



Senior Moments

September/ October 2022

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

*Coming
Soon*

Get Back In The Groove!

Tai-Chi
Hooping It Up (Hula Hoops)
Fit & Fierce Dance
Chair Yoga
Free Play Fridays

Informational Series

Mayor's Office of Consumer Information ~ 9-21-22

TBA

Lunch and Learn with MA State Police
City of Springfield - ARPA
AIC Student Nurses
Financial Hour
Ask a Lawyer
Hispanic Heritage Month

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

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.

Raymond A. Jordan Senior Center / Council on Aging ~ 1476 Roosevelt Ave, Springfield, MA 01109

Main: 413-787-6785 Fax: 413-750-2698

Program Hours: Monday-Friday 7:30am-3:30pm Office Hours: 8:00am-4:00pm

**Director of Elder Affairs****Sandy Federico****Fiscal Administrative Manager**

Carol Gasque

Senior Program Coordinator

Dashima Washington Ortiz

Program Coordinators

Kerri Jahn

Henry Jones

Devine Marcel

Administrative Assistant

Misha Mayers

Outreach Program Coordinator

Suzette Livingston

Outreach Worker

Anthony Pouliot

SHINE Program Coordinator

Alicia Germain

SHINE Program Outreach Worker

Irene Kenison

Adult Outreach Liaison

Eliana Gutierrez

Health and Wellness Coordinator

Kerry Welch

Computer Learning Center

Frank Holmes

Hungry Hill Coordinator

Linda Henley

Clodo Concepcion Coordinator

Alex Martin

North End Coordinator

Doris Feliciano

COA Board Members

Maurita Bledsoe ~ Magda Colon

Teresa Concepcion ~ Olga Ellis ~

Donald Evans ~ John Jordan ~ Donald Roberts

**Rooted In
Our Mission!****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 413-787-6633 for details

Dashima Washington Ortiz

Greater Springfield Senior Services

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

Dear Readers,

Is it possible that time passes faster as we age? I remember my parents saying things like that when I was growing up...and, like most young people, I would roll my eyes at the statement because, after all, I knew soooo much more than they did. Time itself has a sense of humor though, because it is laughing at those of us who are now coming to the realization that perhaps mom and dad carried more wisdom within them than we ever gave them credit for.

Is it possible summer has left us and we are facing the fall season already? When did this happen? Aren't there days when you are enjoying them so much that you want time to slow down; you want to savor all of the goodness and prolong your enjoyment? Conversely, aren't there painful days when you want time to speed up? You ask time to hurry up so you can get through the difficulties. I guess that is why time does not listen to us and just keeps moving in a forward pattern.

We aren't in control of time, but what we CAN control is our reactions during these times. We are meant to drink in the sweetness of joyful days, allowing them to create beautiful memories we can pull out and lean on when tough times come to us. In life, the memories can sometimes be the salve that gets us through; and when hardship comes knocking, we are meant to allow ourselves that same time to work through the pain and begin the healing process.

Time is precious. It is part of our life education. We need to embrace it and not rage into the night about it. There is a force out there that wears the only watch that keeps time for all of us. Rather than **marking** time, perhaps we need to **make** time. My advice is to use it wisely because there are no resets.

Sandy



Health & Wellness

September/ October 2022

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! | Monday thru Friday | 7:00am-3:00pm | 2nd Floor Fitness Ctr |
| 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. | Tuesday | | 1st Floor Banquet Room |
| Hooping It Up Hooping figure fitness with Olander Worthy. A great aerobic addition to your exercise program. | Tuesday | | 1st Floor Banquet Room |
| STRENGTH SQUAD (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. | Tuesday & Thursday | 1:00pm-2:00pm | 1st Floor Banquet Room |
| 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. | Wednesday | 9:30am | 1st Floor Banquet Room |
| Gentle Chair Yoga this yoga class offers a focused series of movements and poses that bring body, breath and mind together. Every Body is welcome. | Wednesday | | 1st Floor Banquet Room |

In the "Lineup" At Raymond A. Jordan Senior Center:

Billiards Room



Monday– Friday

by Appointment

Book Club



3rd Thursday

10:00-11:00am

Crochet Club

Tuesday

9:30-11:30am

Devotional Moments



Monday

10:30am

Dominos



Monday, Wednesday & Friday

12:00-3:00pm

Feature Flick Fridays



12:30pm

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

Your Arts in the Right Place!

