



# Springfield Campanile



A publication of the City of Springfield  
Department of Elder Affairs

Mayor Domenic J. Sarno

May / June 2017

Department of Elder Affairs  
City of Springfield, MA

Please Join us on  
Friday, May 26<sup>th</sup> 2017



TOPIC:

*HUD/VASH Springfield  
Getting our homeless Veterans  
Housing Opportunities!!*

The HUD-VASH program is a collaboration between the Department of Housing & Urban Development (HUD) & the Department of Veterans Affairs (VA) to assist homeless Veterans and their immediate families find and maintain affordable, safe and permanent housing in the community.

Time: 11:00 a.m

Place: Hungry Hill Senior Center

773 Liberty St.

Springfield, MA 01104

413-733-9411

Contact: Please contact the Outreach Department  
At 413-750-2896 to register or with any questions.

## Happenings at Our Senior Centers!

Riverview Senior Center – 2017

*SPA at Holyoke Dean Vocational High School*

*Cosmetology Department*



*Hungry Hill Senior Center-2017  
Katharine Hepburn Museum*



**Mason Square Senior  
Computer Certificate of Completion-2017**



**Council on Aging**

787-6785

Fax: 750-2694

**Golden Age Club**

787-6486

**Senior AIDES**

**Employment Program**

787-6126

**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

Annemarie Pajer

William Toller

Willinette Williams

**Department of Elder Affairs Staff**

*Director of Elder Affairs*

*Carol Gasque*

*Fiscal Director*

*Suzette Livingston*

*Senior Employment Director*

*Alicia Germain*

*SHINE Program Director*

*Ramon Planas*

*SHINE Outreach Worker*

*Eliana Franklin*

*Adult Outreach Liaison*

*Celines Cruz & Lakisha Reddick*

*Outreach & Referral Services*

*Frank Holmes*

*Computer Learning Center*

*Darryl Mickey*

*Van Driver*

**Start to Finish**

Brain Teasers

SOLUTION

Spend time in front of the mirror.	PRIMP
Intuitive inking.	HUNCH
Pioneer in photocopying.	XEROX
Bitterly sarcastic.	CAUSTIC
Gas in some signs.	NEON
Eskimo canoe.	KAYAK
Chinese medicinal root.	GINSENG
Where a rubber duckie lives.	BATHTUB
Roll in the mud.	WALLOW
Pleasure traveller.	TOURIST
Temporary loss of memory.	AMNESIA
Deadly.	LETHAL
Pizza herb.	OREGANO
Very knowledgeable.	ERUDITE
Forty-eight hours before tomorrow.	YESTERDAY
The most.	MAXIMUM
Excessive.	SUPERFLUOUS
Feudal land.	FIEF
Trepidation	DREAD
Water storage area.	RESERVOIR

© 2010 puzzles-to-print.com

**Strawberry & Spinach Salad**



**Dressing:**

- 1 cup hulled and sliced strawberries
- 2 tablespoons white wine vinegar
- 2 tablespoons finely chopped fresh basil leaves
- 1 tablespoon olive oil
- 1 teaspoon sugar
- Kosher salt & freshly ground black pepper

**Salad:**

- 5 ounces baby spinach, washed & dried
- 1/4 cup crumbled goat cheese
- 1/4 cup slivered almonds

For the dressing:

Add 3/4 cup strawberries, white wine vinegar, basil, olive oil, sugar, salt, and pepper to a food processor or blender and puree until smooth.

For the salad:

Toss the spinach, cheese, almonds, and remaining 1/4 cup strawberries in a large bowl and lightly drizzle with dressing.

Recipe from foodnetwork.com

*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.*

**Department of Elder Affairs ~ Mission Statement**

*The Department of Elder Affairs*

*is dedicated to enhancing the quality of life for senior citizens in the City of Springfield.*



# Springfield Golden Age Travel

1600 East Columbus Ave, Springfield, MA  
Call 413-787-6486 for more information.

## June 1st, 2017 The Newport Playhouse & Cabaret Restaurant

# Lunch with Mrs. Baskin

Written by Sam Bobrick

Although she has no intention on buying anything, Mrs. Eva Baskin, a sweet, retired widow, continuously sets up appointment with sales people solely to have lunch and conversation with them in her home. Two young sales people, Terry who not very successfully sells garage doors and Kira, who successfully sells solar panels and has learned that her fiancé is cheating on her, accidentally meets in Mrs. Baskin's apartment. Although neither have the slightest intention of getting involved in a relationship, Mrs. Baskin thinks otherwise.

TRIP INCLUDES:

Transportation, Buffet Lunch and Show!

