



Springfield Campanile



A publication of the City of Springfield
Department of Elder Affairs

Mayor Domenic J. Sarno

May / June 2016

Navy Band Concert Draws Full House



Springfield Symphony Hall was near capacity for the March 5 performance by the U.S. Navy Concert Band. There was a line out the door and the lobby was full in anticipation of the concert by the 59 musicians. There was a solo by Christopher Sala, chief musician and a 1990 graduate of Minnechaug Regional High School. Ten students from the Sci-Tech Jazz Band joined the band on stage to perform "Washington's Post March." Many

audience members stood with pride during the performance of the "Armed Forces Medley." The crowd was so enthusiastic they were treated to two encores. One member of the band asked if the Spirit of Springfield had paid the audience. The free concert was sponsored by Big Y World Class Markets with additional support from MassLive, Rock102, The Republican and Western Mass News.

(Article from Spirit of Springfield website)



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

Smoke Detector Program

311

COA Board Members

Maurita Bledsoe

Adrienne Caulton

Olga Ellis

Donald Evans

Annemarie Pajer

William Toller

Willinette Williams

Daily Jumble answers: (zdaily.com)

Tack, Earth, Height, Destiny

Department of Elder Affairs Staff

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Director of Elder Affairs

Carol Gasque

Fiscal Director

Charlotte Lee

Senior Employment Director

Suzie Livingston

Employment Specialist

Alicia Germain

SHINE Program Director

Olga Ellis

SHINE Program Assistant

Ramon Planas

SHINE Outreach Worker

Eliana Franklin

Adult Outreach Liaison

Celines Cruz & Lakisha Reddick

Outreach & Referral Services

Frank Holmes

Computer Learning Center

Hector Torres

Smoke Detector Program

Darryl Mickey

Van Driver

Director's Corner



Happy Spring!

What beautiful weather we have been having. Everything is growing! Speaking of growing, some of our Centers are creating their own patio gardens or community gardens. Ask your Senior Center Director about getting involved. The senior centers have great upcoming programs for this spring and summer from Tai Chi to walking clubs! Let us not forget the Golden Age that has

Janet Rodriguez Denney
Director of Elder Affairs
City of Springfield, Mass



many great trips planned from first rated shows to great outdoor picnics! Many Centers are taking some great trips with our new Transportation Driver, Darryl Mickey. We welcomed some new staff to our Department in the Senior Aides Employment Program, as well as to the Outreach Program. They are here to help you. Call on them as you may need help with applications for services, or maybe a part-time job. Hope to see you at some or all of the events!

Jan

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.

Please make all checks payable to: Golden Age Club

Wednesday, March **16**, 2016
Foxwoods Casino Trip
Package Includes:
 Round Trip Motor Coach
 Driver Gratuity

 Cost \$30

Wednesday, May **11**, 2016
The Newport Play House & Cabaret
 "One Slight Hitch"
Package Includes:
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 "My Fair Lady"
 Limited Seating
Package Includes:
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 Lunch at White Stone Café
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 Authentic Mississippi Paddlewheel
Package Includes:
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 Full Course Luncheon at River Grille
 Two Hour Scenic Cruise on the Hudson River aboard the River Rose
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The Lucky Lobster, CT
 Lenny & Joe's, Westbrook, Ct
Package Includes:
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 Casino Bonus with a Shour Stay
 \$15 food Voucher & \$15 Free Play
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Thursday, Dec **1**, 2016
National Shrine of LaSalette
 Christmas Festival of Lights
Package Includes:
 Round Trip Motor Coach
 Luncheon at the Radisson Providence
 Afternoon of Laughter with "Father Misgivings"
 Visit & Donation to Lights of LaSalette Shrine
 Lights, Cafeteria and Gift Shop
 Driver Gratuities
 GAC Members \$84 Non Members \$89

