

November / December 2020

Senior Moments

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



Family Holiday Reunion

Join us for our holiday drive-by parade at the
Raymond A Jordan Senior Center!

Giveaways, information, and to wish everyone a healthy
and happy holiday season!

Decorate your car in celebration of the season.

Masks Must Be Worn!



Tuesday, December 8, 2020

11:00am-12:30pm

Registration not required.

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



Sandy Federico
Director of Elder Affairs

Carol Gasque
Fiscal Administrative Manager

Krista Stott
Senior Program Coordinator

Madeline Cofield

Kerri Jahn
Dashima Washington
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

Ramona Matos
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

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 Family,

As 2020 approaches its end, how many of you are thinking, "AMEN!" How many cannot wait to see a new year arrive? How many are licking their wounds from the year? How many are hoping for better tomorrows?

I'm guessing the answers to all of those questions are MANY!!!! I am quite certain many of you have talked about running out of patience with 2020 and all of the issues you've been asked to deal with. Many of you want to shed the 2020 pandemic. Many of you want to see what tomorrows hold.

I am asking all of you to hold on for just a moment. Are we guaranteed that 2021 will be better? Are we assured that tomorrow holds the promise of better days? Are we sure our wounds will be healed? For a good portion of those answers we need only to look as far as ourselves and whatever spiritual guidance we rely upon, for answers.

All too often we wait for the answers to come from outside. We need to look *inside*. By doing so, we shape our outlook as well as our future. Isn't it always about perceptions? How we view the world, and the people who live in it with us, is what we live by. We must do our part.

If we want hope then we have to BE hopeful. It isn't something you can order online. If we want peace, then we have to BE peaceful. It isn't up to "the other guy." If we want better tomorrows, we have to BE better citizens.

We have so much more power than we give ourselves credit for! We are seniors for a REASON! We have lived through tough stuff. We have survived difficult times. Ask yourselves how that happened?

We, and our faith, are the two instruments of life we can count on. Grab onto this truth and BE the reason tomorrow is brighter. BE the citizen you want your neighbor to be. BE the light for our children and grandchildren.

If we all practice this concept we will all celebrate a wondrous holiday season and a very, very Happy and healthy New Year! Be thankful, thoughtful and thorough!

With much love and appreciation for all,

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

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 and the Federal Administration for Community Living

COA Board Members

Maurita Bledsoe ~ Magda Colon

Teresa Concepcion ~ Olga Ellis

Donald Evans ~ John Jordan

Donald Roberts

Greater Springfield Senior Service

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

Your Arts in the Right Place!

TRIBAL RAIN STICK AND DRUM

Supplies and instructions included.



Register by
Friday, November 6, 2020
Pick-up will be
Monday, November 9, 2020

LOG CABIN

Put your building skills to the test and build this charming little log cabin.

Supplies and instructions included

Register by
Friday, November 13, 2020
Pick-up will be
Monday, November 16, 2020

Thankful Pumpkin

Supplies and instructions included.

Register by
Friday, November 20, 2020
Pick-up will be
Monday, November 23, 2020

HOLIDAY BRACELET

Supplies and instructions included



Register by
Wednesday, December 9, 2020
Pick-up will be
Friday, December 11, 2020

Registrations for all projects begin Wednesday, October 28, 2020

If you are interested in participating in any of our programs, please call the Raymond A. Jordan Senior Center at 413-787-6785 to sign up. If you would like to sign up for multiple projects, you will be given your first choice and put on a wait list for the others.

- ◆ *After registration, you will receive a phone call for confirmation and any additional information.*
- ◆ *All programs are on a first come, first served basis. Limited number of supplies.*

Your Arts in the Right Place!

