



Senior Moments

January / February 2023

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



City of Springfield ~ Department of Elder Affairs

Celebrating Black History at

Raymond A. Jordan Center
1476 Roosevelt Ave.
Springfield, MA 01109

Join us for a full day of history and festivities.

Wednesday, February 8, 2023

12:00pm

NEW YORK CITY'S BLACK INVENTIONS EXHIBIT

Raffles

Luncheon

Home of the Original Traveling
Black Inventions Museum

Giveaways

GOSPEL CONCERT (BY LOCAL CHURCH CHOIRS)

EBONY FOOD FEST



HONORING THE PAST INSPIRING THE FUTURE

In collaboration with our community partners:

The Urban League of Springfield and the Black Springfield COVID-19 Coalition

To register or for more information please visit our
Welcome Center or call 413-787-6785

Funding for many of our wonderful programs and activities is provided by Council on Aging grants from the Executive Office of Elder Affairs at the Commonwealth of MA, CDBG (Community Development Block Grant) and the Federal Administration for Community Living

Mission Statement

The Department of Elder Affairs: where we encourage everyone to create their own handbook for aging well via services and programs that support living better.

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

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

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



Director of Elder Affairs

Sandy Federico

Fiscal Administrative Manager

Carol Gasque

Senior Program Coordinator

Dashima Washington Ortiz

Program Coordinators

Kerri Jahn

Henry Jones

Devine Marcel

Administrative Assistant

Misha Mayers

Outreach Program Coordinator

Suzette Livingston

Outreach Worker

Anthony Pouliot

SHINE Program Coordinator

Alicia Germain

SHINE Program Outreach Worker

Irene Kenison

Adult Outreach Liaison

Eliana Gutierrez

Health and Wellness Coordinator

Kerry Welch

Computer Learning Center

Frank Holmes

Hungry Hill Coordinator

Linda Henley

Clodo Concepcion Coordinator

Alex Martin

North End Coordinator

Doris Feliciano

COA Board Members

Maurita Bledsoe ~ Magda Colon

Teresa Concepcion ~ Olga Ellis ~

Donald Evans ~ John Jordan ~ Donald Roberts



**Rooted In
Our Mission!**

Golden Age Club

413-787-6486 / 413-886-5104

Senior Community

Service Employment Program (SCSEP)

413-787-6124

S.H.I.N.E.

413-750-2893

Computer Learning Center

413-750-2090

Outreach Program

413-750-2896 / 413-886-5260

Notary Public

Call 413-787-6633 for details

Dashima Washington Ortiz

Greater Springfield Senior Services

413-781-8800

PVTA

413-781-7882

Domestic Violence

1-877-785-2020

24/7 Crisis Behavioral

Health Network

413-733-6661

National Distress Hotline

1-800-985-5990

**Martin Luther King, Jr
1929-1968**

**“I have a dream today...
That one day...little black boys and
black girls will be able to join hands
with little white boys and white girls
as sisters and brothers.**

I have a dream today.”

**“I have a dream that my four little children
will one day live in a nation where they
will not be judged by the color of their skin
but by the content of their character.”**

August 28, 1963





Please visit our Welcome Center or call 787-6785 to register.

TOTALLY YOU! Our fitness instructor will guide you along to achieve your ultimate wellness goals! By appointment only!	Monday thru Friday	7:00am-3:00pm	2nd Floor Fitness Ctr
Tai-Chi An Ancient Chinese Tradition & Graceful Form of Exercise. Tai Chi can improve: Balance, Weight, Cholesterol, Blood Pressure, Diabetes and Calming of the mind. For All Abilities.	Tuesday	9:30am	1st Floor Banquet Room
Hooping It Up Hooping figure fitness with Olander Worthy. A great aerobic addition to your exercise program.	Thursday	9:30am	1st Floor Banquet Room
STRENGTH SQUAD (walk & strength) Warm-up consists of 30 minutes of walking, followed by 30 minutes of standing & seated stretching & strength exercises with resistance bands. Work at your own pace & ability.	Tuesday & Thursday	1:00pm-2:00pm	1st Floor Banquet Room
Fit & Fierce Dance Camp this 1-hour class will be exercise, dance/movement & fun! Dancing with the oldies, R & B, gospel and the rhythmic beat of native African Drums.	Wednesday	9:30am	1st Floor Banquet Room
Gentle Chair Yoga this yoga class offers a focused series of movements and poses that bring body, breath and mind together. Every Body is welcome.	Wednesday	10:30am	1st Floor Banquet Room