SPRINGFIELD GOLDEN AGE CLUBS WEEKLY MEETINGS

MONDAYS

Brightwood Branch ~ 1:15p.m.
 Springfield Hobby Club
 309 Chestnut Street

Winchester Sq. Branch ~ 1:00p.m.
 Independence House
 1475 Roosevelt Avenue

TUESDAY

Tri-Towers Branch ~ 1:00p.m.
 Tri-Towers Community Room
 18 Saab Court

WEDNESDAYS

**Bi-Monthly 1st & 3rd Wednesday
 Mayflower Branch ~ 10:00a.m.**
 Wachogue Church
 Corner of Arvilla/Roosevelt

East Springfield Branch ~ 1:30
 773 Liberty Street

THURSDAYS

Carew Street Branch ~ 10:30a.m.
 Jenny Lane
 1122 St James Avenue

Pine Point Branch ~ 1:00p.m.
 Pine Point Community Center
 335 Berkshire Avenue

FRIDAY

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

Top Officers

Annemarie Pajer
President
 Darlene Mickiewicz
1st Vice President
 Pearl Defilio
Treasurer
 Marie Brackney
Secretary

Springfield Golden Age Club Board Members

Brightwood Vice President
 Joanne Lucas
Carew Street Vice President
 Teresa Plasse
East Springfield Vice President
 Annemarie Pajer
Forest Park Vice President

Marie Spedero
Mayflower Vice President
 Marie Brackney
Pine Point Vice President
 Alice Lamothe-Roy
Sixteen Acres Vice President

Marilyn Hallas
Tri-Towers Vice President
 Earnestine Johnson
*Winchester Square
 Vice President*



Medicare's Free Preventive Services

An important goal for Medicare is to help people stay healthy by encouraging prevention. Medicare provides a number of preventive services. Many of these services are free whether you have traditional Medicare or a Medicare Advantage plan, like an HMO.

Some of the free services include:

- ◆ Colorectal cancer screening (including colonoscopies)
- ◆ Mammograms
- ◆ Pap tests and pelvic exams
- ◆ Bone mass measurements
- ◆ Cardiovascular screening
- ◆ Flu and pneumonia shots
- ◆ Alcohol misuse screening and counseling
- ◆ Depression screening
- ◆ Obesity screening and counseling

There are rules which state when and how often Medicare will pay for the above services. Medicare also covers a "Welcome to Medicare" visit and then Annual Wellness Visits in following years. However, these visits are not the same as an annual physical exam. Annual physicals are not covered by Medicare, but they are covered by Medicare Advantage plans. For a complete list of free preventive services, go to www.medicare.gov or see a SHINE counselor.

JOB TRAINING OPPORTUNITIES FOR MATURE WORKERS



THE CITY OF SPRINGFIELD, MASSACHUSETTS



If you are 55 years of age or older, a resident of Hampden, Hampshire County and want to re-enter the job market:

We hire and provide Training for the income eligible Older Worker!

We need your experience, dedication, skills insight and patience.

We are taking applications for future openings for individuals interested to get into the work force and are able to work 20 hours a week.



Call either offices to speak to our intake person:

Hampden Office

Mature Workers Program
1600 E. Columbus Avenue
Springfield, MA 01103
413-787-6126 or 413-787-6613

Hampshire Office

Mature Workers Program
Franklin/Hampshire Career Ctr
178 Industrial Dr., Suite 1
413-586-6506 ext. 115

Cooperating Agencies: City of Springfield Dept. of Elder Affairs, Department of Labor, and Senior Service America Inc.

"Operated under USDOL grant and in cooperation with Senior Services of America, Inc. The SCSEP Program is an equal opportunity program.

*Department of Elder Affairs
Outreach Program
413-750-2896*

Did you know? According to the U.S. Census Bureau 11 million, or 28% of people aged 65 and older, lived alone in 2010. As people get older, their likelihood of living alone only increases. Additionally, more adults do not have children, reports the AARP, which means fewer natural supports for adults becoming seniors.

