd Fl Billiards Room

The Domino Effect The Mexican Train and Chicken
Foot

Friday

12:30pm

2nd Fl Multi Purpose
Room

Bridge Players

Thursday

12:30-3:00pm

2nd Fl Billiards Room

THE ART IN YOU!

Sew U Say Finish up the unfinished, make a no-sew
quilt. Feel inspired to create.

Tuesday -
Thursday1:00pm-3:00pm
10:00am-12:00pm2nd Fl Multi
Purpose Room

Color Your Stress Away De-stress. Clear your mind
and create. No rules, just your own creativity!

Open

2nd Fl Multi
Purpose Room



Oil Painters Ready, paint, relax and be social.

Tuesday

10:00am-1:00pm

2nd Fl Multi
Purpose Room

**** Lab will be closed on the following Mondays ~ May 20, 27, June 3, 10, 17, and 29. ****

Mondays	9:00am-11:00am	General Public Use	
	11:00am-1:15am	Basic Computer	
	11:00am-1:00pm	See calendar USB Drive/Smart Phone	
Tuesdays	9:00am-1:15pm	Basic Computer	
	9:00am-11:00am	See calendar USB Drive/Smart Phone	
Wednesdays	9:00am-12:00pm	Basic Word	
	12:00pm-1:15pm	Basic Computer	
Thursdays	9:00am-1:00pm	Basic Computer	
	9:00am-11:00am	See Calendar USB Drive/Smart Phone	
	11:00am-1:15pm	Basic Computer	
Fridays	<i>Lab Closed</i>	SCSEP Job Club 8:00am-2:30pm	

Visit our Welcome Center for more information or call Frank Holmes, Instructor at 413-750-2090.

First Annual Massachusetts Malnutrition Awareness Week

May 13, 2019 through May 17, 2019

Providing a malnutrition awareness and screening for seniors.

Presenting: GSSSI Cheryl Wesolowski, RD,
Linda Galarneau, DTR Nutritionist
Jenn Putnam, Nutrition Program Director

*Handouts * Snacks * Raffle*



Hungry Hill Senior Center

773 Liberty Street, 413-733-9411

Tuesday, May 14, 2019 11:00am

Clodo Concepcion Community Center

1187½ Parker Street, 413-750-2873

Wednesday, May 15, 2019 11:00am

Please call the centers to make your reservation.

CITY OF SPRINGFIELD DEPARTMENT OF ELDER AFFAIRS



Gain job skills and earn money while working for your community!

**Paid employment training is available
to low-income seniors age 55 and older.**

**Learn more by calling:
(413) 787-6124**

SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM



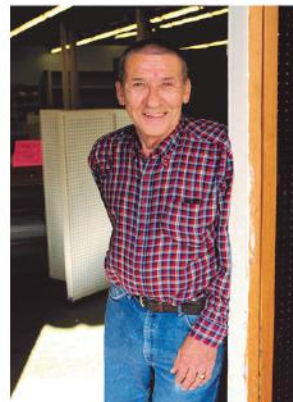
*Community
Service
Leading to
Independence*

Senior Service America's Senior Community Service Employment Program (SCSEP) is funded by a grant from the U.S. Department of Labor Employment and Training Administration. SCSEP is an equal opportunity program. Auxiliary aides and services are available upon request to individuals with disabilities.

SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM (SCSEP)

City of Springfield Department of Elder Affairs

**Are you a veteran
looking for work?**



Paid employment training is available to low-income seniors age 55 and older.

**Learn more by calling:
(413) 787-6124**



*Community Service
Leading to
Independence*

Senior Service America's Senior Community Service Employment Program (SCSEP) is funded by a grant from the U.S. Department of Labor Employment and Training Administration. SCSEP is an equal opportunity program. Auxiliary aides and services are available upon request to individuals with disabilities.

Hungry Hill Center

Program Coordinator: Linda Henley
Open Mon-Fri 9:00am - 3:00pm
773 Liberty Street 733-9411

Monday

9:00 Computer Class
 10:30 Light Aerobics
 11:30 Social Hour
 12:00 Pokeno

Tuesday

9:30 Knitting & Crafting
 12:00 Lunch Every Tuesday!
(Reservations Required by Previous Fri.)
 2nd Tues. Bingo 1:00
 Pokeno 1:00 1st, 3rd, & 4th Tuesday

Wednesday

10:00 2nd Wed. Reflexology
 1:00 Golden Age Club

Thursday

10:45 Exercise Group
 11:30 Social, Coffee & News
 12:00 Librarian
 12:00 3rd Thursday Birthday Celebration
 1:00 Movie Matinee

Friday

Foot-care (Every other Month on last Fri)
 2nd Friday Brown Bag
 4th Friday 12:00 Reflexology \$5.00
 1:00 Adult Coloring
Available Daily: Computers, puzzle table & lending library

Clodo Concepcion Comm. Center

Program Coordinator: Alex Martin
Open Mon-Fri 9:00am - 3:00pm
1187 1/2 Parker Street 750-2873
GSSSI Lunches Reservations required

