



Springfield Campanile



A publication of the City of Springfield
Department of Elder Affairs

Mayor Domenic J. Sarno



January/February 2016

10 Ways to Go Red



1. Know Your Heart Score

Learn why it's important to [know your heart score](#) on Go Red. Think you are eating right and getting enough exercise? It takes five minutes to make sure. Take the [My Life Check](#) and find out where you stand. You can also take the [Go Red Heart CheckUp](#) to get more tailored advice and information to improve your heart health.

2. Live Healthy

Learn new ways to prevent heart disease with [heart-healthy recipes](#), [exercises](#) and more on Go Red For Women. Our team of cardiologists, medical and fitness experts and nutritionists offer their advice to women like you for living a healthy lifestyle.

3. Know the Signs of a Heart Attack

Watch Go Red For Women's "[Just a Little Heart Attack](#)" video, starring and directed by Elizabeth Banks, to learn how to identify a heart attack. Learn more about the [symptoms of a heart attack and stroke](#) on Go Red.

4. Start Walking

Get moving and [start walking](#) by starting or joining a walking club with friends or coworkers with the help of the American Heart Association. [Sign up](#), get resources and even coordinate your group online!

5. Wear Red

Brighten your wardrobe and support women fighting heart disease by wearing red and explaining what Go-ing Red means.

6. Host a Wear Red Day Event

Whether at work, school or your club, you can host a [Wear Red Day event](#)! Our planning guide, posters and flyers will help you put together a great event.

7. Help Your Community Go Red

Help your community Go Red by becoming a Go Red For Women [volunteer](#) and encourage local businesses to support Go Red For Women.

8. Go Red Online

Turn your Twitter or Facebook profile picture red using our Red Dress [image](#).

9. Shop for the Cause

There's never been a better reason to shop online! Go to [ShopHeart](#) to purchase products, apparel and more that features the Go Red or American Heart Association logo. One hundred percent of our net proceeds goes toward education about heart disease and stroke.

10. Support Go Red

Create a [fundraising page](#) as an individual or for a group. Improve your health, set an example and get friends, colleagues and family involved by attaching your fundraiser to an activity, like an upcoming run or walk in your community. You can also [donate](#) to directly contribute to Go Red.

We look forward to seeing what you come up with! Learn even more ways to [Get Involved](#) on Go Red For Women.

Information received from: www.goredforwomen.org

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

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To Be Determined

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Frank Holmes

Computer Learning Center

Hector Torres

Smoke Detector Program

To be Determined

Van Driver



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

Director's Corner



Happy New Year!

2016 promises to be exciting in the Dept. of Elder Affairs! We hope to see the ground breaking of our new senior center, expansion of our outreach program and the expansion of the AARP tax program and of course all of the wonderful programs at the senior centers across the city!

I look forward to working with all of you in helping to have all our exciting plans come to be!

Again Happy New Year!

Jan Rodriguez Denney

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

"One Slight Hitch"

Wednesday, May 11th, 2016

@ The Newport Playhouse & Cabaret

Package includes: Roundtrip motor coach, Fabulous Buffet Luncheon, Playhouse Comedy Show, a Cabaret Show (2 Shows).

Buffet Menu: Lettuce Bowl, Potato Salad, Beets & Onion Salad, 3 Bean Salad, BBQ Ribs, Sausage & Peppers, Roasted Chicken, Baked Ham, Baked Beans, Sweet Potatoes, Assorted Dessert, Coffee & Tea.

\$94 Per Member

For more info Call 787-6486

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

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

Pine Point Branch ~ 1:00p.m.
 Pine Point Community Center
 3350 Berkshire Avenue

FRIDAY

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

Springfield Golden Age Club Board Members

Top Officers

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

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
 Joy Ouellette
Pine Point Vice President
 Alice Lamothe-Roy
Sixteen Acres Vice President