Only 18 seats available. So please sign up early!

**\$69**

**FULL**

## July 12th, 2017 The Mac-Hayden Theatre

# SATURDAY NIGHT FEVER

The most requested show of the summer! Featuring the biggest hits of the decade by the Bee-Gees, this disco inferno of a show will have dancing memory lane and longing for the days of bell bottoms and boogie shoes.

TRIP INCLUDES:

Transportation, Lunch and Show!

**\$60**

**FULL**

## Aug 24th, 2017 The Mac-Hayden Theatre

# Hello, DOLLY!

One of the greatest musicals of all time, Hello, DOLLY! Is sure to send you into the fall season with a heart full of Hope and Love. That's right, Dolly is back and ready to change lives including her own!

TRIP INCLUDES:

**Seats Available!** Transportation, Lunch and Show!

**\$60**

For more info call GAC at 413-787-6486

### Medicare’s Wheelchair & Scooter Benefit

Medicare Part B (Medical Insurance) covers power-operated vehicles (scooters), walkers, and wheelchairs as durable medical equipment (DME). Medicare helps cover DME if:

- The doctor treating your condition submits a written order stating that you have a medical need for a wheelchair or scooter for use in your home.
- You have limited mobility and meet all of these conditions:
  - You have a health condition that causes significant difficulty moving around in your home.
  - You’re unable to do activities of daily living (like bathing, dressing, getting in or out of a bed or chair, or using the bathroom), even with the help of a cane, crutch, or walker.
  - You’re able to safely operate and get on and off the wheelchair or scooter, or have someone with you who’s always available to help you safely use the device.
  - Your doctor who’s treating you for the condition that requires a wheelchair or scooter and your supplier are both enrolled in Medicare.
  - You can use the equipment within your home (for example, it’s not too big to fit through doorways in your home or blocked by floor surfaces or things in its path).



You pay 20% of the Medicare-approved amount after you pay your Medicare Part B deductible for the year. Medicare pays the other 80%.

If you’re in a Medicare Advantage Plan (like an HMO or PPO), you must contact your plan to find out about costs and which DME suppliers you can use.

**CALL THE SHINE OFFICE at 413-750-2893**

## News from the Outreach Department -Dept Of Elder Affairs ~ 413-750-2896

### *DID YOU KNOW THIS IS THE YEAR OF THE CAREGIVER?*

According to AARP’s “Caregiving Innovation Frontiers” research project identifies some of the major ways that technology can help caregivers get a grip on many of the chores that exhaust them. It also shines a light on fostering entrepreneurship and technology, the caregiver’s dilemma.

How technology can help caregivers...There are multiple services like [Blue Apron](#), [Netgrocer](#) and [Munchery](#) that already exist to help with home delivery of meals. [Task Rabbit](#), provides services like home repair, delivery, cleaning and lifting heavy objects. [Uber](#), [Via](#) and [Lyft](#) are three examples of services that transport the elderly under the watchful eye of your mobile app.

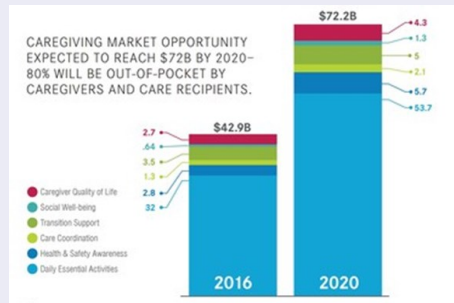


Photo: (credit AARP)

Many applications help with the medical front, these services are designed to help manage care. Here are some very helpful ones [MyFitnessPal](#), [AliveCor](#), [Withings](#) and [CellScope](#) are just a few that can be used via Bluetooth to monitor vital signs. Simple pill reminder apps ([Mango Health](#) and [PillJogger](#)) remind loved ones to take medication.

New telepresence doctor visits from companies like [Heal](#), [Doctor On Demand](#), [MDLive](#) and [Bright.md](#) deliver house calls via your mobile phone or computer, eliminating the need for the elderly to travel to a doctor. [eCaring](#) and [CareZone](#) both help caregivers with the complexities of coordinating care management.

As always our department can help connecting individuals needing assistance in getting connected to services.

**Give us a call at 413-750-2896**



*Suzette Livingston, Employment Specialist*

**Respecting Our Elders: The Case for Preserving and Expanding the Senior Community Service Employment Program**

While coverage of the Great Recession's impact on older Americans has tended to focus on how 401(k)s and pensions have taken a beating, it is actually the older low-income individuals still working who have it particularly bad. They are suffering from their highest unemployment rates since the end of World War II, a staggering 21 percent in 2010 and remaining at 20 percent in 2011.