Monday

9:00 Coffee Hour & Walking Club
 11:00 Dancing for the fun of it!
 12:00 GSSSI Lunch \$2. Suggested Donation
 1:00 For Your Information

Tuesday

9:00 Coffee Hour & Walking Club
 9:30 Walk & Strength (strength @ 10am)
 10:45 Tai Chi \$3.00pp
 12:00 Beginners line dancing
 1:00 Line Dancing
 1:00pm 3rd Tues. Spfld Insight Support Group. (Mass Assoc. for the Blind)

Wednesday

8:30 1st Wed. of the mon. Foot Care (by apt)
 9:00 Coffee Hour & Walking Club
 9:30 Balance Class (self directed)
 10:30 Chair Tai-chi
 11:00 Inspirational Moments
 12:00 GSSSI lunch \$2. Suggested Donation
 1:00 Ms. Senior Mass Como Dancers

Thursday

9:00 Coffee Hour & Walking Club
 9:30 Walk & Strength
 10:00 Quirky Quilters plus one
 12:00 Play Pitch (high score & door prizes)

Friday

10:30 Improvers Line Dancing (advanced)
 1:00 -3:00 Golden Age Club Meeting

Riverview Center

Program Coordinator:
Doris Feliciano
Open Mon-Fri 9:00am - 3:00pm
122 Clyde Street 413-787-5220
GSSSI Lunch Daily Reservations Required
\$2.00 Suggested Donation

Monday

Closed

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

Fitness Center

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

~ Coffee Daily ~

Monday

Cardio Machines/Weight Machines
 7:30-8:30 Blood Pressure
 10:30-Resistance Bands w/Gleny

Tuesday

7:30-9:00 Blood Pressure
 Cardio Machines/Weight Machines

Wednesday

Cardio Machines/Weight Machines
 7:30-8:45 Blood Pressure
 10:30 Resistance Bands w/Gleny

Thursday

Cardio Machines/Weight Machines
 7:30-9:00 Blood Pressure

Friday

Cardio Machines/Weight Machines
 8:00-11:30 Blood Pressure
 **Walking Club: Check with Gleny



Tennis Lessons & Kick Off

6-week session starts

Thursday, May 23, 2019

9:00am-11:00am

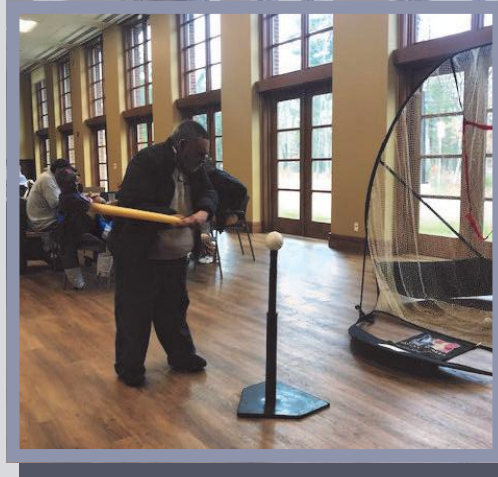
Blunt Park Tennis Courts

Instruction and game play.

Visit our Welcome Center at the Raymond A. Jordan location for more information or call 413-787-6785

Tennis program sponsored by USTA

Check us out!





Springfield Department of Elder Affairs

Basic Meditation

for concentration and balance

With Yong Un Rodriguez

Friday, May 3, 2019
8:00am

- * Experience Relaxation, calmness, and inner peace
- * Improve self-awareness, concentration, and balance
- * Reduce stress and increase ability to manage stress
- * Recharge Energy

Yoga mats available if needed.

Sign up now at our Welcome Center or
call 413-787-6785

Sponsored by: Department of Elder Affairs and CDBG
(Community Development Block Grants)

*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.*



Springfield Department of Elder Affairs

Explore the rhythm inside you!

BUCKET DRUMMING

Free with
Senior Center Membership

Instructor: Billy Arnold

8-week session beginning
Wednesday, May 1, 2019

1:15pm

Playing bucket drums is a fun way to make music.

All levels welcome – no previous experience necessary!

Visit our Welcome Center for more information or call 413-787-6785



Sponsored by: Department of Elder Affairs and CDBG (Community Development Block Grants) and Community Music
School of Springfield

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.

CITY OF SPRINGFIELD DEPARTMENT OF ELDER AFFAIRS



**¡Capacítense y gane un salario
mientras trabaja por su
comunidad!**

**Tenemos disponible capacitación pagada
para personas de 55 años o mayores
con bajos ingresos.**

Si desea obtener mayor información,
llame al (413) 787-6124.

SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM



*Servicio a la
comunidad
que lleva a
la independencia*

Senior Service America's Senior Community Service Employment Program (SCSEP is funded by a grant from the U.S. Department of Labor Employment and Training Administration. SCSEP is an equal opportunity program. Auxiliary aides and services are available upon request to individuals with disabilities.

