



# Springfield Campanile



A publication of the City of Springfield  
Department of Elder Affairs

Mayor Domenic J. Sarno

July/ August 2016

## Star Spangled Springfield

Monday July 4, 2016

*Riverfront Park*

*7:00-10:00p.m.*

### **Fun Facts**



#### Fireworks by Gucci

- ★ Days for Set-up: 4
- ★ Number of Pyro-technicians: 7
- ★ Hours to Choreograph: 16
- ★ Man Hours for Set-up: 336
- ★ Largest Firing Mortar: 6 Inches
- ★ Firing Cues: 152

#### Musical Simulcast-Mix 93.1FM

- \* Excelsior (patriotic Fanfare) - Connor Griffin
- \* America the Beautiful—Alicia Keys & Ray Charles
  - \* Back in the USA—Linda Ronstadt
- \* America The Dream Goes On—John Williams & James Ingram
  - \* Pink Houses Ain't That America—John Mellencamp
    - \* Armed Forces Medley—US Marine Band
    - \* This is Your Land—Lee Greenwood
  - \* Saturday in the Park (4th of July) - Chicago
  - \* Independence Dany—Martina McBride
    - \* God Bless America—Celine Dion
      - \* Stars & Stripes—Sousa



**Council on Aging**

787-6785

Fax: 750-2694

**Golden Age Club**

787-6486

**Senior AIDES**

**Employment Program**

787-6126

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

750-2893

**Computer Learning Center**

750-2090

**Outreach Program**

750-2896/ 886-5260

**Smoke Detector Program**

311

**COA Board Members**

Maurita Bledsoe  
Adrienne Caulton

Olga Ellis

Donald Evans  
Annemarie Pajer

William Toller

Willinette Williams

Daily Jumble answers: (zdaily.com)

Tack, Earth, Height, Destiny

**Department of Elder Affairs Staff**

Janet Rodriguez Denney  
*Director of Elder Affairs*  
Carol Gasque  
*Fiscal Director*  
Charlotte Lee  
*Senior Employment Director*  
Suzie Livingston  
*Employment Specialist*  
Alicia Germain  
*SHINE Program Director*  
Olga Ellis  
*SHINE Program Assistant*  
Ramon Planas  
*SHINE Outreach Worker*  
Eliana Franklin  
*Adult Outreach Liaison*  
Celines Cruz & Lakisha Reddick  
*Outreach & Referral Services*  
Frank Holmes  
*Computer Learning Center*  
Hector Torres  
*Smoke Detector Program*  
Darryl Mickey  
*Van Driver*



*Director's Corner*



**Janet Rodriguez Denney**  
**Director of Elder Affairs**  
**City of Springfield, Mass**

*Funding for many of our wonderful programs and activities is provided through Council on Aging grants from the Executive Office of Elder Affairs at the Commonwealth of MA.*

***Department of Elder Affairs ~ Mission Statement***

*The Department of Elder Affairs  
is dedicated to enhancing the quality of life for senior citizens in the  
City of Springfield.*

# Springfield Golden Age Travel



1600 East Columbus Ave, Springfield, MA  
 Call 413-787-6486 for more information.

Please make all checks payable to: Golden Age Club

## TOP OFFICERS INSTALLATION



## SUMMER TIME PICNIC AT FOREST PARK



## MAYFLOWER OFFICERS INSTALLATION



## 16 ACRES OFFICERS INSTALLATION



**Tuesday, Sept 20, 2016**  
**The Lucky Lobster, CT**  
**Lenny & Joes's, Westbrook, CT**  
Package Includes:  
 Round Trip Motor Coach  
 Lunch at Lenny & Joe's Fish Tole  
 Visit to Mohegan Sun Casino  
 Casino Bonus with a 5 hour Stay  
 \$15 food Voucher & \$15 Free Play  
 Driver Gratuities

**GAC Members \$70 Non Members \$75**

**Tuesday, Dec 1st, 2016**  
**National Shrine of LaSalette**  
**Christmas Festival of Lights**

Package Includes:  
 Round Trip Motor Coach  
 Lunch at the Radisson Providence  
 Afternoon of Laughter with  
 "Father Misgivings"  
 Visit & Donation to  
 Lights of LaSalette Shrine  
 Driver Gratuities