The good news for these workers is that there is a little known, but effective program that can help the Senior Community Service Employment Program (SCSEP). The bad news is that funding for this program, which assists unemployed low-income older adults, is in danger. If we're going to provide opportunity for some of the most at-risk Americans and create needed jobs we must protect this program from further cuts and expand opportunities.

The situation for some older workers is dire. The average annual unemployment rate of workers 55-74 years old rose steadily in the last few years, from just 3.1 percent in 2007 to seven percent in 2011. Although this is the highest unemployment rate for this cohort since the end of World War II, it masks the real hardship occurring at the bottom of the income ladder. (To be continued next issue)

<https://spotlightonpoverty.org/news/respecting-our-elders-the-case-for-preserving-and-expanding-the-senior-community-service-employment-program/>

**Celebrating St. Patrick's Day**  
  
**@ Hungry Hill Center**



**Forest Park Manor**

Dtrs: Christine Costello & My Liem Vo  
 Open Tues & Thurs 10:00 am-2:00 pm  
 24 Barney Lane ~ 787-7714

**10:30-11:15a.m.**

Easy Does it Group Exercise

**1st Thurs.**—Movie with free popcorn

**3rd Thurs.** 10:00a.m. Vietnamese

Women's Group

**11:00a.m.-1:00p.m.** Blood Pressure

Screening

Workshops & presentations –call for dates & topics

**2nd & 4th TUESDAY OF THE MONTH**

**Hot Lunch ~ 12:00 noon ~ \$2.00**

Lunch provided through Greater Springfield Senior Services-Reservation required by the previous Thursday. Call 787-7714 to make your lunch reservation.

**2nd Friday:** Brown Bag Pick-up

**Grocery Store Trip** ~ Once a Month call for days & time

*The coffeepot is always on. Stop in to read the paper, watch TV, have a cup of coffee or tea, chat with you neighbors!*

**Fitness Center**

**Director: Gleny Vargas**

**Open Mon-Fri 7:00 am-3:00 pm**  
**310 Plainfield Street ~ 886-5240**

**Monday**

Cardio Machines/Weight machines

Coffee

7:30-8:30am ~ 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

7:30-8:45Blood 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: Spring TBD**

**Mason Sq. Center**

**Director: Madeline Cofield**

**Open Mon-Fri 8:00 am-4:00 pm**  
**439 Union St, Emerson Hall ~ 733-3917**  
**GSSSI Lunches \$2.00 suggested donation**

**Monday**

9:00 Coffee & Chat

10:30 Bible Study

1:00 –3:00 Bingo/Triominoes

**Tuesday**

9:00 Coffee & Chat

Sewing & Crafts

12:00 Jigsaw~ anyone !!!

**Wednesday**

9:00 Coffee & Chat

9:00 Manicures by appt

1-2:00 Chair Aerobics/Exercise

Strength with Bands (bi-weekly)

**Thursday**

9:00 Coffee & Chat

Sewing & Crafts

1:00-3:00 Bridge

**3rd Thursday 10:30 am Brown Bag & SNAP; Manicures by apt**

**Friday**

9:00 Coffee & Chat

12:30 Knitting & crafts

1:00-3:00 Domino's

1:00 Movie 5th Friday

**Clodo Concepcion Comm. Center**

**Director: Kerry Welch**

**Open Mon-Fri 9:00 am-3:00 pm ~**  
**1187 1/2 Parker Street ~ 750-2873**

**Hot Lunch Served Mon.& Wed. from 12:00-**  
**1:00 \$2.00 Suggested Donation.**

**Reservations required**

**Monday**

9:00 Coffee Hour & Walking Club

9:30 Dancercise

12:00 GSSSI lunch/

1:15 Retired Federal Workers Assoc. Mtg

(1st Monday of month)

1:30 Extreme Walk & Strength

**Tuesday**

9:00 Coffee Hour & Walking Club

9:30 Walk & Strength

10:45 Tai Chi \$3.00pp

1:00-2:30p.m Line Dancing

**Wednesday**

8:30 1st Wed. of the month Foot Care (by appt.only –every other month)

9:00 Coffee Hr & Walking Club

9:30 Balance Class

12:00 GSSSI lunch

**Thursday**

9:30 Walk & Strength

12:00-3:00 Play Pitch \$2.00 (high score & door prizes)

**Friday**

1:00 –3:00 Golden Age Club Mtg

**Hungry Hill Center**

**Director: Linda Henley**

**Open Mon-Fri 9:00 am-3:00 pm**  
**773 Liberty Street 733-9411**

**Monday**

9:00 Computer Class

10:30 Light Aerobics(\$3.00 per mo)

11:30 Social Hour

**Tuesday**

9:30 Knitting & Crafting

Lunch Every Tuesday!