Tri-Towers Vice President
 Earnestine Johnson
Winchester Square
Vice President

Marilyn Hallas

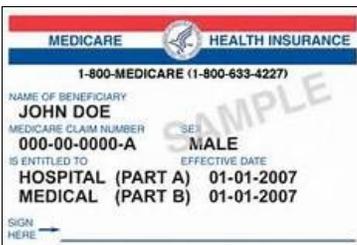


2016 Medicare Part B Premium

You may have heard that the Medicare Part B premium is going up. However, this is not true for most people with Medicare. Most people who had their Part B premium deducted from their Social Security check last year will continue to pay \$104.90 per month. The reason is that there was no cost of living increase in Social Security benefits for 2016 and there is a law that prevents the amount of one's benefit check from going down. For those who were not getting Social Security benefits last year and those who newly enroll in Part B this year, most will pay \$121.80 per month.

There are exceptions based on income. All people with incomes higher than \$85,000 per year (\$170,000 for a couple) have higher premiums. They will pay between \$170.50 and \$389.80 per month for Part B, based on their income level. People with limited income and assets may qualify for a program that will pay their premium.

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. 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.



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.

SPRINGFIELD OUTREACH AND REFERRAL SERVICES (S.O.A.R)

Transportation for Seniors



For Your Information

§ Drivers will assist customers with boarding and exiting the vehicle and upon request to and from the ground level exterior door of the building. Drivers cannot escort customers past the ground floor of any building and are not allowed to enter residences. § Drivers are prohibited from assisting with loading/unloading packages. Customers are expected to carry their own bags and packages. § Grocery/shopping carts are not permitted on the van for shopping.

§ Drivers and staff cannot accept tips or gratuities. If a rider wishes to compliment a driver they may send a letter to:

Ms. Mary MacInnes, Administrator, Pioneer Valley Transit Authority, 2808 Main Street, Springfield, MA 01107

To provide feedback, comments, concerns, or suggestions

Please call PVT's Customer Service Office at 1-877-779-7882.

When you make a reservation for a PVT Senior Service trip you will be told of the cost of your trip.

You must pay your fare as soon as you board the vehicle. You may pay in cash, with tickets or a combination of the two. If you are paying with cash, please bring exact change, the drivers cannot make change.

Depending on your pick up and drop off location the fare will be \$2.50, \$3.00 or \$3.50. Tickets are available in \$0.50 or \$2.50 denominations.

If you require a Personal Care Attendant (PCA), that person rides for free. You may also bring one traveling companion who must have the same pickup and drop off location as the paratransit rider. A companion pays the same fare as the paratransit traveler.

Where Can I Buy Tickets?

You can purchase tickets at various local senior centers or the PVT Information Office located at 1341 Main Street in Springfield. For more information or for a list of Senior Centers, please call PVT Customer Service Office at 413-781-7882 or Toll Free at 1-877-779-7882.

Fares ~ Senior Service Quick Reference Guide

To Reserve Senior Service Transportation Call: 1- 413-739-7436, 1- 866-277-7741 Toll Free, 1- 413-594-2349 TTY

Contact your local Neighborhood S.O.A.R Program

Department of Elder Affairs

1600 East Columbus Avenue

Springfield, MA 01103

413.750.2896/413-886-5260

Funding provided by Greater Springfield Senior Services

Hampden County Senior SNAP Program

EAT WELL ON \$4 A DAY

Beet and Chickpea

Salad for two

2 to 3 beets, peeled and grated

1 cup chickpeas, cooked or canned

3 tbsp peanuts

d r e s s i n g

1 tbsp lime juice

1 tsp chili sauce

1 tbsp olive oil

salt and pepper

Peel the raw beets, removing the stems if necessary, then shred the beets with a box grater. Place the beets in a bowl along with the chickpeas and nuts.

Mix up the dressing ingredients in another small bowl and stir to combine.

Taste and adjust the salt and pepper to your liking.

Add the dressing to the other bowl and

mix up all the ingredients. Let it sit for

about 5 minutes so that the flavors can

soak into the vegetables and the beet

juices can mingle with the dressing.

This dish is spicy, crunchy, and almost

certainly the pinkest salad you'll ever

eat! Don't be scared.

\$5.20 total

\$2.60



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

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

11:30 Social Hour

11:00 Chair Exercise

Every 2nd Mon. Pokeno 12-4:00p.m.

