

Senior Moments

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



Plant These Seven Flowers in Your Garden for Good Luck

Beautify your space, add instant curb appeal to your yard and enhance your health. Did you know that some flowering plants can be considered lucky?

Marigolds



Some consider marigolds as protection from evil spirits, for others, they represent the pot of gold at the end of the rainbow, and are symbolic for good fortune. They'll bloom from spring until the first fall frost. They need full sun and well drained soil.



*Cecile Brunner
Climbing Rose*

This *rose* is a "favorite for cutting, especially for miniature bouquets," which may have led to the flower's association with finding luck in love. It's perfect for a garden trellis or arbor.

Chrysanthemum



"In Chinese culture the chrysanthemum is offered to elders as a symbol of longevity and good luck," Gold chrysanthemums are said to represent wealth and prosperity. Plant in well-draining soil, in a spot that receives full sun.



Peonies

These huge blooms "represent love, fertility, luck and success. To grow peonies, plant them in enriched, slightly acidic, well drained soil, with their crowns just below soil level.

Sunset Pink Azalea



Azaleas are associated with abundance, especially pertaining to beauty or intelligence. The sunset pink azalea is an especially hardy variety, making this flowering plant a different kind of lucky of gardeners who may have a back thumb.



Amaryllis

Victorians associated amaryllis with strength because of their height and sturdy stems. This plant also stands for success and are sometimes given as gifts for achievements. Plant amaryllis in a six to eight inch container with high quality mix, place container with bright but indirect light.

Mystery Gardenia



All gardenias represent good luck. This superior grafted selection out performs others and its large white flowers and glossy evergreen foliage enhance and landscape or container. Plant it near an entry to enjoy the sweet fragrance.

Marthastewart.com/garden

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.

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, CDBG (Community Development Block Grant) and the Federal Administration for Community Living

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Clodo Concepcion Coordinator

Doris Feliciano

*North End Coordinator***Dept. Of Elder Affairs****Raymond A. Jordan Center****Council on Aging****1476 Roosevelt Ave
Springfield, MA 01109****Hours of Operation:**

Monday-Friday

Program Hours

7:00am-3:30pm

Office Hours

8:00am - 4:00pm

Main: 413-787-6785**Fax: 413-750-2698***Dear Readers,*

May / June 2022

What are we seeing these days? Do we see beauty, harmony and bountiful miracles, or do we see poverty, disease, and unrest? Can these juxtapositions be aligned somehow? Is the old adage, "beauty is in the eye of the beholder" appropriate here? Can something that, at first glance, looks sad or depressing actually be something much greater?

For example, if you walked into a shop and saw a woman who has chosen to shave her head because of cancer treatments that have left her hair falling out in clumps, is that beauty, or despair? I see someone choosing bravery over fear.

If you see a man, sitting on a rock wall with his face etched in lines, shoulders stooped, and eyes staring off into the distance, what would you suppose? Would it matter to you if you knew he has lost both of his parents and is now faced with the disposal of the contents of his family home, and then must sell that same home? Is that beauty or despair? I see the love of a son who must do what is necessary while honoring memories few could understand.

If you saw a woman holding hands with a friend in need, would you see the beauty or feel the despair for the friend? I see someone seeking comfort and a woman whose own life is not without stresses forgetting her own woes and rising up to comfort someone else with prayer and warmth and love.

When an artist of any kind sits down to create, there is a process. The common thread is it all starts with a blank slate. There is a vision for the final product. It is our interpretation of that product that makes their work so powerful.

What are we seeing these days? Recently at the Raymond A. Jordan Senior Center, I have seen some things that illustrate my point. We have come together again, with a purpose far greater than imagined. We have become the canvas of the city...complete with colors, personality, culture...a beautiful human landscape, all melding together for the enrichment of our lives. Others may see tired, old folks struggling to get past a pandemic that sought to destroy. I see it differently.

I wonder who the artist was. Think about that, won't you?

Warm regards,

Sandy**Golden Age Club**

413-787-6486 / 413-886-5104

Senior Community**Service Employment Program (SCSEP)**

413-787-6124

S.H.I.N.E.

