



Senior Moments

January / February 2021

A publication of the City of Springfield ~ Department of Elder Affairs
Mayor Domenic J. Sarno



Winter Wonderland Family Reunion

Join us for our winter drive-by parade at the
Raymond A Jordan Senior Center!
Giveaways, information, and to wish everyone well.

Masks Must Be Worn! 🧡

Tuesday, February 23, 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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Director of Elder Affairs

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Fiscal Administrative Manager

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Kerri Jahn

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SHINE Program Coordinator

Irene Kenison
SHINE Program Outreach Worker

Zelmon Johnson
Outreach Coordinator

Ramona Matos
Outreach Worker

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

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,

I had the most difficult time writing to you this time. It seems I wasn't able to put together the right combination of words to say what needs to be said. My heart and my mind were battling with each other to strike just the right balance between hope and the reality that was 2020.

Do I bring up the challenges we all faced together? Do I remind everyone what doesn't need reminding? Do I completely ignore the obvious and shoot for a brighter promise for our new year? My conflict is this: I don't want us to forget 2020. In fact, I feel quite strongly we have to remember the year in its entirety. Why, you ask? Because it would be so easy for us to push it all away and tuck it under the file that reads: "gone." If we do that, my friends, we risk learning nothing. We risk repeating our mistakes. We risk losing our mindfulness that we all have to continue to protect ourselves and each other.

We MUST remember, because it is the only way for the joy that we crave to finally surface...and mean something. My prayer and my hope is we find that guiding star to lead us...not so much away from the pain, but rather, to shine on us so we move TOWARD something better. Let's promise each other to remember what's behind us...appreciate what is with us... and shape our future with the light of love, compassion and faith.

From my heart to yours...Happy New Year!

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

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

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



Your Arts in the Right Place!

January / February 2021

Happy New Year Family!

We've been working hard and we're ready to take off  are you?

- ~ Ease your stress
- ~ Increase your happiness
- ~ Keep your mind positive

Hope you'll get in touch with your creative side!



We can't wait to see your creations!
Happy DIY!

Paint Stick Snowman



Supplies and instructions included
Register by Wednesday, January 13, 2021
Pick-up will be Friday, January 15, 2021

Sugar Hand Scrub



Supplies and instructions included.

Register by Wednesday, January 20, 2021
Pick-up will be Friday, January 22, 2021

Hot Chocolate Mug



Supplies and instructions included
Register by Wednesday, January 27, 2021
Pick-up will be Friday, January 29, 2021

Registrations for all projects begin Monday, January 4, 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.

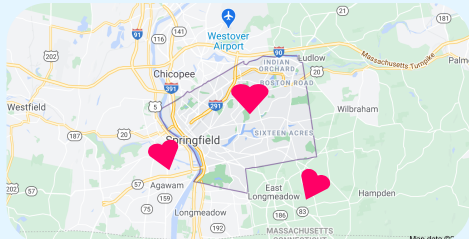
- ◆ After registration, you will receive a phone call for confirmation and any additional information.
- ◆ All programs are on a first come, first served basis. Limited number of supplies.

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



Valentine's Scavenger Hunt

*Roses are Red, Violets are Blue,
We can't imagine, Life without You!*



Register by Monday, February 1, 2021
Pick-up on Wednesday, February 3, 2021
Turn in hearts collected
Wednesday February 10, 2021
Collect Prize Friday, February 12, 2021

Pop-up Valentine's Card



Supplies and instructions included
Register by Wednesday, February 10, 2021
Pick-up will be Friday, February 12, 2021

Heart Picture Frame



Supplies and instructions included
Register by Wednesday, February 17, 2021
Pick-up will be Friday, February 19, 2021

Black History Activity Kit

(Weave basket craft, an African Mask craft,
an activity book, pencils & factoids)



Supplies and instructions included
Register by Wednesday, February 24, 2021
Pick-up will be Friday, February 26, 2021

Registrations for all projects begin Monday, January 4, 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.

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“

If you want the cooperation of humans around you, you must make them feel they are important — and you do that by **being genuine and humble.**

”

Nelson Mandela



POPSUGAR.



-MAYA ANGELOU



Dr. Martin Luther King, Jr.

©LPI



Strength Class with Kerry Welch

Tuesdays at 1:00pm

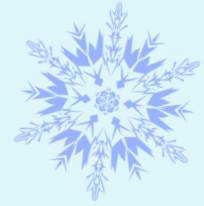


If you do not have strength bands or weights you can use cans of water or milk jugs.

Please call 787-6785 for start date.

IMPORTANT!

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.



In the Raymond A. Jordan Senior Center parking lot!

Thursday, January 28, 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 Tuesday, January 26, 2021



Weather Permitting!



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



BINGO DE ESTACIONAMIENTO

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

jueves, 28 de enero 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!

Regístrese antes del martes 26 de enero de 2021

¡LO PERMITE EL TIEMPO!

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



Medicare Advantage Open Enrollment ends March 31

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.

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.



La Inscripción Abierta de Medicare Advantage Finaliza el 31 de Marzo

¿Sabes que si no está 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.

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.

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 EMPLOY

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.



Tis The Season For Savings and Assistance!!

The Outreach Division can help determine if you qualify:

CIRCUIT BREAKER TAX PROGRAM

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.

WATER AND SEWER DISCOUNT

No income requirement. Age 68 or older; disabled veterans.

Reduce your water bill by \$2.75 per month.

UPDATE: 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; Over 70/Surviving spouse/minor; Blind or Veteran.

TRASH DISCOUNT FEE: (no income requirement.)

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

FUEL ASSISTANCE-INCOME ELIGIBILITY.

For new applicants, contact New England Farm Workers Council at (413) 272-2209. For recertification, the Outreach Division can help.

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 413-265-6300.

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 or Zee Johnson (750-2896) in the Outreach Division of the Department of Elder Affairs.





¡ES LA TEMPORADA DE AHORRO Y ASISTENCIA!

La División del Alcanza puede ayudar a determinar si califica.

PROGRAMA DE IMPUESTOS DE DISYUNTORES:

Mayores de 65 años o más que tienen el impuesto 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 E AGUA Y ALCANTARILLADO:

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

Reduzca su factura de agua por \$2.75 por mes.

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 alcanza 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 413-265-6300.

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 bienvenida.

¿Tienes más preguntas sobre los servicios para personas mayores?

Comuníquese con
Ramona Matos (413) 886-5260 o Zee Johnson (413) 750-2896
 en la División de Extensión del Departamento de Asuntos de Ancianos.





Harvest Reunion