Tuesday

9:30 Knitting & Crafting

1st & Last Tues Pokeno 12:00-4:00p.m.

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

4th Tues Lunch

(Reservations One week in Advance)

Weds Closed Golden Age Club Meeting 1:00-3:00p.m.

Thursday

10:30 Video Exercise & Strength training

1:30p.m. Movie w/popcorn

Hungry Hill Council Mtgs

3rd Thurs. 6pm

Friday

10:00 Line Dance

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!

We hate to mention the 4-letter word.....

SNOW

but we live in beautiful

New England so please be mindful of the inclement weather that may be upon us this up-coming winter season.

During the event of a winter storm it is important to listen to your local news,

WWLP ~ 22 and ABC ~ 40

For delays and cancelations.

Please remember when

Springfield Public Schools are

CLOSED there are **NO** Activities at

Department of Elder Affairs

Senior Centers & Golden Age Clubs.

(if you are unsure please call before you go out)



6 Healthy Habits for the

Winter Months

Drink water



Eat a healthy diet: Eat your vegetables, fruits, protein, dairy, grains and good fats



Exercise regularly

Sleep 7-8 hours everyday

Keep stress to the minimum

Be happy with yourself

Strategies for Paying Off Holiday Credit Card Debt
 By Tony Lopes ~ ~ Reverse Mortgage Specialist
Reverse Mortgage Funding



Are you someone that used your credit cards a little too liberally over the holidays or do you go to bed at night worrying about your credit cards balances being too high? You are not alone, according to a recent study by the Sloan Center on Aging and Work at Boston College, more than 30% of people over the age of 55-plus have more in credit card debt than in retirement savings. In this article, we are going to discuss different ways to pay down credit cards in a more efficient manner.

To discuss paying off the debt, we need to look at different strategies to accomplish the goal of becoming debt free. For 15 years I worked for a local non-profit credit counseling agency and over those years I have determined four main ways to help pay down credit card debts. There is no "One Way" to pay off debts and in many cases utilizing more than one of these strategies will produce the optimum results. Let's take a look at those strategies:

Reduce Expenses: When is the last time you called around looking for a better price on your home or auto insurance? Or a lower cable bill? The more you reduce your expenses, the faster you can pay off debts. When utilizing this strategy you want to pay the minimum payment on all of your cards except the one with the highest interest rate, on that card you want to send as much extra as possible.

Tap into Investments: Most experts will caution about using retirement savings, but it can be an effective method if you have high-interest credit cards AND paying off the credit cards will only absorb a small portion of your nest egg. Whenever employing this plan, you should consult with a financial advisor or planner.

Debt Consolidation Loan: Interest rates are currently the lowest we have seen in years, speaking with your local bank about different loan options can be a great option. The options range from personal loans, home equity lines of credit, cash out refinancing and reverse mortgages. The proper option will vary from person to person. One word of caution, studies show that over 70% of people that tap into home equity to pay off credit card debts, end up with the same amount of debt on their cards within three years of paying them off.

Credit Counseling: Credit counselors will look at your overall financial situation, and if it's right for you, they can work with your credit card companies to lower your interest rates. In a credit counseling program, you make one payment to the agency, and they disburse payments to your creditors for a reasonable monthly fee. By working with a non-profit counseling agency, you can typically expect to pay off your debts in 4-5 years.

Paying off credit card debt can be daunting, but with the proper planning and strategies it IS possible. Take the time to write down your budget and come up with the proper strategy that will work for you. It's a new year and why not make it the first year to work at becoming debt free. Good Luck!

Tony is a Loan Specialist with Reverse Mortgage Funding LLC. His office is at 10 Jewett Lane, South Hadley, MA 01075; 413-478-2013.

Honoring Veterans at

Hungry Hill Center



Word Jumble

BREV _____

GABED _____

NOGLOB _____

TROJANI _____

The "Ole Gang" from the Fitness Center at 1600 East Columbus Ave!

Still together after all these years!

From r to l standing: Donald Donovan, Marcia Vayas, Pat Donovan,
Wanda Lemire Sitting: Jeri Baba, Lee Wooding, Josephine Godbolt, Leo Best.

