

# Senior Moments

## February **BLACK HISTORY** MONTH 2025



**JOIN US THIS FEBRUARY AS WE HONOR BLACK HISTORY MONTH  
WITH A LINEUP OF EVENTS AND ENGAGING PROGRAMS.**

**DON'T MISS THE CHANCE TO CELEBRATE CULTURE, HISTORY, AND  
ACHIEVEMENTS THAT CONTINUE TO SHAPE OUR WORLD.**

**STAY TUNED FOR ALL THE EXCITING DETAILS!**

***Department Of Elder Affairs ~ Raymond A. Jordan Senior Center***  
*1476 Roosevelt Ave, Springfield, MA 01109 Main: 413-787-6785 Fax: 413-750-2698*



## Department of Elder Affairs ~ Raymond A. Jordan Senior Center

Program Hours: Monday-Friday 7:30am-3:30pm ~ Office Hours: 8:00am-4:00pm ~ 413-787-6785

### **Director of Elder Affairs Roy Goodman**

**Golden Age Club**

413-787-6486 / 413-886-5104

**Senior Community  
Service Employment Program (SCSEP)**

413-787-6785

**S.H.I.N.E.**

413-750-2893

**Computer Learning Center**

413-750-2090

**Outreach Program**

413-787-6124

**Notary Public**

Call 413-787-6633 for details  
Dashima Washington Ortiz

**Hungry Hill Center**

413-733-9411

**Clodo Concepcion Center**

413-750-2873

**North End Center**

413-886-5240

### **Council on Aging Board Members**

Maurita Bledsoe

Magda Colon

Teresa Concepcion

Olga Ellis

Donald Evans

John Jordan

Donald Roberts

### **Greater Springfield Senior Services**

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

### **Greetings!**

Now that the Holiday season is over, what's next for you? In life, we are always looking ahead, having a plan for the next big thing. Sometimes, it's nice to just enjoy the moment and not worry about anything. I know, easier said than done.

We all try and do the right thing. We thank the higher power for giving us all that we have and waking us up each day. If you don't do that, maybe you should start. There is so much evil in the world it makes you wonder how we survive at times. We continue to fight off the devil just to make it through the day.

It could be people in your life that you thought you could look up to for guidance, and all you get is negativity, no matter what you do. People are comfortable with their negativity, they will try and destroy your wellbeing, just for pure enjoyment. As someone once told me, "Negative people prey on weak minded people that cannot think or articulate for themselves."

This is a new year with new beginnings. If you have negative people in your life, let them go and you move on and live rent free in their head. Show them you are not weak, whatever they try to do to destroy you, it's not going to work. Keep smiling and move on.

People may have issues and do not even realize it. Don't become part of their issue, if you know they need help, be the bigger person and reach out to them and ask them, "what can I do to help you get rid of your negativity?" Let them know this is a new year and you will continue to live your best life.

Elder Affairs is here for all that are in need. We do not judge anyone that walk through our doors. We are here to help and hopefully we can find something for you that would bring a smile to your face.

Continue to look through our newsletter, our website or come visit us in-person. I am sure there is something or someone that will fulfill your day.

Remember, we got rid of 2024, but don't forget to get rid of NEGATIVE people around you. Life is too short, lets enjoy it and have a good time. You're probably in the good ole days right now, and don't even realize it.

God bless you all.

*Roy Goodman*

Director



**Rooted In Our Mission!**



### 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.*

## Health & Wellness



### TOTALLY YOU!

(Fitness Room)

Our fitness instructor will guide you along to achieve your ultimate wellness goals! **By appointment only!**

**Daily ~ 7:00am-3:00pm**

### 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 and ability.

**Tuesday & Thursday  
1:00pm-2:00pm**

### Pickle Ball

A fun and social sport that is easy to play that mixes tennis, badminton, and ping-pong.

**Monday & Wednesday  
1:00pm-3:00pm  
Friday ~ 9:00am - 11:00am**

### 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 ~ 9:00am - 10:00m**

### Fit & Fierce Dance Camp

This 1-hour class will be exercise, dance/movement & fun! Dancing with the oldies, R&B, gospel and the rhythmic beat of native African Drums.

**Wednesday ~ 9:15am - 10:15am**

### Gentle Chair Yoga

This yoga class offers a focused series of movements and poses that bring body, breath and mind together. Every Body is welcome.

