



# Springfield Campanile



A publication of the City of Springfield  
Department of Elder Affairs

Mayor Domenic J. Sarno

July/ August 2018

## Department of Elder Affairs Staff

Sandy Federico  
Director of Elder Affairs

Carol Gasque  
Fiscal Administrative Manager

Misha Mayers  
Administrative Assistant

Suzette Livingston  
Senior Employment Coordinator

Alicia Germain  
SHINE Program Coordinator

Irene Kenison  
SHINE Program Outreach  
Worker

Zelmon Johnson  
GSSSI Outreach Coordinator

Doris Feliciano  
GSSSI Outreach Worker

Eliana Franklin  
Adult Outreach Liaison

Frank Holmes  
Computer Learning Center

Darrell Mickey  
Transportation Coordinator

Kerry Welch  
Health and Wellness  
Coordinator

Cindy Coughlin  
Senior Program Coordinator

Madeline Cofield  
& Kerri Jahn  
Program Coordinators

### Hours of Operation:

Monday-Friday  
8:00a.m.-4:00p.m.



Our Thrive After 55  
plant raffle winner,  
Martha Westbrook

Thrive After 55!

**IMPORTANT**

We have encouraged everyone and will continue to encourage all, to make their **lunch** reservations **1 Day In Advance!**

**Beginning on Monday July 2, 2018**

if you have **NOT** made a reservation in advance your option for lunch that day will be **Choice B Only**.

**However, if you would like to wait for those that have a reservation to be served first, we may then be able to accommodate your choice.**

**Thank you in advance for your understanding and cooperation.**



**Council on Aging**  
787-6785

*Fax: 750-2694*

**Golden Age Club**  
787-6486/886-5104

**Senior Community Service Employment Program (SCSEP)**  
787-6124

**S.H.I.N.E.**  
750-2893

**Computer Learning Center**  
750-2090

**Outreach Program**  
750-2896/ 886-5260

**COA Board Members**

Maurita Bledsoe

Adrienne Caulton

Olga Ellis

Donald Evans

Darlene Mickiewicz



Dear Readers,

The Department of Elder Affairs has been a busy one these last few weeks. We have enrolled hundreds of new members to the Ray Jordan Senior Center, met and surpassed our goals for our SCSEP Division, and the SHINE Division received rave reviews in an overwhelmingly positive survey from all seniors served!



Elder Affairs continues to grow as we have now welcomed two additional members to our "family." Cindy Coughlin, our new Senior Program Coordinator, has joined us as well as Misha Mayers, the Administrative Assistant. We hope you will get to know them both as you visit the RAJ Center.

This edition of The Campanile is bursting with exciting news, programs and helpful information for our SHINE, Outreach and SCSEP Divisions, and our Golden Age Club has planned many trips and venues for all to enjoy! Our Computer Lab has also expanded services and the Fitness Center has expanded its hours! All of this and much more is for YOU, our valued citizens!

Be sure to enjoy every moment of your day and continue to smile...it makes for a happy heart!

*Sandy*



*Funding for many of our wonderful programs and activities is provided through Council on Aging grants*

*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.***



# Springfield Golden Age Travel

## More new trips coming soon!

### Mondays

**Brightwood Branch ~ 1:00p.m.**  
Springfield Hobby Club  
309 Chestnut Street

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

### Tuesdays

**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 ~ 1:00**  
773 Liberty Street

### Thursdays

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

**Pine Point Branch ~ 1:00p.m.**  
@ Raymond A. Jordan Senior Center  
2nd Floor Multi Purpose Room

### FRIDAYS

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

For more trip information or questions on becoming a Golden Age member, please call 413-787-6486 or visit the Golden Age Office at the New Raymond A. Jordan Senior Center . 1476 Roosevelt Ave, Springfield, MA 01109

## COMING SOON!!

To The Raymond A. Jordan Senior Center



Tai-Chi



Yoga



ZUMBA! Gold

Staying social and active play a huge role in aging healthily. Tai Chi, Yoga, and Zumba Gold can improve & maintain:

- Balance
- Weight
- Cholesterol
- Blood Pressure
- Diabetes
- Calming of the Mind

We're looking forward to seeing you!

Please stop in at our reception desk or call 787-6785 to sign up or for more information.

## Coming Soon!

### Get on track with the Sole Train

What's in it for you?