413-750-2893

Computer Learning Center

413-750-2090

Outreach Program

413-750-2896 / 413-886-5260

Notary Public ~ Call for details

Dashima Washington ~ 413-787-6633

COA Board Members

Maurita Bledsoe ~ Magda Colon

Teresa Concepcion ~ Olga Ellis ~ Donald Evans

John Jordan ~ Donald Roberts

Greater Springfield Senior Services

413-781-8800

PVTA

413-781-7882

Domestic Violence

1-877-785-2020

24/7 Crisis Behavioral**Health Network**

413-733-6661

National Distress Hotline

1-800-985-5990

Department of Elder Affairs Senior Center **Guidelines**

Face coverings are strongly recommended for seniors and those with chronic diseases, health issues and are immuno-compromised.
(SUBJECT TO CHANGE)

Please remain home if you are not feeling well.

Registration and doctor's medical release forms must be renewed.

For your safety and protection, I-Waves (air purifiers) are now at all senior centers.



Computer Lab at the Raymond A. Jordan Senior Center

Monday ~ Thursday 8:30am-1:00pm

Please call our computer guru, Frank Holmes at 413-750-2090 to schedule time to expand your knowledge about:

- ◆ Basic Computer
- ◆ Laptops
- ◆ Microsoft Word ~ Basic
- ◆ Smart Phones
- ◆ Tablets
- ◆ Zoom Conferencing







Computer Lab is closed on Fridays

To find more information about our programs please visit on our website
www.springfield-ma.gov/hhs/elderaffairs
or Facebook page: <https://www.facebook.com/elderaffairsspringfield>

Health & Wellness

May / June 2022

Please visit our Welcome Center or call 787-6785 to register.

<p>TOTALLY YOU! Our fitness instructor will guide you along to achieve your ultimate wellness goals!</p> <p>BY APPOINTMENT ONLY!</p>	Monday thru Friday	7:00am-3:00pm	2nd Floor Fitness Ctr  
<p>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.</p>	Tuesday	9:30am-10:30am 	1st Floor Banquet Room
<p>Hooping It Up Hooping figure fitness with Olander Worthy. A great aerobic addition to your exercise program.</p>	Tuesday	10:30am-11:30am	1st Floor Banquet Room
<p>STRENGTH SQUAD (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.</p>	Tuesday & Thursday	1:00pm-2:00pm	1st Floor Banquet Room
<p>Fit & Fierce Dance Camp this 1-hour class will be exercise, dance/movement & fun! Dancing with the oldies, R & B, gospel and the rhythmic beat of native African Drums.</p>	Wednesday	9:30am-10:30am	1st Floor Banquet Room 

In the "Lineup" At Raymond A. Jordan Senior Center:

Billiards Room		Monday– Friday	by Appointment
Book Club		4th Thursday	10:00-11:00am
Crochet Club		Tuesday	9:30-11:30am
Devotional Moments		Monday	10:30am
Dominos		Wednesday & Friday	12:00-3:00pm
Feature Flick Fridays			12:30pm

Please visit our Welcome Center for more information or call 413-787-6785.

Department of Elder Affairs

Centers will be closed on the following holidays



Memorial Day ~ Monday, May 30, 2022

Juneteenth ~ Monday, June 20, 2022



Your Arts in the Right Place!

Brought to you with love from your Program Coordinators: Dashima, Kerri and Eliana

Join us for Fridays!

9:30am

New art projects available weekly.

Registration is required.

*Look forward to: Farmhouse book stack, bottle cap flowers
boho tray and more!*

Please visit our *Welcome Center*
if you are interested in participating or
call 413-787-6785 to sign up.

All projects are on a first come, first serve basis.

Limited number of supplies.

Programs sponsored by: Springfield Department of Elder Affairs, Council on Aging and CDBG (Community Development Building Grant)



Spring Fling BINGO

50/50 Raffle



Hosted by the Golden Age Club

Tue. May 24, 2022

1:00PM - 3:00PM

Tea cup Raffle

@Raymond Jordan Senior Center

\$5. cover includes: Door Prize entry and snacks

Purchase tickets at any GAC meeting

or ask the front desk.

