

September/ October 2018



# Springfield Campanile



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

Mayor Domenic J. Sarno

## Department of Elder Affairs Staff

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Director of Elder Affairs

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Administrative Assistant

Suzette Livingston  
Senior Employment Coordinator

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SHINE Program Outreach Worker

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Adult Outreach Liaison

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Computer Learning Center

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Kerry Welch  
Health and Wellness  
Coordinator

Cindy Coughlin  
Senior Program Coordinator

Madeline Cofield,  
Kerri Jahn &  
Charles Markham  
Program Coordinators

1476 Roosevelt Ave  
Springfield, MA 01109

### Hours of Operation:

Monday-Friday  
8:00am-4:00pm  
413-787-6785

## Fire Safety Preparedness!

With Fire Inspector Willie Spears

**Thursday October 25, 2018 10-11am**

Emergency preparedness training:

**Kitchen & Home Safety.**

**Giveaways and Handouts!**



Register now at our Welcome Center or call 787-0183

## DIY with Home Depot

### Build a tool box



At Raymond A. Jordan Senior Center

**FRIDAY SEPTEMBER 14, 2018**

**1:00PM-3:00PM**

**Workshop is limited to the 1st 24 people!**

**Register now at our Welcome Center**

**or call 787-7685**

### 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

Adrienne Caulton

Olga Ellis

Donald Evans

Darlene Mickiewicz

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

Dear Readers,

I'm sitting here wondering exactly how it is that August is coming to a close, children and families are preparing for returning to school, summer is nearing its *rainy* end, and I haven't noticed!!!! I remember my Mama always telling me "time flies!" and I would roll my eyes and think, "Really?" But as I grow and mature, (and AGE!!!!) I understand what she meant. Time has a way of passing, and thus making it one of the things we can count on as a constant. As these last days of summer fly by, I am struck by just how quickly time is passing. This is not to say I haven't enjoyed my summer. I'm only saying sometimes we can get caught up in the business of business, and we forget to notice and appreciate our surroundings.

Elder Affairs is becoming a Department with much to be proud of. As the matriarch of this amazing family, I tell you we are working non-stop to bring our seniors all that we can. Our programming selections are numerous and varied, with Tai Chi, Dance, Walking & Strengthening classes, upcoming Walking Clubs, Art Series, Workshops with our new partners at Home Depot, and our exciting Cooking with Dan Series! There's much more to come so be sure to ASK! If you missed any of this then you've missed quite a bit! Be sure to stop by the welcome center at Elder Affairs and see how you can join the fun.

We've also added another member to our family. Charles Markham will be joining us in September as a new Program Coordinator. Charles has energy, creativity and an excitement that will enhance our team. We cannot wait for you to meet him!

So as I'm sitting here wondering exactly how it is that August is coming to a close, children and families are preparing for returning to school, summer is nearing its *rainy* end, and I haven't noticed, I'm realizing why...in order to give our seniors the quality and variety of opportunities they so richly deserve, I need to be BUSY!!! I wish you all the love and goodness you deserve. Please be well and stop in to say hello real soon. We love having company over!



*Sandy*







# 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



### Golden Age Installations



### Tai Chi At Raymond A. Jordan Senior Center

#### Top Officers

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

*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 ~ 1:00p.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

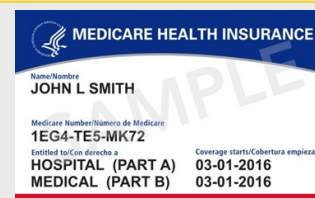
**Pine Point Branch ~ 1:00p.m.**  
@ Raymond A. Jordan Senior Center  
2nd Floor Multi Purpose Room

#### FRIDAYS

**Sixteen Acres Branch ~ 1:00p.m.**  
Clodo Concepcion Center ( Greenleaf)  
1187 1/2 Parker Street



Need **Help**  
with your Medicare  
**Plan Comparisons**  
for Open Enrollment?



It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), you should be mailed an information packet from your plan by the end of September. It is important to understand and save this information because it explains the changes in your plan for 2019. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

During the annual Medicare Open Enrollment, you will have a chance to CHANGE your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call now to schedule your SHINE appointment any time during the Open Enrollment from October 15 through December 7<sup>th</sup>!

