

May / June 2021

Senior Moments

A publication of the City of Springfield ~ Department of Elder Affairs



Our Family Reunion

Join us for our drive-thru parade at the
Raymond A Jordan Senior Center!

Giveaways, information, and to wish everyone well.

Masks Must Be Worn!



Tuesday, June 29, 2021

11:00am-12:30pm

Registration not required.



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

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Fiscal Administrative Manager

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Kerri Jahn

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Program Coordinators

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Senior Employment Coordinator

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SHINE Program Coordinator

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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
Raymond A. Jordan 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

Dear Readers,

As May and June approach I am reminded of two very special days... Mother's Day and Father's Day. Each of these celebrated days has always been highlighted in my family with special meals and tributes to two people who shaped my life in immeasurable ways. Now that they are gone, these two holidays are bittersweet. I am reminded of the gaps in my life that can never be replaced, but I am also mindful of the surrogate men and women in my life who are here now.

Who are these special people? They are all of YOU! The relationships formed by getting to know all of you has been incredibly rewarding. I am blessed to have you in my life and I hope you will accept a small tribute to you for being mothers and fathers to me. Your love, calls, cards, smiles and advice are welcomed with a heart so eager to accept.

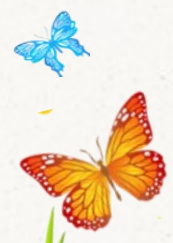
I thank you all for coming into my life. I will raise a glass in your honor on these two holidays and rejoice in all that you've given me.

"Never believe that a few caring people cannot change the world, for indeed, that's all who ever have." (Margaret Mead)

It is with equal amounts of love and respect I wish you a very...

"HAPPY MOTHER'S DAY!"
"HAPPY FATHER'S DAY!"

Sandy



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 ~ Call for details

Dashima Washington ~ 413-787-6633

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

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 and the Federal Administration for Community Living

Your Arts in the Right Place!

Brought to you with love from your Program Coordinators: Kerri, Madeline, Dashima, Alex, Linda and Doris

MOTHER'S DAY FLOWERS & BOOKMARK



Supplies and instructions included
Register by Wednesday, May 5, 2021
Pick-up will be Friday, May 7, 2021

SPRING PAPER FLOWERS



Supplies and instructions included
Register by Wednesday, May 12, 2021
Pick-up will be Friday, May 14, 2021

VINTAGE DECOUPAGE CANDY DISH



Supplies and instructions included.
Register by Wednesday, May 19, 2021
Pick-up will be Friday, May 21, 2021

WATERCOLOR CANVAS

Your canvas will be a surprise but, we promise you love it!



Supplies and instructions included
Register by Wednesday, May 26, 2021
Pick-up will be Friday, May 28, 2021

Registrations for all projects begin Friday April 30, 2021

If you are interested in participating in any of our programs, please call the Raymond A. Jordan Senior Center at 413-787-6785 to 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.

These programs are brought to you in part by the Community Development Block Grant (CDBG).

Brought to you with love from your Program Coordinators: Kerri, Madeline, Dashima, Alex, Linda and Doris

PATRIOTIC PARADE STICK



Supplies and instructions included

Register by Wednesday, June 2, 2021

Pick-up on Friday, June 4, 2021

FATHER'S DAY WOOD CAR KIT & BOOKMARK



Supplies and instructions included

Register by Wednesday, June 9, 2021

Pick-up will be Friday, June 11, 2021

SIMPLE DIY WOOD TRAY



Supplies and step-by-step instructions included.

Register by Wednesday, June 16, 2021

Pick-up will be Friday, June 18, 2021

SUMMER ART CONTEST



1st 2nd 3rd 4th 5th 6th 7th 8th 9th 10th 11th 12th awarded

Register by Wednesday, June 23, 2021

Pick-up will be Friday, June 25, 2021

Return art by Tuesday, July 6, 2021.

Winner will be announced

Friday, July 9, 2021

Registrations for all projects begin Friday, April 30, 2021

If you are interested in participating in any of our programs, please call the Raymond A. Jordan Senior Center at 413-787-6785 to 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.*

These programs are brought to you in part by the Community Development Block Grant (CDBG).



Register Now For Your Covid-19 Vaccine

Eligible Springfield Residents who need help scheduling COVID-19 vaccine appointments can contact Department of Elder Affairs at the Raymond A. Jordan Senior Center.

Please call 413-787-6785 Monday through Friday, 8:00 am to 4:00 pm.



