



Springfield Campanile



A publication of the City of Springfield
Department of Elder Affairs

Mayor Domenic J. Sarno

Department of Elder Affairs Staff

- Sandy Federico**
Director of Elder Affairs
- Carol Gasque
Fiscal Administrative Manager
- Madeline Cofield
Kerri Jahn
Charles Markham
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
- Pamela Valdez
Outreach Worker
- Eliana Gutierrez
Adult Outreach Liaison
- Frank Holmes
Computer Learning Center
- Darrell Mickey
Transportation Coordinator
- Kerry Welch
Health and Wellness Coordinator
- Medita Lewis
RN, BSN

1476 Roosevelt Ave
 Springfield, MA 01109

Hours of Operation:

Monday-Friday
 8:00am - 4:00pm
 413-787-6785



2019 Season
 July 9, 2019 - November 30, 2019

Go Fresh Mobile Farmer's Market

STRAIGHT FROM THE FARM TO YOU

The Go Fresh Mobile Farmer's Market brings affordable, fresh fruits and vegetables to local neighborhoods every week.

We accept SNAP, HIP, Cash, Credit/Debit, WIC and Farmer's Market Coupons.

*Now at the Raymond A. Jordan Senior Center
 1476 Roosevelt Avenue, Springfield, MA
 Tuesdays ~ 10:00am-11:15am*

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Ray Jordan Senior Center 1476 Roosevelt Ave. 10:00am-11:15am	Riverview Apartments 120 Clyde Street 9:00am-10:00am	Gentile Apartments 85 Williams Street 10:00am-11:00am	East Springfield Public Library 21 Osborne Terrace 10:00am-11:00am
Baystate High St. Health Center 140 High Street 12:00pm-1:30pm	Linden Towers 310 Stafford Street 10:30am-11:30am	Baystate Place Apts. 414 Chestnut Street 11:30am-12:30pm	Colonial Estates 1 Beacon Circle 11:30am-12:30pm
Children's Study Home 44 Sherman St. 2:30pm-3:30pm	Mercy Medical Center 299 Carew Street 11:45am-1:00pm	Caring Health Center 1049 Main Street 1:00pm-2:15pm	Mosque 13 727 State Street 1:15pm-2:15pm
	Saab Court 25 Saab Court 1:30pm-2:30pm	Sullivan Apartments 160 Nursery Street 3:00pm-4:00pm	Independence House 1475 Roosevelt Street 2:45pm-3:45pm



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: 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

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*

Dear Readers,

Summer always reminds me of those carefree days when I was younger and could run, skip, hop and play all day long...when my ponytail bounced from side to side and my skinny legs took me everywhere. Remember lemonade stands and running under the sprinkler and eating outside? I felt so alive...so unhurried...so **FREE!**



So many of our seniors have been taking advantage of all that is included with their membership at our senior centers. We have been thrilled to provide **FREE** programming, **FREE** trips, **FREE** breakfasts and **FREE FUN!!!** Spread the word so others can cash in on all of the fun. We want to see more of you smiling.

Thank you have to go out to the folks at LiveWell Springfield for offering a **FREE** summit on aging well in Springfield. Our Mayor Sarno supported the Department of Elder Affairs' application to become an Age Friendly city, and with that support AARP designated Springfield as not only an age friendly city, but also as a dementia friendly city, and to Baystate for an age friendly health system designation. We are the first city in the nation to be awarded all three designations and are so proud to be part of such an elite group of caring people who dedicate their lives to making life a touch better for our seniors. At that summit, Mayor Sarno also committed to buying a new bus for our department to assist in the transportation of our members for various activities. We are on our way!

PVTA has also been a strong supporter of our mission to ease transportation challenges. They have been with us to various neighborhoods throughout the city and have offered **FREE** bus ID's to seniors who attend our info sessions. They also provide **FREE** rides for seniors with valid PVTA ID, every Tuesday.

FREE Outreach programs such as District Attorney Anthony Gulluni's EASE program, and Registrar of Deeds Cheryl Coakley-Rivera's "Deeds and Trusts" sessions have armed our members with valuable information with regard to awareness of scams targeted at seniors and how to protect one's property as aging progresses. Thank you to DA Gulluni and Cheryl Coakley-Rivera, along with their support staff, for offering these sessions to our members.

If you haven't stopped by for lunch lately, you've missed the unveiling of our "chatterbox." You never know who will be sitting in the chatterbox, so stop by for lunch and get some **FREE** advice while you're here. And maybe, dear readers, we can no longer run, skip or hop...but we can *still play* and recapture that "summer feeling of **FREE**dom!"

