



November/ December 2018

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

Cindy Coughlin

Senior Program Coordinator

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

Doris Feliciano

Outreach Worker

Eliana Gutierrez

Adult Outreach Liaison

Frank Holmes

Computer Learning Center

Darrell Mickey

Transportation Coordinator

Kerry Welch

*Health and Wellness
Coordinator*

**1476 Roosevelt Ave
Springfield, MA 01109**

Hours of Operation:

Monday-Friday

8:00am - 4:00pm

413-787-6785



Cookies with Cops

November 14, 2018

1:00pm



Join the Springfield Police
Department for a chat about
personal safety,

financial scams, and fraud.



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

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

Olga Ellis

Donald Evans

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.

Dear Readers,

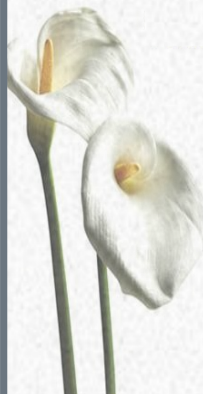
'Tis the season to be thankful! I am, and for oh so many reasons. I count my blessings daily and I hope you do the same. For this edition of our newsletter, I am forgoing the usual director's message, and dedicating this space in memory of two of our fallen "angels." Our Golden Age Club President, Darlene Mickiewicz, who passed away October 14, 2018, and Adrienne Caulton, who served faithfully on the Council on Aging Board, and passed away on September 4, 2018.

Darlene and Adrienne were kind and giving souls whom we will miss dearly. We thank them for their dedication and service to Springfield's seniors, and pray that, in time our memories of them will carry us to a happier place.

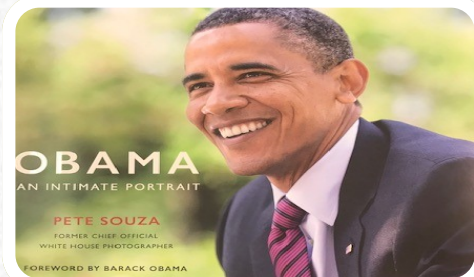
Sandy



Fondest Memory of Darlene Mickiewicz & Adrienne Caulton



Available to view at our Welcome Center.



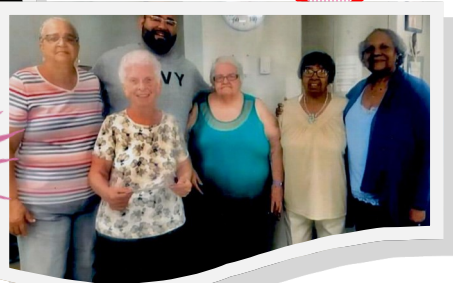
Donated To The
Raymond R. Jordan Senior Center
In Loving Memory of
Curtis Oakley
By Tom & Sylvia Oakley



Springfield Golden Age Travel

More new trips coming soon!

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



Generous donations made by the Tri-Towers Golden Age Club. \$250.00 to Ronald McDonald House, \$500.00 to Puerto Rico Disaster Relief Fund, & \$250.00 to D'Amour Cancer Center!

Top Officers

1st Vice President
Agnes Gallerani
Treasurer
Pearl Defilio
Secretary
Joanne Lucas

St. James Ave. Vice President
Joanne Lucas

Eveline Malbouef

Sixteen Acres Vice President
Dick Sitnik

Winchester Square Vice President
Earnestine Johnson

Mayflower Vice President
Cecile Benoit

Pine Point Vice President

Tri-Towers Vice President
Marilyn Hallas

Mondays

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

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



Medicare Open Enrollment Has Begun

Most Medicare beneficiaries have just one opportunity a year to evaluate and change their coverage—and this year it's coming earlier, from October 15th to December 7th. Every year, the “open-enrollment” period allows seniors and others on Medicare to change their part D (prescription-drug) coverage, enroll or change enrollment in a Medicare Advantage program, such as an HMO or PPO plan, and generally reevaluate their healthcare package. Many seniors disregard this opportunity and enroll in the same plans they did the year before, assuming that as long as a plan has not changed dramatically, there is no need to switch. People should review their plans, however, because even if their plans have not changed, their needs may have. If a Medicare beneficiary has been prescribed new medications or dropped old ones, there may be a new (and perhaps less expensive) part D plan that suits him or her better.

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.