While living alone does not lead to social isolation, it is certainly a factor. Yet another important consideration is how often seniors engage in social activities.

Social contacts tend to decrease as we age for a variety of reasons, including retirement, the death of friends and family, or lack of mobility. Regardless of the causes of senior isolation, the effects of isolation can be alarming and even harmful. Even perceived social isolation – the feeling that you are lonely – is a struggle for many elders within our community. Fortunately, in the past couple of decades we have seen increasing research into the risks, causes, and prevention of loneliness in seniors.

If you or someone you know needs help getting connected to a day program or other community agency please give us a call- we can help!

When Not To Be Polite

Being polite and courteous is no longer the case when dealing with scam artists, fraudsters and telemarketers who persistently call your home. There is no denying that scammers work shrewdly to get you to give them your personal information or your hard-earned money. Simply stated, if you don't learn to "toughen-up", scammers will wipe you clean of your identity or money. I would like to share with you a few of the situations in which you may want to use your power of authority to hang up the phone.

1. **The caller wants your personal information.** Never give your personal or financial information to someone who calls you. In fact, make this your Golden Rule. If the caller claims to be calling from a government agency (IRS, SSA) or your bank, immediately hang up the telephone and call the main number to that agency to verify the call.
2. **The caller is demanding that you send money.** Any time someone calls you demanding money via wire transfer or any form of prepaid debit card, it should raise a red flag of a potential scam. Government agencies do not call consumers demanding money.
3. **The caller keeps asking questions and talking.** They do this to open a dialogue with you and/or wear you out so that you let your guard down. They look for ways to get you to answer just one question so that they can keep asking you more. Remember, it is your telephone and you pay for it. Hang up!
4. **The caller makes threats.** When you are threatened of being arrested or taken to court, or put in fear, hang up the phone and call your local police to report the threat/incident.

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.

Forest Park Manor

Director: Maddie Allen

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

9:00 3rd Monday Jewelry Making Class

10:00 Dancercise

12:00 GSSSI lunch/1st Monday Blood Pressure

Tuesday

9:00 Coffee Hour & Walking Club

9:30 Walk & Strength

10:45 Tai Chi \$3.00pp

1:00-3:00p.m Line Dancing

Wednesday

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

9:00 Coffee Hr & Walking Club

10:30 Zumba Gold \$3.00pp

12:00 GSSSI lunch

Thursday

10:00 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-4:00 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 Mass Assoc. for the Blind 7/20 & 8/17

Tuesday
 10:00 Dominoes
 10:00 Tues. Benefits check-up screening
 11:00 Join Mayflower Walking Tigers
 12:30 Art for the Soul

Wednesday
 9:00 1st Wed. Ask your CPA
 10:00 Tai Chi for Beginners ~ New
 11:15 Meditation
 12:30 Book Club

Thursday
 11:30 1st Thurs. Lunch w/appetizers
 11:00 2nd Thurs Workout w/bands
 11:30 3rd Thurs. Lunch w/appetizers
 12:30 4th Thurs. Gratitude Journaling

Friday
 8:45 Tai Chi Weekly
 10:00 1st Fri. Beg. Tap Dancing ~ New
 12:00 2nd Fri Brown Bag Pick-Up
 10:00 3rd Fri Beg. Tap Dancing
 12:30 4th Fri. "It's Hip to Be Fit"



Pine Point
 Director: Kerri Jahn
 335 Berkshire Ave ~ 732-1072
 Open Mon-Fri 9:00 am-3:00 pm
 GSSSI Lunches \$2.00 suggested donation

Monday
 9:15 Coffee & chat
 9:15 Chair Exercise
 1:00 Card Playing
3rd Monday Jewelry Class

Tuesday
 9:15 Coffee & chat
 10:00-12:00 Cards
 1:00 - 3:00 Bingo
Pine Pt. Council Mtgs 2nd Tues 7:00p.m.