**(Reservations One week in Advance)**

Every 2nd Tues. Bingo 1p.m.-4:00p.m.

Pokeno 1st, 3rd, & last Tuesday

**Wednesday**

10:30 Walking Tape

2nd Wed. Reflexology

**Thursday**

10:30 Video Exercise & Strength training

1:30p.m. Movie w/popcorn

3rd Thurs. Birthday Celebration

*Hungry Hill Council Mtgs*

**3rd Thurs. 6pm**

**Friday**

1:00 Adult Coloring

EOM Foot-care by appoint.

2nd Friday of the Month Brown Bag

3rd Fri. Reflexology \$5.00 & Chair Massage \$10.

**Good Life Center**

**Open Mon-Fri 8:00 am-4:00 pm**  
**1600 East Columbus Ave. 787-6785**

**Outreach Program** It serves as the primary vehicle for providing information and referral services for seniors in the Springfield area.

**Golden Age Club** Provides Social/Recreational services to eleven branches across the city.

**Senior AIDES Employment Program-** Provides useful, meaningful community service employment to eligible low-income, disadvantaged mature workers.

**S.H.I.N.E** The SHINE Program is Massachusetts' State Health Insurance Program that provides free, one-on-one health insurance information, counseling and assistance to Medicare beneficiaries of all ages.

**Computer Learning Center** Seniors can learn to use email, the internet, and computer programs.

**Mayflower Center**

Director: Alex Martin  
 1516 Sumner Ave. 782-4536  
 Open Mon-Fri 9:00 am-2:00 pm  
 GSSSI Lunches \$2.00 suggested donation  
 Home of the Technograys email:  
 mayflowercenter@verizon.net

**Monday**

9:30 Line Dancing  
 1:00 3rd Mass Assoc. for the Blind  
 Insight Support Group/Mtgs 5/15 & 6/19

**Tuesday**

9:30 "It's Hip to be Fit"  
 10:00 Learn to crochet for beginners  
 11:00 Dominoes

**Wednesday**

10:00 "It's Hip to be Fit"  
 11:00 Spanish for beginners

**Thursday**

Swap Shop  
 10a.m.-12p.m. 5/4, 5/18, 6/1 & 6/15\*  
 \*Dates subject to change  
 Swap or shop, check out our gently used  
 items, from glassware to cookware.  
 11:30 1st Thurs. Lunch w/appetizers  
 11:30 3rd Thurs. Lunch w/appetizers

**Friday**

8:45 Tai Chi Weekly  
 12:00 2nd Brown Bag Pick-Up  
**Special Events:** Thurs 5/11-WNEU School  
 of Pharmacy "May I help you with your  
 medication(s)". Review & update your  
 prescriptions & over the counter meds.  
 Healthy breakfast will be served. Registra-  
 tion is requested!

**Pine Point**

Director: Kerri Jahn  
 East Spfld Neighborhood Council  
 1437 Carew Street, 886-5379  
 (behind Mary Pottenger School)  
 Open Mon-Fri 9:30 am-2:30 pm  
 Daily GSSSI Lunches  
 \$2.00 Suggested donation

**Monday**

9:15 Coffee & chat  
 9:15 Chair Exercise  
 11:45 Lunch  
 1:00 Cards, Games

**Tuesday**

9:15 Coffee & chat  
 11:45 Lunch  
 12:30-2:30 Cards, Games

**Wednesday**

9:15 Coffee & chat  
 11:45 Lunch  
 1:00 -2:30 Cards  
 2nd Wed. Foot-care by appoint.  
 4th Wed. Massage by appoint.

**Thursday**

9:15 Coffee & chat  
 11:45 Lunch  
 1:00 -2:30 Golden Agers  
 Coffee, Pastries & Bingo

**Friday**

9:15 Coffee & chat  
 11:45 Lunch  
 1:00 Cards or Pokeno

**Riverview Center**

Director: Moraima Mendoza  
 Open Mon-Fri 9:00 am-4:00 pm  
 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!**

**EAST SPRINGFIELD NEIGHBORHOOD COUNCIL**  
 1437 Carew Street, Springfield ~ 886-5379

**News**

Neighborhood Meetings ~ All are welcome!  
 Meetings are 1st & 3rd Tuesday of every month at  
 6:30p.m.