November / December 2020

DOOR HANGERS/ORNAMENTS

Supplies and instructions included

Register by
Wednesday, December 2, 2020
Pick-up will be
Friday, December 4, 2020

HOLIDAY GLOBE

Supplies and instructions included



Register by
Wednesday, December 9, 2020
Pick-up will be
Friday, December 11, 2020

PAPER ART CHRISTMAS TREE

Supplies and instructions included



Register by
Wednesday, December 16, 2020
Pick-up will be
Friday, December 18, 2020

Winter Luminaries

Supplies and instructions included



Register by
Monday, December 28, 2020
Pick-up will be
Wednesday, December 30, 2020

If you're interested in doing one of the art classes from the September/October newsletter, let us know. "Do It Yourself" kits are available.

Registrations for all projects begin Wednesday, October 28, 2020

If you are interested in participating in any of our programs, please call the Raymond A. Jordan Senior Center at 413-787-6785 to sign up. If you would like to sign up for multiple projects, you will be given your first choice and put on a wait list for the others.

- ◆ After registration, you will receive a phone call for confirmation and any additional information.
- ◆ All programs are on a first come, first served basis. Limited number of supplies.



Strength Class with Kerry Welch



Tuesdays at 1:00pm

If you do not have strength bands or weights you can use cans of water or milk jugs.

Please register for this class by calling 787-6785

IMPORTANT!

To participate in a zoom class you will need a computer or mobile device with a webcam, speakers and microphone. You need to download zoom to your device to join and we will provide you a meeting ID number after you've registered for a class.





Harvest Drive-In Bingo

In the Raymond A. Jordan Senior Center parking lot!

Thursday, November 5, 2020

10:30am-11:30am

Bingo Cards \$1.00

Participants will play in the their cars.

Door prize, 4 games and cover-all. Cash Prizes!

Space is limited! Masks must be worn!



Register by Monday, November 2, 2020



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

East Forest Park Library

136 Surrey Road

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



Otoño Estacionamiento Bingo

*En el Estacionamiento de el
Raymond A. Jordan Senior Center
Jueves, 5 de Noviembre de 2020*

10:30am-11:30am

TARJETAS DE BINGO \$1.00

*Los participantes jugarán en sus coches.
Premio de la puerta, 4 juegos y cobertura.*

*Los participantes jugarán en sus coches.
Premio de la puerta, 4 juegos y cobertura.*

¡PREMIOS EN EFECTIVO!

¡El espacio es limitado!

¡LAS MASCARAS DEBEN SER DESAPLICADAS!

*Regístrese antes del Lunes,
2 de Noviembre de 2020*



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





***WITH MEDICARE PLANS, DOES IT MATTER WHICH PHARMACY YOU USE?
YES, THE PHARMACY YOU USE COULD MAKE A BIG DIFFERENCE
IN THE COST OF YOUR DRUGS!***

All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have network pharmacies. Most pharmacies accept most plans. However, if you go to a pharmacy that is not in your plan's network, your drugs will not be covered, and you will pay full retail price.

For 2021, there are 27 Medicare drug plans and all but two of them have preferred pharmacies. In addition, several Medicare Advantage plans also have preferred pharmacies. By using a preferred pharmacy, you may save money! The plan and/or pharmacy that worked well for you last year may not be the best option for 2021. You should check that the pharmacy you currently use is the best one to use with your plan.

Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. For Medicare related matters (other than an appointment), 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.





*¿Importa qué farmacia utiliza con los planes de Medicare?
Sí, la farmacia que utiliza podría hacer una gran diferencia
en el costo de sus medicamentos!*

Todos los planes de medicamentos de Medicare y los planes Medicare Advantage (HMOs, PPOs) tienen farmacias en la red. La mayoría de las farmacias aceptan los planes. Sin embargo, si usted va a una farmacia que no está en la red de su plan, sus medicamentos no estarán cubiertos, y usted vas a pagar el precio total.