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

Thursday
 9:15 Coffee & chat
 2nd Thurs of Month Blood Pressure 11:15
 Sponsored by Holyoke VNA
 1:00 Golden Ages
 Coffee, Pastries & Bingo

Friday
 9:15 Coffee & chat
 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
 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

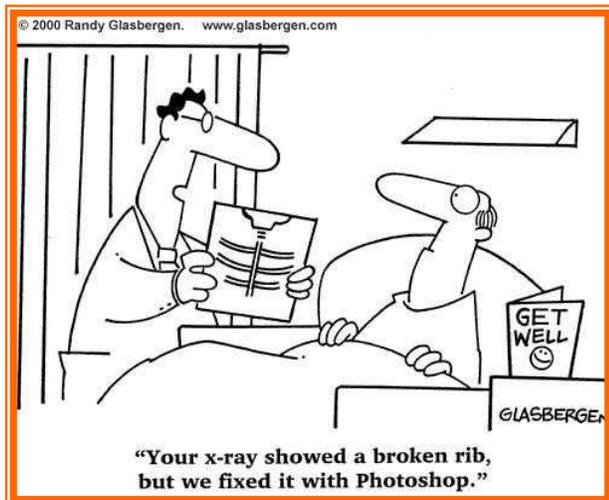
Friday
 8:00-10:00 Coffee Hour
 10:00-11:00 Fit Fridays! Lectures,
 Cooking, Nutrition
 11:00-11:30 Book club w/Hayde –
 Brightwood Library
 12:00 Open Art Studio
Billiards and Dominoes Available Daily
Walking Club– Coming Soon!

Funnies Corner



Instead of "the John," I call my toilet "the Jim." That way it sounds better when I say I go to the Jim first thing every morning.

"My memory really sucks Mildred, so I changed my password to "incorrect." That way when I log in with the wrong password, the computer will tell me... "Your password is incorrect"



The AIC student nurses teaching about fall prevention for seniors at Forest Park Manor on St. Patrick's Day.



St Patrick's Day at Hungry Hill Center





Dancercise The Fun Way to Fitness!

Stretching * Posture * Grace
Aerobic Jazz for Strength

1ST CLASS IS FREE!

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



To ALL the MOTHERS
Out there whether you
are a
Past, Present, or
Soon to be Moms,
May your day be filled
with love,
joy and laughter...

DAILY WORD JUMBLE

ACKT

HARTE

THIGHE

STYINED

Answers on page 2



70's Songs 2 - Word Search

Find the words hidden in the grid of letters.

S Y E P W K R E D I R W O L A B E
N A M E R I C A N P I E C G R R B
G G Y P R E T I W F A L O L E O O
I S E A V M M H E U M U D L V W N
S N T O W A A E O W Z Y R R E N Y
N L L R G A L G O U G V E P F S E
A Y R I U I T O I D T L A M T U Y
M D N I N H D F E C B Y M X H G E
O E R G G S E T I M M J O Y G A S
N J S E T D I V A R Q A N U I R Z
A T R O A N A G O H D E N I N X A
I A C Y U M E B D L S U N D O W N
P K H E R H S R A T S R E P U S H
N A R N T B B L A S T D A N C E A

AMERICAN PIE
BAD GIRLS
BROWN SUGAR
DREAM ON
DREAMS
DRIFT AWAY
EBONY EYES
FEELINGS
IMAGINE
LAST DANCE
LOLA
LOVE HURTS
LOW RIDER
MAGIC MAN
MY LOVE
NIGHT FEVER
PIANO MAN
REUNITED
SIGNS
SUNDOWN
SUPERSTAR
THE GAMBLER
WITHOUT YOU
WOODSTOCK



Hungry Hill's *First Graduating Computer* Attendees, Elaine Maggi and Kathleen Riegel with Computer Instructor Frank Holmes!



