



January / February 2019

Springfield Campanile

A publication of the City of Springfield
Department of Elder Affairs



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Coordinator

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RN, BSN

1476 Roosevelt Ave
Springfield, MA 01109

Hours of Operation:

Monday-Friday

8:00am - 4:00pm

413-787-6785

A New Day, A New Year, A New Beginning!



2019 AARP Tax Season



At



Raymond A. Jordan Senior Center
1476 Roosevelt Ave, Springfield, MA 01109

AARP Tax preparation is by appointment only on Thursdays beginning:

Thursday, February 7, 2019 through Thursday, April 11, 2019

Free tax preparation is for residents who are **age 55** and older.

You will receive a letter confirming your appointment and what documents you should bring.

Please call 413-784-4769 Monday-Thursday from 9:00am-1:00pm to make your appointment now!

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 at the Commonwealth of MA.

Dear Readers,

Although the holidays are behind us, my wish for you, dear readers is each and every one of us continue to carry the holiday spirit within us. Have you ever noticed that during the holiday season:



...smiles are not only more readily given, but they seem to be brighter?

...doors are held for others?

...if you allow someone into your traffic lane, and they give you that long-forgotten courtesy wave of thanks?

...people talk to each other in the grocery store line?

...tolerance is more apparent?

So as ornaments get tucked away, or the lights are dimmed, let's try to remember... shall we?

May blessings be abundant, health be improved and your spirit unwavering!

Sandy



Springfield Golden Age Travel

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.



Vice President Marilynn Hallas from Tri-Tower GAC with Putnam Chef

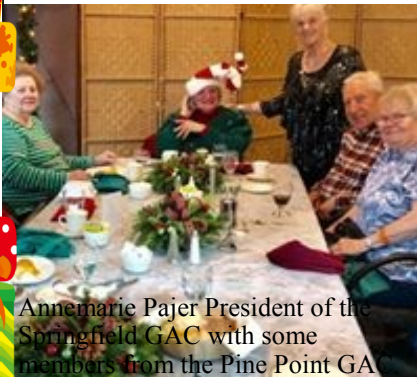


Vice President Cecile Benoit from Mayflower GAC with Putnam Chef.



Russ and Bea Ellis from the Mayflower GAC recently celebrated their 60th wedding anniversary.

Vice President Earnestine Johnson from Winchester Sq GAC and a few of her club members.



Annemarie Pajer President of the Springfield GAC with some members from the Pine Point GAC.

Vice President Marilynn Hallas from Tri-Tower GAC with board members from her club.



Top Officers

Interim President
Annemarie Pajer
1st Vice President
Agnes Gallerani

Treasurer
Pearl Defilio
Secretary
Joanne Lucas

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

St. James Ave. Vice President
Joanne Lucas

Mayflower Vice President

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 Wednesday
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 Center
2nd Floor Multi Purpose Room
FRIDAYS
Sixteen Acres Branch ~ 1:00pm
Clodo Concepcion Center (Greenleaf)
1187 1/2 Parker Street



Speaking with Your Providers

Communication is key in building good relationships with your health care providers and getting the best possible care. Today you will learn valuable tools for speaking with your Medicare providers.

To help you communicate effectively with your providers, take these steps:

- Be Prepared: Arrive at your doctor's office prepared with any relevant insurance cards, a copy of your health history, and a list of questions you want to ask your doctor. Bring a pen and paper to take notes, and consider bringing another person, like a caregiver, to your appointment if you think they can help.
- Share Information: Tell your doctor about symptoms you are having and any trouble you are having with activities of daily living. Tell them about other providers you have seen and any treatments they recommended.
- Ask Questions: If you do not understand something your doctor says, ask them to explain it.
- Get It In Writing: Ask your doctor to write down what you should do between now and your next visit, including instructions for how to take medicines, specialists you should see, and/or lifestyle modifications.
- Follow Up: If you experience any problems after your appointment, call your doctor's office to schedule a follow-up. Ask your doctor's office if they use e-mail or an online portal to communicate with patients.

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

Totally You! Our fitness instructor will guide you along to achieve your ultimate wellness goals!	Monday thru Friday	7:00am-3:00pm	2nd Floor Fitness Ctr
Tai-Chi 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
Fit & Fierce Dance Camp! 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
Walk & Strength 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
Public Health Nurse 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

NUTRITION

Hot, fresh cooked meals served daily by Sodexo. Tossed salad w/dressing, whole grain roll & promise served with every meal. Fresh fruit, chilled fruit, pudding and Jell-O offered daily. House made desserts every Thursday!	Mon-Fri	11:30am-12:30pm	1st Floor Banquet Hall
RESERVATIONS REQUIRED A DAY IN ADVANCE! Only \$3.50			

MEETING FACE TO FACE

"One Night I Dreamed A Dream" ~ Bible study. Prayer and Meditation. All welcome!	Monday	10:15am	2nd Floor Multi Purp. Room
Technograys ~ Seniors that embrace technology	Monday thru Thursday	9:00am-1:30pm	1st Floor Comm. Room
Join the Family Tree! Mayflower Golden Age Club Pine Point Golden Age Club Mtg/Bingo	1st & 3rd Wed 1st & 3rd Thurs	10:00am-11:00am 1:00pm-3:30pm	2nd Floor Mult Purp. Room
GAC Vice President's Meeting	1st Friday/month	9:30am-10:30am	2nd Floor Multi Purp. 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 - Thursday	1:00pm-3:00pm 10:00am-12:00pm	2nd 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

Welcome to the Computer Lab

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	Lab Closed	SCSEP Job Club 8:00am-2:30pm



Computer Lab will be closed Thursdays beginning February 7, 2019 through April 11, 2019

for AARP Tax Preparation. *Call to book your appointment today!*

Coming Soon!