**GAC Members \$84 Non Members \$89**

## SPRINGFIELD GOLDEN AGE CLUBS WEEKLY MEETINGS

### MONDAYS

**Brightwood Branch ~ 1:15p.m.**  
 Springfield Hobby Club  
 309 Chestnut Street

**Winchester Sq. Branch ~ 1:00p.m.**  
 Independence House  
 1475 Roosevelt Avenue

### TUESDAY

**Tri-Towers Branch ~ 1:00p.m.**  
 Tri-Towers Community Room  
 18 Saab Court

### WEDNESDAYS

**Bi-Monthly 1st & 3rd Wednesday**  
**Mayflower Branch ~ 10:00a.m.**  
 Wachogue Church  
 Corner of Arvilla/Roosevelt

**East Springfield Branch ~ 1:30**  
 773 Liberty Street

### THURSDAYS

**Carew Street Branch ~ 10:30a.m.**  
 Jenny Lane  
 1122 St James Avenue

**Pine Point Branch ~ 1:00p.m.**  
 Pine Point Community Center  
 335 Berkshire Avenue

### FRIDAY

**Sixteen Acres Branch ~ 1:00p.m.**  
 Clodo Concepcion Center ( Greenleaf)  
 1187 1/2 Parker Street

### Top Officers

Annemarie Pajer  
*President*  
 Darlene Mickiewicz  
*1st Vice President*  
 Pearl Defilio  
*Treasurer*  
 Marie Brackney  
*Secretary*

### Springfield Golden Age Club Board Members

*Brightwood Vice President*  
 Joanne Lucas  
*Carew Street Vice President*  
 Teresa Plasse  
*East Springfield Vice President*  
 Annemarie Pajer

### Forest Park Vice President

Marie Spedero  
*Mayflower Vice President*  
 Marie Brackney  
*Pine Point Vice President*  
 Alice Lamothe-Roy

### Sixteen Acres Vice President

Marilyn Hallas  
*Tri-Towers Vice President*  
 Earnestine Johnson  
*Winchester Square*  
*Vice President*





### When Can You Enroll in a Medigap Plan?

Medigap plans are health insurance plans that provide extra protection beyond Medicare by filling in some of the “gaps” in Medicare coverage. In Massachusetts, these plans allow continuous open enrollment. You must have Medicare A and B to enroll, and cannot be enrolled in a Medicare Advantage plan. Anyone who is eligible may enroll or change plans or coverage levels at any time, with changes effective the first of the following month. Note that Medigap policies do not cover prescription drugs, which are covered separately under Medicare Part D.

In Massachusetts, seven insurers offer the same two Medigap plans, Core and Supplement 1. The Core plan pays some of the co-pays for Medicare covered services, while the Supplement 1 covers all the deductibles and co-pays for these services. This means that a Medigap policy will generally pay only when Medicare approves payment. With a Medigap policy, you are free to choose any doctor or hospital that accepts Medicare and you do not need referrals to see a specialist.

For assistance with choosing a Medigap plan or any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, 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.

## JOB TRAINING OPPORTUNITIES FOR MATURE WORKERS



THE CITY OF SPRINGFIELD, MASSACHUSETTS



If you are 55 years of age or older, a resident of Hampden, Hampshire County and want to re-enter the job market:

We hire and provide Training for the income eligible Older Worker!

We need your experience, dedication, skills insight and patience.

We are taking applications for future openings for individuals interested to get into the work force and are able to work 20 hours a week.



Call either offices to speak to our intake person:

#### Hampden Office

Mature Workers Program  
1600 E. Columbus Avenue  
Springfield, MA 01103  
413-787-6126 or 413-787-6613

#### Hampshire Office

Mature Workers Program  
Franklin/Hampshire Career Ctr  
178 Industrial Dr., Suite 1  
413-586-6506 ext. 115

Cooperating Agencies: City of Springfield Dept. of Elder Affairs, Department of Labor, and Senior Service America Inc.

**"Operated under USDOL grant and in cooperation with Senior Services of America, Inc. The SCSEP Program is an equal opportunity program.**

## News from the Outreach Department

Is it hard to keep track of your medications? Many individuals having to take medications experience this. In recent years pharmacy outreach programs have become more popular - if you are having difficulties remembering to take your medications, need help reducing prescription costs or need help understanding why you are taking a certain medication give us a call! We can connect you or someone you may know to professionals that could help.