Brought to you with love from your Program Coordinators: Dashima, Kerri and Eliana

Join us for  Fridays!
9:30am

New & creative art projects available weekly.

Registration is required.

Please visit our *Welcome Center*
if you are interested in participating or
call 413-787-6785 to sign up.

All projects are on a first come, first serve basis.

Limited number of supplies.

Programs sponsored by: Springfield Department of Elder Affairs, Council on Aging and
CDBG (Community Development Building Grant)

Mayor's Office of Consumer Information

Bring your concerns to the MOCI!

Beginning *Wednesday, September 21, 2022*, and every third Wednesday of the month thereafter, the Local Consumer Program (MOCI) of the Massachusetts Attorney General's Office will be offering monthly mini-satellite hours at the

Springfield Department of Elder Affairs ~ Raymond Jordan Senior Center
1476 Roosevelt Avenue, Springfield, MA
11:30am-1:00pm.

The MOCI staff are well-versed on scams and fraud, and consumer-related matters. They will be here to answer your consumer questions, assist with filing a formal complaint, and provide alerts on any current scams or fraud targeting our community.

Mayor's Office of Consumer Information
(Working in Cooperation with the Massachusetts Attorney General's Office)
Contact MOCI: Tel: (413) 787-6437
Email: MOCI@springfieldcityhall.com

Computer Lab at the Raymond A. Jordan Senior Center

Monday ~ Thursday 8:30am-1:00pm / Computer Lab is closed on Fridays

Please call our computer guru, Frank Holmes at 413-750-2090
to schedule time to expand your knowledge about:

- ◆ Basic Computer
- ◆ Laptops
- ◆ Microsoft Word ~ Basic
- ◆ Smart Phones
- ◆ Tablets
- ◆ Zoom Conferencing



City of Springfield
Department of Elder Affairs

COMPETITION Time

Computer Contests

Each month a new computer task will be assigned.

Show us your computer skills by joining in.

Be the first to complete the task and receive a prize!



Have fun while
improving your
computer skills!

OPEN TO ALL!

Please visit our welcome center to register.

For more info, please contact Frank Holmes at 413-750-2090 or
fholmes@springfieldcityhall.com

Springfield Golden Age Club

Golden Age Top Officers

President
Donald Roberts
1st Vice President
Joanne Lucas
Treasurer
Maureen Whitehead
Secretary

Sixteen Acres Vice President
Don Roberts

Tri-Towers Vice President
Marilyn Hallas

Winchester Square Vice President
Earnestine Johnson

Mondays

Winchester Sq. Branch ~ 1:00pm
@ Raymond A, Jordan Senior Ctr

Tuesdays

Tri-Towers Branch ~ 1:00pm
Tri-Towers Community Room
18 Saab Court

FRIDAYS

Sixteen Acres Branch ~ 1:00pm
Clodo Concepcion Center
1187 ½ Parker Street

For more information or questions on
becoming a Golden Age Club member,
please call 413-787-6486.

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

www.springfield-ma.gov/hhs/elderaffairs

or Facebook page: <https://www.facebook.com/elderaffairsspringfield>

Fall is a great time to work in the garden and prepare for next year's growing season. Here are 5 top picks for fall planting in New England.

WHAT TO PLANT BEFORE THE FIRST FROST

TREES & SHRUBS

Fall is an ideal time to plant trees and shrubs. Roots systems will begin to form before the frost sets in, essentially establishing the shrub or tree in the ground for the winter. Mulching around newly planted trees and shrubs will help protect the new transplants throughout the winter as well. Be sure to remove any coverings on the root balls of plants before planting.



PERENNIALS

Don't let the droopy appearance of perennials that have completed their growing season get you down. Even though they do not look as appealing as they did when they were at their peak earlier in the season, they will bounce back in full force in the spring. If you are undecided about where to plant them now, you can always keep them in pots and soil in a covered or protected area outside until the spring and plant them then. Be sure to label the perennials beforehand for easy identification when it is time to put them in the ground.



BULBS

September is the time to plant for early spring blooming bulb flowers such as daffodils, tulips, and crocus. Be sure to follow packaging directions for planting depths. A good rule of thumb is to plant tulips and daffodils 6 inches deep and crocus plants 3 inches deep. Bulbs should be put into the ground before late October to allow a bit of root growth before the frost.