(Behind Mary Pottenger School)

**Save the Dates**

Business & Community Fair  
 (including ProShred Event)  
 May 20, 2017 10:00a.m.-2:00p.m.  
 National Night Out ~ August 1, 2017



**Dancercise**  
**The Fun Way to Fitness!**

Stretching \* Posture \* Grace  
 Aerobic Jazz for Strength

**Mondays**

9:30a.m.-10:30a.m.

**Only ~ \$3.00 PER CLASS**

**Clodo Concepcion Community Center**  
 1187 1/2 Parker Street, Spfld  
 (Greenleaf Park ~ behind 16 Acres Library)

*Instructor: Lynn Jasmin*

\* Owner, Director of "Miss Lynn's School of  
 Dance" (15yrs)

\* Ms. Senior Massachusetts ~ 2005

Please register for class or for more information  
 call Kerry Welch at 413-750-2873



**1st CLASS IS FREE!**

**SENIORS ARE MOST WANTED BY CROOKS**

Technology is making it easier and more convenient for fraudsters and scam artists to take advantage of consumers, with seniors being top on their list. Why? Because seniors are polite, often lonely, and easily engage in telephone conversations. By doing this, it allows the crooks to lure them in with their kindness and false, misleading stories and shenanigans. Fraud and scams do not discriminate against any age. However, the bottom line is that seniors are vulnerable and scam artists are preying on them.

Then, what's my advice to seniors and their caregivers?

- Be vigilant.
- Be leery to believe everything that you hear.
- Be cautious with giving away your personal information.
- Don't entertain anyone who calls you, unless you're confident who you are talking to.
- Be conservative and suspicious when answering your telephone or front door.

Simply stated, it is acceptable not to be polite when you feel an invasion of privacy (asking for money, personal information, or making threats). If you are made to feel uncomfortable or upset, simply hang up the telephone. Immediately call the police, and speak to a family member or friend about the situation. Remember that there's nothing to be ashamed of, it could happen to anyone.

Our office is always willing to listen and help you if you feel that you have been the victim of a scam or need tips on other ways that you can protect yourself.

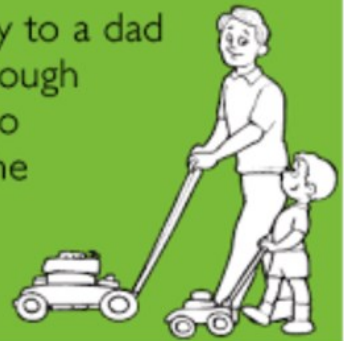
*Courtesy of Milagros S. Johnson, Director of the Mayor's Office of Consumer Information, a local consumer program funded by and working in cooperation with the Massachusetts Attorney General's Office. Contact us at (413) 787-6437, or visit our website at [www.springfieldcityhall.com](http://www.springfieldcityhall.com).*

**FOR ALL YOU DO,  
Thank you!  
Happy Mother's Day!**



Happy Father's Day to a dad who was smart enough to teach me how to mow the lawn so he wouldn't have to.

someecards sponsored by Dove MEN+CARE





# Start to Finish

## Brain Teasers

DIRECTIONS: For each clue, find a corresponding word that starts and finishes with the same letter. There is one word for each letter of the alphabet except for i, j, q, u, v and z.

Spend time in front of the mirror.	PRIMP
Intuitive inkling.	
Pioneer in photocopying.	
Bitterly sarcastic.	
Gas in some signs.	
Eskimo canoe.	
Chinese medicinal root.	
Where a rubber duckie lives.	
Roll in the mud.	
Pleasure traveller.	
Temporary loss of memory.	
Deadly.	
Pizza herb.	
Very knowledgeable.	
Forty-eight hours before tomorrow.	
The most.	
Excessive.	
Feudal land.	
Trepidation	
Water storage area.	

Answers on page 2

© 2016 puzzles-to-print.com

### Riverview Senior Center – 2017 UMASS nursing students at Riverview Center!



Show & Tell @  
Riverview Center



## Respetando a Nuestros Ancianos: El Caso para Preservar y Ampliar el Programa de Empleo de Servicios Comunitarios para Personas Mayores

La cobertura del impacto de la Gran Recesión sobre los estadounidenses de edad avanzada ha tendido a centrarse en cómo 401(k)s y las pensiones han recibido una paliza, es en realidad las personas de más edad de bajos ingresos siguen trabajando que lo tienen particularmente malo. Ellos están sufriendo de sus tasas más altas de desempleo desde el final de la Segunda Guerra Mundial asombroso 21 por ciento en 2010 y el resto en el 20 por ciento en 2011.