Para el año 2021, hay 27 planes de medicamentos de Medicare y 24 de ellos tienen farmacias preferidas. Además, varios planes de Medicare Advantage tienen farmacias preferidas. ¡Puede ahorrar dinero al usar una farmacia preferida! Puede ser posible que el plan y/o la farmacia que funcionó bien para usted el año pasado no sea la mejor opción para este año. Usted debe comprobar que la farmacia que utiliza es la mejor opción para usar con su plan.

Los voluntarios de SHINE ofrecen asesoría gratuita y confidencial en todos los aspectos del seguro de salud a cualquier persona en Medicare. Para asuntos relacionados con Medicare (que no sea para programar una cita), llame al 1-800-AGE-INFO (1-800-243-4636), luego presione o diga 3. Una vez que obtenga el correo de vos de SHINE, deje un mensaje con su nombre y número de teléfono. Un voluntario le llamará de nuevo, lo mas pronto posible.



TIS THE SEASON FOR SAVINGS AND ASSISTANCE!!

The Outreach Division can help determine if you qualify:

CIRCUIT BREAKER TAX PROGRAM

Age 65 or over whose property tax (or 25% of rent) exceeds 10% of their annual income. Whether or not you owe taxes, you may be eligible for cash or a tax credit of up to \$1,150 this tax year –even if you did not file Massachusetts state income tax forms.

WATER AND SEWER DISCOUNT

No income requirement. Age 68 or over; disabled veterans. Reduce your water bill by \$2.75 per month.

REAL ESTATE ABATEMENTS: INCOME ELIGIBLE.

Must be Over 70; Over 70/Surviving spouse/minor; Blind or Veteran.

TRASH DISCOUNT FEE: no income requirement.

Age 65 and over or blind, or veteran with disability or indigent status.

FUEL ASSISTANCE-INCOME ELIGIBILITY.

For new applicants, contact New England Farm Workers Council at (413) 272-2209. For recertification, the Outreach Division can help.

COVID-19 EMERGENCY ASSISTANCE – INCOME ELIGIBILITY

Get help with electric bills, groceries, water and sewer, funeral expenses for COVID victims, rent and mortgage and water heater. Contact 413-265-6300.

SNAP (FOOD STAMPS) BENEFITS - INCOME ELIGIBILITY

Get help buying food. SNAP is a monthly food benefit for those who qualify. The monthly benefit amount has increased effective October 1, 2020!!

NEXT BROWN BAG - THURSDAY, NOVEMBER 19, 2020 FROM 10-12 PM. New applications are always welcome.

******Join the Department of Elder Affairs and the Alzheimer's Association to learn about important legal and financial issues you may face and how to put plans in place for you or someone you know affected by Alzheimer's disease or dementia.**

**Virtual presentation (LEGAL AND FINANCIAL PLANNING) by Attorney Todd Ratner:
Thursday, December 3, 2020: 12:00pm-1:00p.m. Call 1-800-272-3900 to register. ******

Have more questions about senior services? Contact Ramona Matos (413) 886-5260 or Zee Johnson (750-2896) in the Outreach Division of the Department of Elder Affairs.





¡ES LA TEMPORADA DE AHORRO Y ASISTENCIA!

La División del Alcanza puede ayudar a determinar si califica.

PROGRAMA DE IMPUESTOS DE DISYUNTORES:

Mayores de 65 años o más que tienen el impuesto sobre la propiedad (o 25% del alquiler) superan el 105 de sus ingresos anuales. Independientemente de si debe o no impuestos, puede ser elegible para dinero en efectivo o un crédito tributario de hasta \$1,150 este año fiscal, incluso si no presento formularios de impuestos estatales de Massachusetts.

DESCUENTO E AGUA Y ALCANTARILLADO:

Sin necesidad de ingresos. Mayores de 68 años, veteranos discapacitados. Reduzca su factura de agua por \$2.75 por mes.

REDUCCIONES INMOBILIARIAS: INGRESOS ELEGIBLES

Debe ser superior a 70 años, más de 70/cónyuge/menor sobreviviente; ciegos o veteranos.