**Wednesday ~ 10:30am - 11:30am**

## COMPUTER LAB

**Opened Monday ~ Thursday  
8:30am-1:00pm  
Closed Fridays**

**Expand Your Knowledge**

- ◆ **Basic Computer**
- ◆ **Laptops**
- ◆ **Microsoft Word ~ Basic**
- ◆ **Smart Phones**
- ◆ **Tablets**
- ◆ **Zoom Conferencing**

### Cyber Scavenger Hunts

Each month a new computer task will be assigned. Show us your computer skills by joining in.

Be the first to complete the task and receive a prize!

**Call our computer guru,  
Frank Holmes at 413-750-2090**

## A FEW OF MY favorite things

### BILLIARDS ROOM

By Appointment  
Monday-Friday

### BOOK CLUB

3rd Thursday  
10:00am - 11:00am

### BROWN BAG

3rd Thursday  
Distribution  
11:00am - 12:00pm

### CROCHET CLUB

Tuesday & Thursday  
9:30am-11:30am

### DEVOTIONAL MOMENTS

Mondays  
10:30am

### DOMINOS

Monday, Wednesday & Friday  
12:00pm - 3:00pm



## Homeowner's Guide To Hiring A Home Improvement Contractor

Remodeling your home can be a massive undertaking.  
If you don't know your rights,  
you could face costly problems.

**Join the  
Mayors Office of Consumer Information  
at**

**Raymond A. Jordan Senior Center  
1476 Roosevelt Avenue, Springfield, MA**

**Thursday, March 6, 2025  
10:00am**

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

**\*\* All programming subject to change. \*\***



**CITY OF SPRINGFIELD- DEPARTMENT OF ELDER AFFAIRS**

# **SENIOR TAX WORK-OFF PROGRAM**

**APPLICATIONS OPEN FEBRUARY 10, 2025,  
AND CLOSE ON MARCH 31, 2025, AT 4:00PM**

**ELIGIBLE SENIORS WILL BE CHOSEN BY  
LOTTERY, TO WORK 67 HOURS IN EXCHANGE  
FOR A \$1,000 PROPERTY TAX CREDIT.**

**WORK PERIOD STARTS JULY 1ST, 2025 - OCTOBER 1ST, 2025**

**FOR MORE INFORMATION CONTACT  
TAX PROGRAM ASSISTANT  
JOSE HERNANDEZ AT: (413) 886-5260**

**OR EMAIL AT:  
TAXWORKOFF@SPRINGFIELDCITYHALL.COM**

**APPLICATIONS ARE AVAILABLE ONLINE AT THE  
CITY OF SPRINGFIELD WEBSITE TO PRINT AND AT  
ALL OF SPRINGFIELD'S ELDER AFFAIRS CENTERS**

**\*\*ALL APPLICATIONS MUST BE TURNED INTO  
THE RAYMOND JORDAN SENIOR CENTER\*\***

**1476 ROOSEVELT AVE SPRINGFIELD, MA 01119**



## Need a Hand... Let Our Outreach Division Help!



*Our goal is to keep individuals as independent as possible while living at home or with loved ones.  
For those in need, we will advocate and make connections to in-home services.*

**We offer many services for Springfield residents.  
Requirements vary.**

- ◆ Assistance with housing search and applications
- ◆ Brown Bag Distributions
- ◆ Education Workshops
- ◆ Fuel Assistance
- ◆ Real Estate Abatements (Income Eligible)
- ◆ Referrals to community programs such as (but not limited to):
  - Meals on Wheels
  - In-home service
  - Transportation options
- ◆ SNAP (Food Stamps)

**City of Springfield discount programs**

- Property tax exemptions
- Trash Discount Fee & more
- Water and Sewer Discount

**Contact us at:**

City of Springfield~ Department of Elder Affairs  
1476 Roosevelt Ave, Springfield, MA  
413-787-6124.

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

**Ofrecemos estos servicios para adultos de 55 en Adelante:**

- ◆ Asistencia con la búsqueda y solicitud de vivienda
- ◆ Asistencia con el programa de nutrición suplementaria (SNAP)
- ◆ Referencias a programas comunitarios como (pero no limitado a):
  - Comidas sobre ruedas
  - Servicios a domicilio
  - Opciones de transporte
- ◆ Despensa de compra las ubicaciones
- ◆ Asistencia con aplicaciones de ayuda de calefacción
- ◆ Descuentos De La Ciudad de Springfield de estos programas:
  - Exenciones de impuestos sobre la propiedad
  - agua y alcantarilla
  - y tarifa de basura y otras
- ◆ Taller de Educación y Información