La buena noticia para estos trabajadores es que hay un programa poco conocido, pero efectivo que puede ayudar al Senior Community Service Employment Program (SCSEP). La mala noticia es que el financiamiento para este programa, que ayuda a los adultos mayores desempleados de bajos ingresos, está en peligro. Si vamos a brindar oportunidades a algunos de los estadounidenses de mayor riesgo y crear los trabajos necesarios, debemos proteger este programa de recortes adicionales y ampliar las oportunidades.

La situación de algunos trabajadores de más edad es grave. La tasa de desempleo promedio anual de los trabajadores de 55 a 74 años de edad aumentó constantemente en los últimos años, de sólo 3,1 por ciento en 2007 a 7 por ciento en 2011. Aunque esta es la tasa de desempleo más alta de esta cohorte desde el final de la Segunda Guerra Mundial, Que enmascara las dificultades reales que ocurren en la parte inferior de la escala de ingresos.

**HIGH BLOOD PRESSURE: THE SILENT KILLER**  
**AND HOW TO MANAGE IT**

Blood pressure is the force of blood flowing through your blood vessels. Normal blood pressure is 120/80. Abnormal blood pressure is when your blood pressure is outside of those parameters.

High blood pressure (or hypertension) is when your blood pressure is consistently too high. High blood pressure is a systolic (high number) blood pressure of over 140 or a diastolic (low number) blood pressure of over 90.

If your high blood pressure goes untreated, two major problems can happen. A *heart attack* is when your high blood pressure damages arteries that can become blocked and prevent blood from flowing to tissue in the heart muscle. A *stroke* is when high blood pressure causes blood vessels in the brain to burst or clog.

You can lower your blood pressure by eating a low-fat & low-salt diet, exercising at least 3 times a week and following your medication regiment prescribed by your doctor. Common medications are betablockers (Lopressor/metoprolol), ACE inhibitors (Zestril/lisinopril), or diuretics (furosemide/Lasix). Check your blood pressure and/or pulse before taking your medications.

For more information, go to the American Heart Association's website <http://americanheart.org>, talk with your doctor, or come to the Riverview Senior Center with any questions on Thursdays from 9-12 to talk with UMass Amherst nursing students!



**LA PRESIÓN ARTERIAL ALTA: EL ASESINO Y COMO CONTROLAR**

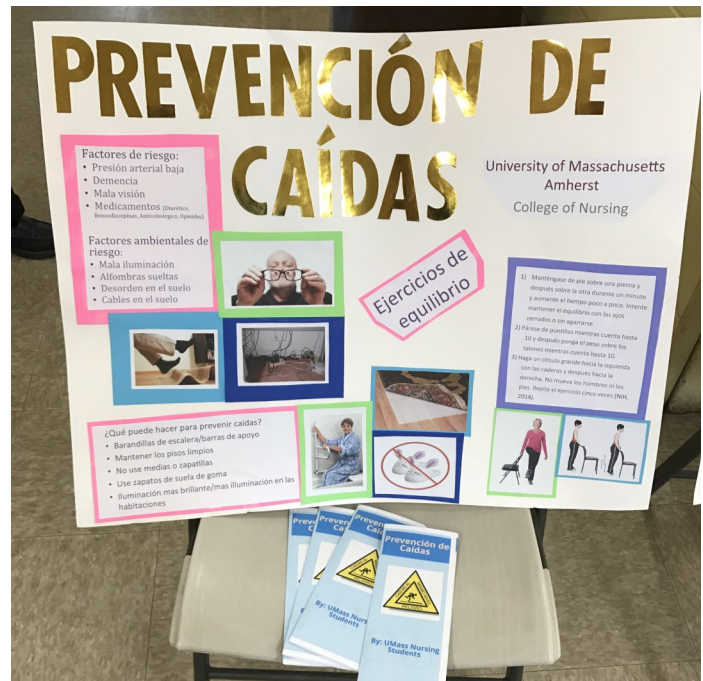
La presión arterial es la fuerza que ejerce la sangre cuando fluye a través de los vasos sanguíneos. La presión arterial normal es 120/80. Se considera anormal cuando está fuera de esos parámetros.

La presión arterial alta (o hipertensión) se presenta cuando la presión sanguínea es demasiado alta constantemente. La presión arterial alta es una sistólica (el número alto) más alta que 140 o un diastólico (el número baja) más alta que 90.