The Moderna vaccine is available by appointment only on Tuesdays and Thursdays.



STRENGTH CLASS WITH KERRY WELCH

***Tuesdays & Thursdays
1:00pm***



*Join Kerry for 30 minutes of seated stretching and strength exercises.
Work at your own pace and ability.*

*If you do not have resistance bands or weights, you can use cans,
water or milk bottles.*



***Zoom Meeting # 880 224 6829
Meeting Password M40WTS***



Please call 787-6785 to register

To participate in a zoom class you will need a computer or mobile device with a webcam, speakers and microphone. You need to download zoom to your device to join and we will provide you a meeting ID number after you've registered for a class.

OLDER AMERICANS MONTH



COMMUNITIES OF STRENGTH: MAY 2021

Every **May**, the Administration for Community Living leads our nation's observance of **Older Americans Month**. The theme for **2021** is "Communities of Strength." **Older** adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Their stories and contributions help to support and inspire others. This OAM, we will celebrate the strength of older adults and the Aging Network, with special emphasis on the power of connection and engagement in building strong communities.





Do I need to sign up for Medicare at age 65 if I am still working?

Medicare eligibility begins at age 65. Your initial enrollment period is the seven month period that begins three months before the month of your 65th birthday and ends three months after it. Enrollment takes place through Social Security. They will determine if you qualify for premium-free Part A. Unless you are receiving Social Security benefits, you must contact Social Security either by phone (866) 964-5061 or on line at www.ssa.org. If you are receiving social security benefits, you will automatically be enrolled at age 65.

If you are working and covered by your employer's group health plan (or by a spouse's plan), you may want to delay enrollment in Part B and enroll only in Part A. You should check with your employer benefits manager on whether or not you need to enroll in Part B. The number of employees in your employer group plan may determine if you need to enroll in Medicare as your primary insurance. You will also want to decide what is most cost effective staying on your employer sponsored plan or enrolling in Medicare and either a Medicare Advantage plan or a Medigap plan and Prescription plan. You can also delay enrollment in Part A unless you are already collecting Social Security benefits.

If you have a Health Savings Account (HSA) as part of a high deductible employer insurance plan, you may want to delay Part A because you cannot contribute to the HSA once your Part A coverage begins. You may use money that is already present in the account after you enroll in Medicare to help pay for deductibles, premiums, copayments, or coinsurance. *If you contribute to your HSA after your Medicare Part A coverage starts, you may have to pay a tax penalty.* You should stop HSA contributions six months prior to retiring.

SHINE volunteers available at most Senior Centers and Aging Services Access Points as well as the Regional Office can provide you with some assistance as you navigate this process.

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.



¿Necesito inscribirme en Medicare a los 65 años si sigo trabajando?

La elegibilidad de Medicare comienza a los 65 años. Su periodo de inscripción inicial es el periodo de siete meses que comienza tres meses antes del mes de su 65 cumpleaños y termina tres meses después de él. La inscripción se lleva a cabo a través del Seguro Social. Ellos determinarán si usted califica para la Parte A libre de primas. A menos que esté recibiendo beneficios del Seguro Social, debe comunicarse con el Seguro Social al (866) 964-5061 o en línea en www.ssa.org. Si está recibiendo beneficios de seguro social, se inscribirá automáticamente a los 65 años.

Si usted está trabajando y cubierto por el plan de salud grupal de su empleador (o por el plan de un cónyuge), es posible retrasar la inscripción de la Parte B y inscribirse solo en la Parte A. Usted debe consultar con su gerente de beneficios del empleador sobre si necesita inscribirse o no inscribirse en la Parte B. El número de empleados en su plan de grupo de empleadores puede determinar si necesita inscribirse en Medicare como su seguro principal. También tendrá que decidir qué es lo más ahorro de costos, permanecer en su plan patrocinado por el empleador o inscribirse en Medicare y un plan Medicare Advantage o un plan Medigap con un plan de prescripción. También puede retrasar la inscripción en la Parte A a menos que ya esté cobrando beneficios del Seguro Social.

Si usted tiene un Health Savings Account/Cuenta de Ahorros para La Salud (HSA) como parte de un plan de seguro de empleador de alto deducible, es posible que desee retrasar la Parte A porque no puede contribuir a la HSA una vez que comience su cobertura de la Parte A. Puede usar dinero que ya está presente en la cuenta después de inscribirse en Medicare para ayudar a pagar deducibles, primas, copagos o coseguros. Si contribuye a su HSA después de que comience su cobertura de la Parte A de Medicare, *es posible que tenga que pagar una multa fiscal*. Debe detener las contribuciones de HSA seis meses antes de retirarse.