Springfield Golden Age Club

Weekly & Bi-Weekly Schedule

Mondays

Winchester Sq. Branch ~ 1:00pm
@ Raymond A, Jordan Senior Ctr

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 Ctr
2nd Floor Multi Purpose Room

Thursdays

Bi-Monthly (call 733-9411 for days)
(formerly) Jenny Lane Branch ~
10:30am
Hungry Hill Center
733 Liberty Street

Bi-Monthly 2nd & 4th
Pine Point Branch ~ 1:00pm
@ Raymond A. Jordan Senior Ctr
2nd Floor Multi Purpose Room

FRIDAYS

Sixteen Acres Branch ~ 1:00pm
Clodo Concepcion Center
1187 1/2 Parker Street

Golden Age Top Officers

President

Donald Roberts

1st Vice President

Joanne Lucas

Treasurer

Maureen Whitehead

Secretary

Annemarie Pajar

(Formerly) Jenny Lane. Vice President

Joanne Lucas

Mayflower Vice President

Cecile Benoit

Pine Point Vice President

Eveline Malbouef

Sixteen Acres Vice President

Tri-Towers Vice President

Marilyn Hallas

Winchester Square

Vice President

Earnestine Johnson



Social Security Administration to Resume In-Person Services at Local Social Security Offices

Online Services and Telephone Remain The Most Convenient Ways to Contact Agency

On April 7, local Social Security offices restored in-person services for people with or without appointments. Due to long waiting lines, it is recommended folks make an appointment in advance by either using the online reservation system at: www.socialsecurity.gov, for in-person appointments, or by calling the social security for a phone appointment. Phone appointments can save you a trip to a busy office.

Customers who walk in without appointments may encounter delays and longer wait times. Offices tend to be the busiest first thing in the morning, early in the week, and during the early part of the month, so people may want to plan to visit at other times. It is recommended people call when the National 800 Number may be less busy, such as before 10 a.m. or after 4 p.m. local time or later in the week. Office waits are generally shorter later in the month.

Many Social Security services are conveniently available by dialing toll-free, **1-800-772-1213**. People who are deaf or hard of hearing may call Social Security's TTY number, **1-800-325-0778**.

Masking, physical distancing, and self-health checks for COVID-19 symptoms are required. Masks will be made available to the public and employees if they need them.

Additional Information

Most Social Security services are available to the public online at www.socialsecurity.gov and with a *my Social Security* account, or by telephone. And most Social Security services do not require the public to take time to visit an office. People may create their *my Social Security* account, a personalized online service, at www.socialsecurity.gov/myaccount.

La Administración del Seguro Social reestablecerá los servicios en persona en las oficinas locales del Seguro Social

Los servicios por internet y por teléfono siguen siendo las formas más convenientes de comunicarse con el Seguro Social

Las oficinas locales del Seguro Social restablecerán los servicios en persona, incluso para personas sin cita previa, comenzando el 7 de abril de 2022. Para evitar hacer fila, es recomendando a las personas que pueden usar nuestros servicios por internet en www.segurosocial.gov, llamar y programar citas con anticipación en lugar de presentarse a la oficina sin una cita. Las citas telefónicas pueden ahorrarle un viaje a una oficina ocupada.

Los clientes que entran las oficinas sin citas pueden encontrar demoras y esperas prolongadas. Tenga en cuenta que las oficinas tienden a estar más ocupadas en las primeras horas de la mañana, a principios de la semana y durante la primera parte del mes, por lo que es posible que las personas opten por planificar visitas en otros momentos. Recomienden que personas llamen el número nacional 800 cuando esté menos ocupado, como antes de las 10 a.m. o después de las 4 p.m. hora local o más tarde en la semana. Al igual que las oficinas, las esperas por lo general son más cortas a finales de mes.

Muchos servicios del Seguro Social también están disponibles para su conveniencia llamando al número gratuito **1-800-772-1213** (oprima 7 para español).