Si la presión sanguínea alta no es tratada, pueden ocurrir dos problemas importantes. Un ataque al corazón; es cuando la presión sanguínea alta daña las arterias, llegando a bloquearlas, lo que impediría que la sangre fluya hasta el tejido del músculo del corazón. Un derrame cerebral; se produce cuando el flujo sanguíneo que va al cerebro disminuye o se detiene.

Usted puede bajar su presión sanguínea por consumir una alimentación baja en grasa y una dieta baja en sal, hacer ejercicio al menos 3 veces a la semana (baile, realizar ejercicios en una silla), y tras su regimiento de medicación prescrita por su médico. Medicamentos comunes son beta bloqueadores (Lopressor/metoprolol), inhibidores ACE (Zestril/lisinopril), & diuréticos (Lasix/furosemide). Monitoree su pulso y/o la presión arterial antes de tomar estos medicamentos.

Para más información, visita la página cibernética del American Heart Association <http://americanheart.org>, habla con su doctor o cardiólogo, o visita al Riverview Senior Center los jueves de 9-12 y habla con los estudiantes de enfermería de UMass Amherst!





## Viajes del Club de la Edad de Oro

1600 East Columbus Ave, Springfield, MA  
Llame al 413-787-6486 para mas informacion

Por favor haga los cheques a nombre del Golden Age Club

**Junio 1, 2017 The Newport Playhouse & Cabaret Restaurant**

**Almuerzo con la Señora Baskin**  
Escrito por Sam Bobrick

EL VIAJE INCLUYE:  
Transporte, Almuerzo Buffet y Show! **\$69**

Sólo 18 plazas disponibles. Así que por favor firme temprano!

**Julio 12, 2017 The Mac-Hayden Theatre**  
**SATURDAY NIGHT FEVER**

EL VIAJE INCLUYE:  
Transporte, Almuerzo Buffet y Show! **\$60**

Sólo 18 plazas disponibles. Así que por favor firme temprano!

**Agosto 24, 2017 The Mac-Hayden Theatre**  
**Hola, DOLLY! \$60**

***Seats Available!***

EL VIAJE INCLUYE:  
Transporte, Almuerzo Buffet y Show!

Sólo 18 plazas disponibles. Así que por favor firme temprano!

### Beneficio de silla de ruedas y Scooter de Medicare



La Parte B de Medicare (Seguro Médico) cubre vehículos motorizados (scooters), andadores y sillas de Equipos médicos duraderos (DME). Medicare ayuda a cubrir DME si:

- El médico que está tratando su condición envía una orden por escrito indicando que usted
    - Tener una necesidad médica de una silla de ruedas o scooter para su uso en su hogar.
      - Tiene una movilidad limitada y cumple con todas estas condiciones:
        - Usted tiene una condición de salud que causa una dificultad significativa Alrededor de su casa.
        - No puedes hacer actividades de la vida diaria (como bañarte, vestirse, Entrar o salir de una cama o una silla, o usar el baño), incluso con el Ayuda de un bastón, una muleta o un andador.
        - Usted es capaz de operar con seguridad y subir y bajar de la silla de ruedas o scooter,
    - O tener a alguien con usted que esté siempre disponible para ayudarle a usar con seguridad el dispositivo.
      - Su médico que le está tratando por la afección que requiere una Silla de ruedas o scooter y su proveedor están inscritos en Medicare.
      - Usted puede utilizar el equipo dentro de su casa (por ejemplo, no es demasiado Grande para caber a través de puertas en su casa o bloqueado por superficies de piso o Cosas en su camino).
- Usted paga el 20% de la cantidad aprobada por Medicare después de pagar su Medicare Parte B deducible para el año. Medicare paga el otro 80%.
- Si está en un Plan Medicare Advantage (como un HMO o PPO), debe comunicarse con Su plan para averiguar sobre los costos y los proveedores de DME que puede utilizar.

**LLAME A LA OFICINA DE SHINE en 413-750-2893**

### **LOS ANCIANOS SON LOS MÁS BUSCADOS POR LOS BANDIDOS**

La tecnología está haciendo más fácil y más conveniente para los defraudadores y estafadores para tomar ventaja de los consumidores, con los ancianos arriba en su lista. ¿Por qué? Porque los ancianos son educados, a menudo solitaria, y conecta fácilmente en las conversaciones telefónicas. De esta forma, se permite a los ladrones para atraerlos con su amabilidad y falsas, engañosas historias y travesuras. Fraudes y estafas no discriminan a cualquier edad. Sin embargo, el consejo final es que los ancianos son vulnerables y estafadores se ceban en ellos.

Entonces, ¿cuál es mi consejo para los ancianos y sus cuidadores?