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

The Outreach Division is supported through the MA 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, Calming of the mind. For All Abilities.	Tuesday	9:30am-10:30am	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
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	Nurses Office 2nd Floor

NUTRITION

Hot, fresh cooked meals served daily by Sodexo. 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 every Thursday!	Mon-Fri	11:30am-12:30pm	1st Floor Banquet Hall
---	---------	-----------------	------------------------

RESERVATIONS REQUIRED

MEETING FACE TO FACE

"One Night I Dreamed A Dream" ~ Bible study. Prayer, Meditation. All welcome!	Monday	10:15am	2nd Fl Multi Purp. Room
Technograys, Seniors that embrace technology.	Monday thru Thursday	9:00am-1:30pm	1st Floor Comm. Room
Join the Family Tree! Mayflower Golden Age Club Pine Point Golden Age Club Mtg/Bingo	1st & 3rd Wed 1st & 3rd Thurs	10:00am-11:00am 1:00pm-3:30pm	2nd Floor Multi Purp. Room
GAC Vice President's Meeting	1st Friday/month	9:30am-10:30am	2nd Floor Multi Purp. 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? Jigsaws 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	Tuesday	10:00-12:00pm	2nd Fl Billiards Room
The Domino Effect , the Mexican Train, Chicken Foot	Friday	12:30pm	2nd Fl Multi Purpose Room
Bridge Players	Thursday	12:30-3:00pm	2nd Flr Billiards Room

THE ART IN YOU!

Sew U Say , Finish up the unfinished, make a no-sew quilt. Feel inspired to create.	Tuesday Thursday	1:00pm-3:00pm 10:00am-12:00pm	2nd 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

Welcome to the Computer Lab

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



Exciting happenings at Elder Affairs

The Lewis and Morrow Financial Hour is a program designed to educate the community on financial news, information, products and services.

Financial Hour

10:30am

Friday, November 2, 16, & 30 and
Friday, December 14, 2018

Hosted by:

Julius Lewis, Tom Morrow & Jimmy Mitchell
At the Raymond A. Jordan Senior Center



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



Get on track with our
Walking Clubs



Mondays & Wednesdays
(outside weather permitting)
@ Raymond A. Jordan Senior Center

8:00am-9:00am

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

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

***** Important *****

In the event of a winter storm it is important to listen to your local news:



WWLP-22 News
Western Mass News
(ABC 40, CBS 3, Fox 6)

For Delays and Cancellations.



Please remember when **Springfield Public Schools** are **Closed**
there are **NO Activities** at the
Department of Elder Affairs, All Senior Centers & Golden Age Clubs.



If you are unsure please call 413-787-6785.

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



*Community
Service
Leading to
Independence*

SENIOR COMMUNITY SERVICE EMPLOYMENT PRO-

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.



Acrylic Painting with Awilda

Friday, November 16, 2018

At the Raymond A. Jordan Senior Center

1:00pm-3:00pm

Please visit our Welcome Center or
call 413-787-6785 to register. Space is limited!

Come explore your artistic side.

Create a beautiful painting on canvas of sunflowers in a mason jar.



**We're making Christmas Wreaths next!
Keep a look out for dates and sign-ups.**

Program sponsored by the Department of Elder Affairs and the Council on Aging.



Hungry Hill Center

Program Coordinator: Linda Henley
Open Mon-Fri 9:00 am - 3:00 pm
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

Clodo Concepcion Comm. Center

Program Coordinator: Alex Martin
Open Mon-Fri 9:00 am - 3:00 pm
1187 1/2 Parker Street ~ 750-2873
GSSSI Lunches Reservations required

Monday

9:00 Coffee Hour & Walking Club
 11:00 Dancing for the fun of it!
 12:00 GSSSI Lunch \$2. Suggested Donation
 1:00 For Your Information

Tuesday

9:00 Coffee Hour & Walking Club
 9:30 Walk & Strength (strength @ 10am)
 10:45 Tai Chi \$3.00pp
 12:00 Beginners line dancing
 1:00 Line Dancing

1:00pm 3rd Tues. Spfld Insight Support Group. (Mass Assoc. for the Blind)

Wednesday

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

9:00 Coffee Hour & Walking Club
 9:30 Balance Class (self directed)
 10:30 Chair Tai-chi
 11:00 Inspirational Moments
 12:00 GSSSI lunch \$2. Suggested Donation
 1:00 Ms. Senior Mass Como Dancers

Thursday

9:00 Coffee Hour & Walking Club
 9:30 Walk & Strength
 10:00 Quirky Quilters plus one
 12:00 Play Pitch (high score & door prizes)

Friday

10:30 Improvers Line Dancing (advanced)
 12:00 AIC Nursing Students (bp & glucose ✓)
 1:00 -3:00 Golden Age Club Meeting

Riverview Center

Open Mon-Fri 9:00 am - 3:00 pm
122 Clyde St. 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 7:00 am-3:00 pm
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

Osteoporosis Prevention

Healthy Bones Matter at All Ages

Bone Density Testing

Monday, November 5, 2018
 Bone Density Testing
 10:00am-12:00pm

Foot Care Clinic

Wednesday, November 7, 2018
 9:00am-2:30pm



At Clodo Concepcion Community Center
 1187 1/2 Parker Street, Springfield, MA

Registration Required

For more information please call Alex Martin at 750-2873

Hungry Hill Senior Center Celebrates a Special Birthday!