### Having Trouble Paying Utility Bills?

Utility companies have programs available to individuals like you! You may qualify for ongoing discounts, shut off protections and other savings. Individuals must meet financial and age requirements.



### Cooling Tips for Summer 2016

Set your thermostat at as high a temperature as comfortable possible in the summer.

The smaller the difference between the indoor and outdoor temperatures, the lower your Lowell cooling bill will be.

Avoid setting your thermostat a colder setting than normal when you turn on your air conditioner. It will not cool your home any faster and could result in excessive cooling and, therefore, unnecessary expense.

Avoid placing appliances that give off heat such as lamps or TV's near a thermostat. Consider using an interior fan along with your window air conditioner to spread the cooled air through your home without greatly increasing your power use.

*Department of Elder Affairs  
Outreach Program  
413-750-2896*

**Forest Park Manor**

Director: Maddie Allen

Open Tues & Thurs 10:00 am-2:00 pm  
24 Barney Lane ~ 787-7714

10:30-11:15a.m.

Easy Does it Group Exercise

1st Thurs.—Movie with free popcorn

3rd Thurs. 10:00a.m. Vietnamese

Women's Group

11:00a.m.-1:00p.m. Blood Pressure

Screening

Workshops & presentations –call for dates & topics

2nd & 4th TUESDAY OF THE MONTH

Hot Lunch ~ 12:00 noon ~ \$2.00

Lunch provided through Greater Springfield Senior Services-Reservation required by the previous Thursday. Call 787-7714 to make your lunch reservation.

2nd Friday: Brown Bag Pick-up

Grocery Store Trip ~ Once a Month call for days & time

*The coffeepot is always on. Stop in to read the paper, watch TV, have a cup of coffee or tea, chat with you neighbors!*

**Fitness Center**

Director: Gleny Vargas

Open Mon-Fri 7:00 am-3:00 pm  
310 Plainfield Street ~ 886-5240

Monday

Cardio Machines/Weight machines

Coffee

7:30-8:30am ~ 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

7:30-8:45Blood 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: Spring TBD

**Mason Sq. Center**

Director: Madeline Cofield

Open Mon-Fri 8:00 am-4:00 pm  
439 Union St, Emerson Hall ~ 733-3917  
GSSSI Lunches \$2.00 suggested donation

Monday

9:00 Coffee & Chat

10:30 Bible Study

1:00 –3:00 Bingo/Triominoes

Tuesday

9:00 Coffee & Chat

Sewing & Crafts

12:00 Jigsaw~ anyone !!!

Wednesday

9:00 Coffee & Chat

9:00 Manicures by appt

1-2:00 Chair Aerobics/Exercise

Strength with Bands (bi-weekly)

Thursday

9:00 Coffee & Chat

Sewing & Crafts

1:00-3:00 Bridge

3rd Thursday 10:30 am Brown Bag & SNAP; Manicures by apt

Friday

9:00 Coffee & Chat

12:30 Knitting & crafts

1:00-3:00 Domino's

1:00 Movie 5th Friday

**Clodo Concepcion Comm. Center**

Director: Kerry Welch

Open Mon-Fri 9:00 am-3:00 pm ~  
1187 1/2 Parker Street ~ 750-2873

Hot Lunch Served Mon.& Wed. from 12:00-1:00 \$2.00 Suggested Donation.

Reservations required

Monday

9:00 Coffee Hour & Walking Club

9:00 3rd Monday Jewelry Making Class

10:00 Dancercise

12:00 GSSSI lunch/1st Monday Blood Pressure

Tuesday

9:00 Coffee Hour & Walking Club

9:30 Walk & Strength

10:45 Tai Chi \$3.00pp

1:00-3:00p.m Line Dancing

Wednesday

8:30 1st Wed. of the month Foot Care (by appt.only)

9:00 Coffee Hr & Walking Club

10:30 Zumba Gold \$3.00pp

12:00 GSSSI lunch

Thursday

10:00 Walk & Strength

12:00-3:00 Play Pitch \$2.00 (high score & door prizes)

Friday

1:00 –3:00 Golden Age Club Mtg

**Hungry Hill Center**

Director: Linda Henley

Open Mon-Fri 9:00 am-4:00 pm  
773 Liberty Street 733-9411

Monday

9:00 Computer Class

10:30 Light Aerobics(\$3.00 per mo)

11:30 Social Hour

Tuesday

9:30 Knitting & Crafting

Lunch Every Tuesday!