The second pic : Donald Donovan, Marcia Vayas, Pat Donovan,
Prettlo Heartley Jr, Sitting: Jeri Baba, Lee Wooding, Josephine Godbolt, Leo Best.



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 ½ 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

Cheesecake Factory Luncheon



Chowder Pot IV Luncheon



Pine Point Center Veterans



Left to Right:
Bob Martin, Moe Pepin, Julia Muns,
Kathy Kersey & Rich Brackney

What did the ocean say to the beach?
~ Nothing, it just waved!

The sole purpose of a child's middle name is so they can tell when they're really in trouble!

I pretend I work here, They pretend to pay me.

Gotlines.com

Boy: My father's name is LAUGHING and my mother's name is SMILING.

Teacher: You must be kidding?

Boy: No, That's my brother. I'm JOKING...



GETTING READY FOR TAX SEASON

After the holiday season it's time to get ready for tax season! Once again AARP Tax Aide Program volunteers will come to our Goodlife Adult Center, 1600 East Columbus Ave, on Thursdays beginning February 4, 2016, to prepare federal and state tax returns. Call our office 413-787-6785 to make your appointment.

Tax Aide is a nationwide free, confidential service offered to low and middle income taxpayers of all ages with special attention to those 60 and older. They have shared a few important guidelines to remember if you want to use this service.

To guard against identity theft, the AARP Tax Aide program requires that each taxpayer show a valid picture ID. If you are filing a joint return then both spouses must be present, unless one is ill or disabled. Please advise us of your situation when you make your appointment.

It is very important to bring all your 2015 tax related documents with you, as well as a copy of last year's tax return. So be sure to watch your mailbox in January when most Social Security, wage, and retirement account statements are sent to you. Remember that if you have a brokerage account those statements may not come until mid - February. Keep these dates in mind when you make your appointment. The program tries to serve as many as possible and spots fill up fast, so it can be difficult to schedule a return visit to bring missing documents.



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

Estamos Planeando los Viajes de 2016!!

Viajes de Dia

"UN PEQUEÑO ENGANCHE"

Miércoles, Mayo 11th, 2016

@ El Newport Playhouse Y Cabaret

Paquete Incluye: ida y vuelta en autobús, almuerzo Buffet, Playhouse, Espectáculo de Comedia, un espectáculo de cabaret (2 espectáculos). El menú del buffet: Ensalada de lechuga, ensalada de patatas, ensalada de cebolla, 3 Ensalada de Frijoles, costillas a la barbacoa, salchichas pimientos, pollo asado, jamón cocido, Alubias, patatas dulces, postres variados, café y té.

\$94 por miembro

para más información Llame 787-6486

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
 3350 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

Top Officers

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

Madeline Chabot
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*



Prima de parte B de Medicare para el 2016

Usted puede haber oído que la prima de la Parte B de Medicare está subiendo. Sin embargo, esto no es cierto para la mayoría de las personas con Medicare.

La mayoría de las personas que tenían su prima de la Parte B deducida de su cheque del Seguro Social el año pasado continuará pagando \$ 104.90 por mes. La razón es que no hay aumento en el costo de vida del Seguro Social para 2016 vive y existe una ley que impide que la cantidad de un solo cheque de beneficios de descender. Para aquellos que no estaban recibiendo beneficios de Seguro Social el año pasado y los que recién se inscriban en la Parte B este año, la mayor parte va a pagar \$ 121.80 por mes.

Hay excepciones basadas en los ingresos. Todas las personas con ingresos superiores a \$ 85.000 por año (\$ 170,000 para una pareja) tienen primas más altas. Ellos pagarán entre \$ 170,50 y \$ 389,80 por mes para la Parte B, en función de su nivel de ingresos. Las personas con ingresos y bienes limitados pueden calificar para un programa que va a pagar su prima. Voluntarios entrenados de SHINE (Sirviendo a las Necesidades de Seguro de Salud de todo el mundo ... en Medicare) pueden ayudarle! Ofrecen consejería confidencial sobre todos los aspectos del seguro de salud a cualquier persona en Medicare. Para programar una cita de SHINE, llame a su Centro de Envejecientes local. Para otros asuntos relacionados SHINE, llame al 1-800-AGE-INFO (1-800-243-4636), a continuación, pulse o decir 3.