Improve your health  
Trim your waistline

Prevent/Manage: blood pressure, diabetes,

Strengthen: Muscles and Bones

Improve your mood, balance & coordination

Start Date TBA

Raymond A. Jordan Senior Center

Clodo Concepcion Center

Hungry Hill Center

Riverview/Fitness Center



Thanks to our community partners:

The Springfield Department of Health & Human Services and the 1422 Grant.



### You May Be Able To Save \$1,608 Or More In Medicare Costs!

If you can't afford Medicare premiums or other medical costs, you may be able to get help. Medicare Savings Programs may help pay Medicare Part A (Hospital Insurance) and Medicare Part B (Medical Insurance) premiums, deductibles, coinsurance, and copayments.

#### AM I ELIGIBLE FOR A MEDICARE SAVINGS PROGRAM?

To qualify for a Medicare Savings Program, your monthly income and total resources (like money in a bank, stocks, or bonds) must be at or below the amounts shown in this table:

Medicare Savings Programs	
2018 <u>Monthly</u> Income Limit*	
Single	Married (living together)
\$1,386	\$1,872
2018 <u>Total</u> Resource Limit**	
Single	Married (living together)
\$7,560	\$11,340

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To schedule a SHINE appointment, call the Regional SHINE Office within Elder Affairs at 413-750-2893. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible.



# OUTREACH

## CALLING ALL SENIORS!!

We offer these services for seniors who are 60 years of age and older:

- \*Assistance with housing search and applications
- \*Supplemental Nutrition Assistance Program (SNAP)
- \*Referrals for meal programs
- \*(Meals on wheels, brown bag locations)
- \*Fuel Assistance applications
- \*City of Springfield discount programs  
(property tax exemptions, water and sewer discounts, trash fee discount, and others)
- \*Connecting our seniors to other in-home services
- \*Education workshops and “information you need to know”
- \*And many other services

**WE ARE HERE TO HELP. JUST CALL US.**

**(413) 886-5260 or 413 750-2896**

Outreach Programs are sponsored through a grant provided by Greater Springfield Senior Services, Inc.

Welcome to



Imagine All The Wondrous Things...

**HEALTH & WELLNESS**

<b>Totally You!</b> Our fitness instructor will guide you along to achieve your ultimate wellness goals!	Mon-Fri	8:00a.m.-4:00p.m.	2nd Floor Fitness Ctr
<b>Fit &amp; Fierce Dance Camp!</b> With Kim Norrington. 8-week session. The focus of this 1-hour class will be exercise, dance/movement & fun! 15 minute warm up and exercise. Dancing w/ the oldies, r & b, gospel, & rhythmic beat of native African drums.	Wed	9:30a.m.-10:30a.m.	1st Floor Banquet Room
<b>Public Health Nurse,</b> Medita Lewis, RN, BSN Blood Pressure, Oxygen Saturation Checks, Temperature Check, Weight/Height Checks, Medication Education & Health/Disease Questions. <i>Stay Healthy!</i>	Thurs	8:00a.m.-4:15p.m.	Nurses Office 2nd Floor

**NUTRITION**

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

**MEETING FACE TO FACE**

<b>“One Night I Dreamed A Dream”</b> ~ Bible study. Prayer, Meditation. All welcome!	Monday	10:15a.m.	2nd Fl Multi Purp.
<b>Technograys,</b> Seniors that embrace technology.	Mon– Thurs	9:00a.m.-1:30p.m.	1st Floor Comm. Rm
<b>Join the Family Tree!</b> <b>Pine Point</b> Golden Age Club Mtg/Bingo	Thursday	1:00p.m.-3:30p.m.	2nd Floor Multi
<b>GAC Vice Presidents Meeting</b>	1st Friday/month	9:30a.m.10:30a.m.	2nd Floor Multi

**THE ART IN YOU!**

<b>Sew U Say,</b> Finish up the unfinished, make a no-sew quilt. Feel inspired to create.	Tues. Thurs	1:00p.m.3:00p.m 10:00a.m.12:00p.m.	2nd Floor Multi Purpose
<b>Color Your Stress Away,</b> De-stress. Clear your mind and create. No rules, just your own creativity!	Open		2nd Flr Multi Pur.
<b>Oil Painters</b> – Ready, paint, relax and be social.	Tues	10:00a.m.-1:00p.m.	2nd Flr Multi Pur.