Las personas sordas o con dificultades auditivas pueden llamar al número TTY del Seguro Social, **1-800-325-0778**.

Oficinas continuará requiriendo ciertas medidas de seguridad que incluyen mascarillas, distanciamiento físico y auto evaluaciones de salud para detectar síntomas de COVID-19. Proporcionarán mascarillas al público y a los empleados si las necesitan.

Información adicional

La mayoría de los servicios del Seguro Social están disponibles para el público por internet en www.segurosocial.gov y con una cuenta *my Social Security*, o por teléfono. Y la mayoría de los servicios del Seguro Social no requieren que el público se tome el tiempo para visitar una oficina. Las personas pueden crear su cuenta *my Social Security*, un servicio personalizado por internet, en www.socialsecurity.gov/myaccount (solo disponible en inglés).

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.



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.

NEED A HAND...

Let Our Outreach Division Help!



We offer many services for Springfield residents who are 60 years of age or older.

- ◆ **Brown Bag**
- ◆ **Circuit Breaker**
- ◆ **Real Estate Abatements**
Income Eligible
- ◆ **SNAP (Food Stamps)**
- ◆ **Trash Discount Fee**
- ◆ **Water and Sewer Discount**
- ◆ **Water and Sewer Credit**

Have more questions about services? Call 413-787-6785.

The Outreach Division is supported through the Massachusetts Executive Office of Elder Affairs and the Federal Administration for Community Living.

¿NECESITA AYUDA? Permítanos ayudar!

- ◆ *Bolsa marron*
- ◆ *Disyuntor*
- ◆ *Reducciones inmobiliarias*
(Ingresos elegibles)
- ◆ *SNAP (Cupones de Alimentos)*
- ◆ *Tarifa de descuento de basura*
- ◆ *Descuento en Agua y Alcantarillado*
- ◆ *Crédito de Agua y Alcantarillado*

La División de Extensión recibe apoyo a través de la Oficina Ejecutiva de Asuntos de Ancianos de Massachusetts y la Administración Federal para la Vida Comunitaria.

¿Tienes más preguntas sobre los servicios para personas mayores?

Llama (413) 787-6785 en la División de Extensión del Departamento de Asuntos de Ancianos.

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

North End Senior Center at Brightwood May / June 2022

310 Plainfield Street, Springfield, MA 413-886-5240 ~ Program Hours: 8:00am-3:00pm
Doris Feliciano ~ Center Coordinator

Lunch Served on Wednesday and Friday - 11:30am-12:30pm

Lunches provided by Palazzo Café - Free - Schedule subject to change. ALL RESERVATIONS REQUIRED
1 DAY IN ADVANCE, BY 12:00PM AND CAN ONLY BE RESERVED FOR THE MAXIMUM OF (1) WEEK AT A TIME.

Wednesday, May 25, 2022 ~ Healthy Cooking Class ~ 10:00am

Monday	8:00am-3:00pm 10:00am 10:00am-3:00pm	Fitness Room ~ By appointment Chair Exercise Dominoes
Tuesday	8:00am-3:00pm 10:00am-3:00pm	Fitness Room ~ By appointment Dominoes
Wednesday	8:00am-3:00pm 10:00am-11:00am 11:30am-12:30pm 10:00am-3:00pm	Fitness Room ~ By appointment Walking Club Lunch Dominoes
Thursday	8:00am-3:00pm 10:00am 10:00am-3:00pm	Fitness Room ~ By appointment Chair Exercise Dominoes
Friday	8:00am-3:00pm 10:00am-3:00pm 11:00am-1:00pm 11:30am-12:30pm	Fitness Room ~ By appointment Dominoes Crafts Lunch

Lunes	8:00am-3:00pm 10:00am 10:00am-3:00pm	Sala de Ejercicio ~ Por Cita Ejercicio De Silla Club De Dominoes
Martes	8:00am-3:00pm 10:00am-3:00pm	Sala De Ejercicio ~ Por Cita Club De Dominoes
Miércoles	8:00am-3:00pm 10:00am-11:00am 11:30am-12:30pm 10:00am-3:00pm	Sala de Ejercicio ~ Por Cita Club De Caminar Almuerzo Club De Caminar Dominoes
Jueves	8:00am-3:00pm 10:00am 10:00am-3:00pm	Sala de Ejercicio ~ Por Cita Ejercicio De Silla Club De Dominoes
Viernes	8:00am-3:00pm 10:00am-3:00pm 11:00am-1:00pm 11:30am-12:30pm	Sala de Ejercicio ~ Por Cita Club De Dominoes Manualidades Almuerzo

