

**Department of Elder  
Affairs Staff**

**Sandy Federico**  
Director of Elder Affairs  
Carol Gasque  
Fiscal Administrative Manager

Krista Stott  
Senior Program Coordinator

Madeline Cofield  
Kerri Jahn  
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

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

1476 Roosevelt Ave  
Springfield, MA 01109

**Hours of Operation:**

Monday-Friday

**Program Hours**

7:00am-3:30pm

**Office Hours**

8:00am - 4:00pm

413-787-6785

January / February 2020

# Springfield Campanile

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



Mayor Domenic J. Sarno

## SPRINGFIELD PARTNERS



*For Community Action*

**Now Offering Free Door-To-Door Transportation on  
Mondays, Wednesdays and Fridays to the  
Raymond A. Jordan Senior Center.**

*Seating is limited and will be available on a first come, first serve basis.*

**To schedule a ride, contact 413-575-0443.**

- ◆ Daily rides need to be scheduled 24-48 hours in advance.
- ◆ Riders need to leave their name, location of pick-up and contact number.
- ◆ Rides are not confirmed until you have been contacted by the transportation office.
- ◆ All riders must be able to self-ambulate to the vehicle. Drivers will assist riders in and out of the vehicles.

***\*This service is exclusively for seniors 55 and older***



## 2020 AARP Tax Season



At



**Call Now!**

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

AARP Tax preparation is by appointment only on Thursdays beginning:

**Thursday, February 6, 2020 through Thursday, April 9, 2020**

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: 413-787-6785 / Fax: 413-750-2694***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***COA Board Members**

Maurita Bledsoe

Magda Colon

Teresa Concepcion

Olga Ellis

Donald Evans

John Jordan

Donald Roberts

*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.*

## ***National Wear Red Day<sup>®</sup>*** ***Friday, February 7, 2020***


On the first Friday of every February, which is designated as American Heart Month, the nation comes together, igniting a wave of red from coast to coast. From landmarks to news anchors and neighborhoods to online communities; this annual groundswell unites millions of people for a common goal: the eradication of heart disease and stroke.

### ***What It Means to Go Red For Women***

Heart disease is the No. 1 killer of women, killing more women than all forms of cancer combined. Learn what it means to Go Red For Women to help women like you fight back.

<https://www.goredforwomen.org>



American Heart  
Association   
*Learn and Live*



# Springfield Golden Age 2020

## 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 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



**We're Back In Motion  
 at the Raymond A. Jordan Senior Center**





### *Social Security Expands Hours in Springfield and Holyoke Offices*

Currently, a Social Security field office is generally open to the public from 9:00 a.m. to Noon on Wednesdays. Beginning January 8, 2020, offices will remain open until 4:00 p.m. on Wednesdays, with typical field office hours from 9:00 a.m. until 4:00 p.m., Monday through Friday. This change restores Wednesday public service hours that were last in place in late 2012. In addition to expanding our hours of service, we will be hiring 1,100 front line employees to provide service on the agency's National 800 Number and in its processing centers. We are currently bringing onboard 100 new processing center employees and approximately 500 new teleservice representatives for the 800 Number. An additional 500 hires for the 800 Number will occur later in 2020.

Through their personal my Social Security account, people can check personal information and conduct business with Social Security. If they already receive Social Security benefits, they can start or change direct deposit online, and if they need proof of their benefits, they can print or download a current Benefit Verification Letter from their account. People not yet receiving benefits can use their online account to get a personalized Social Security Statement, which provides earnings history information as well as estimates of future benefits. Currently, residents in 40 states and the District of Columbia may request a replacement Social Security card online if they meet certain requirements. The portal also includes a retirement calculator and links to information about other online services, such as applications for retirement, disability, and Medicare benefits.

Many Social Security services are also conveniently available by dialing toll-free, **1-800-772-1213**. People who are deaf or hard of hearing may call Social Security's TTY number, **1-800-325-0778**.