(Reservations One week in Advance)

Every 2nd Tues. Bingo 1p.m.-4:00p.m.

Pokeno 1st, 3rd, & last Tuesday

Wednesday

10:30 Walking Tape

2nd Wed. Reflexology

Thursday

10:30 Video Exercise & Strength training

1:30p.m. Movie w/popcorn

3rd Thurs. Birthday Celebration

Hungry Hill Council Mtgs

3rd Thurs. 6pm

Friday

1:00 Adult Coloring

EOM Foot-care by appoint.

2nd Friday of the Month Brown Bag

3rd Fri. Reflexology \$5.00 & Chair Massage \$10.

**Good Life Center**

Open Mon-Fri 8:00 am-4:00 pm  
1600 East Columbus Ave. 787-6785

**Outreach Program** It serves as the primary vehicle for providing information and referral services for seniors in the Springfield area.

**Golden Age Club** Provides Social/Recreational services to eleven branches across the city.

**Senior AIDES Employment Program-** Provides useful, meaningful community service employment to eligible low-income, disadvantaged mature workers.

**S.H.I.N.E** The SHINE Program is Massachusetts' State Health Insurance Program that provides free, one-on-one health insurance information, counseling and assistance to Medicare beneficiaries of all ages.

**Computer Learning Center** Seniors can learn to use email, the internet, and computer programs.



**Mayflower Center**

Director: Alex Martin

1516 Sumner Ave. 782-4536

Open Mon-Fri 9:00 am-2:00 pm

GSSSI Lunches \$2.00 suggested donation

Home of the Technograys email:

mayflowercenter@verizon.net

**Monday**

9:30 Line Dancing

1:00 Mass Assoc. for the Blind 7/20 & 8/17

**Tuesday**

10:00 Dominoes

10:00 Tues. Benefits check-up screening

11:00 Join Mayflower Walking Tigers

12:30 Art for the Soul

**Wednesday**

9:00 1st Wed. Ask your CPA

10:00 Tai Chi for Beginners ~ New

11:15 Meditation

12:30 Book Club

**Thursday**

11:30 1st Thurs. Lunch w/appetizers

11:00 2nd Thurs Workout w/bands

11:30 3rd Thurs. Lunch w/appetizers

12:30 4th Thurs. Gratitude Journaling

**Friday**

8:45 Tai Chi Weekly

10:00 1st Fri. Beg. Tap Dancing ~ New

12:00 2nd Fri Brown Bag Pick-Up

10:00 3rd Fri Beg. Tap Dancing

12:30 4th Fri. "It's Hip to Be Fit"