**REMINDER: Be on the alert for your new Medicare card in the mail and as always, bring your card and drug list to your appointment!**

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**

<b>Totally You!</b> Our fitness instructor will guide you along to achieve your ultimate wellness goals!	Mon-Fri	7:00a.m. - 3:00p.m.	2nd Floor Fitness Ctr
<b>Tai-Chi.</b> -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. Classes thru 9/25/18	Tues	9:30am- 10:30am	1st Floor Banquet Room
<b>Fit &amp; Fierce Dance Camp!</b> 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.( extended until 10/31/18	Wed	9:30a.m.- 10:30a.m.	1st Floor Banquet Room
<b>Walk &amp; Strength.</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.	Mon & Thurs	1:00pm- 2:00pm	1st Floor Banquet Room
<b>Public Health Nurse,</b> Medita Lewis, RN, BSN Blood Pressure, Oxygen Saturation Checks, Temperature Check, Weight/Height Checks, Medication Education & Health/Disease Questions. <i>Stay Healthy!</i>	Thurs	8:00a.m. - 4:15p.m.	Nurses Office 2nd Floor

**NUTRITION**

<b>Hot , fresh cooked meals served daily by Sodexo. Tossed salad w/dressing, whole grain roll &amp; promise served with every meal. Fresh fruit, chilled fruit, pudding and Jell-O offered daily. House made desserts on Thursday!</b>	Mon-Fri	11:30am- 12:30pm	1st Floor Banquet Hall
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**RESERVATIONS REQUIRED  
A DAY IN ADVANCE! Only \$3.50**

**MEETING FACE TO FACE**

<b>“One Night I Dreamed A Dream”</b> ~ Bible study. Prayer, Meditation. All welcome!	Monday	10:15am	2nd Fl Multi Purp.
<b>Technograys,</b> Seniors that embrace technology.	Mon– Thurs	9:00am-1:30pm	1st Floor Comm. Rm
<b>Join the Family Tree!</b> <b>Pine Point</b> Golden Age Club Mtg/Bingo	Thursday	1:00pm-3:30pm	2nd Floor Multi
<b>GAC Vice Presidents Meeting</b>	1st Friday/month	9:30am-10:30am	2nd Floor Multi



IT'S ALL FOR FUN

<b>Deal Me In</b> All impromptu card games you asked for: Triominos, Skipbo, Bridge, etc. ( <i>Mondays after 11a.m. on 2nd Floor</i> )	Mon-Fri	Open	2nd Flr Multi Purpose (Room* Subject to change.)
<b>Pick-up the Pieces</b> Love to solve those puzzles? Jigsaws that is! This is for you!	Mon-Fri	Open	2nd Flr Multi Purpose Room
<b>Game On</b> 2 regulation size pool tables, flat screen TV, card tables, all with a panoramic view.	Mon-Fri	Open	2nd Flr Billiards
<b>The Domino Effect</b> , the Mexican Train, Chicken Foot	Friday	12:30p.m.	2nd Flr Multi Pur Rm
<b>Bridge Players</b>	Thurs.	12:30-3:00p.m.	2nd Flr Billiards Rm

THE ART IN YOU!

<b>Sew U Say</b> , Finish up the unfinished, make a no-sew quilt. Feel inspired to create.	Tues. Thurs	1:00p.m.3:00p.m 10:00a.m.12:00p.m.	2nd Floor Multi Purpose
<b>Color Your Stress Away</b> , De-stress. Clear your mind and create. No rules, just your own creativity!	Open		2nd Flr Multi Pur.
<b>Oil Painters</b> —Ready, paint, relax and be social.	Tues	10:00a.m.-1:00p.m.	2nd Flr Multi Pur.

# Welcome to the Computer Lab

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



Grab a newspaper, a coffee, make new acquaintances and chat with your friends !

# Exciting new happenings at Elder Affairs!

Bring your own ceramic dinner plate.

Tuesday September 18th.  
1:00pm-3:00pm

## Art Workshop

Create your own Rice & Bean Plate  
At the Raymond A. Jordan Center  
With Local Artist Awilda Oxios.



