



March / April 2020

Grey Matters

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

Cafe Olé



at RAJ is re-opening on April 6, 2020,
with our seniors' needs at the forefront.

PEEK-A-BOO...we'll see you!!!



**Department of Elder Affairs staff supporting
"Go Red" Friday February 7, 2020!**

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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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Linda Henley

Hungry Hill Coordinator

Alex Martin

Clodo Concepcion Coordinator

Doris Feliciano

Riverview Coordinator

Dept. of Elder Affairs

RAJ 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

*FROM THE DESK OF
Sandy Federico*

Dear Readers,

There's so much to celebrate these days. And celebrate we did! Last month we honored Black History month in many different ways. There were presentations surrounding Martin Luther King, the Black Inventors exhibit from NYC was at the RAJ, food & culture was celebrated and more! We also had early voting, DIY projects with our community partner, Home Depot, creative crafts, and we celebrated the Asian New Year! We are also very excited to be planning some amazing trips. Rumor has it our new bus will be here this spring!!!!

As spring is headed our way, we look forward to seeing the transformation from our grey wintry world to one of vibrancy and colors galore! I am always reminded of the "Wizard of Oz" movie when Dorothy lands in Oz and her world comes alive with colors that dazzle and blooms are everywhere. Her eyes are filled with the wonder of it all and she braves the unknown to explore this strange new place. Can you see it? Can you feel it? Are you excited?

We hope you put our COA's on your spring "to-do" list and visit us. Come explore the wonders that await. Let us color your world!!!

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 ~ Cost: \$2.00 per document

Dashima Washington ~ 413-787-6633

COA Board Members

Maurita Bledsoe ~ Magda Colon

Teresa Concepcion ~ Olga Ellis

Donald Evans ~ John Jordan

Donald Roberts

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

COA Board Members

Maurita Bledsoe ~ Magda Colon ~ Teresa Concepcion ~ Olga Ellis

Donald Evans ~ John Jordan ~ Donald Roberts

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



The Buzz at RAJ

Nutrition: Freshly prepared meals served daily. Includes tossed salad, roll and your choice of Jell-O or pudding. Homemade desserts every Thursday! Call by 2:00pm at least one day in advance to make a reservation. Only \$3.50

**Monday-Friday 11:30am-12:30pm
1st Floor Banquet Room**

Health and Wellness

Totally You! Our Health & Wellness Coordinator will guide you along to achieve your ultimate wellness goals!

**7:00am-3:00pm
2nd 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**

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**

Walking Club: Improve your health, trim your waistline, prevent/manage blood pressure, diabetes. Connect with new friends. Walk at your own pace.

**Monday & Wednesday
8:00am-9:00pm
Inside or
Outside weather permitting**

Tai Chi: An ancient Chinese tradition and graceful form of exercise. Tai chi can improve: bal-

ance, 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 that combines elements of badminton, tennis and table tennis. Two or four players.

**Tuesday 1:00pm-3:00pm
1st Floor Banquet Room**

Game Day: Come join the fun every 3rd Friday (subject to change) afternoon to play Cornhole, Ping Pong, Wii Bowling, Pickle Ball and much more!

**3rd Friday 1:00pm-2:30pm
1st Floor Banquet Room**

It's All For Fun

All the impromptu games and activities you've asked for. Cards, Triominos, Skipbo, Bridge, Jigsaw Puzzles and Billiards.

**Monday-Friday
2nd Floor Multi-Purpose Room
& Billiards Room**

Billiards League

**Monday 12:00pm-3:30pm
2nd Floor Billiards Room**

Learn to shoot Billiards

**Thursday 10:00am-12:00pm
2nd Floor Billiards Room**

Bridge

**Thursday 12:30pm-3:00pm
2nd Floor Billiards Room**

Domino Effect

The Mexican Train & Chicken Foot
**Friday 12:30
2nd Floor Multi Purpose Room**

Feature Flick Friday

Enjoy a movie or sitcom and popcorn.

**Every other Friday of the month
1:00pm-3:00pm**

(subject to change)

The Art in you

Sew U Say:

Finish up the unfinished, make a no-sew quilt. Feel inspired to create.