**Ciudad de Springfield  
Departamento de Asuntos de la Tercera Edad  
Contáctenos al:  
(413)787-6124  
1476 Roosevelt Ave. Spfld., MA 01109**

La División de Extensión cuenta con el apoyo de la Oficina Ejecutiva de Asuntos de la Tercera Edad de Massachusetts y la Administración Federal para la Vida Comunitaria



**Pick-up  
11:00am-12:00pm**

**Next Brown Bag  
Distribution At Raymond A. Jordan Senior Center  
1476 Roosevelt Avenue, Springfield, MA  
January 16, 2025 & February 20, 2025**

**Volunteers needed 3rd Thursday of the month.**



**All volunteers please arrive at 9:00am**

**For more details call 413-787-6124**

To find more information about our programs please visit our website  
[www.springfield-ma.gov/hhs/elderaffairs](http://www.springfield-ma.gov/hhs/elderaffairs) or  
Facebook page: <https://www.facebook.com/elderaffairsspringfield>





## Serving the Health Insurance Needs of Everyone

### *Did you miss the Fall Open Enrollment?*

**Medicare Advantage Open Enrollment ends**

**March 31, 2025**

Did you know that if you're unhappy with your Medicare Advantage Plan (Medicare Part C), you have options? Each year, there's a Medicare Advantage Open Enrollment Period from January 1 – March 31. During this time, if you're in a Medicare Advantage Plan and want to change your health plan, you can do one of these:

Switch to a different Medicare Advantage Plan

Go back to Original Medicare and, if needed, also join a Medicare Prescription Drug Plan

If you switch Medicare Advantage Plans, your new coverage will start the first day of the next month.

The Medicare Plan Finder can help you find, compare, and enroll in a new Medicare Advantage Plan or a Medicare drug plan in your area. You can also call 1-800-MEDICARE (1-800-633-4227) for help. TTY users can call 1-877-486-2048.

The Medicare Advantage Open Enrollment Period isn't for people who already have Original Medicare. It's important to understand and be confident in your Medicare coverage choices. If you have a Medicare Advantage Plan and want to change your plan, check out your options today. Remember, this Medicare Advantage Plan Open Enrollment Period ends March 31.

To schedule a phone appointment with a SHINE Volunteer Counselor for free and unbiased Medicare Counseling, please call MassOptions at 1-800-243-4636. For information on other State Health Insurance Programs in other states and territories please visit- [www.shiphelp.org](http://www.shiphelp.org)

**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 MassOptions 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.**



**Serving the Health Insurance Needs of Everyone**

**¿Olvidaste la inscripción abierta de otoño?  
La Inscripción Abierta de Medicare Advantage  
Finaliza el 31 de Marzo**

¿Sabes que si no estás satisfecho con su Plan Medicare Advantage (Medicare Parte C), tiene opciones? Cada año, hay un período de inscripción abierta de Medicare Advantage del primer de enero al 31 de marzo. Durante este tiempo, si está en un plan Medicare Advantage y desea cambiar su plan de salud, puede hacer una de las siguientes:

Cambie a un plan Medicare Advantage diferente.

Vuelva a Medicare Original y, si es necesario, también únase a un Plan de Medicamentos (Parte D) de Medicare.

Si cambia el Plan de Medicare Advantage o regresa a Medicare Original, su nueva cobertura comenzará el primer día el próximo mes.

El Buscador de Planes de Medicare puede ayudarle a encontrar, comparar e inscribirse en un nuevo Plan Medicare Advantage o un plan de medicamentos de Medicare en su área. También puede llamar al 1-800-MEDICARE (1-800-633-4227) para obtener ayuda. Los usuarios de TTY pueden llamar al 1-877-486-2048.

El Período de Inscripción Abierta de Medicare Advantage no es para personas que ya tienen Medicare Original.

Es importante entender y tener confianza en sus opciones de cobertura de Medicare. Si tiene un plan Medicare Advantage y desea cambiar su plan, consulte sus opciones hoy mismo. Recuerde que este período de inscripción abierta del plan Medicare Advantage finaliza el 31 de marzo.

