

Medicare Open Enrollment Season

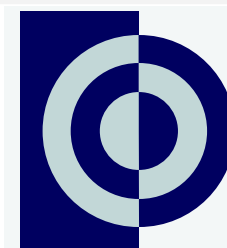
Most Medicare beneficiaries have just one opportunity a year to evaluate and change their coverage—from October 15th to December 7th. Every year, the “open-enrollment” period allows seniors and others on Medicare to change their part D (prescription-drug) coverage, enroll or change enrollment in a Medicare 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.

SHINE is available for *remote appointments* to help look at coverage options.

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.

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| 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 | 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 | COA Board Members Maurita Bledsoe ~ Magda Colon Teresa Concepcion ~ Olga Ellis Donald Evans ~ John Jordan |
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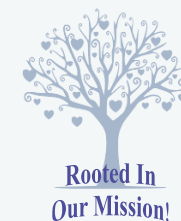
Funding for many of our wonderful programs and activities is provided by Council on Aging grants from the Executive Office of Elder Affairs at the Commonwealth of MA, CDBG (Community Development Block Grant) and the Federal Administration for Community Living



Senior Moments

A PUBLICATION OF THE CITY OF SPRINGFIELD ~ DEPARTMENT OF ELDER AFFAIRS
MAYOR DOMENIC J. SARNO

September / October 2021



Welcome Home!

Dear Readers,

From all of us here at Elder Affairs we welcome you home! Together, we have weathered quite a storm and will continue to battle this predator by staying safe and abiding by the guidelines and standards set forth. We have shed many tears while we were closed, and now that we are open we are shedding tears...but this time they are tears of joy!

We invite all seniors to drop by for a visit. There's much to do and many services to take advantage of. We continue to work hard to provide all that we can so your lives can be enriched.

Let us remember to give thanks and cultivate a grateful heart.

Sandy

Raymond A. Jordan Senior Center 1476 Roosevelt Ave. Springfield, MA
Served daily 11:30am-12:30pm

Clodo Concepcion Community Center 1187 ½ Parker Street, Springfield, MA
Served Monday, Wednesday and Friday 12:00pm

Hungry Hill Center 773 Liberty Street, Springfield, MA
Served Tuesday and Wednesday 12:00pm

All Reservations required 1 day in advance by 12:30pm

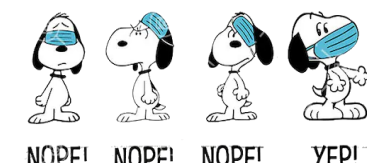
MENU SUBJECT TO CHANGE. LUNCH PROVIDED BY PALAZZO CAFE



Department of Elder Affairs Senior Center Guidelines

HOW TO USE A FACE MASK?

- **Social distancing and face coverings required by all.**
- **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.**



Please remain home if you are not feeling well.

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



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Transportation Coordinator

Kerry Welch

Health and Wellness Coordinator

Linda Henley

Hungry Hill Coordinator

Alex Martin

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

Health & Wellness

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

Totally You! Our fitness instructor will guide you along to achieve your ultimate wellness goals!

BY APPOINTMENT ONLY!

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.

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.

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.

Monday thru
Friday

7:00am-
3:00pm

2nd Floor
Fitness Ctr

TBD



9:30am-
10:30am

1st Floor
Banquet Room

Tuesday &
Thursday

1:00pm-
2:00pm

1st Floor
Banquet Room

MAKE
= YOURSELF =
A
PRIORITY

Wednesday

9:30am-
10:30am

1st Floor
Banquet Room



Computer Lab at the Raymond A. Jordan Senior Center

Please visit or call 413-750-2090 our computer guru, Frank Holmes to schedule time to expand your knowledge about smart phones, tablets, laptops etc.

Need A Hand...

Let Our Outreach Division Help!

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

For more information on services please call **413-886-5260**.

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

To find more information about our programs please visit on our website

[Elder Affairs, City of Springfield, MA: Elder Affairs \(springfield-ma.gov\)](#)

or Facebook page ([Springfield Department of Elder Affairs | Facebook](#))



Bingo

Monday, October 25, 2021

1:00pm

\$5.00 Cover



Door Prizes ~ Beverage & Snack

Tickets are limited

Your Arts in the Right Place

Friday Mornings

9:45am

Art classes are limited!

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

Art Classes are free.



Golden Age Club



Golden Age Club weekly meetings at various locations throughout the city.

Call 413-787-6486/413-886-5104

Senior Community Service Employment Program (SCSEP)

Older Workers...

SERVING COMMUNITIES

LEARNING SKILLS

EARNING MONEY

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.

Recruiting Now!

AMERICAN INTERNATIONAL COLLEGE NURSING STUDENTS



Thursdays

10:30a.m-12:30pm

Blood pressure

Glucose screenings

Healthy Teaching



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

Sponsored by:

Department of Elder Affairs and AIC College