TARIFA DE DESCUENTO DE BASURA: SIN NECESIDAD DE INGRESOS.

Mayores de 65 años o más o ciegos, o veteranos discapacitados o indigentes estatus

ASISTENCIA DE COMBUSTIBLE: INGRESOS ELEGIBLES.

Para Nuevo solicitantes, póngase en contacto con el Consejo de Trabajadores Agrícolas de Nueva Inglaterra (New England Farm Workers Council) al 413 272-2209. Para la recertificación, la división de alcanza puede ayudar.

ASISTENCIA DE EMERGENCIA COVID-19: INGRESOS ELEGIBLES.

Obtenga ayuda con facturas de electricidad, comestibles, agua y alcantarillado, gastos funerarios para las víctimas de Covid-19, alquiler e hipoteca y calentado de agua llame a 413-265-6300.

SNAP (CUPONES DE ALIMENTOS) BENEFIT: INGRESOS ELEGIBLES.

Obtenga ayuda para comprar alimentos. SNAP es un beneficio alimenticio mensual para aquellos que califican. Puede usar SNAP para comprar alimentos dondequiera que se venden alimentos. La cantidad mensual ha aumentado el efecto 1 de octubre de 2020. Si desea averiguar si es legible, la división de alcanza puede ayudarlo.

EL PROXIMO BROWN BAG-jueves el 19 de noviembre 2020 de 10-12pm. Nueva aplicaciones son siempre bienvenida.

******Acompañen el departamento de asuntos de ansianos y el asociación de Alzheimer's para aprender acerca de los problemas legales y financieros importantes que puede enfrentar una forma de poner planes en su lugar para usted o alguien afectado por la enfermedad de Alzheimer o la demencia. Presentación virtual (Planificación legal y financiera) por el abogado Todd Ratner: Jueves 3 de diciembre, 2020: 12-1p.m. Llame 1-800-272-3900 para registrarse. ******

¿Tienes más preguntas sobre los servicios para personas mayores?

Comuníquese con
Ramona Matos (413) 886-5260 o Zee Johnson (413) 750-2896
 en la División de Extensión del Departamento de Asuntos de Ancianos.



Stop the Spread of Germs

PREVENTION

Many of the things you do to help prevent colds and the flu can help protect you against other respiratory viruses, including COVID-19:

- **Wash your hands often** with soap and warm water for at least 20 seconds.
- **Avoid touching** your eyes, nose and mouth.
- **Clean things that are frequently touched** (like doorknobs and countertops) with household cleaning spray or wipes.
- **Cover your mouth** when you cough or sneeze. Use a tissue or your inner elbow, not your hands.
- **Stay home if you are sick** and avoid close contact with others.
Even if you do not have symptoms, stay home as much as you can and practice social distancing if you must go out. That's because you can be sick with COVID-19 and spread the illness to others as much as 48 hours before you have symptoms.



SOCIAL DISTANCING

- Call/Facetime/online chat with friends and family
- Stay home as much as you can
- **If you must go out:**
 - Don't gather in groups
 - Stay 6 feet away from others
 - Don't shake hands or hug
 - And please continue to wash your hands frequently



WEAR A MASK OR FACE COVERING

Wash your hands before putting your mask on and after taking it off. Don't touch the front of the mask. Handle it only by the ear loops or ties.

Cover your nose and mouth with the mask. Pull the bottom down under your chin. Adjust it until it fits snugly against the sides of your face. Your mask should not restrict breathing

Always wear a mask or face covering when you can't stay 6 feet away from others. You could have COVID-19, have no symptoms, and still infect other people. Masks can help prevent the spread of the virus. Masks protect other people.



Remember, your mask must cover your nose and mouth at all times.

Drive-In Bingo!

Congratulations!

Trivia In The Great Outdoors Winners!

Pat Howe
Our Cover All Winner!!



Congrats to our
step challenge winner
Pat Duchense!
Way to keep stepping!

Triv?a