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

Billiards Room	Monday– Friday		by Appointment
Book Club 	3rd Thursday		10:00-11:00am
Brown Bag	3rd Thursday		pick-up 10:00am-12:00pm
Crochet Club	Wednesday		10:00am-11:00am
Devotional Moments 	Monday		10:30am
Dominos 	Monday, Wednesday & Friday		12:00-3:00pm
Feature Flick Fridays			12:30pm
All About Sewing	Every other Friday 1/6, 1/20, 2/3 & 2/17		10:00am-12:00pm

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

Your Arts in the Right Place!

Brought to you with love from your Program Coordinators.

Join us for  Fridays!

(January 13, 27 and February 10, 24)

9:30am

New & creative art projects bi-weekly.

Registration is required.

Please visit our *Welcome Center*

if you are interested in participating or

call 413-787-6785 to sign up.

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

Limited number of supplies.

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

Mayor's Office of Consumer Information

Bring your concerns to the MOCI!

Every third Wednesday of the month thereafter, the Local Consumer Program (MOCI) of the Massachusetts Attorney General's Office will be offering monthly satellite hours at the

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

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

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



Computer Lab at the Raymond A. Jordan Senior Center

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

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

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



City of Springfield
Department of Elder Affairs

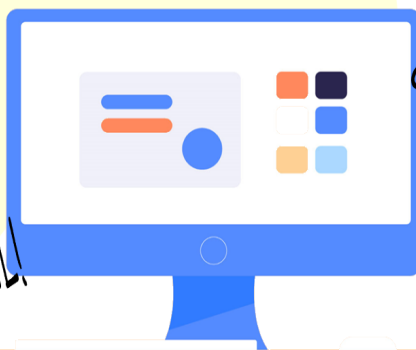
COMPETITION Time

Cyber Scavenger Hunts

Each month a new computer task will be assigned.

Show us your computer skills by joining in.

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



Have fun while
improving your
computer skills!

OPEN TO ALL!

Please visit our welcome center to register.

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

Springfield Golden Age Club

Golden Age Top Officers

President

Donald Roberts

1st Vice President

Joanne Lucas

Treasurer

Maureen Whitehead

Secretary

Sixteen Acres Vice President

Don Roberts

Tri-Towers Vice President

Marilyn Hallas

Winchester Square Vice President

Earnestine Johnson

Mondays

Winchester Sq. Branch ~ 1:00pm

@ Raymond A, Jordan Senior Ctr

Tuesdays

Tri-Towers Branch ~ 1:00pm

Tri-Towers Community Room

18 Saab Court

Hungry Hill Branch ~ 1:00pm

1st & 3rd Tues.

Hungry Hill Senior Center

773 Liberty Street

FRIDAYS

Sixteen Acres Branch ~ 1:00pm

Clodo Concepcion Center

1187 ½ Parker Street

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

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

www.springfield-ma.gov/hhs/elderaffairs

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

City of Springfield ~ Department of Elder Affairs

Foot Care Services

Monday, February 13, 2023

at the
Raymond A. Jordan Senior Center



Standard foot care services is being offered to our members!

Services include:

Nail Clipping & Nail Filing

Cost: \$15

Limited Slots Available - Sign Up Now!

To make an appointment visit our Welcome Center or call (413)787-6785.

This program is brought to you by the Community Development Building Grant (CDBG).



City of Springfield
Department of Elder Affairs

in partnership with the
Department of Health and Human Services
present

Mass in Motion: A Healthy Eating Event

at the Raymond A. Jordan Senior Center

Thursday January 12, 2023

11:00 AM

Mass in Motion is a Public Health movement that works to remove barriers to healthy eating and active living opportunities for residents

For any more questions, please contact 413-787-6785.