Sandy Federico



Springfield Golden Age Travel 2019

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
@ Raymond A. Jordan
Senior Center / 2nd Floor Multi
Purpose Room

Thursdays

St. James Ave. Branch ~ 10:30am
Jenny Lane
1122 St James Avenue

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



Congratulations to our
***New GAC President and all
the 2019-2020
Executive & Branch officers!**

(left to right) Annemarie Pajar - Secretary, Don Roberts - President, Maureen Whitehead Treasurer and Joanne Lucas - Vice President .



St. James GAC



16 Acres GAC



Winchester Sq GAC



Mayflower GAC



Pine Point GAC



TriTowers GAC



Protect yourself from identity theft and fraud

Identity theft is a serious crime. It happens when someone uses your personal information without your consent to commit fraud or other crimes. Personal information includes things like your name, and your Social Security, Medicare, bank account, or credit card numbers. Medicare is working hard to protect you from identity theft.

Don't give your personal information to anyone who comes to your home (or calls you) uninvited selling Medicare-related products. Medicare will **NEVER** call or come to your home uninvited to sell Medicare products.

If you suspect identity theft, or think you gave your personal information to someone you shouldn't have, call the Federal Trade Commission's ID Theft Hotline at 1-877-438-4338. TTY users should call 1-866-653-4261.

If you feel you're in danger (for instance, if someone is pressuring or intimidating you), call your local police department immediately.

Note: If you lose your Medicare card or it's stolen, or if you need a new Social Security card, visit socialsecurity.gov, or call Social Security at 1-800-772-1213. TTY users should call 1-800-325-0778. If you get benefits from the Railroad Retirement Board (RRB), call your local RRB office at 1

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

Totally You! Our fitness instructor will guide you along to achieve your ultimate wellness goals!	Monday thru Friday	7:00am-3:00pm	2nd Floor Fitness Ctr
Tai-Chi An Ancient Chinese Tradition & Graceful Form of Exercise. Tai Chi can improve: Balance, Weight, Cholesterol, Blood Pressure, Diabetes and Calming of the mind. For All Abilities.	Tuesday	9:30am-10:30am	1st Floor Banquet Room
Pickle Ball paddle sport, similar to a racquet sport that combines elements of badminton, tennis, and table tennis. Two or four players	Tuesday & Friday	1:00pm-3:00pm	1st Floor Banquet Room
Fit & Fierce Dance Camp! 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.	Wednesday	9:30am-10:30am	1st Floor Banquet Room
Walk & Strength Warm-up consists of 30 minutes of walking, followed by 30 minutes of standing & seated stretching & strength exercises with resistance bands. Work at your own pace & ability.	Monday & Thursday	1:00pm-2:00pm	1st Floor Banquet Room
Mat Yoga for “every body” with Cheryl Whalen. Reduce your stress! Relax your body! Mats are available if needed.	Monday	9:30am-10:30am	1st Floor Banquet Room
Public Health Nurse Medita Lewis, RN, BSN Blood Pressure, Oxygen Saturation Checks, Temperature Check, Weight/Height Checks, Medication Education & Health/Disease Questions. <i>Stay Healthy!</i>	Thursday	8:00am-4:15pm	Nurse’s Office 2nd Floor
Senior Beats Rhythm and Stomp for the Mind and Body. This class is a hybrid of music, movement, and exercise with the aim of creating the healthiest version of you while having fun.	Friday	9:30am-10:30am	1st Floor Banquet Room
Game Day Come join the fun every Friday afternoon to play Cornhole, Ping Pong, Wii Bowling, Pickle Ball, and Tennis and much more!	Friday	1:00pm-3:00pm	1st Floor Banquet Room
Walking Club Improve your health, trim your waistline, prevent/manage blood pressure, diabetes. Walk at your own pace.	Monday & Wednesday	8:00am-9:00am	Outside-Weather Permitting

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

RESERVATIONS REQUIRED AT LEAST A DAY IN ADVANCE! 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

Color Your Stress Away De-stress. Clear your mind
and create. No rules, just your own creativity!

Open



2nd Fl Multi
Purpose Room

Oil Painters Ready, paint, relax and be social.

Tuesday

10:00am-1:00pm

2nd Fl Multi
Purpose Room

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

Visit our Welcome Center for more information or call Frank Holmes, Instructor at 413-750-2090.



ARE YOU INTERESTED IN INFORMATION ON HOW TO EAT HEALTHIER?

You may be eligible to receive personalized, private, in-home nutrition counseling with a Registered Dietician at no cost to you.