Almuerzos Servido
Los Miercoles Y Viernes
Reservacion Requerida el dia ante-
rior antes de las 12 del mediodía
El Menu Varea Dependiendo Pue-
do Ser Distinto Al Lo Ques Escojas
Almuerzo Proveado Por
Palazzo Café - Gratis



Linda Henley ~ Center Coordinator 773 Liberty Street, Springfield, MA 413-733-9411

Lunch Served Tuesday and Wednesday - 12:00pm

Lunches provided by Palazzo Café - Free Schedule subject to change

RESERVATIONS REQUIRED 1 DAY IN ADVANCE CAN ONLY BE RESERVED FOR
THE MAXIMUM OF (1) WEEK AT A TIME.

Monday	10:45am	Nutrition Made Clear Social, Music, Hour
Tuesday	9:30am 12:00pm	Knitting & Crafting Lunch Bingo
Wednesday	12:00pm	Lunch Social & Games
Thursday	10:30am	Exercise Group Social Hour
Friday	10:00am	Walking Club Adult Coloring

Friday, May 13, 2022

12:00 Tim Van Egmond ~ Folk singer & Story teller

Friday, June 3, 2022

*12:30pm ~ Massachusetts Government
Presents on Emergency Preparedness*

Birthday Celebration ~ Thursday, May 19 and June 16, 2022

Brown Bag ~ Thursday, May 19 and June 16, 2022

Craft Creations ~ Paint a birdhouse/Friday May 6, 2022
~ Button starfish wall art/Friday, June 10, 2022

Movie Matinee ~ Casablanca/Thursday, May 26, 2022
~ West Side Story/Thursday, June 23, 2022

Reflexology ~ Weds. May 11, May 25, June 8, and June 22, 2022

Alex Martin ~ Center Coordinator 1187 ½ Parker Street, Springfield, MA 413-750-2873

Lunch Served Monday, Wednesday and Friday - 11:15am-12:15pm
Lunches provided by Palazzo Café - Free Schedule subject to change

RESERVATIONS REQUIRED 1 DAY IN ADVANCE CAN ONLY BE RESERVED FOR THE MAXIMUM OF (1) WEEK AT A TIME.

MONDAY	9:00am 10:00am 11:00am 1:00pm	Walking Tigers Get Fit Club Tai Ji Quan Access Tech Craft Class
TUESDAY	9:00am 10:00am 11:00am 1:00pm	Walking Tigers Get Fit Club Strength Class-Low Impact Aerobics Step in Time "Line Dancing For Beginners" Line Dancing
WEDNESDAY	9:30am 1:00pm 1:00pm	Improvers Line Dancing Cameo Club Visionary Club Support Group
THURSDAY	9:00am 10:00am 12:00pm	Walking Tigers Get Fit Club Strength Class-Low Impact Aerobics Pitch
FRIDAY	1:00pm	Golden Age Club

Call enter for details regarding crafts, corny joke of the day and Zoom for Seniors.

Western Mass Visionary Club Support Group
meets every third Wednesday of the month

Western Mass Blind and Low Vision Resource Fair
Monday, May 23, 2022

10:00am-2:00pm

Transportation assistance provided ~ Call Alex for details 413-750-2873

Access Tech ~ Jerry Feliz Access Technology Director
Access technology includes apps and devices that help individuals who are blind or low vi-
sion increase independence training is provided by appointments.

BLIND AND LOW VISION INDIVIDUALS

Learn how to use your: Computer, Tablet and Smartphone. Contact Alex for details



**Hooping it up
at
North End Center**



**Pillows For Soldiers.
Made with love by our
Crochet Club.**