## 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

<p><b>Totally You!</b> Our Health &amp; Wellness Coordinator will guide you along to achieve your ultimate wellness goals!</p>	<p>Monday thru Friday</p>	<p>7:00am-3:00pm</p>	<p>2nd Floor Fitness Ctr</p>
<p><b>Tai-Chi</b> An Ancient Chinese Tradition &amp; Graceful Form of Exercise. Tai Chi can improve: Balance, Weight, Cholesterol, Blood Pressure, Diabetes and Calming of the mind. For All Abilities.</p>	<p>Tuesday</p>	<p>9:30am-10:30am</p>	<p>1st Floor Banquet Room</p>
<p><b>Pickle Ball</b> paddle sport, similar to a racquet sport that combines elements of badminton, tennis, and table tennis. Two or four players</p>	<p>Tuesday</p>	<p>1:00pm-3:00pm</p>	<p>1st Floor Banquet Room</p>
<p><b>Walk &amp; Strength</b> Warm-up consists of 30 minutes of walking, followed by 30 minutes of standing &amp; seated stretching &amp; strength exercises with resistance bands. Work at your own pace &amp; ability.</p>	<p>Monday &amp; Thursday</p>	<p>1:00pm-2:00pm</p>	<p>1st Floor Banquet Room</p>
<p><b>Mat Yoga</b> for “every body” with Cheryl Whalen. Reduce your stress! Relax your body! Mats are available if needed.</p>	<p>Monday</p>	<p>9:30am-10:30am</p>	<p>1st Floor Banquet Room</p>
<p><b>Game Day</b> Come join the fun every 3rd Friday afternoon to play Cornhole, Ping Pong, Wii Bowling, Pickle Ball, and Tennis and much more!</p>	<p>3rd Friday/Monthly</p>	<p>1:00pm-3:00pm</p>	<p>1st Floor Banquet Room</p>
<p><b>Walking Club</b> Improve your health, trim your waistline, prevent/manage blood pressure, diabetes. Walk at your own pace.</p>	<p>Monday &amp; Wednesday</p>	<p>8:00am-9:00am</p>	<p>Outside-Weather Permitting</p>



## 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

**Call to make reservations, required at least one day in advance by 2:00pm. Only \$3.50!**

## MEETING FACE TO FACE

**Bible Study** ~ Prayer and Meditation.  
All welcome!

Monday

10:15am

2nd Fl Multi Purpose  
Room

**Breakfast Club Book Club** ~ Meet to discuss  
the featured book. Books provided by the  
library.

4th Thursday of  
the month

10:00am

Library ~ 1st Floor

**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

**Arts & Crafts** Make your masterpiece!

Wednesdays  
Monthly

9:30am-10:30am





2nd Fl Multi Purpose  
Room (subject to change)

**Oil Painters** Ready, paint, relax and be so-  
cial.

Tuesday

10:00am-1:00pm

2nd Fl Multi Purpose  
Room

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

# Financial Hour



Hosted by: Julius Lewis, Tom Morrow & Jimmy Mitchell

***Fridays at 10:30am***



January 17, 2020 ~ Life Insurance

January 31, 2020 ~ Medicare

February 14, 2020 ~ Estate Planning (Wills & Trust)

February 28, 2020 ~ Social Security

March 13, 2020 ~ Stavros



**At the  
Raymond A. Jordan Senior Center**

"The Lewis and Morrow Financial Hour" is a program designed to educate the community on financial news, information, products and services.

***Register now at our Welcome Center or call 413-787-6785***



Sponsored by Department of Elder Affairs and the Council on Aging

# 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**



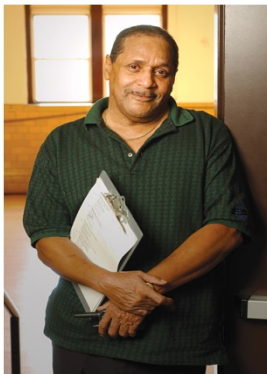
*Community  
Service  
Leading to  
Independence*

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.



**Clodo Concepcion Comm. Center**

Site Coordinator: Alex Martin

Open Mon-Fri 9:00am - 3:00pm

1187 1/2 Parker Street 750-2873

GSSSI Lunches: Monday, Wednesday, &

Friday-12pm \$2.00 Suggested donation

Reservations required

Mon-Thurs 9:00am Coffee Hour & Walking Club

**Monday**

10:00 Dancing for the fun of it!

1:00 For Your Information

1:00 White Cane Walking Club ~ *NEW*

**Tuesday**

10:00 Strength Class

10:45 Tai Chi

1:00 Line Dancing

1:00 3rd Tues. Spfld Insight Support

Group. (Mass Assoc. for the Blind)

1:00 The pen pal project (open to all)

**Wednesday**

8:30 1st Wed. of the mo. Foot Care (by apt)

9:30 Balance Class (self directed)

10:00 My Reflections-Diabetes Support Group

11:00 Inspirational Moments

1:00 Ms. Senior Mass Como Dancers

**Thursday**

10:00 Strength Class

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

Create your own bookmark \* Coffee, Tea and special treats and a movie \* Dotted painting, the adventure continues \* Live, Love, and Laughter, and Put it in your own words.