Greater Springfield Senior Services (GSSSI) has just received authorization to provide this important service; which is available to those who:

- ◆ Are 65 years and older with Diabetes or Renal Disease (not on dialysis)
- ◆ Live in Agawam, Brimfield, East Longmeadow, Hampden, Holland, Longmeadow, Monson, Palmer, Springfield, Wales, West Springfield or Wilbraham
- ◆ Are enrolled in Medicare Part B, Supplemental Medigap (cannot be a Medicare Advantage plan) or Senior Whole Health Senior Care Options

For more information contact GSSSI Information and Referral Department at 413-781-8800.

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



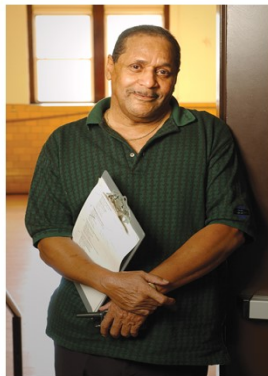
*Community
Service
Leading to
Independence*

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.

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 Every Tuesday!
(Reservations Required by Previous Fri.)
2nd Tues. Bingo 1:00
Pokeno 1:00 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 Friday 12:00 Reflexology \$5.00
1:00 Adult Coloring
Available Daily: Computers, puzzle table & lending library

Clodo Concepcion Comm. Center

Site Coordinator: Alex Martin
Open Mon-Fri 9:00am - 3:00pm
1187 1/2 Parker Street 750-2873
Lunches: Monday, Wednesday, & Friday
\$2.00 Suggested donation

GSSSI Lunches 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 \$3.00pp
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 mon. 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 * Lemonade, popcorn and a move * Dotted painting, the advantage continues * Live, Love, and Laughter, and Put it in your own words.

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

Closed

Tuesday

8:00 - 10:00 Coffee Hour
9:30 - 11:30 Drop in Knitting
4th 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

Fitness Coordinator: Gleny Vargas
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 w/Gleny

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 w/Gleny

Thursday

Cardio Machines/Weight Machines
7:30-9:00 Blood Pressure

Friday

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



**June 2019
Fitness Center
Cookout!**





Lookin' Good!





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CITY OF SPRINGFIELD DEPARTMENT OF ELDER AFFAIRS



¡Capacítese 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.
1 476 ROOSEVELT AVE, SPRINGFIELD, MA 01 109

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

Pine Point
Vicepresidente
Eveline Malbouef

Sixteen Acres
Vicepresidente
Dick Sitnik

Tri-Towers
Vicepresidente
Marilyn Hallas

Winchester Square
Vicepresidente
Earnestine Johnson



(de izquierda a derecho) Annemarie Pajar - Secretaria, Don Roberts - Presidente, Maureen Whitehead - Tesorero, Joann Lucas - Vicepresente

Felicitaciones a nuestro* Nuevo Presidente del GAC Don Roberts y todo el 2019-2020 Ejecu-



St James Ave GAC



Winchester Sq GAC



16 Acres GAC



Mayflower GAC



Pine Point GAC



TriTowers GAC

Protéjase Contra el Robo de Identidad y el Fraude



El robo de identidad es un crimen serio que ocurre cuando alguien usa su información personal sin su consentimiento para cometer fraude y otros crímenes. Su información personal puede incluir su nombre, número de seguro social, número de Medicare, número de cuenta de ahorros o tarjeta de crédito. Medicare está trabajando arduamente para protegerle contra el robo de identidad.

No dé su información personal a cualquiera que llegue a su casa (o que le llame), sin haber sido invitado, vendiéndole productos relacionados a Medicare. Medicare **NUNCA** le llamará o irá a su casa sin ser invitado para venderle productos de Medicare.

Si sospecha robo de identidad o piensa que le dio su información personal a alguien equivocado, llame a la Comisión Federal del Comercio al 1-877-438-4338. Los usuarios de TTY deberán llamar al 1-866-653-4261.

Si por alguna razón siente que está en peligro (por ejemplo, alguien lo está intimidando o presionando), llame inmediatamente a su departamento local de la policía.

Aviso: Si pierde su tarjeta de Medicare o se la robaron, o si necesita un número nuevo de Seguro Social, vaya a SocialSecurity.gov o llame al Seguro Social al 1-800-772-1213. Los usuarios de TTY deberán llamar al 1-800-325-0778. Si usted recibe beneficios de la Junta de Retiro Ferroviario (RRB), llame a la oficina local de RRB o al 1-800-808-0772 o visite rrb.gov

¡ 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.