

**Department of Elder  
Affairs Staff**

**Sandy Federico**  
Director of Elder Affairs

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Kerri Jahn  
Dashima Washington  
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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

Linda Henley  
Hungry Hill Coordinator

Alex Martin  
Clodo Concepcion Coordinator

Doris Feliciano  
Riverview Coordinator

1476 Roosevelt Ave  
Springfield, MA 01109

**Hours of Operation:**  
Monday-Friday

**Program Hours**

7:00am-3:30pm

**Office Hours**

8:00am - 4:00pm

413-787-6785

November /December 2019

# Springfield Campanile

A publication of the City of Springfield  
**Department of Elder Affairs**



Mayor Domenic J. Sarno

## Department of Elder Affairs Wall of Hope



Final tally for the  
**Wall of Hope**  
reached \$300.00!!  
Thank you to all who  
helped fill the wall with flowers!

### 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,

*I don't know about you, but usually, when the seasons change I tend to do more thinking...more reflecting. I find myself taking stock...and giving thanks. Because we are approaching two of the most incredible holidays of the year, I believe my thoughts are more introspective. I think about my blessings and what is truly most important in life. My list is endless. As I age I try to allow my faith to guide me more than in my younger days...and this has made all the difference. My spirit is filled with great joy as I begin to see everything I have around me each and every day. I am blessed with an incredible, loving family, a close network of true friends, a job that challenges me on every level, and even the "nay-sayers" who bring about the spunk in me to go above and beyond each day.*



*Today I want to focus on my family. They are not the ones I am related to through genes, but the ones I have around me every day at work. I want to say to them, "thank you." I am grateful for each and every one of you and what you bring so beautifully to our table of giving every time you come to work. How can such a miracle have been granted? You are an assembly of gifts...love, selflessness, passion and compassion. Springfield is richer for all of you. You are the embellishments. You are the force.*

*To all of the family members at Elder Affairs, old and newly acquired, I give thanks. I am honored to walk with you each day. I am honored you have chosen to be with me, so we can give all we have to our seniors.*

*So dear readers, take a moment or two during the upcoming holiday season to think and reflect. Be thankful for every breath you take. Remember what is important in life...and take time out to thank the team that puts everything else aside just so you can feel loved and respected.*

**Sandy Federico**



# Springfield Golden Age 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

**Bi-Monthly 1st & 3rd**

**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 ½ 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



*Springfield Department of Elder Affairs*

*Presents*

## Lighten Up With Laughter

Is laughter still the BEST medicine?

Find ways to reduce stress, enhance your immune system and your life!



Join us on

**Wednesday, November 20, 2019**

**1:00pm - 2:00pm**



Raymond A. Jordan Senior Center 1476 Roosevelt Ave, Springfield, MA

**NO LAUGHTER EXPERIENCE IS NECESSARY!**

Trevor Smith, Certified Laughter Leader and Human Potential Coach will be the way.

Register now at our Welcome Center or call 413-787-6785 by Friday, November 15, 2019.

Space is limited.

**Sponsored by:** The Springfield Department of Elder Affairs/Outreach Division and Blue Sky Consulting.

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

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



*Springfield Department of Elder Affairs*

**SPRINGFIELD  
COLLEGE**

## DIGITAL PHOTOGRAPHY

**Thursdays, December 5th & 12th, 2019**

**9:30am-11:00am**

Raymond A. Jordan Senior Center

1476 Roosevelt Ave, Springfield, MA 01109



### 1st Session will cover:

- Discuss uses of digital photographs, what can be purchased, what you can make.
- Primary emphasis will be on photo cards
- Students will have to find photos to use on their card

### 2nd Session will cover:

- How to make cards and a refresher on outside sources for photo downloads
- Create (for example) friendship, birthday, anniversary, thank you or holiday card.

