



The Springfield Star

A publication of the Springfield Department of Elder Affairs

November/December 2009

Janet Rodriguez Denney
*Director, Springfield
Department of Elder Affairs*

The Good Life Center
1600 E. Columbus Ave
Springfield, MA 01103
Telephone: 787-6785
Fax: 750-2694

Council on Aging
787-6785

Golden Age Club
787-6486

**Senior AIDES
Employment Program**
787-6126

S.H.I.N.E.
750-2893

Senior NET
750-2090

Outreach Program
750-2896



Carew Street Golden Age Club members
Joseph and Bridget Fabbri

Pro-

Hungry Hill Center
494 Armory St, 01101
Lower Level
733-9411

Mayflower Center
1516 Sumner Ave, 01118
782-4536

Mason Square Center
439 Union St @ Emerson Hall
733-3917

Pine Point Center
335 Berkshire Avenue, 01109
732-1072

Riverview Center
120 Clyde Street, 01107
787-5220

**Greenleaf Community
Center**
1187½ Parker Street, 01129
750-2873

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To submit an article, idea, or question please mail your submission to:
 Dept. of Elder Affairs/Newsletter Team
 1600 E. Columbus Avenue
 Springfield, MA 01103

Department of Elder Affairs
Mission Statement

The Department of Elder Affairs is dedicated to enhancing the quality of life for citizens in the City of Springfield.

NEWSLETTER COMMITTEE

Eliana Franklin
 Adult Outreach Liaison
 1600 E. Columbus Ave, 413-886-5104

Kerri Jahn
 Greenleaf Senior Center Director
 1187 1/2 Parker Street, 413-750-2873

Prettlo Heartley, Jr.
 Staff Photographer
 Transportation Program
 1600 E. Columbus Ave, 413-787-5013

Alicia Germain
 SHINE Director
 1600 E. Columbus Ave, 413-750-2893



Director's Corner *Season's Greetings,*



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

What a warm and colorful autumn we've had! It's time to look ahead to the start of the holiday season. It's easy to get overwhelmed with holiday preparations or to get the holiday blues. Our Holiday Tips might be helpful for you.

As we approach the beginning of winter, many of us worry about the cost to heat our homes, while continuing to buy food and pay bills. You might consider applying for Fuel Assistance. Flu Shot Clinics are scheduled at the Senior Centers to keep you healthy. More information on Fuel Assistance and Flu Shots are included in this issue.

I welcome our new Pine Point Director, Laurel Rancitelli. Stop and introduce yourself to her!

Jan

Community Bulletin Board

THE DAN KANE SINGERS

CHRISTMAS POPS CONCERT

Sunday, December 6th
3:00pm

Agawam Congregational Church
745 Main Street, Agawam
(413) 786-7111 Call for more info
Donation \$10 Adults/\$5 Children Under 12



IMPORTANT TO REMEMBER!

During the event of a winter storm it's **important** to listen to your local news-Channel 22 & 40 for **delays & cancellations**.

REMEMBER WHEN SPRINGFIELD SCHOOLS ARE CLOSED, ACTIVITIES AT THE DEPARTMENT OF ELDER AFFAIRS, GOLDEN AGE CLUBS & SENIOR CENTERS ARE AUTOMATICALLY CANCELLED.



MALL WALKERS HEALTH PRESENTATION At Eastfield Mall

1ST AND 2ND WEDNESDAY OF EACH MONTH · FOOD COURT · 9:00AM
FREE health presentations and discussions by the area's leading health professionals. FREE coffee and blood pressure screenings. Everyone who attends is entered into a raffle for a 99 Restaurant gift card and two Showcase Cinemas movie passes.

That's Amore:
A Celebration of Dean Martin & Friends
Friday, November 27
8 PM
Box Office phone:
(413) 788-7033



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FUEL ASSISTANCE APPLICATIONS 2009-2010

Could you use some assistance with your heating bills this year?

The maximum gross income levels are:

<u>1 person</u>	<u>\$29,126</u>
<u>2 people</u>	<u>\$38,087</u>
<u>3 people</u>	<u>\$47,049</u>
<u>4 people</u>	<u>\$56,011</u>



Applications will be taken by appointment only with our Outreach Workers, Olga Ellis and Alex Martin. Please bring the following paperwork with you to your appointment. *Applications missing paperwork cannot be submitted.*

Paperwork you should bring:

- ◆ Identification
- ◆ Copy of gross income (make sure it's 2009) yours, spouse, all household members
- ◆ If working– 4 consecutive pay stubs prior to your application date
- ◆ 2009 Electric bill
- ◆ 2009 Gas bill or Oil bill (both if you have them)
- ◆ 2009 Telephone bill
- ◆ 2009 Water/Sewer bill or Tax bill or House insurance bill
- ◆ If renting – Landlord information: name, address, and telephone number

You may also apply for assistance if your heat is included in your rent!

Call the Department of Elder Affairs' Outreach office at 750-2896 to make your appointment.

Fuel Assistance starts November 1, 2009 and you can apply through March 2010.

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Springfield Golden Age Club
1600 East Columbus Ave
413-787-6486



Upcoming EVENTS

GAC Big Bingo

Friday, September 25, 2009

11:00 pm

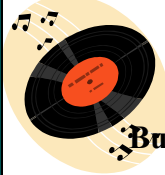
At Greenleaf Community Center

1187 1/2 Parker Street, Springfield

\$7.00 includes one Bingo card and lunch

Door Prizes and Raffles available

NOVEMBER 17TH, 2009 - NIFTY 50'S AT AQUA TURF, PLANTSVILLE, CT



Enjoy a 50's show and a family style meal.