HERBS

Fennel, lavender, lemon balm, rosemary, wild strawberry, mint, and parsley are some of the herbs that do well when planted in the fall, provided they are established plants or divided from an existing herb plant and not new growth or seedlings.

GARLIC

October is the time to plant garlic in New England—it is planted during the fall because the cloves must be exposed to cooler ground temperatures before they can begin to grow. They will remain in a suspended state throughout the winter and begin growing full force in the spring when the temperatures are warmer. Garlic cloves must be planted separately and not clustered together or as a whole garlic. Green shoots will appear in the spring.





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 them better.

SHINE is available for a limited number of *in-person appointments as well as by PHONE* 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 1-800-243-4636, 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.

Inscripción Abierta de Medicare

La mayoría de los beneficiarios de Medicare tienen solo una oportunidad al año para evaluar y cambiar su cobertura, del 15 de octubre al 7 de diciembre. Cada año, el período de “inscripción abierta” permite que las personas mayores y otras personas con Medicare cambien su cobertura de la Parte D (medicamentos recetados), se inscriban o cambien la inscripción en un programa Medicare Advantage, como un plan HMO o PPO, y, en general, reevalúen su cobertura. Muchas personas mayores ignoran esta oportunidad y se inscriben en los mismos planes que hicieron el año anterior, asumiendo que mientras un plan no haya cambiado drásticamente, no hay necesidad de cambiar. Sin embargo, las personas deben revisar sus planes, porque incluso si sus planes no han cambiado, sus necesidades pueden haberlo hecho. Si a un beneficiario de Medicare se le han recetado nuevos medicamentos, o se le han quitado medicamentos, puede haber un nuevo (y quizás menos costoso) plan de la Parte D que se adapte mejor a ellos.

SHINE está disponible para un número limitado de citas en persona, así como por TELÉFONO para ayudar a buscar opciones de cobertura.

Los Voluntarios Capacitados de SHINE ofrecen asesoramiento gratuito y confidencial sobre todos los aspectos del seguro de salud a cualquier persona que tenga Medicare. Para asuntos relacionados de Medicare (aparte de una cita), llame al 1-800-243-4636, luego presione o diga 3. Una vez que obtenga el contestador automático de SHINE, deje su nombre y número. Un voluntario le devolverá la llamada lo mas pronto posible.

Senior Community Service Employment Program (SCSEP)

Older Workers...
Serving Communities
Learning Skills
Earning Money

PUT YOUR TIME AND TALENTS TO WORK

Find out how you can benefit from the Senior Community Service Employment Program:

- Paid training
- Work experience
- Extra income



SERVING COMMUNITIES

SCSEP participants serve their communities while gaining valuable on-the-job training through paid temporary assignments with local non-profit and government organizations including:

- Schools
- Libraries
- Social Service Agencies
- Hospital
- Senior Centers
- Museums

SECURING EMPLOYMENT

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.



Trabajadores mayores ...

SERVICIO DE LAS COMUNIDADES
HABILIDADES DE APRENDIZAJE
GANANDO DINERO

PONGA SU TIEMPO Y TALENTOS PARA TRABAJAR

Descubra cómo puede beneficiarse del Senior Programa de empleo de servicio comunitario:

- Entrenamiento pagado
- Experiencia laboral
- Ingreso extra

SERVICIO DE LAS COMUNIDADES

Los participantes de SCSEP sirven a sus comunidades mientras obtienen una valiosa capacitación en el trabajo a través de asignaciones temporales pagadas con organizaciones locales sin fines de lucro y gubernamentales que incluyen:

- Escuelas
- Bibliotecas
- Agencias de servicios sociales
- Hospital
- Centros de mayores
- Museos



SEGURO DE EMPLEO

El Programa de Empleo de Servicio Comunitario para Personas Mayores ayuda a los trabajadores mayores a desarrollar la experiencia y la confianza que necesitan para encontrar un empleo permanente.

Puedes calificar si eres:

- 55 o mayor
- Ingresos elegibles
- Buscando trabajo

Se alienta a los veteranos y a su cónyuge a presentar una solicitud.