To build a community of computer using seniors in order to bring older adults access to technology and to empower them to share their knowledge and wisdom with others.

New Computer skills that were taught to Elaine and Kathleen. Mouse Mastery, Keyboard Skills, Email Skills, Navigation Skills, Search and web-links.

Coloring at Mason Square



Tea Party ~ Mason Sq.



Exercise with Gleny





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

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 GAC Members \$84 Non Members \$89

CLUBES DE SPRINGFIELD GOLDEN AGE REUNIONES SEMANALES

LUNES
Brightwood Branch ~ 1:15p.m.
 Springfield Hobby Club
 309 Chestnut Street
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.
 Wachogue Church
 Corner of Arvilla/Roosevelt
East Springfield Branch ~ 1:30
 773 Liberty Street

JUEVES
Carew Street Branch ~ 10:30a.m.
 1122 St. James Avenue
Pine Point Branch ~ 1:00p.m.
 Pine Point Community Center
 335 Berkshire Avenue
VIERNES
Sixteen Acres Branch ~ 1:00p.m.
 Clodo Concepcion Center (Greenleaf)
 1187 ½ Parker Street

Los miembros de la Junta Directiva del el Club de Springfield Golden Age

- | | | | |
|---|---|---|--|
| <p>Top Officers
 Annemarie Pajer
 <i>President</i>
 Darlene Mickiewicz
 <i>1st Vice President</i>
 Pearl Defilio
 <i>Treasurer</i>
 Marie Brackney
 <i>Secretary</i></p> | <p>Madeline Chabot
 <i>Brightwood Vice President</i>
 Joanne Lucas
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 Teresa Plasse
 <i>East Springfield Vice President</i>
 Annemarie Pajer
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 <i>Mayflower Vice President</i>
 Marie Brackney
 <i>Pine Point Vice President</i>
 Alice Lamothe-Roy
 <i>Sixteen Acres Vice President</i></p> | <p>Marilyn Hallas
 <i>Tri-Towers Vice President</i>
 Earnestine Johnson
 <i>Winchester Square</i>
 <i>Vice President</i></p> |
|---|---|---|--|



THE SHINE PROGRAM
Serving the Health Insurance Needs of Everyone

Un objetivo importante para Medicare es ayudar a las personas a mantenerse saludables mediante el fomento de la prevención. Medicare proporciona una serie de servicios preventivos. Muchos de estos servicios son gratuitos si usted tiene Medicare tradicional o un plan Medicare Advantage, como un HMO.

Algunos de los servicios gratuitos que incluyen:

- Detección de cáncer colorrectal (incluyendo colonoscopias)
- Las mamografías
- Las pruebas de Papanicolaou y exámenes pélvicos
- Medición de masa ósea
- Evaluación Cardiovascular

- Vacunas contra la gripe y la neumonía
- El abuso de alcohol de detección y asesoramiento
- Evaluación de la depresión
- La obesidad detección y asesoramiento

Hay reglas que establecen cuándo y con qué frecuencia Medicare pagará por los servicios antes mencionados. Medicare también cubre una visita "Bienvenido a Medicare" y visitas de bienestar anuales a continuación, en los años siguientes. Sin embargo, estas visitas no son lo mismo que un examen físico anual. exámenes físicos anuales no están cubiertos por Medicare, pero están cubiertas por los planes de Medicare Advantage. Para obtener una lista completa de los servicios de prevención de manera gratuita, vaya a www.medicare.gov o ver a un consejero de SHINE.

¿Es usted un veterano de guerra en busca de empleo?



Charlotte P. Lee, Employment Director
Senior AIDES Program
1600 East Columbus Avenue
Springfield, MA 01103

Si tiene 55 años o más y bajos ingresos, usted puede calificar para recibir capacitación pagada.

Para obtener mayor información, llame al (413) 787-6126.