**Hungry Hill Center**

Site 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

(Reservations Required by Previous Fri.)

2nd Tues. Bingo 1:00

Pokeno 1:00 1st, 3rd, & 4th Tuesday

**Wednesday**

10:00 2nd Wed. Reflexology

12:00 Lunch

**Thursday**

10:45 Exercise Group

11:30 Social, Coffee & News

12:00 Librarian

12:00 3rd Thurs. 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*

**Riverview Center**

Site 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**

8:30 Walking Club

9:00 Exercise

10:00 Sewing

**Tuesday**

8:00 - 10:00 Coffee Hour

9:30 - 11:30 Drop in Knitting

4<sup>th</sup> 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**

Interim: Olga Ellis

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

**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

**Thursday**

Cardio Machines/Weight Machines

7:30-9:00 Blood Pressure

**Friday**

Cardio Machines/Weight Machines

8:00-11:30 Blood Pressure

\*\*Walking Club:

**Programs at Clodo Concepcion Community Center**

1187 1/2 Parker Street, Springfield, MA 01129

**Healthy Eating for Successful Living**

Greater Springfield Senior Services will be hosting a "Healthy Eating for successful living" starting on Tuesday February 4, 2019 at 11:00 a.m. This six-week program was specifically designed for those who want to learn more about nutrition and how small changes in eating habits can promote better health.

**Senior Verbal Self Defense**

This three week course teaches each participant practical self-defense for a variety of situations. Topics covered are verbal self-defense, environment awareness and physical application based on the participant's individual ability.

**Monday, February 3, 2020 at 9:15 a.m. - 10:00 a.m.,**

**Loneliness Project**

Project will include: Building friendships, creating safe environments to chat with others about current and past events, socialization and networking.

Starting in February, date and time to be determined by the group.

Sponsored by: the Department of Elder Affairs and the University of Massachusetts

*For more information about programs see Alex Martin or call 413-750-2873.*

## *Alzheimer's Education*

At the Raymond A. Jordan Senior Center

Join us for a discussion to learn about common warning signs, early detection, decoding behavioral messages, identifying common triggers, and learning strategies to help manage some of the most common behavioral challenges of Alzheimer's disease.

**WHEN:** **Wednesday, January 22, 2020, 1:00pm-2:30pm**  
10 Warning Signs

**Wednesday, January 29, 2020, 1:00pm-2:30pm**  
Understanding and Responding to dementia-related behaviors.

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

**PRESENTER:** Meghan Lemay, Regional Manager, Western Mass Alzheimer's Association

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

Sponsored by: The Springfield Department of Elder Affairs Outreach Division and Alzheimer's Association. The Outreach Division is supported through the Massachusetts Executive Office of Elder Affairs and the Federal Administration.

From the Massachusetts Executive Office of Elder Affairs & MassHealth

# Medicare Savings Programs

### Want to save money on your Medicare Coverage?

A new state law in Massachusetts is expanding several Medicare Savings Programs (also known as "MassHealth Buy-in" programs).

These programs help older residents and people living with disabilities save money on their Medicare coverage.

If you are a Massachusetts resident with limited income and assets, who is eligible for Medicare, you may qualify for a Medicare Savings Program that will pay your monthly Medicare Part B premium, which is now deducted from your Social Security benefit. In certain cases, a Medicare Savings Program may also pay your out-of-pocket Medicare Part A and Part B costs and your Part A premium (if you have one).

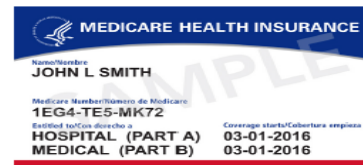
Starting **January 1, 2020** the income and asset limits for the Medicare Savings Programs are increasing, meaning more people will be able to get help paying for Medicare.