Free

**Seating is Limited!**

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

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

## Financial Hour

Every 2-Weeks!  
Next: Sept. 21  
Life Insurance  
(Thru Dec. 14th)

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

@ Raymond A. Jordan Senior Center

Starting

Monday September 10, 2018

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

Programs 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.

### City of Springfield Department of Elder Affairs RECEIVES \$550,846 GRANT

#### Senior Service America, Inc. awards grant directed to assist in workforce training for older workers 55+

**Springfield.** – The City of Springfield Department of Elder Affairs announced today that it was awarded a grant of \$550,846 from Senior Service America, Inc (SSAI). Almost 90 percent of this grant – originally from the U.S. Department of Labor – will provide temporary employment to at least 67 low-income older adults living in Hampden or Hampshire Counties. These older adults will participate in the Senior Community Service Employment Program (SCSEP) a cornerstone program of the Older Americans Act.

SCSEP, the only federal job training program targeted exclusively to low income seniors, promotes personal dignity and self-sufficiency through work.

“This program delivers a triple win for older adults and the whole community,” said Sandra Federica, Director.

#### ***About Senior Service America, Inc.***

Senior Service America, Inc. (SSAI) is committed to making it possible for low-income and other disadvantaged older adults to participate fully in determining their own future and the future of their communities. SSAI provides employment opportunities to low-income and other older adults in 34 states, the District of Columbia, and Puerto Rico. For 50 years, SSAI has operated the Senior Community Service Employment Program and currently partners with a diverse network of local organizations in 13 states. For more information, please visit [www.seniorserviceamerica.org](http://www.seniorserviceamerica.org)



**Hungry Hill Center**

**Program Coordinator: Linda Henley**  
**Open Mon-Fri 9:00 a.m. - 3:00 p.m.**  
 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 a.m. - 3:00 p.m.**  
 1187 1/2 Parker Street ~ 750-2873  
 GSSSI Lunches Reservations required  
 \$2.00 Suggested Donation/Mon.& Wed.

**Monday**

9:00 Coffee Hour & Walking Club  
 11:00 Salsa Music & Dancing  
 12:00 -12:45 GSSSI lunch-reservations req.  
 1:00 "For Your Information" Upcoming Events

**Tuesday**

9:00 Coffee Hour & Walking Club  
 9:30 Walk & Strength (strength @ 10am)  
 10:45 Tai Chi \$3.00pp  
 12:00 Beginners beginning line dancing  
 1:00-2:30 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

10:30 Chair Tai-chi

12:00 GSSSI lunch

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 \$2.(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**

**Program Coordinator:**  
**Moraima Mendoza**

**Open Mon-Fri 9:00 a.m. - 3:00 p.m.**  
 122 Clyde St. 413-787-5220  
 GSSSI Lunch Daily Reservations Required  
 \$2.00 Suggested Donation

**Monday**

8:00 - 10:00 Coffee hour  
 9:30 - 10:30 Open Art Studio  
 12:00 Open Art Studio

**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**  
**Walking Club- Coming Soon!**

**Fitness Center**

**Fitness Coordinator: Gleny Vargas**  
**Open Mon-Fri 7:00 a.m. - 3:00 p.m.**  
 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