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

Los Oficiales
 Presidente
 Annemarie Pajar
1st Vicepresidente
 Agnes Gallerani
 Tesorero
 Pearl Defilio
Secretario
 Joanne Lucas

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



MIÉRCOLES 5 DE JUNIO DE 2019

**GAC \$63.00
 NON GAC \$68.00**

at Newport Playhouse

En este cómico y entretenido juego cómico, cuatro amigos han jurado cumplir la promesa que hicieron la noche de su graduación de graduación: estar en las bodas de cada uno ... pase lo que pase. Treinta años después, estos amigos de por vida del sur todavía están decididos a honrar ese voto. **Sólo 18 plazas disponibles**

SALIDA DEL AUTOBÚS: 8:30AM

DEVOLUCIONES: 6:30PM



JUEVES 18 DE JULIO

**GAC \$57.00
 NON GAC \$62.00**

Mac-Hayden Theatre Y Almuerzo en la Whitestone Cafe

Este favorito de la familia regresa para llevarnos al pasado por el camino de la memoria con la pandilla en Rydell High! Esta vez estamos agregando todos los éxitos de la película para hacer que este nuevo Grease sea aún más memorable. "Hopelessly Devoted", "Greased Lightnin", y "You are the One That I Want" son solo algunos de los éxitos récord que hacen de este espectáculo un buen momento de rockin.

Sólo 18 plazas disponibles

SALIDA DEL AUTOBÚS: 10AM

DEVOLUCIONES: 6 PM



MARTES 30 DE JULIO DE 2019

GAC/NON GAC \$84.00

¡Este crucero de dos horas por el histórico puerto de Boston es perfecto para una escapada por la tarde! Un precio incluye todo excepto bebidas y fotos. Mientras se aleja del muelle, tome una vara y una bebida y únase a nuestro personal de Spirit en un brindis festivo Bon Voyage. A continuación, serás invitado a las infinitas visitas a nuestro gran buffet. Una vez que se cierra el bufé, puedes estirar las piernas y dirigirte a una gran terraza en el patio donde puedes escuchar y bailar hasta que se acoplen.

SALIDA DEL AUTOBÚS: 9AM

DEVOLUCIONES: 5PM



MIÉRCOLES 21 DE AGOSTO DE 2019
Charles River Boat Tour y Almuerzo en la Cheesecake Factory

**GAC \$49.00
 NON GAC \$54.00**

Disfrute de un hermoso día en este crucero por el río Charles, disfrute de un crucero de 70 minutos desde el Cambridge Side Mall a Harvard y vuelva con la narración de un guía turístico excelente. Una vez que atraca, nuestro autobús lo llevará a la súper deliciosa "Cheesecake Factory" para el almuerzo. (incluido en el costo)

Sólo 18 plazas disponibles

SALIDA DEL AUTOBÚS: 8AM

DEVOLUCIONES: 4:00PM



¿Importa qué farmacia utiliza con los planes de Medicare?

SÍ, la farmacia que utiliza podría hacer una gran diferencia en el costo de sus medicamentos!

Todos los planes de medicamentos de Medicare y los planes Medicare Advantage (HMOs, PPOs) tienen farmacias en la red. La mayoría de las farmacias aceptan los planes. Sin embargo, si usted va a una farmacia que no está en la red de su plan, sus medicamentos no estarán cubiertos, y usted va a pagar el precio total.

Para el año 2019, hay 26 planes de medicamentos de Medicare y 24 de ellos tienen farmacias preferidas. Además, varios planes de Medicare Advantage tienen farmacias preferidas. ¿Puede ahorrar dinero al usar una farmacia preferida! Puede ser posible que el plan y/o la farmacia que funcionó bien para usted el año pasado no sea la mejor opción para este año. Usted debe comprobar que la farmacia que utiliza es la mayor opción para usar con su plan.

Los voluntarios de SHINE ofrecen asesoría gratuita y confidencial en todos los aspectos del seguro de salud a cualquier persona en Medicare. Para asuntos relacionados con Medicare (que no sea para programar una cita), llame al 1-800-AGE-INFO (1-800-243-4636), luego presione o diga 3. Una vez que obtenga el correo de voz de SHINE, deje un mensaje con su nombre y número de teléfono. Un voluntario le llamará de nuevo, lo mas pronto posible.

¿ Llamando a todas las personas mayores !

Ofrecemos estos servicios para personas de 60 años de edad ó mas:



- * asistencia con aplicaciones de viviendas
- * Programa de asistencia nutricional suplemental (SNAP)
- * referidos para programas de comidas
 - * (Meals on Wheels, Brown bag)
- * aplicaciones de asistencia en servicios públicos
- * programas de descuento de la ciudad de Springfield (exenciones de impuestos sobre la propiedad, descuentos en agua y alcantarillado, descuento por honorarios de basura, y otros)
- * servicios en-hogar
- * talleres de educación y "información que necesita saber"
 - * y muchos otros servicios



Estamos aquí para ayudar. Sólo llámenos.

(413) 886-5260 o (413) 750-2896

Los programas de divulgación son patrocinados a través de una subvención proporcionada por Greater Springfield Senior Services, Inc.