Obtenga más información llamando al:
 413-787-6124

Programa de Empleo de Servicio a la Comunidad para Personas Mayores de Senior Service America (SCSEP está financiado por una subvención del Departamento de Trabajo de los Estados Unidos Y Administración de Capacitación). SCSEP es un programa de igualdad de oportunidades. Auxiliares y servicios auxiliares están disponibles a pedido para personas con discapacidades.

NEED A HAND...

Let Our Outreach Division Help!



We offer many services for Springfield residents. Requirements vary.

- ◆ Brown Bag
- ◆ Circuit Breaker
- ◆ Real Estate Abatements
Income Eligible
- ◆ SNAP (Food Stamps)
- ◆ Trash Discount Fee
- ◆ Water and Sewer Discount
- ◆ Water and Sewer Credit

Have more questions about services? Call 413-787-6785.

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

¿NECESITA AYUDA?

Permítanos ayudar! Varios requisitos.

- ◆ *Bolsa marron*
- ◆ *Disyuntor*
- ◆ *Reducciones inmobiliarias
(Ingresos elegibles)*
- ◆ *SNAP (Cupones de Alimentos)*
- ◆ *Tarifa de descuento de basura*
- ◆ *Descuento en Agua y Alcantarillado*
- ◆ *Crédito de Agua y Alcantarillado*

La División de Extensión recibe apoyo a través de la Oficina Ejecutiva de Asuntos de Ancianos de Massachusetts y la Administración Federal para la Vida Comunitaria.

¿Tienes más preguntas sobre los servicios para personas mayores?

Llama (413) 787-6785 en la División de Extensión del Departamento de Asuntos de Ancianos.

Los programas de divulgación son patrocinados a través de una subvención proporcionada por Greater Springfield Senior Services, Inc.

North End Senior Center

September / October 2022

310 Plainfield Street, Springfield, MA 413-886-5240 ~ Program Hours: 8:00am-3:00pm
Doris Feliciano ~ Center Coordinator

Lunch Served on Wednesday and Friday - 11:30am-12:30pm

Lunches provided by Palazzo Café - Free - Schedule subject to change. ALL RESERVATIONS REQUIRED
1 DAY IN ADVANCE, BY 12:00PM AND CAN ONLY BE RESERVED FOR THE MAXIMUM OF (1) WEEK AT A TIME.

| | | |
|------------------|---|--|
| Monday | 8:00am-3:00pm 10:00am 10:00am-3:00pm | Fitness Room ~ By appointment Chair Exercise Dominoes Club |
| Tuesday | 8:00am-3:00pm 10:00am-3:00pm | Fitness Room ~ By appointment Dominoes Club |
| Wednesday | 8:00am-3:00pm 10:00am-11:00am 11:30am-12:30pm 10:00am-3:00pm | Fitness Room ~ By appointment Walking Club Lunch Dominoes Club |
| Thursday | 8:00am-3:00pm 10:00am 10:00am-3:00pm | Fitness Room ~ By appointment Chair Exercise Dominoes Club |
| Friday | 8:00am-3:00pm 10:00am-3:00pm 11:00am-1:00pm 11:30am-12:30pm | Fitness Room ~ By appointment Dominoes Club Arts & Crafts Lunch |

| | | |
|------------------|---|---|
| Lunes | 8:00am-3:00pm 10:00am 10:00am-3:00pm | Sala de Ejercicio ~ Por Cita Ejercicio De Silla Club De Dominoes |
| Martes | 8:00am-3:00pm 10:00am-3:00pm | Sala De Ejercicio ~ Por Cita Club De Dominoes |
| Miércoles | 8:00am-3:00pm 10:00am-11:00am 11:30am-12:30pm 10:00am-3:00pm | Sala de Ejercicio ~ Por Cita Club De Caminar Almuerzo Club De Caminar Dominoes |
| Jueves | 8:00am-3:00pm 10:00am 10:00am-3:00pm | Sala de Ejercicio ~ Por Cita Ejercicio De Silla Club De Dominoes |
| Viernes | 8:00am-3:00pm 10:00am-3:00pm 11:00am-1:00pm 11:30am-12:30pm | Sala de Ejercicio ~ Por Cita Club De Dominoes Manualidades Almuerzo |

Almuerzos Servido
Los Miercoles Y Viernes
Reservacion Requerida el dia ante-
rior antes de las 12 del mediodía
El Menu Varea Dependiendo Pue-
do Ser Distinto Al Lo Ques Escojas
Almuerzo Proveado Por
Palazzo Café - Gratis