Marian Rogers turned 90 and the Mayor and her great niece, Marian Sullivan were on hand to help her celebrate her special day.

Veterans Stand Down At Greek Cultural Center



SHINE Volunteers preparing for Open enrollment.



Maple Roasted Butternut Squash

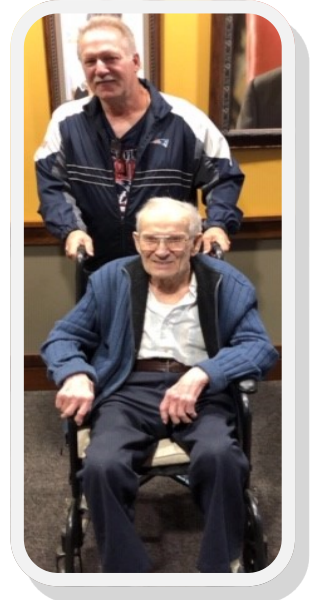
Ingredients:

- 1 butternut squash
- 2 ½ tablespoons olive oil or canola oil
- ¼ cup maple syrup
- ¼ cup brown sugar
- 1 tablespoon ground cinnamon
- ½ - 1 tablespoon dried sage
- Salt and pepper, to taste

Directions:

- Preheat oven to 400F
- 1. With a sharp knife or a handheld peeler, peel off the butternut squash skin.
- 2. Cut the squash in half vertically so you have two symmetrical pieces and scoop the seeds out with a spoon.
- 3. Cut 1-inch pieces and place in a bowl.
- 4. Add the rest of the ingredients in the bowl and mix. The ingredients can be increased or decreased based on personal preference. Sage, a savory spice, can be excluded altogether for a sweeter dish.
- 5. Spread out your mixture on a baking sheet and bake in the oven for 20 minutes. Around halfway through move the squash bites around the sheet with a spoon so that they don't stick.

Meet our newest Raymond A. Jordan Senior Center member!
 John Gawlik (sitting)
100 years young
 and his son John.
 Taking advantage of early voting in Springfield.



CITY OF SPRINGFIELD DEPARTMENT OF ELDER AFFAIRS



¡Capacítense 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.

SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM



Servicio a la comunidad que lleva a América Senior
 Senior Community Service Employment Program

ment 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.

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

Los Oficiales

Presidente
Darlene Mickiewicz
1st Vicepresidente
Agnes Gallerani
Tesorero
Pearl Defilio
Secretario
Joanne Lucas

St. James Ave. Vicepresidente
Joanne Lucas

Mayflower Vicepresidente
Cecile Benoit

Pine Point Vicepresidente
Eveline Malbouef

Sixteen Acres Vicepresidente
Alice Lamothe-Roy

Tri-Towers Vicepresidente
Marilyn Hallas

Winchester Square Vicepresidente
Earnestine Johnson

Lunes

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

Jueves

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

Jueves

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



Donaciones hechas de la
Club de Tri-Towers Golden Age
a el
Ronald McDonald House,
Puerto Rico Disaster Relief Fund,
&
D'Amour Cancer Center!



Inscripción Anual de Medicare Ha Comenzado

La mayoría de los beneficiarios de Medicare tienen sólo una oportunidad al año para evaluar y cambiar su cobertura, comenzando el 15 de octubre al 7 de diciembre. Cada año, el período de "inscripción anual" permite a las personas mayores y otras personas de Medicare la oportunidad a cambiar su cobertura de la parte D (medicamentos recetados), inscribirse o cambiar la inscripción en un plan de Medicare Advantage, como un plan HMO o PPO, y reevaluar su paquete de salud.

Muchas personas mayores desatienden esta oportunidad y se inscriben en los mismos planes de el año anterior, asumiendo que mientras un plan no haya cambiado drásticamente, no hay necesidad de cambiar. Personas deben revisar sus planes, sin embargo, si sus planes no han cambiado, no tienes que hacer un cambio.

Si a un beneficiario de Medicare se le han recetado nuevos medicamentos o se le han cambiado los medicamentos, puede seleccionar un plan nuevo (y quizás menos costoso) de parte D que le convenga mejor.

Los voluntarios de Shine ofrecen asesoría gratuita y confidencial sobre todos los aspectos de Medicare y programas de seguro de salud. Para una cita de Shine, llame a su centro de ancianos local o llame al 1-800-Age-info (1-800-243-4636), luego oprima o diga 3. Deje un mensaje de voz con su nombre y número y un voluntario de SHINE le devolverá la llamada lo mas pronto posible.

¡ 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.