**Tuesday 1:00pm-3:00pm
Thursday 10:00am-12:00pm
2nd Floor Multi Purpose Room
(Subject to change)**

Oil Painters:

Ready, paint, relax and be social.

Tuesday 10:00am-1:00pm

Monthly Arts & Crafts:

Get creative in our monthly art classes working with paints, wood, beads and more. Every creation is unique in it's own way! Free!

**3rd Wednesday of the Month
9:30am-11:00am**

Meeting Face to Face

Bible Study: Prayer and meditation. All Welcome!

**Monday 10:15am
2n Floor 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 of the Month
9:30am-10:30am
2nd Floor Multi Purpose Room**



Annual April Calendar Raffle on **SALE NOW** through the end of **MARCH!**



Tickets on sale at all GAC locations:

S	M	T	W	T	F	S
			1 \$20	2 \$20	3 \$20	4
5 \$50	6 \$20	7 \$20	8 \$20	9 \$20	10 \$20	11
12 \$100	13 \$20	14 \$20	15 \$20	16 \$20	17 \$20	18
19 \$50	20 \$20	21 \$20	22 \$20	23 \$20	24 \$20	25
26 \$50	27 \$20	28 \$20	29 \$20	30 \$20		

Winchester Sq
Tri-Towers
Mayflower
St. James Ave
Pine Point
Sixteen Acres
AND
at the Raymond Jordan
Senior Center Mon - Fri

<p>Golden Age Top Officers</p> <p><i>President</i> Donald Roberts <i>1st Vice President</i> Joanne Lucas <i>Treasurer</i> Maureen Whitehead <i>Secretary</i> Annemarie Pajar</p> <p><i>St. James Ave. Vice President</i> Joanne Lucas</p> <p><i>Mayflower Vice President</i> Cecile Benoit</p> <p><i>Pine Point Vice President</i> Eveline Malbouef</p> <p><i>Sixteen Acres Vice President</i> Dick Sitnik</p> <p><i>Tri-Towers Vice President</i> Marilyn Hallas</p>	<p><i>Winchester Square</i> <i>Vice President</i> Earnestine Johnson</p> <p><u>Mondays</u></p> <p>Winchester Sq. Branch ~ 1:00pm Independence House 1475 Roosevelt Avenue</p> <p><u>Tuesdays</u></p> <p>Tri-Towers Branch ~ 1:00pm Tri-Towers Community Room 18 Saab Court</p> <p><u>Wednesdays</u></p> <p>Bi-Monthly 1st & 3rd Mayflower Branch ~ 10:00am East Forest Park Library 136 Surrey Road</p> <p><u>Thursdays</u></p> <p>St. James Ave. Branch ~ 10:30am</p>	<p>Jenny Lane 1122 St James Avenue</p> <p>Bi-Monthly 1st & 3rd Pine Point Branch ~ 1:00pm @ Raymond A. Jordan Senior Ctr 2nd Floor Multi Purpose Room</p> <p><u>FRIDAYS</u></p> <p>Sixteen Acres Branch ~ 1:00pm Clodo Concepcion Center (Greenleaf) 1187 1/2 Parker Street</p>
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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



Health Safety Net

Health Safety Net (HSN) pays acute care hospitals and community health centers for certain essential health care services provided to qualified uninsured and underinsured Massachusetts residents.

Who does Health Safety Net Serve?

The Health Safety Net pays for certain medically necessary services provided to qualified low-income patients at Massachusetts community health centers (CHCs) and acute care hospitals. The HSN also pays CHCs and acute care hospitals for medical hardship expenses (when qualifying medical expenses exceed a specified percentage of a family's income), and for some types of bad debt.

Ways you can apply:

1. Call the MassHealth Customer Service Center at: Main: **(800) 841-2900**
TTY: **(800) 497-4648**
Hours: Monday through Friday 8 a.m. to 5 p.m.
2. To apply in person, you can go to any one of the five enrollment centers listed below. Enrollment centers are open Monday through Friday from 8:45 a.m.–5 p.m.