- Estar atentos.
- Ser reticentes a creer todo lo que oyes.
- Tenga cuidado con regalar su información personal.
- No entretener a quien te llama, a menos que esté 100% seguro con quien estás hablando.
- Ser conservador y sospechosa al contestar el teléfono o la puerta.

Simplemente, es aceptable no ser educado cuando te sientes una invasión de su privacidad (pidiendo dinero, información personal o las amenazas). Si te hacen sentir incómodo o preocupado, simplemente cuelgue el teléfono. Llame inmediatamente a la policía, y habla con un miembro de familia o amigo acerca de la situación. Recuerde que no hay nada de qué avergonzarse, le podría suceder a cualquiera.

Nuestra oficina está siempre lista a escuchar y ayudar si usted siente que usted ha sido víctima de una estafa o necesitan consejos sobre otras maneras en que usted puede protegerse.

***Cortesía de Milagros S. Johnson, Directora de la Oficina del Información al Consumidor, un programa financiado y trabajando en cooperación con la Oficina del Procurador General de Massachusetts. Comuníquese con nosotros al (413) 787-6437, o visite nuestro sitio web en [www.springfieldcityhall.com](http://www.springfieldcityhall.com).***

## Noticias Del Departamento De Referidos y Extensión ~ 413-750-2896

### Noticias del Departamento de Extensión ¿Sabía usted que este es el Año del Cuidador?

Según el proyecto "Caregiving Innovation Frontiers" de AARP, se identifican algunas de las principales maneras en que la tecnología puede ayudar a los cuidadores a controlar muchas de las tareas que las agotan. También brilla una luz en fomentar el espíritu empresarial y la tecnología, el dilema del cuidador.

Cómo la tecnología puede ayudar a los cuidadores ... Hay múltiples servicios como Blue Apron, Netgrocer y Munchery que ya existen para ayudar con la entrega a domicilio de las comidas. Tarea Conejo, proporciona servicios como la reparación del hogar, entrega, limpieza y levantamiento de objetos pesados. Uber, Via y Lyft son tres ejemplos de servicios que transportan a los ancianos bajo el ojo atento de su aplicación móvil.

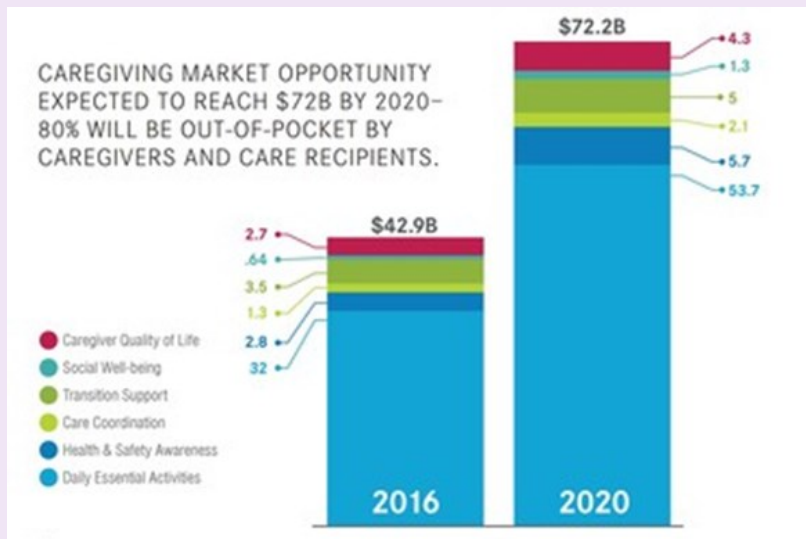


Foto: (crédito AARP)

Muchas aplicaciones ayudan con el frente médico, estos servicios están diseñados para ayudar a administrar el cuidado. Aquí hay algunos muy útiles MyFitnessPal, AliveCor, Withings y CellScope son sólo algunos de los que se pueden utilizar a través de Bluetooth para monitorear los signos vitales. Las simples aplicaciones de recordatorio de píldoras (Mango Health y PillJogger) recuerdan a los seres queridos que toman medicamentos.

Nuevas visitas de médicos de telepresencia de compañías como Heal, Doctor On Demand, MDLive y Bright.md entregan llamadas domiciliarias a través de su teléfono móvil o computadora, eliminando la necesidad de que los ancianos viajen a un médico. ECaring y CareZone ayudan a los cuidadores con las complejidades de la coordinación de la gestión de la atención.

Como siempre, nuestro departamento puede ayudar a conectar a las personas que necesitan ayuda para conectarse a los servicios. Llámenos al 413-750-2896