Para programar una cita telefónica gratuita con un consejero imparcial voluntario de Medicare, llame a MassOptions al 1-800-243-4636 para una cita de SHINE. Para obtener información sobre los programas estatales de seguro médico en otros estados y territorios, visite [www.shiphelp.org](http://www.shiphelp.org)

**Los voluntarios capacitados de SHINE ofrecen asesoramiento gratuito y confidencial sobre todos los aspectos del seguro de salud a cualquier persona que tenga Medicare. Para asuntos relacionados con Medicare (aparte de una cita), llame a MassOptions al 1-800-243-4636, luego presione o diga 3. Una vez que obtenga el mensaje de SHINE, deje un su nombre y número. Un voluntario le devolverá la llamada lo antes posible.**





Springfield Department of Elder Affairs ~ SCSEP



# ***Senior Community Service Employment Program***

The Senior Community Service Employment Program (SCSEP) is the nation's oldest job training program to help unemployed individuals age 55 and older find work.

**Admin. Assistant**

**CNA**

**Human Service**

**School Cafeteria**

**Receptionist**

**Retail**

**Driver**

**Food Service**

**... and more**

- You must be 55 years of age or older
- You must be **UNEMPLOYED**
- Resident of Hampden or Hampshire County
- Income Limit (single \$15,613.00\*; married \$21,138.00\*)
- Legally able to work in the US.
- Pass a CORI (Criminal records check)



**NOW ACCEPTING APPLICATIONS**

To inquire about SCSEP please call 413-787-6785.

***Experienced  
Workers Get  
Paid to Train  
While Job  
Searching***



The center for workforce inclusion'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 a equal opportunity program. Auxillary aides and services are available upon request to individuals with disabilities.





## Springfield Golden Age Club

### GOLDEN AGE CLUB

#### *Top Officers*

##### *President*

Donald Roberts

##### *1st Vice President*

Joanne Lucas

##### *Treasurer*

Maureen Whitehead

##### *Secretary*

Betty Wallace

##### *Hungry Hill Vice President*

Martha Kelliher

##### *Sixteen Acres Vice President*

Don Roberts

##### *Winchester Square Vice President*

Vivian Brantley

### JOIN A MEETING

#### Mondays

**Winchester Sq. Branch ~ 1:00pm**

@ Raymond A. Jordan Senior Ctr

**Hungry Hill Branch ~ 1:00pm**

1st & 3rd Tues.

Hungry Hill Senior Center

773 Liberty Street

#### FRIDAYS

**Sixteen Acres Branch ~ 1:00pm**

Clodo Concepcion Center

1187 ½ Parker Street

For more information or questions on becoming a Golden Age Club member please call 413-787-6486

## **\*\*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 and Golden Age Clubs.***

***The closings will show listings as:***

***Springfield Senior Centers***

***Council on Aging and Golden Age Clubs.***



# Hungry Hill Senior Center

Linda Henley ~ Center Coordinator 773 Liberty Street, Springfield, MA 413-733-9411

<b>Monday</b>	10:30am 11:30am	Social Hour, Coffee Strength class w/Kerry (Video) or YouTube Dancercise
<b>Tuesday</b>	9:00am  1:00pm	Knitting & Crafting Golden Age Club Mtg 1st & 3rd Tues. Bingo
<b>Wednesday</b>	10:30pm	Social/Games Mobil Library (2nd & 4th Wed.)
<b>Thursday</b>	10:30am 12:00pm	Social Hour
<b>Friday</b>	10:00am	Walking Club (DVD) Social Hour

## LUNCHES SERVED TUESDAY AND WEDNESDAY 12:00PM


Free Lunches provided by Palazzo Café  
Schedule subject to change

Reservations required 1 Day in  
advance can only be reserved for  
the maximum of (1) Week at a time.

—————  
*Mobile Market ~ Wednesdays*  
10:30am-11:30am

*Keep an eye for our new trips January and February ~ weather permitting*

### *After Holiday Party - Thursday, January 9, 2025*

- |   |  |
|---|--|
| <b>Reflexology</b>  | ~ Wednesdays, January 8, & January 29, 2025 ~ February 12, & February 26, 2025     |
| <b>Victorian Tea Party</b>  | ~ Monday, January 13, 2025   |
| <b>Sock Hop II</b>  | ~ Fundraiser for the Soldiers Home - donate men's socks                            |
| <b>Birthday Celebration</b>   | ~ Thursday, January 23, 2025 ~ Thursday February                                   |
| <b>Brown Bag</b>  | ~ Thursdays, January 16, & February 20, 2025                                       |
| <b>Movie Matinee</b>  | ~ Friday, January 24, 2025 ~ "In Five Golden Hours" 1961 Comedy                    |
|   | <b><i>Belly Laugh Day</i></b>  |
|   | ~ Thursday, February 20, 2025 Movie TBA  |
| <b>Cooking Healthy</b>  | ~ Friday, January 31, 2025 – 11:45am-1:45pm & Friday, February 21, 2025 - Menu TBA |
| <b>Scrabble Tournament</b>  | ~ Friday, February 7, 2025 / Teams w/prizes  |
| <b>Valentines Day</b>  | ~ Friday, February 14, 2025 - Assortment of Sweets - Music by the Jazz Bones       |