¿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

¿Cuál es mi costo?

Cuando Usted haga su reservación para su viaje de paratransito le indicaran el costo de su viaje.

Al abordar debe de pagar su tarifa. PVTA les permite pagar en efectivo, con boletos, o en una combinación de ambos. Si Usted paga en efectivo, favor de tener la tarifa exacta. Los operadores no llevan cambio.

Dependiendo de su origen y destino, la tarifa será \$2.50, \$3.00 o \$3.50. Boletos están disponibles en cantidades de \$0.50 o \$2.50.

¿A Dónde Puedo Comprar Boletos?

Usted puede comprar boletos en su centro local para ancianos, la Oficina de Información de PVTA en el 1341 Main Street en Springfield, o visitando al www.pvta.com.

Para más información y otros lugares de venta, favor de llamar al 413-781-7882 o llame gratis al 1-877-779-7882.



Para su Información

- Cuando se solicite, los operadores ayudaran a los pasajeros bordar y bajar del autobús y/o desde y hasta las puertas principales localizadas en el primer piso. Los operadores no pueden acompañar a los pasajeros mas allá del primer piso y no se les permite entrar a las residencias.
- Los pasajeros que requieran asistencia con sus bolsas/paquetes deben llamar a Hulmes sólo una vez para notificarles que están solicitando la ayuda cual será anotada a su perfil de cliente. Los conductores sólo tienen la obligación de asistir con un máximo de 3 bolsas de tamaño estándar con un peso combinado que no exceda 25 libras.
- Carretillas para compras no están permitidas en los vehículos de PVTA para ir de compras.
- Los operadores y empleados no pueden aceptar propinas ni gratificaciones. Si un pasajero desea dar las gracias, por favor envíe una carta a:

Srta. Mary MacInnes, Administradora
Pioneer Valley Transit Authority
2808 Main Street
Springfield, MA 01107

Para proveer información, comentarios, o sugerencias

Por favor llame al 1-877-779-7882.



Para reservaciones llame a:

413-739-7436
o llame gratis al
1-866-277-7741
413-594-2349 TTY

Póngase en contacto con su programa local.

Department of Elder Affairs
1600 East Columbus Avenue
Springfield, MA 01103/413-886-5260

PREGUNTAS Y RESPUESTAS



Pregunta:
Mi marido y yo tenemos derecho a nuestros propios beneficios de Seguro Social. ¿Podrán nuestros beneficios combinados ser reducidos porque estamos casados?



Respuesta:

No. Cuando cada miembro de una pareja casada que trabaja en un empleo cubierto por el Seguro Social y ambos cumplen todos los demás requisitos de elegibilidad para recibir los beneficios de jubilación, ingresos de por vida se calculan de forma independiente para determinar los montos de los beneficios. Por lo tanto, cada cónyuge recibe una cantidad de beneficio mensual basado en sus propias ganancias. Si un miembro de la pareja obtuvo sustancialmente menor que el otro o no ganó suficientes créditos de Seguro Social (40) para estar asegurados para los beneficios de jubilación, él o ella puede ser elegible para recibir beneficios como cónyuge. Para obtener más información, visite www.socialsecurity.gov/retirement.

Pregunta:

¿Qué es la plena edad de jubilación?

Respuesta:

La edad Plena de jubilación es la edad en que una persona puede llegar a ser primero con derecho a beneficios o no reducidos de jubilación. Su plena edad de jubilación depende de su fecha de nacimiento. Para las personas nacidas antes de 1938, es 65. Para los nacidos después de 1959, es 67. Si su cumpleaños cae entre 1938 y 1959, su plena edad de jubilación es de 65 a 67. (La edad de elegibilidad de Medicare es de 65 años, independientemente de cuando se nacieron.) Para obtener más información, vaya a <http://www.socialsecurity.gov/planners/retire/retirechart.html>