Los voluntarios de SHINE están disponibles en la mayoría de los Centros para Personas Mayores (Senior Centers) y Puntos de Acceso a Servicios (Aging Services Access Points), así como en la Oficina Regional, y pueden ofrecerle asistencia para navegar por este proceso.

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 vos de SHINE, deje un mensaje con su nombre y número de teléfono. Un voluntario le llamará de nuevo, lo mas pronto posible.

Drive in Bingo!

In the Raymond A. Jordan Senior Center parking lot!

Tuesday, May 25, 2021

11:00am-12:00pm

Bingo Cards \$1.00

Participants will play in their cars.

Door prize, 4 games and cover-all. Cash Prizes!

Space is limited! **Masks must be worn!**

Register by Monday, May 24, 2021



Weather Permitting!

BINGO DE ESTACIONAMIENTO

¡En el estacionamiento del Centro De Ancianos Raymond A. Jordan!

Martes 25 de Mayo de 2021

11:00am-12:00pm

TARJETAS DE BINGO \$1.00



Los participantes jugarán en sus coches.

Premio de la puerta, 4 juegos y cobertura.

¡PREMIOS EN EFECTIVO!

¡El espacio es limitado!

¡LAS MASCARAS DEBEN SER DESAPLICADAS!

Registrada antes del lunes 24 de mayo de 2021



¡LO PERMITE EL TIEMPO!

Senior Community Service Employment Program (SCSEP)



Older Workers...
Serving Communities
Learning Skills
Earning Money

PUT YOUR TIME AND TALENTS TO WORK

Find out how you can benefit from the Senior Community Service Employment Program:

- Paid training
- Work experience
- Extra income



SERVING COMMUNITIES

SCSEP participants serve their communities while gaining valuable on-the-job training through paid temporary assignments with local non-profit and government organizations including:

- Schools
- Libraries
- Social Service Agencies
- Hospital
- Senior Centers
- Museums



SECURING EMPLOYMENT

The Senior Community Service Employment Program helps older workers build the experience and confidence they need to find permanent employment. You may qualify if you are:

- 55 or older
- Income eligible
- Seeking employment

Veterans and their spouse are encouraged to apply.

Learn more by calling : 413-787-6124

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.



Trabajadores mayores ...
SERVICIO DE LAS COMUNIDADES
HABILIDADES DE APRENDIZAJE
GANANDO DINERO

PONGA SU TIEMPO Y TALENTOS PARA TRABAJAR

Descubra cómo puede beneficiarse del Senior Programa de empleo de servicio comunitario:

- Entrenamiento pagado
- Experiencia laboral
- Ingreso extra

SERVICIO DE LAS COMUNIDADES

Los participantes de SCSEP sirven a sus comunidades mientras obtienen una valiosa capacitación en el trabajo a través de asignaciones temporales pagadas con organizaciones locales sin fines de lucro y gubernamentales que incluyen:

- Escuelas
- Bibliotecas
- Agencias de servicios sociales
- Hospital
- Centros de mayores
- Museos



SEGURO DE EMPLEO

El Programa de Empleo de Servicio Comunitario para Personas Mayores ayuda a los trabajadores mayores a desarrollar la experiencia y la confianza que necesitan para encontrar un empleo permanente.

Puedes calificar si eres:

- 55 o mayor
- Ingresos elegibles
- Buscando trabajo

Se alienta a los veteranos y a su cónyuge a presentar una solicitud.

Obtenga más información llamando al: 413-787-6124

Programa de Empleo de Servicio a la Comunidad para Personas Mayores de Senior Service America (SCSEP) está financiado por una subvención del Departamento de Trabajo de los Estados Unidos Y Administración de Capacitación. SCSEP es un programa de igualdad de oportunidades. Auxiliares y servicios auxiliares están disponibles a pedido para personas con discapacidades.

“SUMMERTIME FOR SAVINGS”!!

The Outreach Division can help determine if you qualify:



CIRCUIT BREAKER TAX

Age 65 or over whose property tax (or 25% of rent) exceeds 10% of their annual income. Whether or not you owe taxes, you may be eligible for cash or a tax credit of up to \$1,150 this tax year –even if you did not file Massachusetts state income tax forms.