**Pine Point**

Director: Kerri Jahn

335 Berkshire Ave ~ 732-1072

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

GSSSI Lunches \$2.00 suggested donation

**Monday**

9:15 Coffee & chat

9:15 Chair Exercise

1:00 Card Playing

*3rd Monday Jewelry Class*

**Tuesday**

9:15 Coffee & chat

10:00-12:00 Cards

1:00 - 3:00 Bingo

*Pine Pt. Council Mtgs 2nd Tues 7:00p.m.*

**Wednesday**

9:15 Coffee & chat

1:00 Cards

*2nd Wed. Foot-care by appoint.*

*4th Wed. Massage by appoint.*

**Thursday**

9:15 Coffee & chat

2nd Thurs of Month Blood Pressure 11:15

Sponsored by Holyoke VNA

1:00 Golden Ages

Coffee, Pastries & Bingo

**Friday**

9:15 Coffee & chat

1:00 Cards or Pokeno

**Riverview Center**

Director: Moraima Mendoza

Open Mon-Fri 9:00 am-4:00 pm

122 Clyde St. 413-787-5220

GSSSI Lunch Daily Reservations Required

\$2.00 Suggested Donation

**Monday**

8:00-10:00 Coffee hour

9:30-10:30 Open Art Studio

12:00 Open Art Studio

**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

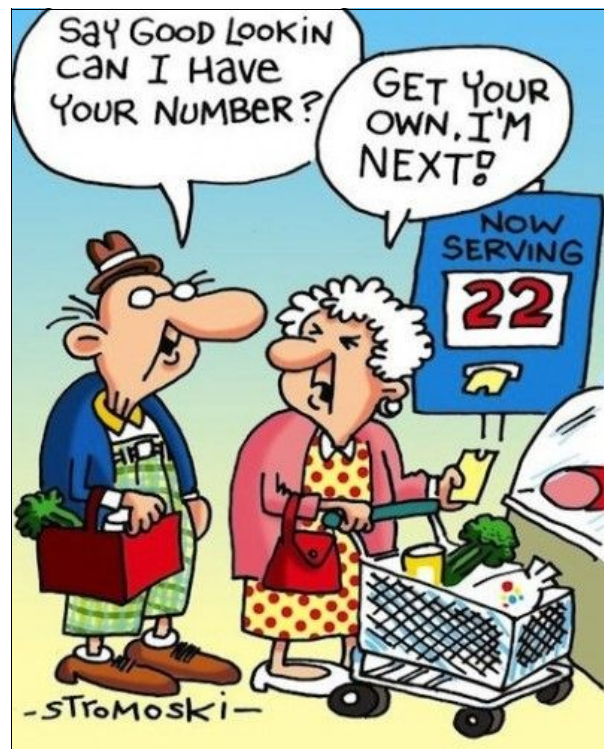
12:00 Open Art Studio

**Billiards and Dominoes Available Daily**

**Walking Club- Coming Soon!**



**Funnies Corner**

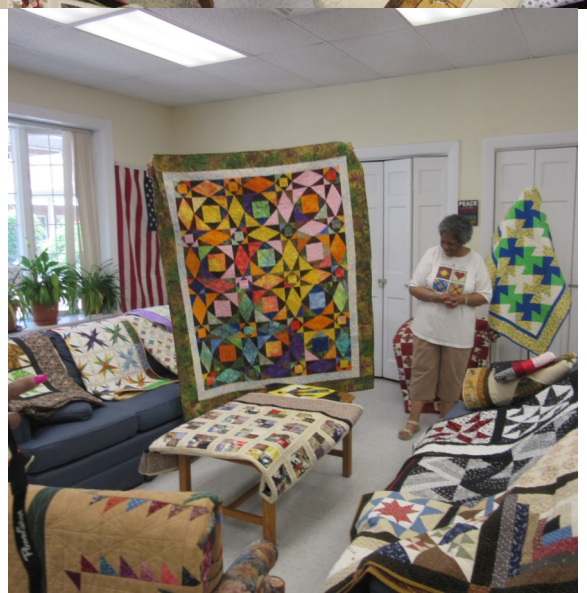




# MSSC Fashion Show



# MSSC Quilt Making



# Flashback to the 70's Party







## Dancercise The Fun Way to Fitness!

Stretching \* Posture \* Grace  
Aerobic Jazz for Strength

**1ST CLASS IS FREE!**

**Mondays**

**9:30a.m.-10:30a.m.**



**Only ~ \$3.00 PER CLASS**

**Clodo Concepcion Community Center**  
1187 1/2 Parker Street, Spfld  
(Greenleaf Park ~ behind 16 Acres Library)

*Instructor: Lynn Jasmin*

\* *Owner, Director of "Miss Lynn's School of Dance" (15yrs)*

\* *Ms. Senior Massachusetts ~ 2005*

Please register for class or for more information  
call Kerry Welch at 413-750-2873

### DAILY WORD JUMBLE

ACKT

HARTE

THIGHE

STYINED

Answers on page 2

# Independence Day Word Search

## WORD LIST

F A G Q S U M D S E N K I N K U E Y P A H X H H I  
 D X Z H H F N N G U E Y O Q B G V P Q E D D B X H  
 A N I X U Q F X N F F V K T J R N G R N Q B E S R  
 I Z H Z Y C A R C O M E D D K A A I B S B O N A Y  
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 E C S K W W L Y A Q K F W E P U L L L Q V P T S Y  
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 I O S Y E D O Z T I S R L E T I B N J L J P I N R  
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 W Z E T T A Y O E V A S Y J M E R G U U Q N O J K  
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 K S Q J X R H R T S B L T V T C Q V S G N L L X H  
 S Q O W N W J Y O A I M R P E A C I R E M A K H F

- America
- Balloons
- Barbecue
- Confetti
- Democracy
- Flag
- Fourth
- Fun
- Government
- Heritage
- History
- Party
- Politics
- States
- White