If you qualify for a Medicare Savings Program, you will also **automatically qualify for Extra Help, a program that will help pay for your prescription drugs under Medicare.**

**Learn about the new income and asset limits:**

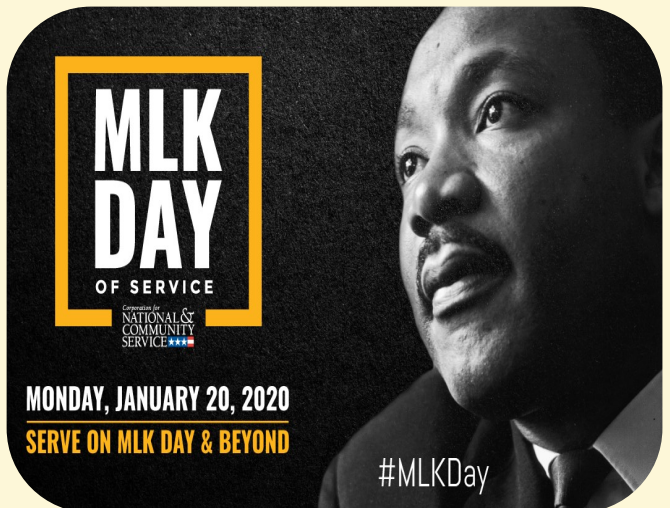
If your income and assets are at or below the amounts listed here, you may qualify for help from one of several Medicare Savings Programs

You are	Your income is at or below*	And your assets are at or below
Single Individual	\$1,738/month	\$15,720
Married Couple	\$2,346/month	\$23,600



# Community Drum Circle

With Tara Murphy



“Be a bush if you can't be a tree. If you can't be a highway, just be a trail. If you can't be a sun, be a star. For it isn't by size that you win or fail. Be the best of whatever you are.”

October 26, 1967 ~ Martin Luther King Jr.

## 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.



*Servicio a la comunidad que lleva a*

*usted a ser independiente.*

### SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM

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  
 Donald Roberts  
*1st Vicepresidente*  
 Joanne Lucas  
 Tesorero  
 Maureen Whitehead  
*Secretario*  
 Annemarie Pajar
- St. James Ave.*  
*Vicepresidente*  
 Joanne Lucas
- Mayflower*  
*Vicepresidente*  
 Cecile Benoit
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- Sixteen Acres*  
*Vicepresidente*  
 Dick Sitnik
- Tri-Towers*  
*Vicepresidente*  
 Marilyn Hallas
- Winchester Square*  
*Vicepresidente*  
 Earnestine Johnson

## Holding Down The Fort at Our Welcome Center



**Volunteer Charlie**



### **\*\* 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 Dept. of Elder Affairs,  
All Senior Centers & Golden Age Clubs.



**The closings will show listing as:  
Springfield Senior Centers/Council on Aging  
& Golden Age Clubs.**



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



## El Seguro Social añade Horas en las Oficinas de Springfield y Holyoke

La oficinas del Seguro Social están abierta al público los miércoles a las 9:00 a.m. hasta las 12:00 p.m. A partir del 8 de enero de 2020, las oficinas estarán abiertas los miércoles hasta las 4:00 p.m., con horario de oficina de 9:00 a.m. a las 4:00 p.m., de lunes a viernes. El cambio para los miércoles restaura las horas programadas en 2012. Además de proporcionar más horas de servicio, estaremos contratando a 1,100 empleados para la agencia de el Número Nacional 800 y en sus centros de procesamiento. Tendremos 100 nuevos empleados del centro de procesamiento y aproximadamente 500 nuevos representantes de teleservicio para el Número 800. Se contratarán 500 personas adicionales para el número 800. Esto ocurrirá más adelante en 2020.

Con su cuenta personal de mi Seguro Social, las personas pueden revisar la información personal y hacer negocios con el Seguro Social. Si ya reciben beneficios del Seguro Social, pueden iniciar o cambiar el depósito directo en línea, y si necesitan una prueba de sus beneficios, pueden imprimir o descargar una Carta de Verificación de Beneficios de su cuenta. Las personas que no reciben beneficios pueden usar su cuenta en línea para obtener una declaración de Seguro Social personalizada, que proporciona información del historial de ganancias, así como estimaciones de beneficios futuros. En este momento, los residentes en 40 estados y el Distrito de Columbia pueden solicitar una tarjeta de reemplazo del Seguro Social en línea si cumplen con requisitos específicos. El sistema en línea también incluye una calculadora de jubilación e información sobre otros servicios en línea, como solicitudes de jubilación, discapacidad y beneficios de Medicare.

Los servicios de Seguro Social también están disponibles llamando al: **1-800-772-1213**. Personas sordas o con dificultades auditivas pueden llamar al número TTY del Seguro Social al: **1-800-325-0778**.

## ¡ 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.