Alex Martin ~ Center Coordinator 1187 ½ Parker Street, Springfield, MA 413-750-2873

Lunch Served Monday, Wednesday and Friday ~ 11:15am-12:15pm

Lunches provided by Palazzo Café ~ Free Schedule subject to change

RESERVATIONS REQUIRED 1 DAY IN ADVANCE CAN ONLY BE RESERVED FOR
THE MAXIMUM OF (1) WEEK AT A TIME.

| | | |
|------------------|---|--|
| MONDAY | 9:00am 10:00am 11:00am 1:00pm | Walking Tigers Get Fit Club Tai Ji Quan Access Tech Craft Class ~ sign up required String Art ~ September 12th, 19th, & 26th |
| TUESDAY | 9:00am 10:00am 10:30am 11:00am 1:00pm | Walking Tigers Get Fit Club Strength Class-Low Impact Aerobics Step in Time "Line Dancing For Beginners" "New" Tri-Ominos for beginners Line Dancing |
| WEDNESDAY | 9:30am 1:00pm 1:00pm | Improvers Line Dancing Cameo Club 3rd Wednesday/Visionary Club Support Group |
| THURSDAY | 9:00am 10:00am 12:00pm | Walking Tigers Get Fit Club Strength Class-Low Impact Aerobics Pitch |
| FRIDAY | 1:00pm | Golden Age Club |

Access Tech

Jerry Feliz Access Technology Director
Access technology includes apps and devices that help individuals who are blind or have low vision, increase independence. Training is provided by appointment.

Call 1-857-443-6636

**Mobile Farmer's Market
Open to the Community
Monday, September 12th & 26th
Monday, October 24, 2022
12:00pm-1:00pm**



Happy 90th Birthday, Clodo Concepcion.

Mayor Domenic J. Sarno, proclaims

Wednesday, July 27, 2022, as

"Clodo Concepcion Day"!



BLIND AND LOW VISION INDIVIDUALS

Learn how to use your: Computer, Tablet and Smartphone. Contact Alex for details

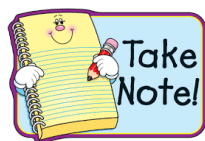
Linda Henley ~ Center Coordinator 773 Liberty Street, Springfield, MA 413-733-9411

Lunch Served Tuesday and Wednesday ~ 12:00pm

Lunches provided by Palazzo Café ~ Free Schedule subject to change

RESERVATIONS REQUIRED 1 DAY IN ADVANCE CAN ONLY BE RESERVED FOR
THE MAXIMUM OF (1) WEEK AT A TIME.

| | | |
|------------------|------------------------------|---|
| Monday | 10:45am 11:30am | October ~ Nutrition Made Clear Social Hour |
| Tuesday | 9:30am 12:00pm | Knitting & Crafting Lunch |
| Wednesday | 12:00pm | Lunch Social & Games |
| Thursday | 10:30am | Exercise Group Social Hour |
| Friday | 10:00am 11:00am 1:00pm | Walking Club Bob Hope-Thanks for the Memories ~ October 28, 2022 Corn Hole ~ October 14, 2022 |



Senator Gomez Administration ~ Available for you!
September TBA ~ 9:00am-10:00am

SHINE Presentation ~ Tuesday, September 27, 2022

Reflexology ~ Wednesdays, September 7, and 21, 2022

Birthday Celebration ~ Thursdays, September 15, 2022, October 20, 2022

Movie Matinee ~ Thursday, September 22, 2022 ~ The World Trade Center
~ Thursday, October 27, 2022 ~ Hocus Pocus

Brown Bag ~ Friday, September 16, 2022 and Friday, October 21, 2022

Craft Creations ~ Friday, September 23, 2022 and Friday, October 21, 2022

AIC RN Students ~ 1:00pm-Thursday, October 20, and Thursday October 27, 2022

Halloween Bash



Clodo Concepcion Community Center

1187 1/2 Parker Street, Springfield

Date: Wednesday, October 26, 2022

Time: 9:30AM - Until the Wolf Howls

Please call 750-2873 to register.

Food, Fun, Friends, Prizes & Karaoke



Summer Kick-off
Hot Dog Roast