IT'S ALL FOR FUN

<b>Deal Me In</b> All impromptu card games you asked for: Triominos, Skipbo, Bridge, etc. ( <i>Mondays after 11a.m. on 2nd Floor</i> )	Mon-Fri	Open	2nd Flr Multi Purpose (Room* Subject to change.)
<b>Pick-up the Pieces</b> Love to solve those puzzles? Jigsaws that is! This is for you!	Mon-Fri	Open	2nd Flr Multi Purpose Room
<b>Game On</b> 2 regulation size pool tables, flat screen TV, card tables, all with a panoramic view.	Mon-Fri	Open	2nd Flr Billiards
<b>The Domino Effect</b> , the Mexican Train, Chicken Foot	Friday	12:30p.m.	2nd Flr Multi Pur Rm
<b>Bridge Players</b>	Thurs.	12:30-3:00p.m.	2nd Flr Billiards Rm

**EDUCATION**

<p><b>GRANDPARENTS' WORKSHOP</b>                  Presented by Gloria Williams Founder/President Grandparents N' Charge.</p> <p style="text-align: center;"><b>Let's Build Stronger Families!</b></p> <p>Support group for grandparents raising their grandchildren.                  Space is limited: Call to reserve at 413 787-6785 by July 20th.                  This program is co-sponsored by Greater Springfield Senior Services, Inc</p>	Tues 7/24/18	5:30p.m.- 7:30p.m.	1st Floor Banquet Room

**Welcome to the Computer Lab**




- Mondays** 9:00a.m.-10:00a.m. General Public Use  
 10:00a.m. – 11:30a.m. Job Search  
 11:30a.m. – 1:15p.m. Basic Computer Classes (Bring your wireless devices)
- Tuesdays** 9:00a.m. – 11:00a.m. On-Line Employment Application Instruction  
 11:30a.m. – 1:15p.m. Basic Computer Classes (Bring your wireless devices)  
 1:30p.m.-2:30p.m. Job Club Members
- Wednesdays** 9:00a.m.– 1:00p.m. Workshop: Microsoft Word 2013  
 11:30a.m. – 1:15p.m. Basic Computer Classes (Bring your wireless devices)
- Thursdays** 9:00a.m. – 11:00a.m. On-Line Employment Application Instruction  
 11:30a.m. – 1:15p.m. Basic Computer Classes (Bring your wireless devices)  
 1:30p.m.-2:30p.m. Job Club Members
- Fridays** Closed



*Grab a newspaper, a coffee, make new acquaintances and chat with your friends !*

July Menu 2018

Monday	Tuesday	Wednesday	Thursday	Friday
7/2 <b>Broccoli Cheddar Quiche</b> Home fries Squash Medley Or Chunky Tomato Soup Ham & Swiss on a Croissant	7/3 <b>Stuffed Shells</b> Italian Green Beans Or Cabbage Soup Lettuce Wedge W/ Bacon & Tomato	7/4 <b>Closed</b> 	7/5 <b>4<sup>th</sup> of July Lunch</b> <b>BBQ Chicken Breast</b> Potato Salad Corn on the Cobb Tossed salad Birthday Cup Cake	7/6 <b>Cheeseburg Casserole</b> Buttered Peas Or Vegetable Soup Chicken Salad Sandwich
7/9 <b>Meatloaf</b> Mashed Potato Collard Greens Or Chef's Choice Soup Tuna Melt	7/10 <b>Italian Sausage Sub Peppers &amp; Onions</b> Potato Wedge Fries Or Fish Chowder Chef Salad	7/11 <b>Wrong Way Corrigan Open Faced Turkey Sandwich</b> Stuffing, Roasted Butternut Or Beef Stew Soup Egg Salad Sandwich	7/12 <b>Individual Margherita Pizza</b> Roasted Cauliflower Or Beef Stew Soup Spinach Salad	7/13 <b>Lemon Baked Fish</b> Scalloped Potatoes Steamed Green Beans Or Lentil Soup Chicken Caesar Wrap <b>House made Ice Cream</b>
7/16 <b>Stuffed Peppers</b> Buttered Noodles Sautéed Swiss Chard Or Loaded Potato Soup Cold Cut Sub	7/17 <b>Monti Cristo</b> O'Brien Potatoes Steamed Corn* Or White Bean & Kale Soup Sesame, Tomato, Cucc Salad	7/18 <b>Pepperoni &amp; Cheese Calzone</b> Steamed Broccoli Or Stuffed Pepper Soup Turkey Salad Sandwich	7/19 <b>Chicken Kebob</b> Seasoned Rice Or Vegetable Barley Soup TexMex Salad	7/20 <b>Moon landing Spaghetti W/ Meat Sauce</b> Coined Carrots Or Cream of Spinach Soup Deli Ham Sandwich
7/23 <b>Salisbury Steak</b> Steamed Potato Roasted Tomatoes Or Tomato Soup Grilled Cheese Sandwich	7/24 <b>Elvis Rock &amp; Roll Memphis BBQ Pork</b> Cornbread, Coleslaw Or Chicken & Rice Soup Caesar Salad	7/25 <b>American Chop Suey</b> Spaghetti Squash Or Chef's Choice Soup Turkey Ruben	7/26 <b>Chicken Quesadilla</b> Rice and Beans Or Beef Barley Soup Crunchy Couscous Salad	7/27 <b>Mediterranean Style Baked* Fish Filet</b> , Sautéed Squash* Roasted Sweet Potato Or Dirty Rice & Bean Soup Egg Salad Sandwich
7/30 <b>Chicken Marsala</b> Egg Noodles, Mixed Vegetables Or Vegetarian Chili Ham & Pickle Sandwich	7/31 <b>Shepherd's Pie</b> Gravy Buttered Peas Or Vegetable Noodle Soup Panzanella Salad	<b>July 2018</b> 	<b>July-Did you Know!!</b> 15 <sup>th</sup> is National Ice Cream Day! Wrong Way Corrigan landed in Dublin not California! Elvis officially introduces Rock and Roll	<b>Fresh Fruit, Chilled Fruit, Pudding and Jell-O offered Daily</b> <b>House Made Dessert</b> <b>On Thursdays</b>