**Coconut Panko Haddock**

- 4 haddock filets, rinsed and patted dry
- ½ cup panko crumbs
- ½ cup shredded coconut
- ½ cup unsweetened almond milk
- Ground black pepper to taste
- 2 Tbs unsalted butter, melted



Preheat oven to 450 degrees.  
 Lightly grease the bottom of your baking pan/  
 casserole dish.  
 Using a fork, mix together panko crumbs & coco-  
 nut.  
 Sprinkle pepper over both sides of filet.  
 Dip filet in milk, then press into crumb mixture  
 (both sides) until coated.  
 Place in baking pan.  
 Sprinkle a little bit of the crumb mixture on top.  
 Drizzle butter over filets.  
 Bake for 15 minutes or until fish flakes easily.  
 Turn on broiler.....Broil for 3-5 minutes until  
 lightly golden. You must watch this continuously  
 so it does not burn.  
 Serve. Enjoy!

**The Fitness Center Field Trip to  
 the Nutmeg Restaurant Spring 2016**



**Mason Square at  
 Chowder Pot in Hartford, CT**



**Spring 2016 Fitness Center  
 Walking Club**







# Viajes del Club de la Edad de Oro

1600 East Columbus Ave, Springfield, MA  
 Llame al 413-787-6486 para mas informacion

Por favor haga los cheques a nombre del Golden Age Club



**Martes, Sept 20, 2016**  
**The Lucky Lobster, CT**  
**Lenny & Joes's, Westbrook, CT**  
 El paquete incluye  
 Ida y vuelta de Motor Coach  
 Almuerzo en Lenny & Joe's Fish Tole  
 Visita a Mohegan Sun Casino  
 Casino Bonus con horas de juego  
 \$15 de comida Voucher &  
 \$15 de juegos libre  
**GAC Members \$70 Non Members \$75**

**Martes Dec 1st, 2016**  
**National Shrine of LaSalette**  
**Christmas Festival of Lights**  
 El paquete incluye  
 Ida y vuelta de Motor Coach  
 Almuerzo en la Radisson Providence  
 Afternoon of Laughter with "Father Misgivings"  
 Visit y Donation a las  
 Luces de LaSalette  
**GAC Members \$84 Non Members \$89**

## CLUBES DE SPRINGFIELD GOLDEN AGE REUNIONES SEMANALES

**LUNES**

**Brightwood Branch ~ 1:15p.m.**  
 Springfield Hobby Club  
 309 Chestnut Street

**Winchester Sq. Branch ~ 1:00p.m.**  
 Independence House  
 1475 Roosevelt Avenue

**MARTES**

**Tri-Towers Branch ~ 1:00p.m.**  
 Tri-Towers Community Room  
 18 Saab Court

**Miércoles**

**Bi-Monthly 1st & 3rd Wednesday**  
**Mayflower Branch ~ 10:00a.m.**

Wachogue Church  
 Corner of Arvilla/Roosevelt

**East Springfield Branch ~ 1:30**  
 773 Liberty Street

**JUEVES**

**Carew Street Branch ~ 10:30a.m.**  
 1122 St. James Avenue

**Pine Point Branch ~ 1:00p.m.**  
 Pine Point Community Center  
 335 Berkshire Avenue

**VIERNES**

**Sixteen Acres Branch ~ 1:00p.m.**  
 Clodo Concepcion Center ( Greenleaf)  
 1187 ½ Parker Street

*Los miembros de la Junta Directiva del el Club de Springfield Golden Age*

**Top Officers**

Annemarie Pajer  
*President*  
 Darlene Mickiewicz  
*1st Vice President*  
 Pearl Defilio  
*Treasurer*  
 Marie Brackney  
*Secretary*

Madeline Chabot  
*Brightwood Vice President*  
 Joanne Lucas  
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 Alice Lamothe-Roy  
*Sixteen Acres Vice President*

Marilyn Hallas  
*Tri-Towers Vice President*  
 Earnestine Johnson  
*Winchester Square*  
*Vice President*





