



October 2019

Springfield Campanile

A publication of the City of Springfield
Department of Elder Affairs



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Kerry Welch

Health and Wellness 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

HAPPY HALLOWEEN Big Bingo

TUE, OCTOBER 29TH, 2019

DOORS OPEN: 1 PM

Includes: Bingo entry, Door prize raffle, Coffee, Tea and Water

\$1 BINGO CARDS

50/50 RAFFLE
TEA CUP RAFFLE

\$5

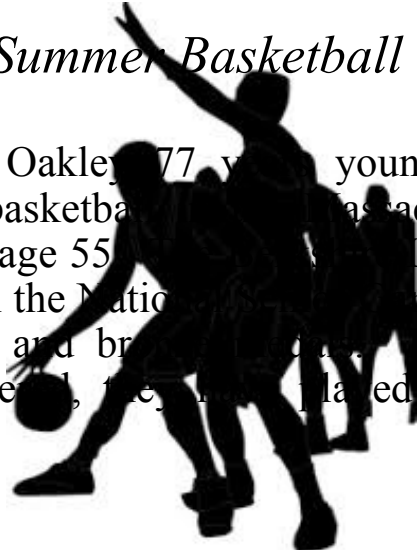
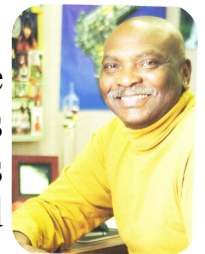
AT THE RAYMOND A JORDAN SENIOR CENTER
1476 ROOSEVELT AVE, SPRINGFIELD, MA 01109



2019 Massachusetts Senior Games

Summer Basketball

William "Tom" Oakley, 77 years young. He started playing basketball at the Massachusetts Senior Games at age 55. Tom and Legends have competed in the National Senior Games and have won silver and bronze medals. In State Tournaments entered, they have played and won 27 gold medals!!



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*



****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.



Make a Difference!

Your daily vol-
unteering helps so many of
our members each day.
Your efforts, dedication and
enthusiasm is truly appreci-
ated!

Thank you to our volunteers
at the Raymond A. Jordan
Senior Center.





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

Letter to Members-

Hello, my name is Don Roberts. First of all, I would like to thank you for electing me as your new President of the Springfield Golden Agers. I hope to live up to the confidence that you have shown me during the coming year.

My priorities for the year are as follows:

1. Work on increasing our membership. (There is strength in numbers!)
2. Having an American Flag installed at the Raymond A. Jordan Center.
3. Update our Bylaws. This has not been done in over ten years. Anyone interested in helping, please contact me through the Raymond A. Jordan Center at (413)-787-6486. Leave your name and number. I will contact you ASAP!

If members have any further ideas how we can enrich the experiences we have at our Branch meetings, please let me know. I am open to any and all suggestions. Also, if people have any ideas for trips or activities. Oh yes, I noticed that there are few men at meetings. Guys, what do we need to do to get you interested?

I hope to see you as I travel around to Branch meetings or see you at the Jordan Center for the city-wide activities.

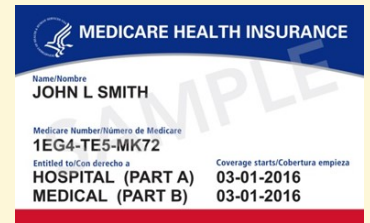
Don



BRANCH OUT



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 7th!**

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

<p>Totally You! Our fitness instructor will guide you along to achieve your ultimate wellness goals!</p>	<p>Monday thru Friday</p>	<p>7:00am-3:00pm</p>	<p>2nd Floor Fitness Ctr</p>
<p>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.</p>	<p>Tuesday</p>	<p>9:30am-10:30am</p>	<p>1st Floor Banquet Room</p>
<p>Pickle Ball paddle sport, similar to a racquet sport that combines elements of badminton, tennis, and table tennis. Two or four players</p>	<p>Tuesday & Friday</p>	<p>1:00pm-3:00pm</p>	<p>1st Floor Banquet Room</p>
<p>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.</p>	<p>Monday & Thursday</p>	<p>1:00pm-2:00pm</p>	<p>1st Floor Banquet Room</p>
<p>Mat Yoga for “every body” with Cheryl Whalen. Reduce your stress! Relax your body! Mats are available if needed.</p>	<p>Monday</p>	<p>9:30am-10:30am</p>	<p>1st Floor Banquet Room</p>
<p>Game Day Come join the fun every Friday afternoon to play Cornhole, Ping Pong, Wii Bowling, Pickle Ball, and Tennis and much more!</p>	<p>Friday</p>	<p>1:00pm-3:00pm</p>	<p>1st Floor Banquet Room</p>
<p>Walking Club Improve your health, trim your waistline, prevent/manage blood pressure, diabetes. Walk at your own pace.</p>	<p>Monday & Wednesday</p>	<p>8:00am-9:00am</p>	<p>Outside-Weather Permitting</p>



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- 10:30am	2nd 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? 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	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 - 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

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

Visit our Welcome Center for more information or call Frank Holmes, Instructor at 413-750-2090.