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****Important****

IN THE EVENT OF A WINTER STORM IT IS IMPORTANT TO LISTEN TO YOUR LOCAL NEWS:

WWLP-22 News
Western Mass News
(ABC 40, CBS 3, Fox 6)

FOR DELAYS AND CANCELLATIONS.

Please remember when
Springfield Public Schools are **Closed**
there are **NO Activities**
at the Dept. of Elder Affairs,
All Senior Centers & Golden Age Clubs.

The closings will show listing as:
Springfield Senior Centers/Council on Aging
& Golden Age Clubs.

If you are unsure please call 413-787-6785.



City of Springfield
Department of Elder Affairs

Brown Bag Volunteers

Needed ~ 3rd Thursday of the month

Sign up now!



Next Brown Bag - January 19, 2023
All volunteers would need to be here for
9:00 am

Come and help bag up a few non-perishable goods for our members.

The Department of Elder Affairs: where we encourage everyone to create their own handbook for aging well via services and programs that support living better.





Medicare Advantage Open Enrollment ends March 31

Did you know that if you're unhappy with your Medicare Advantage Plan (Medicare Part C), you have options? Each year, there's a Medicare Advantage Open Enrollment Period from January 1 – March 31. During this time, if you're in a Medicare Advantage Plan and want to change your health plan, you can do one of these:

Switch to a different Medicare Advantage Plan

Go back to Original Medicare and, if needed, also join a Medicare Prescription Drug Plan

If you switch Medicare Advantage Plans, your new coverage will start the first day of the next month.

The Medicare Plan Finder can help you find, compare, and enroll in a new Medicare Advantage Plan or a Medicare drug plan in your area. You can also call 1-800-MEDICARE (1-800-633-4227) for help. TTY users can call 1-877-486-2048.

The Medicare Advantage Open Enrollment Period isn't for people who already have Original Medicare. It's important to understand and be confident in your Medicare coverage choices. If you have a Medicare Advantage Plan and want to change your plan, check out your options today. Remember, this Medicare Advantage Plan Open Enrollment Period ends March 31.

To schedule a phone appointment with a SHINE Volunteer Counselor for free and unbiased Medicare Counseling, please call MassOptions at 1-800-243-4636. For information on other State Health Insurance Programs in other states and territories please visit- www.shiphelp.org

La Inscripción Abierta de Medicare Advantage Finaliza el 31 de Marzo

¿Sabes que si no estás satisfecho con su Plan Medicare Advantage (Medicare Parte C), tiene opciones? Cada año, hay un período de inscripción abierta de Medicare Advantage del primer de enero al 31 de marzo. Durante este tiempo, si está en un plan Medicare Advantage y desea cambiar su plan de salud, puede hacer una de las siguientes:

Cambie a un plan Medicare Advantage diferente.

Vuelva a Medicare Original y, si es necesario, también únase a un Plan de Medicamentos (Parte D) de Medicare.

Si cambia el Plan de Medicare Advantage o regresa a Medicare Original, su nueva cobertura comenzará el primer día del próximo mes.

El Buscador de Planes de Medicare puede ayudarle a encontrar, comparar e inscribirse en un nuevo Plan Medicare Advantage o un plan de medicamentos de Medicare en su área. También puede llamar al 1-800-MEDICARE (1-800-633-4227) para obtener ayuda. Los usuarios de TTY pueden llamar al [1-877-486-2048](tel:1-877-486-2048).

El Período de Inscripción Abierta de Medicare Advantage no es para personas que ya tienen Medicare Original.

Es importante entender y tener confianza en sus opciones de cobertura de Medicare. Si tiene un plan Medicare Advantage y desea cambiar su plan, consulte sus opciones hoy mismo. Recuerde que este período de inscripción abierta del plan Medicare Advantage finaliza el 31 de marzo.