## Department of Elder Affairs Senior Centers

Will be closed for the following Holidays

***Martin Luther King Jr. Day ~ Monday, January 20, 2025***

***Presidents' Day ~ Monday, February 17, 2025***

## Clodo Concepcion Community Center

*Alex Martin ~ Center Coordinator 1187 ½ Parker Street, Springfield, MA 413-750-2873*



<b>Monday</b>	9:00am 11:00am 1:00pm	Walking Tigers Get Fit Club Access Tech Craft Class ~ <b>sign up required</b>
<b>Tuesday</b>	9:00am 9:30am 11:00am 1:00pm 1:00pm	Walking Tigers Get Fit Club Walk & Strength (low impact aerobics) Dancing for the fun of it Line Dancing 3rd Tuesday ~ Massachusetts Association For the Blind ~ Support Group
<b>Wednesday</b>	9:30am 1:00pm 1:00pm	Improvers Line Dancing Cameo Club Movie Time - TBA <b>NEW</b>
<b>Thursday</b>	9:00am 9:30am 1:00pm	Walking Tigers Get Fit Club Walk & Strength (low impact aerobics) <b>Learn how to play ~ NEW</b> Chess, Canasta, Tri-ominos & Mexican Train
<b>Friday</b>	10:00am 1:00pm	Tech Time with Alex (sign up required) Golden Age Club

**Lunch Served**  
**Monday, Wednesday and Friday**  
**11:15am-12:15pm**

Free Lunches provided by  
Palazzo Café  
Menu subject to change.  
Reservations required 1 Day in  
advance can only be reserved for  
the maximum of (1) Week at a time.

**Tech Time with Alex** (Fridays)  
Learn how to use your tablet, computer,  
smartphone and hotspot.  
Open to all members at  
Clodo Concepcion Community Center.

**Wi-Fi Available**



**Self Care and you in 2025 ~ Monday's 1:00pm**  
*Discussion-based, using magazine articles and videos as starting points.*  
**Monday, January 6th & 20th Nail Care**  
**Monday, January 13th & 27th Hair Care**

Bring  
A  
Friend

**February ~ Heart Month**

**Access Tech** with Jerry Feliz-Access Technology Director

Access technology includes apps and devices that help individuals who are blind or have low vision increase their independence.

Training is provided by appointment.

Call 1-857-443-6636

**Program sponsored by the Massachusetts Association for the Blind and Visually Impaired**

## North End Senior Center

310 Plainfield Street, Springfield, MA 413-886-5240 ~ Program Hours: 8:00am-3:00pm

Doris Rosario ~ Center Coordinator

<b>Monday/Lunes</b>	8:00am-3:00pm 10:00am-3:00pm 10:00am-3:00pm	Fitness Room ~ By appointment / Sala de Ejercicio ~ Por Cita Dominoes Club / Club De Dominoes Pool Table / Mesa De Billar
<b>Tuesday/Martes</b>	8:00am-3:00pm 10:00am-3:00pm 10:00am-3:00pm	Fitness Room ~ By appointment / Sala de Ejercicio ~ Por Cita Dominoes Club / Club De Dominoes Pool Table / Mesa De Billar
<b>Wednesday/Miércoles</b>	8:00am-3:00pm 10:00am-3:00pm 10:00am-3:00pm	Fitness Room ~ By appointment / Sala de Ejercicio ~ Por Cita Dominoes Club / Club De Dominoes Pool Table / Mesa De Billar
<b>Thursday/Jueves</b>	8:00am-3:00pm 10:00am-3:00pm 10:00am-3:00pm	Fitness Room ~ By appointment / Sala de Ejercicio ~ Por Cita Dominoes Club / Club De Dominoes Pool Table / Mesa De Billar
<b>Friday/Viernes</b>	8:00am-3:00pm 10:00am-3:00pm 10:00am-3:00pm 11:00am-1:00pm	Fitness Room ~ By appointment / Sala de Ejercicio ~ Por Cita Dominoes Club / Club De Dominoes Pool Table / Mesa De Billar Arts & Crafts / Manualidades



**On the road again!**



**Pickleball  
Holiday Party**