El Programa Senior AIDES
City of Springfield Department of Elder Affairs



Muy pocas personas mayores están matriculados en SNAP

*3 de cada 5 adultos mayores que califican para SNAP no aplican. Esto significa que 5.2 millones de personas mayores pierden beneficios. Los estadounidenses mayores que califican para SNAP son significativamente menos propensos a participar en el programa que otros grupos demográficos.

*Varios factores que contribuyen a la baja tasa de participación son. Muchas personas mayores se enfrentan a obstáculos relacionados con la movilidad, la tecnología y el estigma y se desaniman por los mitos generalizados sobre cómo funciona el programa y quién puede calificar.

Llame a La Línea de Ayuda SNAP al (413) 886-5260



Word jumble answers:
Verb, Badge, Oblong, Janitor

Department of Elder Affairs ~ Outreach Program

¿Sabía Usted? De acuerdo con el Censo de EE.UU. Bereau 11 millones, el 28% de las personas mayores de 65 años, vivían solo en 2010. A medida que las personas envejecen, su probabilidad de anciana sólo aumenta. Además, más adultos no tienen hijos, informa la AARP, lo que significa un menor número de apoyos naturales para convertirse en adultos mayores.

Mientras que vivir solo no conduce al aislamiento social, sin duda es un factor. Otra consideración importante es la frecuencia de la tercera edad se involucran en actividades sociales.

Los contactos sociales tienden a disminuir con la edad para una variedad de razones, incluyendo la jubilación, la muerte de amigos y familiares, o la falta de movilidad. Independientemente de las causas de aislamiento de alto nivel, los efectos del aislamiento pueden ser alarmantes e incluso perjudicial. Incluso el aislamiento social percibido - la sensación de que estás solo - es una lucha para muchos ancianos dentro de nuestra comunidad. Afortunadamente, en el último par de décadas hemos visto el aumento de la investigación sobre los riesgos, las causas y la prevención de la soledad en las personas mayores.

Si usted o alguien que conoce necesita ayuda para conectarse a un programa de día o de otra agencia de la comunidad por favor, darnos una llamada- podemos ayudar!

Celines Cruz ~ (413) 750-2896

CUANDO NO SER EDUCADO

Ser educado y cortés ya no es el caso cuando se trata de estafadores, estafadores y vendedores por teléfono, que persistentemente llaman a su casa. No se puede negar que los estafadores trabajan con perspicacia para conseguir que usted les dé su información personal o de su dinero duramente ganado. En pocas palabras, si no aprenden a "endurecer", los estafadores robaran su identidad u adueñande su dinero. Me gustaría compartir con ustedes algunas de las situaciones en la que es posible que desee utilizar su poder de autoridad para colgar el teléfono.

La persona que llama quiere su informamtion personal. Nunca dé su información personal o financiera a nadie que llame. De hecho, haga esta su Regla de Oro . Si la persona que llama afirma llamar desde una agencia gubernamental (IRS, SSA) o su banco, colgar de inmediato el teléfono y llamar al número principal de esa agencia para verificar la llamada.

2. La persona que llama está exigiendo que envíe dinero. En cualquier momento que alguien le llame exigiendo dinero através de transferencia bancaria o de la tarjeta de débito prepagada, debe levantar una Bandera Roja de un posible fraude. Las agencias gubernamentales no llaman a los consumidores exigiendo dinero.

La persona que llama se mantiene haciendo preguntas y hablando. Hacen esto para abrir un diálogo con usted y / o llevar a cabo que usted de algun modo baje su guardia. Buscan maneras para llegar a que Ud responda una sola pregunta para poder seguir haciendo mas. Recuerde, es su teléfono y que pagar por ello. ¡Colgar!

4. La persona que llama hace amenazas. Cuando Ud se vea amenazado de ser arrestado y/o llevado a la corte, o poner en el miedo, cuelgue el teléfono y llamar a la policía local para informar de la amenaza / incidente.

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