***Special Events at***  
***Clodo Concepcion Community Center***

**Low Vision Community Fair**  
**Tuesday, September 18, 2018**  
**10:00am-2:30pm.**

For more details contact Alex Martin 750-2873

**White Cane Open Door**  
**Tuesday, October 16, 2018**  
**1:00pm-2:15pm**

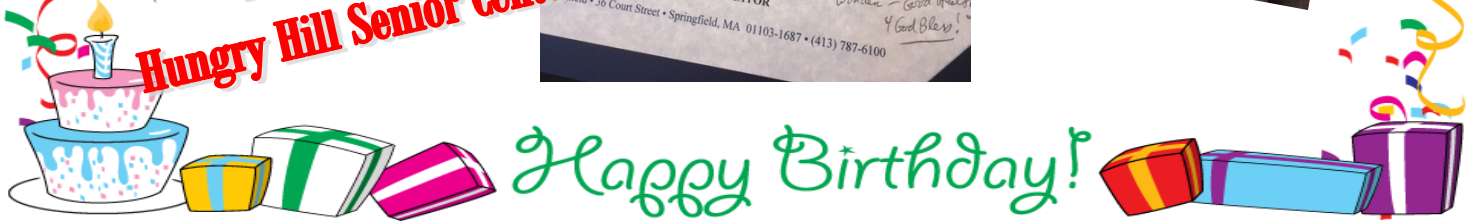
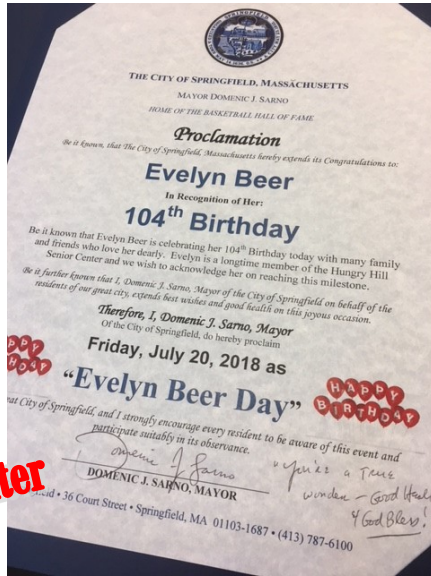
For more details contact Alex Martin 750-2873



Celebrating  
104 Years Young!



Evelyn Beers  
Hungry Hill Senior Center



Happenings at all our  
Senior Centers



today  
I am  
excited  
about  
everything

## ***DID YOU KNOW? September is World Alzheimer's Month!***

More than 130,000 people are currently living with Alzheimer's disease in Massachusetts—those individuals are being cared for by more than 337,000 family and friends. In Springfield with a population of 17,000 residents 65 and older, 17.3% are living with Alzheimer's or related dementias (Massachusetts Healthy Aging Collaborative, healthy Aging Data Report Community Profile, 2015).

According to Daniel Zotos, Director of Public Policy & Advocacy of the Alzheimer's Association, Massachusetts/New Hampshire Chapter, "Alzheimer's is the single largest unaddressed public health threat in the 21<sup>st</sup> century and we remain on the front lines of this crisis every day here in the Commonwealth".

**WE HAVE GOOD NEWS!!**

On Thursday, August 9, 2018, Governor Baker signed H.4116, An Act Relative to Alzheimer's and related dementias in the Commonwealth. Because of this legislation, families impacted by Alzheimer's and dementia and our health care system will be much better prepared in fighting this epidemic. Read more about H.4116: <https://malegislature.gov/Bills/190/H4116/BillHistory>. Not only is this a state-wide win, but stay tune for more upcoming information on the local coalition, Springfield Dementia Friendly Coalition.

## **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 la independencia*



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 1/2 Parker Street

# Tai Chi



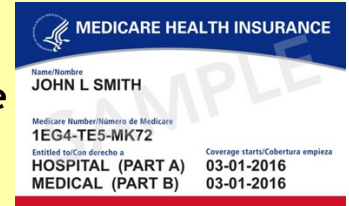
At  
Raymond A. Jordan  
Senior Center





## ¿Necesita Ayuda con las comparaciones del plan de Medicare?

**¡Inscripción Abierta comienza  
el 15 de octubre y termina el 7 de diciembre  
y SHINE puede ayudar!**



**¡Es importante revisar sus opciones de Medicare!**

Antes del fin de septiembre usted debe recibir un paquete de información de su plan si usted tiene un plan de medicamentos recetados de Medicare o un plan de Medicare Advantage (HMO/PPO). Es importante **entender y guardar** esta información porque explica los cambios en su plan para 2019. ¡Las primas, los deducibles, los copagos y los medicamentos cubiertos por su plan pueden cambiar significativamente!

Durante la inscripción abierta anual de Medicare, usted tendrá la oportunidad de cambiar su plan para el próximo año. Los consejeros de Shine pueden ayudarle entender los cambios de su plan y otras opciones disponible que le pertenece. ¡Llame ahora para programar su cita de Shine durante la inscripción abierta para el **15 de octubre hasta el 7 de diciembre!**

**Aviso: su nueva tarjeta de Medicare llegará en el correo pronto y como siempre, traiga su tarjeta de Medicare y su lista de medicamentos a su cita!**

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.