The local office is located at:
MassHealth Enrollment Center
88 Industry Avenue, Suite D
Springfield, MA 01104

3. Medicare beneficiaries may also make an appointment with a local SHINE office and request assistance by calling 1-800-243-4636, press #1 and then press # 4.

Welcome to the Computer Lab at the Raymond A. Jordan Senior Center



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

AARP Tax Prep
February 6, 2020 thru April 9, 2020

No Classes

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.





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 EMPLOYMENT

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.

Need A Hand... Let Our Outreach Division Help!



**We offer the following services for anyone
60 years or 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 distribution
- ◆ City of Springfield discount programs
 - * Property tax exemptions
 - * Water and sewer discounts
 - * Trash fee discount and 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



Clodo Concepcion Comm. Center

Site Coordinator: Alex Martin
Open Mon-Fri 9:00am - 3:00pm
1187 1/2 Parker Street 750-2873
GSSSI Lunches: Monday, Wednesday, & Friday-12pm \$2.00 Suggested donation
Reservations required

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

Monday

10:00 Dancing for the fun of it!
1:00 For Your Information
1:00 White Cane Walking Club ~ *NEW*

Tuesday

10:00 Strength Class
10:45 Tai Chi
1:00 Line Dancing
1:00 3rd Tues. Spfld Insight Support Group. (Mass Assoc. for the Blind)
1:00 The pen pal project (open to all)

Wednesday

8:30 1st Wed. of the mo. Foot Care (by apt)
9:30 Balance Class (self directed)
10:00 My Reflections-Diabetes Support Group
11:00 Inspirational Moments
1:00 Ms. Senior Mass Como Dancers

Thursday

10:00 Strength Class
10:00 Quirky Quilters plus one
12:00 Play Pitch (high score & door prizes)

Friday

10:30 Improvers Line Dancing (advanced)
1:00 -3:00 Golden Age Club Meeting

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

Fitness Center

Interim: Olga Ellis
Open Mon-Fri 7:00am-3:00pm
310 Plainfield Street ~ 886-5240
~ Coffee Daily ~

Monday

Cardio Machines/Weight Machines
7:30-8:30 Blood Pressure
10:30-Resistance Bands

Tuesday

7:30-9:00 Blood Pressure
Cardio Machines/Weight Machines
(fitness center cont'd)

Wednesday

Cardio Machines/Weight Machines
7:30-8:45 Blood Pressure
10:30 Resistance Bands

Thursday

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

Friday

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

Hungry Hill Center

Site Coordinator: Linda Henley
Open Mon-Fri 9:00am - 3:00pm
773 Liberty Street 733-9411

Monday

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

Tuesday

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

Wednesday

10:00 2nd Wed. Reflexology
12:00 Lunch

Thursday

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

Friday

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

Available Daily: Computers, puzzle table & lending library

Riverview Center

Site Coordinator: Doris Feliciano
Open Mon-Fri 9:00am - 3:00pm
122 Clyde Street 413-787-5220
GSSSI Lunch Daily
Reservations Required
\$2.00 Suggested Donation

Monday

8:30 Walking Club
9:00 Exercise
(Riverview cont'd)
10:00 Sewing

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





2020 U. S. CENSUS

Stand Up! Be Counted!



Did You Know?

[Learn More: 2020census.gov](https://www.2020census.gov)



Census data is confidential.

- Your personal information is protected by law and is never released to any other local, state, or federal agencies (Title 13 of the U.S. Code.) Your individual Census responses will not affect your tax status or your insurance premiums.
- The Census Bureau will never ask for your Social Security number, bank account number, or money of any kind.

Census data affects your community.

- Census data determines federal funding to Medicare and Medicaid, MassHealth, Children’s Health Insurance Program, and several Health Center programs.
- The data collected by the U.S. Census will determine your political representation for the next 10 years at the local, state, and federal levels.

Responding to the Census is easy.

- You can respond to the U.S. Census online and over the phone in 13 languages, or wait for the paper form to be delivered to you.

William Francis Galvin
 Secretary of the Commonwealth
 Massachusetts 2020 Census Liaison

For more information:
www.ma2020census.org
 1-833-MA1-2020(1-833-621-2020)
ma2020census@sec.state.ma.us

Scan to read more
 On how census
 affects your
 community.