Para programar una cita telefónica gratuita con un consejero imparcial voluntario de Medicare, llame a MassOptions al 1-800-243-4636 para una cita de SHINE. Para obtener información sobre los programas estatales de seguro médico en otros estados y territorios, visite www.shiphelp.org

Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. For Medicare related matters (other than an appointment), call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

Senior Community Service Employment Program (SCSEP)

Older Workers...
**Serving Communities
Learning Skills
Earning Money**

PUT YOUR TIME AND TALENTS TO WORK

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

- Paid training
- Work experience
- Extra income



SERVING COMMUNITIES

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

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

SECURING EMPLOYMENT

The Senior Community Service Employment Program helps older workers build the experience and confidence they need to find permanent employment. You may qualify if you are:

- 55 or older
- Income eligible
- Seeking employment

Veterans and their spouse are encouraged to apply.

Learn more by calling : 413-787-6124

Senior Service America's Senior Community Service Employment Program (SCSEP is funded by a grant from the U.S. Department of Labor Employment and Training Administration.) SCSEP is an equal opportunity program. Auxiliary aides and services are available upon request to individuals with disabilities.



Trabajadores mayores ...

SERVICIO DE LAS COMUNIDADES HABILIDADES DE APRENDIZAJE GANANDO DINERO

PONGA SU TIEMPO Y TALENTOS PARA TRABAJAR

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

- Entrenamiento pagado
- Experiencia laboral
- Ingreso extra

SERVICIO DE LAS COMUNIDADES

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

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



SEGURO DE EMPLEO

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

Puedes calificar si eres:

- 55 o mayor
- Ingresos elegibles
- Buscando trabajo

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

Obtenga más información llamando al:
413-787-6124

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

NEED A HAND...

Let Our Outreach Division Help!



We offer many services for Springfield residents. Requirements vary.

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

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

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

¿NECESITA AYUDA?

Permítanos ayudar! Varios requisitos.

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

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

¿Tienes más preguntas sobre los servicios para personas mayores?

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

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

North End Senior Center

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



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

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

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

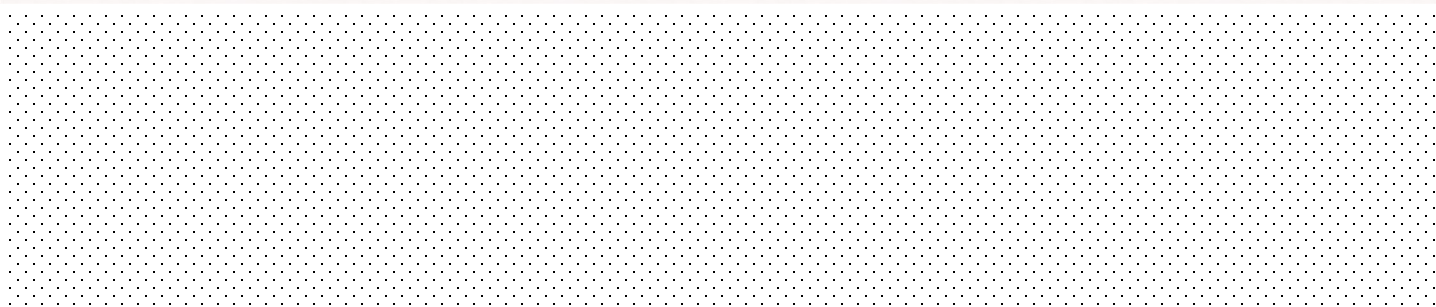


Brown Bag 4th Tuesday each month

Nuestro servicio de compra sera todo los meses cada cuarto martes delmes

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

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



Clodo Concepcion Community Center

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

Lunch Served Monday, Wednesday and Friday - 11:15am-12:15pm
 Lunches provided by Palazzo Café - Free Schedule subject to change
RESERVATIONS REQUIRED 1 DAY IN ADVANCE CAN ONLY BE RESERVED FOR THE MAXIMUM OF (1) WEEK AT A TIME.