**Instructor:** E. W. "Bill" Simmons, Peer Instructor

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

**Sponsored by:** The Springfield Department of Elder Affairs and Springfield College



## *Medicare Open Enrollment Has Begun*



Most Medicare beneficiaries have just one opportunity a year to evaluate and change their coverage from October 15<sup>th</sup> to December 7<sup>th</sup>. 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 re-evaluate 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.

## 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

<b><i>Totally You!</i></b> Our fitness instructor will guide you along to achieve your ultimate wellness goals!	Monday thru Friday	7:00am-3:00pm	2nd Floor Fitness Ctr
<b><i>Tai-Chi</i></b> 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
<b><i>Pickle Ball</i></b> 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
<b><i>Walk &amp; Strength</i></b> 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
<b><i>Mat Yoga</i></b> 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
<b><i>Game Day</i></b> 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
<b><i>Walking Club</i></b> 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
<b><i>Zumba Gold</i></b> Lower impact, easy to follow, latin-inspired dance fitness party that keeps you in the groove of life.	Wednesday	1:00pm-2:00pm	1st Floor Banquet Room



## 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 BY 2:00PM! 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

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

# Financial Hour

Hosted by: Julius Lewis, Tom Morrow & Jimmy Mitchell

## *Fridays*



November 8, 2019 ~ Funeral Planning

November 22, 2019 ~ Banking

December 6, 2019 ~ Taxes

December 20, 2019 ~ Reverse Mortgage



**At the  
Raymond A. Jordan Senior Center  
10:30am**

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



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

Sponsored by Department of Elder Affairs and the Council on Aging

# 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**



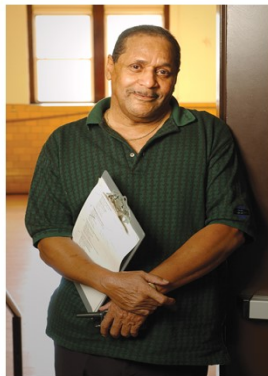
*Community  
Service  
Leading to  
Independence*

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

**(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*

**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-12pm  
 \$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 \* Coffee, Tea and special treats and a movie \* 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**

8:30 Walking Club  
 9:00 Exercise  
 10:00 Sewing

**Tuesday**

8:00 - 10:00 Coffee Hour  
 9:30 - 11:30 Drop in Knitting  
 4<sup>th</sup> Tues: Brown Bag for Food Pantry  
 All Day Open Art Studio

**Wednesday**

8:00 - 10:00 Coffee Hour  
 9:30 - 11:30 Crochet Basics  
 All Day Open Art Studio

**Thursday**

8:00 - 10:00 Coffee Hour  
 10:00 Crocheting Group  
 12:00 Sewing Project

**Friday**

8:00 - 10:00 Coffee Hour  
 10:00 - 11:00 Fit Fridays! Lectures, Cooking, Nutrition  
 11:00 -11:30 Book club w/Hayde – Brightwood Library  
 12:00 Open Art Studio

**Billiards and Dominoes Available Daily**

**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

**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:



Marcia, Marcia,  
 Marcia!

Thank you for  
 lending a hand!



# Zumba Gold!



# Making Pumpkins



# \*\* 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 Dept. of Elder Affairs, All Senior Centers & Golden Age Clubs.

**The closings will show listing as:  
Springfield Senior Centers/Council on Aging  
& Golden Age Clubs.**

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



*May you spend this holiday season filled with love, peace and joy.*

*From your friends at the Springfield Department of Elder Affairs*

## 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 trabajar para su comunidad.*

### 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 01109

**Los Oficiales**

Presidente  
Donald Roberts  
*1st Vicepresidente*  
Joanne Lucas  
Tesorero  
Maureen Whitehead  
*Secretario*  
Annemarie Pajar

*St. James Ave.*  
*Vicepresidente*  
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*Tri-Towers*  
*Vicepresidente*  
Marilyn Hallas

*Winchester Square*  
*Vicepresidente*  
Earnestine Johnson

Golden Age Club  
Halloween Bingo





## 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.