SPRINGFIELD PARTNERS

For Community Action



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

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

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

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

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



Art Class



Asian Fusion



UMASS RN Students at Hungry Hill Center





Springfield Department of Elder Affairs

Explore the rhythm inside you!

BUCKET DRUMMING

Free with
Senior Center Membership
Put your piece in the puzzle!
Join Today!

Instructor: Trevor Pitts
8-week session beginning
Friday, March 6, 2020
10:00am-11:00am



Playing bucket drums is a fun way to make music.

All levels welcome – no previous experience necessary!



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

Sponsored by: Department of Elder Affairs and CDBG (Community Development Block Grants) and Community Music School of Springfield

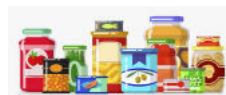
The Department of Elder Affairs: where we encourage everyone to create their own handbook for aging well via services and programs that support living better.



Our Brown Bag Volunteers Hard at Work!



*Next brown bag
will be on
Thursday,
April 16, 2020*





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.



Springfield Department of Elder Affairs

Join us for

Crafty Crocheting
 With Gwen Smith
 4-week session beginning

Thursday, March 5, 2020

9:00am-11:00am

Participants will learn how to crochet a pillow.



Free with Senior Center Membership. Put your piece in the puzzle!
Join Today!

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

Program sponsored by the
Springfield Department of Elder Affairs, Council on Aging and
CDBG (Community Development Block Grant)

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.



“Don't walk behind me;

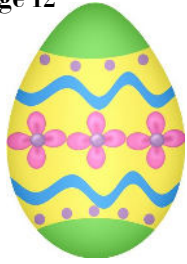
I may not lead.

Don't walk in front of me;

I may not follow.

Just walk beside me

La Edad de Oro



Sorteo anual del calendario de April Pa venta hoy hastal final de Marzo

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



S	M	T	W	T	F	S
			1 \$20	2 \$20	3 \$20	4
5 \$50	6 \$20	7 \$20	8 \$20	9 \$20	10 \$20	11
12 \$100	13 \$20	14 \$20	15 \$20	16 \$20	17 \$20	18
19 \$50	20 \$20	21 \$20	22 \$20	23 \$20	24 \$20	25
26 \$50	27 \$20	28 \$20	29 \$20	30 \$20		

A la venta en el los clubs de GAC:


Winchester Sq
 Tri-Towers
 Mayflower
 St. James Ave
 Pine Point
 Sixteen Acres
 AND
 at the Raymond Jordan
 Senior Center Mon - Fri



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



Health Safety Net



Health Safety Net (HSN) paga a los hospitales de agudos y centros de salud comunitarios para determinados servicios de salud esenciales que se prestan a los residentes sin seguro médico cualificado Massachusetts.


¿A quién sirve Health Safety Net?

Health Safety Net paga ciertos servicios médicos necesarios proporcionados a los pacientes calificados de bajos ingresos en los centros de salud de la comunidad de Massachusetts (CHC) y los hospitales de agudos. El HSN también paga los hidrocarburos clorados y los hospitales de agudos para los gastos médicos difíciles (cuando se califica gastos médicos superan un determinado porcentaje de los ingresos de una familia), y para algunos tipos de deuda mala.

Cómo puede aplicar:

1. Llame al Centro de Servicio al Cliente de MassHealth al:
 Línea Principal: **(800) 841-2900**
 TTY: **(800) 497-4648**
 Horario: de lunes a viernes de 8 am a 5 pm
2. Para aplicar en persona, usted puede ir a cualquiera de los cinco centros de inscripción se indican a continuación. centros de inscripción están abiertas de lunes a viernes de 8:45 am a 5 pm
 La oficina más local se encuentra en:
 MassHealth Enrollment Center
 88 Industry Avenue, Suite D
 Springfield, MA 01104
3. Los beneficiarios de Medicare pueden hacer una cita con una oficina local de SHINE y solicitar asistencia llamando al 1-800-243-4636, presione #2 y luego presione #4.

¡ 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) 750-5260



Los programas de divulgación son patrocinados a través de una subvención proporcionada por Greater Springfield Senior Services, Inc.