PROGRAM

WATER AND SEWER DISCOUNT -Age 68 or older; disabled veterans; legally blind

No income requirement. **NEW:** Reduce your water bill by \$6.75 per month, up to \$75.00 annually.

WATER AND SEWER CREDIT (no age requirement)

Are you a Springfield or Ludlow single family owner-occupied homeowner with water and/or sewer accounts with Water and Sewer Commission? If so, you can earn a credit of \$125 per year. You are required to apply and must currently qualify for low-income heating fuel assistance (LIHEAP). Contact Water and Sewer Commission (413) 452-1300.

REAL ESTATE ABATEMENTS: INCOME ELIGIBLE.

Must be over 70/Surviving spouse/minor/Blind or Veteran.

TRASH DISCOUNT FEE: no income requirements.

Age 65 and over or blind, or veteran with disability or indigent status.

COVID-19 EMERGENCY ASSISTANCE –INCOME ELIGIBILITY

Get help with electric bills, groceries, water and sewer, funeral expenses for COVID victims, rent and mortgage and water heater. Contact 413-263-6500.

SNAP (FOOD STAMPS) BENEFITS- INCOME ELIGIBILITY

Get help buying food. SNAP is a monthly food benefit for those who qualify. The monthly benefit amount has increased and we can help.

BROWN BAG-will continue every third Thursday from 10 a.m. – 12 p.m., until further notice. New applications are always welcome.

Have more questions about senior services?

Contact Ramona Matos (413) 886-5260 in the Outreach Division of the Department of Elder Affairs.



¡Ahorros en Verano!

La División del Alcance puede ayudar a determinar si califica.



PROGRAMA DE IMPUESTOS DE DISYUNTORES:

Mayores de 65 años o más que tienen los impuestos sobre la propiedad (o 25% del alquiler) superan el 105 de sus ingresos anuales. Independientemente de si debe o no impuestos, puede ser elegible para dinero en efectivo o un crédito tributario de hasta \$1,150 este año fiscal, incluso si no presentó formularios de impuestos estatales de Massachusetts.

DESCUENTO DE AGUA Y ALCANTARILLADO:

Sin necesidad de ingresos. Mayores de 68 años, veteranos discapacitados y personas

NUEVO: Reduzca su factura de agua por \$6.75 por mes y \$75.00 anual.

ACTUALIZACION: CREDITO DE AGUA Y ALCANTARILLADO (no hay requisito de edad)

Es usted propietario de una casa ocupada por el dueño de una sola familia de Springfield o Ludlow con cuentas de agua y alcantarillado con comisión de agua y alcantarillado? Si es así, puede ganar un crédito de \$125 por año. Usted está obligado a aplicar un debe calificar actualmente para la asistencia de combustible de calefacción de bajos ingresos (LIHEAP). Comuníquese con la comisión de agua y alcantarillado al (413) 452-1300.

REDUCCIONES INMOBILIARIAS: INGRESOS ELEGIBLES

Debe ser superior a 70 años, más de 70/cónyuge/menor sobreviviente; ciegos o veteranos.

TARIFA DE DESCUENTO DE BASURA: SIN NECESIDAD DE INGRESOS.

Mayores de 65 años o más o ciegos, o veteranos discapacitados o indigentes estatus

ASISTENCIA DE COMBUSTIBLE: INGRESOS ELEGIBLES.

Para Nuevo solicitantes, póngase en contacto con el Consejo de Trabajadores Agrícolas de Nueva Inglaterra (New England Farm Workers Council) al 413 272-2209. Para la recertificación, la división de alcance puede ayudar.

ASISTENCIA DE EMERGENCIA COVID-19: INGRESOS ELEGIBLES.

Obtenga ayuda con facturas de electricidad, comestibles, agua y alcantarillado, gastos funerarios para las víctimas de Covid-19, alquiler e hipoteca y calentado de agua llame a 413-263-6500.

SNAP (CUPONES DE ALIMENTOS) BENEFIT: INGRESOS ELEGIBLES.

Obtenga ayuda para comprar alimentos. SNAP es un beneficio alimenticio mensual para aquellos que califican. La cantidad mensual ha aumentado y podemos ayudar.

EL BROWN BAG CONTINUARA CADA TERCER JUEVES de 10-12pm hasta nuevo aviso. Nueva aplicaciones son siempre bienvenido.

¿Tienes más preguntas sobre los servicios para personas mayores?

**Comuníquese con Ramona Matos (413) 886-5260
en la División de Extensión del Departamento de Asuntos de Ancianos.**



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



St. Patrick's Day 2021!!