Financial Hour



Hosted by: Julius Lewis, Tom Morrow & Jimmy Mitchell



Friday October 4, 2019

Subject TBD

10:30am



At the
Raymond A. Jordan Senior Center

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



(1st & 3rd Fridays of the month through January)

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



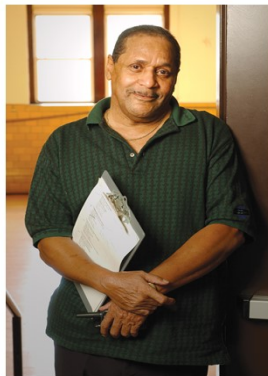
*Community
Service
Leading to
Independence*

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
 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

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 w/Gleny

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 w/Gleny

Thursday

Cardio Machines/Weight Machines
 7:30-9:00 Blood Pressure

Friday

Cardio Machines/Weight Machines
 8:00-11:30 Blood Pressure
 **Walking Club: Check with Gleny

REASONABLY LIKABLE

Said the little boy, "Sometimes I drop my spoon."

Said the little old man, " I do that, too."

The little boy whispered, I wet my pants."

"I do that too," laughed the little old man.

Said the little boy, "I often cry."

The old man nodded, "So do I."

"But worst of all," said the boy, "it seems grown-ups don't pay attention to me."

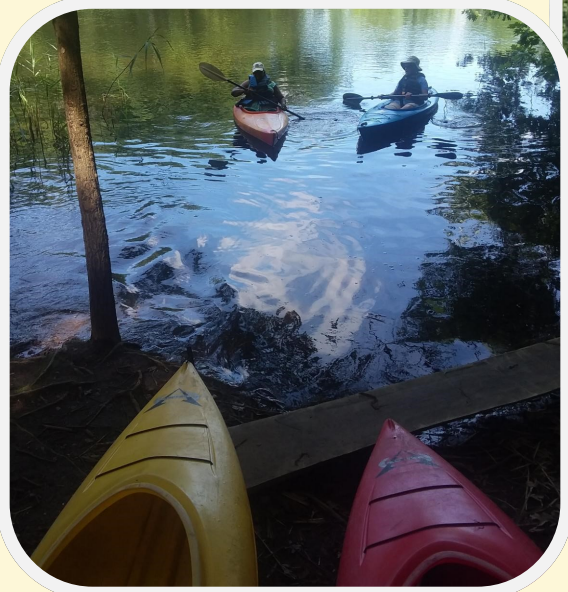
And he felt the warmth of a wrinkled old hand.

"I know what you mean," said the little old man.





Next Level Adventures



Prayer & Meditation Group



**Lookin' Good,
Evelyn Beers!
105 years young!**

Classes Resume!!

Mat Yoga

for Every-Body!

Monday, September 23, 2019

9:30am

Free 8-Week Session
With Cheryl Whalen

9:30am-10:30am

Reduce your stress!

Relax your body!

Mats are available if needed.



Tai-Chi

Tuesday, September 24, 2019

9:30am

An Ancient Chinese Tradition and
Graceful Form of Exercise

Tai Chi can improve:

Balance

Weight

Cholesterol

Blood Pressure

Diabetes

Calming of the mind

For All Abilities



Crafty Crocheting

With Gwen Smith
8-week session beginning

Thursday, September 26, 2019
9:30am-11:30am

Instruction on how to crochet,
including basic types of stitches,
and how to work with a
crochet needle and yarn.



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

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

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.



*Servicio a la
comunidad
que lleva a*

SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM

ded 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

Los Oficiales

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

St. James Ave.
Vicepresidente
Joanne Lucas

Mayflower
Vicepresidente
Cecile Benoit

Pine Point
Vicepresidente
Eveline Malbouef

Sixteen Acres
Vicepresidente
Dick Sitnik

Tri-Towers
Vicepresidente
Marilyn Hallas

Winchester Square
Vicepresidente
Earnestine Johnson

**CARTA A LOS MIEMBROS**

Hola, me llamo Don Roberts. En primer lugar, me gustaría agradecerle por elegirme como su nuevo Presidente de Springfield Golden Agers. Espero estar a la altura de la confianza que me han mostrado durante el año que viene.

Mis prioridades para el año son las siguientes:

1. Trabajar para aumentar nuestra membresía.
(¡Hay fuerza en los números!)
2. Tener una bandera estadounidense instalada en el Raymond A. Jordan Center.
3. Actualice nuestros estatutos. Esto no ha estado abajo es más de diez años.
Cualquier persona interesada en ayudar, comuníquese conmigo a través del Centro Raymond A. Jordan al (413) -787-6486. Deja tu nombre y número. Me pondré en contacto con usted lo antes posible!

Si los miembros tienen alguna idea adicional sobre cómo podemos enriquecer las experiencias que tenemos en nuestras reuniones de las sucursales, háganmelo saber. Estoy abierto a cualquiera y todas las sugerencias. Además, si las personas tienen alguna idea para viajes o actividades. Ah, sí, me di cuenta de que hay pocos hombres en las reuniones. Seniors, ¿qué necesitamos para interesarlos?

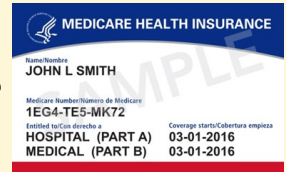
Espero verte mientras viajo a las reuniones de la sucursal o en el Centro Jordan para las actividades de toda la ciudad.

Don



¿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!**

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.