MONDAY	9:00am 11:00am 11:00am 1:00pm	Walking Tigers Get Fit Club Ribbon Dancing Access Tech Craft Class ~ sign up required <i>Let's Loom for beginners</i>
TUESDAY	9:00am 9:30am 10:30am 1:00pm 1:00pm	Walking Tigers Get Fit Club Walk & Strength with Kerry Welch Step in Time "Line Dancing For Beginners" Line Dancing 3rd Tuesday ~ Visionary Club Support Group
WEDNESDAY	9:30am 1:00pm	Improvers Line Dancing Cameo Club
THURSDAY	9:00am 9:30am 1:00pm	Walking Tigers Get Fit Club Walk & Strength with Kerry Welch Learn About Ribbon Dancing/w-Alex
FRIDAY	1:00pm	Golden Age Club

Access Tech

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

Call 1-857-443-6636



Ribbon Dancing

with Olander Worthy!
Mondays,
11:00am-12:00pm

*Ribbon dancing and Hula Hooping Fitness.
 Work your core! Burn calories! Have Fun!*

**For more information, please contact Alex Martin:
 413-750-2873**

Brought to you in part by the Community Development Block Grant (CDBG)

BLIND AND LOW VISION INDIVIDUALS

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

Hungry Hill Senior Center

January / February 2023

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

Lunch Served Tuesday and Wednesday - 12:00pm

Lunches provided by Palazzo Café - Free Schedule subject to change

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

Monday	10:45am 11:30am 1:00pm	Nutrition Made Clear Social Hour Strength Class w/Kerry Welch
Tuesday	9:30am 12:00pm 1:00pm	Knitting & Crafting Lunch Golden Age Club Mtg 1st & 3rd Tuesday Bingo
Wednesday	12:00pm 1:00pm	Lunch Social & Games Strength Class w/Kerry Welch
Thursday	10:00am 11:30am	Exercise Group Social Hour
Friday	12:00pm	Social Hour, Coffee Everyone Loves Raymond

SAIL

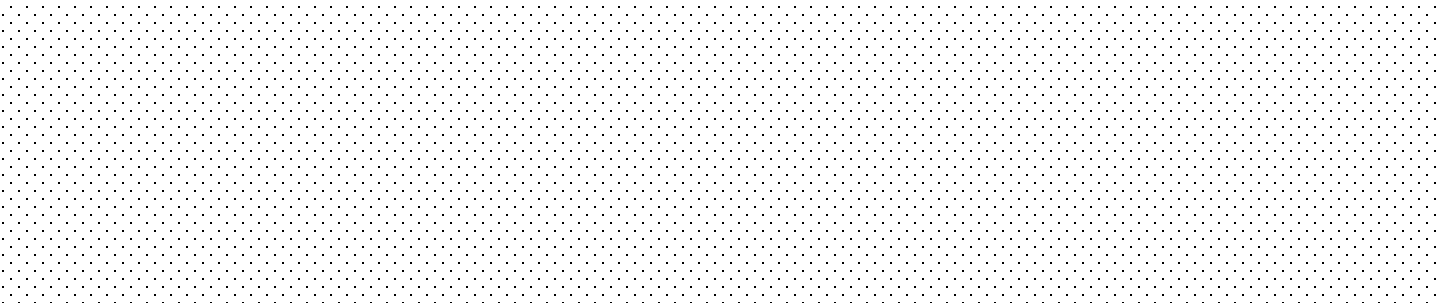
Stay Active & Independent for Life

Sail is a strength, balance and fitness class designed for older adults. Program includes a period of continuous movement designed to get your heart rate up, a series fo balance, strengthening and flexibility exercises.

Class is taught by certified SAIL program leaders from Springfield College Doctor of Physical Therapy Program.

**Tuesday and Thursday
10:15am-11:15am
Beginning
Tuesday January 24, 2023**

- Foot-care* ~ Wednesday, January 11, 2023
- Reflexology* ~ Wednesdays, January 11 and 25, 2023
~ Wednesdays, February 8, and 22, 2023
- Birthday Celebration* ~ Thursdays, January 19, 2023 and February 16, 2023
- Movie Matinee* ~ Thursday, January 26, 2023
~ Thursday, February 23, 2023
- Brown Bag* ~ Thursday, January 16, 2023 and Thursday, February 19, 2023



Oh Happy Day!



2022 DEA Holiday Celebration