Thursday, January 24, 2019 10:00am *Breakfast Club Book Club*
 First Book - *The Guernsey Literary and Potato Peel Pie Society*
 Linda Grodofsky, East Forest Park Branch Librarian



Thursday, February 7, 2019 10:00am
 Big Y - Living Well Eating Smart w/Andrea Luttrell RTN/LDN



Friday, March 8, 2019 Health Fair
 Co-Sponsored by Department Of Elder Affairs and The Chapin Center
 More information to come.



***** Important *****

In the event of a winter storm it is important to listen to your local news:

WWLP-22 News
Western Mass News
(ABC 40, CBS 3, Fox 6)

For Delays and Cancellations.

Please remember when *Springfield Public Schools* are **Closed** there are **NO Activities** at the Department of Elder Affairs, All Senior Centers & Golden Age Clubs.

If you are unsure please call 413-787-6785.

Get on track with our walking club

Mondays & Wednesdays
(outside weather permitting)
@ Raymond A. Jordan Senior Center
8:00am-9:00am



Register now at our Welcome Center or Call 413-787-6785

- What's in it for you?**
- Improve your health
 - Trim your waistline
 - Prevent/Manage: blood pressure diabetes
 - Strengthen: Muscles and Bones
 - Improve your mood balance & coordination

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



*Community
Service
Leading to
Independence*

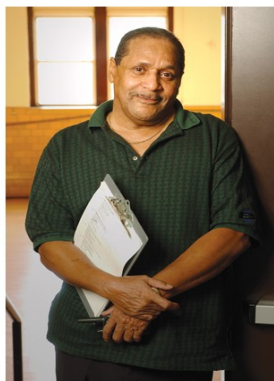
SENIOR COMMUNITY SERVICE EMPLOYMENT PRO-

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 appt. every other month)
 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)
 12:00 AIC Nursing Students (bp & glucose ✓)
 1:00 -3:00 Golden Age Club Meeting

Riverview Center

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

Monday

Cardio Machines/Weight machines
 Coffee
 7:30-8:30 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
 7:30-8:45 Blood 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: Check with Gleny



Mary Bogert
90 Years Young!

Thank you Clodo for your generous donation to the Department of Elder Affairs.



Department of Elder Affairs Holiday Luncheon



Creative!



Come see what all the fun is about!

"The time is always right to do what is right."

Dr. Martin Luther King Jr.



Martin Luther King, Jr. Day January 21, 2019

January TBD

Do you wanna build a snowman....

Next craft project at the
Department of Elder Affairs.



Be sure to look for more information at
our Welcome Center!

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 fund-

ed 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. 1 476 ROOSEVELT AVE, SPRINGFIELD, MA 01 109



Vicepresidente Marilyn Hallas de Tri-Tower GAC con algunos miembros de los GAC Tri-Towers.



Russ y Bea Ellis de GAC de Mayflower, que recientemente celebraron su aniversario.

Vicepresidente Marilyn Hallas de Tri-Tower GAC con algunos miembros de los GAC Tri-Towers.



Annemarie Pajer Presidente del GAC Springfield con algunos miembros de los GAC Pine Point.



Vice Presidente Earnestine Johnson de Winchester Sq GAC y algunos de los miembros de su club.



Cecile Benoit el Vicepresidente de Mayflower GAC con el Chef de Putnam.



Los Oficiales
Presidente Provisional
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
Alice Lamothe-Roy

Tri-Towers Vicepresidente

Marilyn Hallas
Winchester Square Vicepresidente
Earnestine Johnson



Hablando con Sus Proveedores

Para mantener buenas relaciones la comunicación es clave con sus proveedores de atención médica para obtener la mejor atención posible. Hoy aprenderá habilidades esencial para hablar con sus proveedores de Medicare.

Para comunicarse eficazmente con sus proveedores, tome estas medidas:

- Prepararse: Lleve a la oficina de médico preparado con sus tarjetas de seguro, una copia de su historia de salud y una lista de preguntas que le quiere preguntar a su médico. Traiga un bolígrafo y un papel para tomar notas, y considere traer a otra persona, como un cuidador, si cree que puede ayudar con la cita.
- Compartir Información: informe a su médico acerca de los síntomas que está teniendo y cualquier problema que esté teniendo con las actividades de la vida diaria. Cuéntales acerca de otros proveedores que has visto y cualquier tratamiento que recomendaron.
- Haga Preguntas: Si usted no entiende algo que su médico dice, pídale que lo expliquen.
- Obtenlo Por Escrito: Pídele a tu médico que anote lo que debes hacer entre ahora y tu próxima visita, incluyendo instrucciones sobre cómo tomar medicamentos, especialistas que deberías ver y/o modificaciones en el estilo de vida.
- Seguimiento: Si experiencia algún problema después de la consulta, llame la oficina de su médico para programar una cita. Pregunte en la oficina de su médico si utilizan correo electrónico o un portal en línea para comunicarse con los pacientes.

¡ 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.