Lunches \$3.50    \*=Low Sodium    \*\*= Very Low Sodium

*Signatures*

If you have an allergy please let your server know!

Served Daily from 11:30 am to 12:30 pm – Reservations required 1 day in advance.

Please call 787-6785 by 2:00 pm

Menu subject to change!



# SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM



## Mature Workers Get PAID To Train While Job Searching!

- Admin Assistant
- School Cafeteria
- Driver
- CNA
- Outreach
- Receptionist
- Food Service
- Human Service
- Clerical
- Retail
- Custodian
- Many other positions

- You must be 55 years of age or older
- Meet income guidelines
- You must be UNEMPLOYED
- Reside in Hampden or Hampshire county

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.

*Now Accepting Applications*

To inquire about our Senior Community Service Employment Program (SCSEP)

**Please call: 413-787-6124**

Authorized by the Title V of the Older Americans Act, SCSEP funding is administered by the U.S. Department of Labor.



### Nutrition and Wellness For Older Adults

The Food Bank of Western Massachusetts offers free nutrition education programs to our member agencies.

*\*Free Food Sampling!  
Learn About:*



- Reading nutrition labels
- Healthy, delicious meal and snack ideas
- Importance of fruit & vegetables
- Reducing sugar and sodium and eating more veggies, fruits and whole grains.

**Thursday, July 12, 2018**

**9:30AM to 11:00AM**

**Riverview Senior Center**

**122 Clyde St.**

**Springfield, MA 01107**

**Sign up: Moraima Mendoza**

**413-787-5220**

Contact us to schedule your free nutrition event

Amber Letourneau  
Nutrition Coordinator  
amberl@foodbankwma.org  
(413) 247-9738 ext. 137

Mariah McNamara  
Nutrition Coordinator  
mariahm@foodbankwma.org  
(413) 247-9738 ext. 131



United States Department of Agriculture  
This institution is an equal opportunity provider, and employer.



Follow The Food Bank on social media



**Clodo Concepcion Comm. Center**  
**Center Coordinator: Alex Martin**  
**Open Mon-Fri 9:00 a.m. - 3:00 p.m.**  
**1187 1/2 Parker Street ~ 750-2873**  
**GSSSI Lunches Mon.& Wed. 12:00noon**  
**\$2.00 Suggested Donation.**  
**Reservations required**

**Monday**  
 9:00 Coffee Hour & Walking Club  
 9:30 Dancercise  
 12:00 GSSSI lunch  
 1:15 Retired Federal Workers Assoc. Mtg.  
 (1st Monday of month)  
 1:30 Extreme Walk & Strength

**Tuesday**  
 9:00 Coffee Hour & Walking Club  
 9:30 Walk & Strength  
 10:45 Tai Chi \$3.00pp  
 1:00-2:30 Line Dancing