**THE SHINE PROGRAM**  
**Serving the Health Insurance Needs of Everyone**

**¿Cuándo puede inscribirse en un Plan de Medigap?**

Planes de Medigap son los planes de seguro de salud que proporcionan una protección adicional más allá de Medicare mediante la cumplimentación de algunos de los "huecos" en la cobertura de Medicare. En Massachusetts, estos planes permiten la inscripción abierta continua. Debe tener Medicare A y B para inscribirse, y no puede ser inscrito en un plan Medicare Advantage. Cualquier persona que es elegible puede inscribirse o cambiar de plan o los niveles de cobertura en cualquier momento, con cambios efectivos el primer día del mes siguiente. Tenga en cuenta que las pólizas no cubren los medicamentos con receta, que están cubiertos por separado bajo la Parte D de Medicare

En Massachusetts, siete aseguradoras ofrecen los mismos dos planes de Medigap, básico como el complementario 1. El plan Core paga algunos de los co-pagos por los servicios cubiertos por Medicare, mientras que el suplemento 1 cubre todos los deducibles y co-pagos por estos servicios. Esto significa que una póliza general, sólo pagará cuando Medicare aprueba el pago. Con una póliza, usted es libre de elegir cualquier médico u hospital que acepte Medicare y que no necesita referencias para ver a un especialista.

Para obtener ayuda con la elección de un plan de Medigap o cualquier tema de Medicare, llame al Programa de SHINE. voluntarios de SHINE capacitados ofrecen asesoramiento gratuito, confidencial sobre todos los aspectos de Medicare y los programas de seguros de salud relacionados.

Para programar una cita con SHINE, llame a su centro local de envejecientes. Para otros asuntos relacionados con el SHINE, llame al 1-800-AGE-INFO (1-800-243-4636), a continuación, pulse o diga 3. Una vez que salga el contestador automático, deje su nombre y número. Un voluntario le devolverá la llamada, tan pronto como sea posible.

**¿Es usted un veterano de guerra en busca de empleo?**



Charlotte P. Lee, Employment Director  
 Senior AIDES Program  
 1600 East Columbus Avenue  
 Springfield, MA 01103

Si tiene 55 años o más y bajos ingresos, usted puede calificar para recibir capacitación pagada.

Para obtener mayor información, llame al (413) 787-6126.

El Programa Senior AIDES  
 City of Springfield Department of Elder Affairs



**Muy pocas personas mayores están matriculados en SNAP**

\*3 de cada 5 adultos mayores que califican para SNAP no aplican. Esto significa que 5.2 millones de personas mayores pierden beneficios. Los estadounidenses mayores que califican para SNAP son significativamente menos propensos a participar en el programa que otros grupos demográficos.

\*Varios factores que contribuyen a la baja tasa de participación son. Muchas personas mayores se enfrentan a obstáculos relacionados con la movilidad, la tecnología y el estigma y se desaniman por los mitos generalizados sobre cómo funciona el programa y quién puede calificar.

Llame a La Línea de Ayuda SNAP al (413) 750-2896



### Noticias del Departamento de Compromiso Con La Comunidad.

¿Es difícil hacer un seguimiento de sus medicamentos? Muchas personas que tienen que tomar medicamentos experimentan esto. En los últimos años, los programas de extensión de farmacia se han vuelto más populares - si usted está teniendo dificultades para recordar tomar sus medicamentos, necesita ayuda para reducir los costos de prescripción o necesita ayuda para entender por qué está tomando un medicamento determinado darnos una llamada ! Podemos conectarlo a usted o alguien que conozcas a los profesionales que podrían ayudar.



### Tiene dificultades para pagar las facturas de servicios?

empresas de servicios públicos tienen programas disponibles para personas como Usted! Usted puede cualificar para descuentos, protecciones y otros ahorros. Los individuos deben cumplir con los requisitos financieros y de edad.



### Consejos para uso de aire acondicionado para el verano 2016

- Ø Ponga el termostato a una temperatura alta y que sea cómoda durante el verano. La diferencia de temperatura en el interior y exterior de su hogar no debiera de ser muy grande.
- Ø Evite ajustar el termostato un ajuste más frío de lo normal cuando se enciende el aparato de aire acondicionado. No va a enfriar su casa más rápido y podría resultar en un enfriamiento excesivo y, por lo tanto, un gasto innecesario.
- Ø Evitar la colocación de los aparatos que emiten calor, tales como lámparas o televisores cerca de un termostato.
- Ø Considere utilizar un ventilador interior junto con su aire acondicionado de ventana para expandir el aire fresco a través de su casa sin aumentar considerablemente su consumo de energía.

*Department of Elder Affairs ~ Outreach Program*

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