



Springfield Campanile



**A publication of the City of Springfield
Department of Elder Affairs**

Mayor Domenic J. Sarno

March / April 2016

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

Department of Elder Affairs Staff

Janet Rodriguez Denney

Director of Elder Affairs

Charlotte Lee

Senior Employment Director

To Be Determined

Employment Specialist

Alicia Germain

SHINE Program Director

Olga Ellis

SHINE Program Assistant

Ramon Planas

SHINE Outreach Worker

Eliana Franklin

Adult Outreach Liaison

To be Determined & Rosalba

Behnk

Outreach & Referral Services

Frank Holmes

Computer Learning Center

Hector Torres

Smoke Detector Program

To be Determined

Van Driver



Director's Corner



Janet Rodriguez Denney

Director of Elder Affairs

City of Springfield, Mass

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

Annamarie 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

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

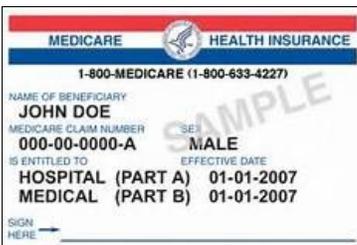


2016 Medicare Part B Premium

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

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

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 Pokemo

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!**



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



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 Hungry Hill Center, 773 Liberty Street, 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*



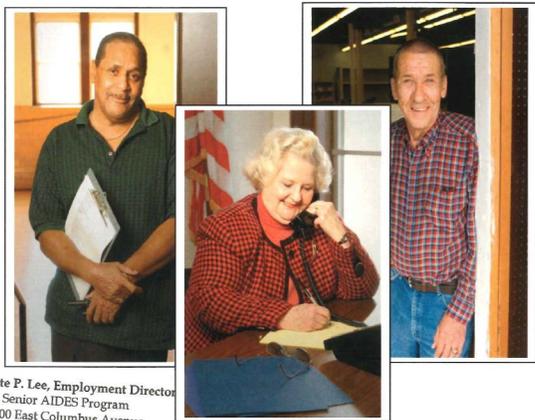
Prima de parte B de Medicare para el 2016

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 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

Póngase en contacto con su programa local.
Department of Elder Affairs
1600 East Columbus Avenue
Springfield, MA 01103/413-886-5260