**Wednesday**  
 8:30 1st Wed. of the month Foot Care (by  
 appt.only –every other month)  
 9:00 Coffee Hour & Walking Club  
 9:30 Balance Class  
 12:00 GSSSI lunch

**Thursday**  
 9:30 Walk & Strength  
 12:00-3:00 Play Pitch \$2.00 (high score &  
 door prizes)

**Friday**  
 1:00 –3:00 Golden Age Club Meeting

**Hungry Hill Center**  
**Center Coordinator: Linda Henley**  
**Open Mon-Fri 9:00 a.m. - 3:00 p.m.**  
**773 Liberty Street 733-9411**

**Monday**  
 9:00 Computer Class  
 10:30 Light Aerobics  
 11:30 Social Hour  
 12:00 Pokeno

**Tuesday**  
 9:30 Knitting & Crafting  
 12:00 Lunch Every Tuesday!  
**(Reservations Required by Previous Fri.)**  
 2nd Tues. Bingo 1:00p.m..  
 Pokeno 1:00p.m. 1st, 3rd, & 4th Tuesday

**Wednesday**  
 10:00 2nd Wed. Reflexology  
 1:00 Golden Age Club

**Thursday**  
 10:45 Exercise Group  
 11:30 Social, Coffee & News  
 12:00 Librarian  
 12:00 3rd Thurs. Birthday Celebration  
 1:00 Movie Matinee

**Friday**  
 Foot-care (Every other Month on last Fri)  
 2nd Friday Brown Bag  
 4th Fri. 12:00 Reflexology \$5.00  
 1:00 Adult Coloring

*Available Daily: Computers, puzzle table & lending library*

**Riverview Center**  
**Center Coordinator: Moraima Mendoza**  
**Open Mon-Fri 9:00 a.m. - 4:00 p.m.**  
**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!**

**Fitness Center**  
**Fitness Coordinator: Gleny Vargas**  
**Open Mon-Fri 7:00 a.m. - 3:00 p.m.**  
**310 Plainfield Street ~ 886-5240**

**Monday**  
 Cardio Machines/Weight machines  
 Coffee  
 7:30-8:30 Blood Pressure  
 10:30-Resistance Bands w/Gleny

**Tuesday**  
 7:30-9:00 Blood Pressure  
 Cardio Machines/Weight machines  
 Coffee

**Wednesday**  
 Cardio Machines/Weight machines  
 Coffee  
 7:30-8:45 Blood Pressure  
 10:30 Resistance Bands w/Gleny

**Thursday**  
 Cardio Machines/Weight machines  
 Coffee  
 7:30-9:00 Blood Pressure

**Friday**  
 Cardio Machines/Weight machines  
 Coffee  
 8:00-11:30 Blood Pressure  
 \*\*Walking Club: Check with Gleny

***Department of Elder Affairs***  
 at Raymond A. Jordan Senior Center  
 1476 Roosevelt Avenue, Springfield, MA 01109

***New!*** **Seniors 55 years and Older**  
**How to find the right job for you.**

**Is Bridging the Digital Divide, preventing you from getting a job?  
 Close the Gap.**

**We Offer free:**

- ◆ **Basic computer skills classes**
- ◆ **Creation and use of email**
- ◆ **Resume cover letter and job application assistance**
- ◆ **Computer training workshop with an employment focus**

**Please call Frank Holmes for appointment: ( 413)-750-2090**  
**Registration is required**  
**Workshop: 6 weeks**

## Exciting things are happening at Elder Affairs!



### Our First Brown Bag Day at Department of Elder Affairs @ Raymond A. Jordan Senior Center



Taking a break,  
with a smile!



### Summer Safety

- ◆ **Stay Hydrated**-Seniors are more susceptible to dehydration than younger people because they lose their ability to conserve water as they age. They can also become less aware of their thirst and have difficulty adjusting to temperature changes. Remember to drink water often, and be sure to pack some for those long summer drives.
- ◆ **Talk to Your Doctor**-Check with your medical team to make sure any medications you are on won't be affected by higher temperatures — especially if you don't have air conditioning in your home. Some medications are less effective if stored at temperatures higher than room temperature (about 78 degrees Fahrenheit), and the last thing anyone wants is for a preventable medical condition to become aggravated due to high temperatures.
- ◆ **Keep Your Cool**-Even small increases in temperature can shorten the life expectancy for seniors who are coping with chronic medical conditions. Shopping malls, movie theaters and libraries provide welcome, cool spaces if a senior's own home isn't air-conditioned.
- ◆ **Stay in Touch**-High temperatures can be life-threatening, so communication plays an important role in ensuring the safety of aging adults. Seniors should let friends and family know if they'll be spending an extended period of time outdoors, even if they're only gardening.
- ◆ **Protect Your Eyes**-Vision loss can be common among seniors, and too much exposure to the sun can irritate eyes and cause further damage. Wearing sunglasses can protect your eyes from harmful UV rays and preserve your vision.
- ◆ **Know the Risks of Hyperthermia**-During the summer, be particularly cautious about abnormally high body temperatures — a condition known as hyperthermia. Heat stroke is an advanced form of hyperthermia that can be life-threatening. Make sure to know the warning signs and get medical attention immediately if you or anyone you know is experiencing these symptoms:

Body temperature greater than 104 degrees, a change in behavior, such as acting confused, agitated or grouchy, dry, flushed skin, nausea and vomiting, headache, heavy breathing or a rapid pulse, not sweating, even if it's hot out, and fainting.

<https://www.care.com/c/stories/5444/12-summer-safety-tips-for-seniors/>

# SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM



## ¡Personas Mayores Serán Pagado Mientras Reciben Adiestramiento y Buscan Empleo!

Asistente de Administración	Chofer	Trabajador de Alcance	Servicio de Alimentos	Clerical	Custodio
Cafetería de Escuela	Asistente de Certificado Enfermería	Recepcionista	Servicio Humano	Tienda	Y MUCHAS OTRAS POSICIONES

- ◆ Debe tener 55 años de edad o más
- ◆ Cumplir con las guías de ingresos
- ◆ Debe estar desempleado
- ◆ Ser residente del los Condados de Hampden o Hampshire

SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM (SCEP)  
Se ha dedicado a ayudar a personas desempleadas (mayores de 55+ años) con adiestramiento desde el 1965.

**ESTAMOS  
ACEPTANDO  
APLICACIONES**

Para preguntas sobre Senior Program (SCSEP)

Community Service Employment

**Por favor llame: 413-787-6124**

**City of Springfield Department of Elder Affairs**

Autorizado por el Title V de la ley Older Americans Act, el financiamiento de SCSEP es administrado por el

U. S. Department of Labor.

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

# Más viajes vienen pronto

**Lunes**  
**Brightwood Branch ~ 1:00p.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 ~ 1:00**  
 773 Liberty Street

**Jueves**  
**St. James Ave. Branch ~ 10:30a.m.**

1122 St. James Avenue

**Pine Point Branch ~ 1:00p.m.**  
 @Raymond A. Jordan Senior Center  
 1476 Roosevelt Ave  
 2nd Floor Multi-Purpose Rm

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

## GAC Instalaciones 2018!





**¡Es posible que pueda ahorrarse \$1,608 en sus gastos de Medicare!**

Si se encuentra que no puede pagar las primas mensuales de la cobertura de Medicare u otros gastos médicos, es posible que pueda recibir ayuda. Los Programas de ahorros de Medicare posiblemente le puedan ayudar a pagar las primas mensuales de la Parte A (seguro de hospital) y la Parte B (seguro médico) de Medicare, junto con sus deducibles, coseguro y copagos.

**¿Cómo califico para participar en los Programas de ahorros de Medicare?**

Para poder participar en los Programas de ahorros de Medicare, sus ingresos mensuales y el total de sus recursos (cuentas de banco, acciones o bonos) tienen que estar bajo ciertas cantidades límites que mostramos en la siguiente gráfica:

<b>Programas de ahorros de Medicare</b>	
<b>Límites de ingresos mensuales para el 2018*</b>	
Persona soltera	Pareja casada (viviendo juntos)
\$1,386	\$1,872
<b>Límites de total de recursos para el 2018**</b>	
Persona soltera	Pareja casada (viviendo juntos)
\$7,560	\$11,340

Si alguien le llama y le pide su número de Medicare u otra información personal, cuelgue y llame 1-800-Medicare (1-800-633-4227). Para obtener más información sobre cómo protegerse del robo de identidad y el fraude a la atención médica, visite [www.Medicare.gov/Fraud](http://www.Medicare.gov/Fraud) o comuníquese con su oficina local de Medicare Senior ([www.smpresource.org](http://www.smpresource.org)).

**¡ Llamando a todas las personas mayores !**



Ofrecemos estos servicios para personas de 60 años de edad o mas:

- \* asistencia en 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.