TRAVEL INFORMATION

Bus Departs: Raymond Sullivan Public Safety Complex,
1212 Carew Street, Springfield, MA

Departure Time: November 17th, 2009 at 9:30 am

Return Arrival: 5:30 pm

Member Price: \$67.00 **Non Member Price:** \$72.00

NOVEMBER 29, 2009 - CORNERSTONE PRODUCTIONS PRESENTS.... "MISTLETOED"

It's doesn't matter if you're naughty or nice because
Mistletoed is the sensational way to celebrate the holidays!

TRAVEL INFORMATION

Bus Departs: Raymond Sullivan Public Safety Complex,
1212 Carew Street, Springfield, MA

Departure Time: November 29th, 2009 at 7:00 am

Return Arrival: 7:00 pm

Member Price: \$50.00 **Non Member Price:** \$55.00

*For more information on travel
or events please feel free to call
413-787-6486 or contact your branch officers*



MEDICARE PART D OPEN ENROLLMENT

November 15—December 31, 2009

Want to make sure you don't hit the Donut Hole in 2010?

SHINE Counselors are available now to review your Part D Prescription coverage.

Call 750-2893 to make an appointment with a counselor. Appointments are encouraged and available daily. Bring your current insurance cards and

Do you need help with prescription costs?

Anyone who has Medicare can get Medicare prescription drug coverage. Some people with limited income and resources also are eligible for Extra Help to pay for the costs—monthly premiums, annual deductibles, and prescription co-payments—related to a Medicare prescription drug plan. The Extra Help is estimated to be worth an average of \$3,900 per year. To find out if you qualify, see a SHINE Counselor.

To qualify for Extra Help (LIS):

- ◆ Your annual income must be limited to \$16,245 for an individual or \$21,855 for a married couple living together.
- ◆ Your resources must be limited to \$12,510 for an individual or \$25,010 for a married couple living together. Resources include such things as bank accounts, stocks, and bonds. Your house and car are not counted as resources.

Did you know?

Volunteering has proven to be a life enhancer and extender!

Volunteer with SHINE! Call 413-750-2893 today!

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Noticias En Espanol



PARA ALEJAR LA MELANCOLIA DURANTE LOS DIAS DE FIESTA

- ◆ Haga algo especial para Ud., tal como una comida especial o un regalito
- ◆ Haga ejercicios
- ◆ No use alcohol
- ◆ Haga trabajo de voluntario y envuélvase en actividades o trabajo afuera de su casa
- ◆ Vaya a un evento social en un Centro de Envejecientes
- ◆ No se comprometa a muchas invitaciones de fiestas o gaste mas de la cuenta cuando va de compras para los regalos de



Aplicaciones para la Ayuda de Calefaccion 2009-2010

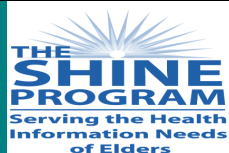


Puede Ud. Usar una ayuda con su cuenta de calefaccion este año?

Para calificar, los niveles de ingreso máximos son:

1 persona	\$29,126
2 personas	\$38,087
3 personas	\$47,049
4 personas	\$56,011

Para solicitar, debe de llamar y hacer una cita —con con nuestras trabajadoras del alcance a la comunidad, Olga Ellis y Alex Martin en el telefono 750-2896. Ellas le diran que documentacion necesaria que tiene que traer con usted para llenar su solicitud. Sin estos documentos su solicitud no se puede procesar.



Periodo Abierto De Inscripcion De Medicare (Medicare Open Enrollment Period)
Noviembre 15-Diciembre 31,
2009-10-02

Quiere estar seguro de que no va a ser afectado por el “Donut Hole” (el “hollo de la dona”) en 2010?

Los consejeros del programa SHINE estaran disponibles para repasar la cubierta de la parte D de su seguro de medicinas.

Llame al 750-2893 y haga una cita con un consejero(a).

Hay citas diarias y le recomendamos que haga una.

Traiga con usted su tarjeta reciente del seguro de sus medicinas y la lista de sus medicinas al tiempo de su cita.

Economizando Dinero Durante los Dias de Fiestas

- *Compre un pavo que este en venta especial. Despues, escoja el pavo mas grande que pueda acomodar en su horno.*
- *Pidale a sus amistades que traigan con ellos algo que puedan compartir.*
- *Compre productos genericos o de la marca de la tienda cuando este preparando los acompañantes de la comida. Cuando Ud. compra las marcas de calidad Ud. esta pagando por la promocion de las companias de comidas.*
- *Invite a su hijos mayores a que compartan con la preparacion de la comida.*
- *Compre todo que usted tenga que cocinar paso a paso (enteramente) en vez de comidas ya preparadas en cajas o comidas cocinadas en la tienda.*
- *Use las promociones especiales de las tarjetas de creditos (Rewards Points) para la compra de los regalos de Navidades.*
- *Haga regalos especiales hechos por usted mismo, tales como jarrones de cristal, con los ingredientes y las recetas de sopas, galletitas, etc. Amarrelas con un lacito, para hacerlo mas atractivo y mas original.*
- *Ahorre mas dinero, usando toallas, sabanas de camas, re-usando bolsas de regalos, y el arte de escuela de sus ninios cuando est empacando (cubriendo) los regalos de las Navidade.*



HOLIDAY RECIPES AND TIPS

Cream of Pumpkin Soup

One 12 oz. can pumpkin (unseasoned) or the equivalent amount of fresh cooked and cleaned pumpkin (if using fresh, toast the seeds for garnish)

One teaspoon sugar

One 12 oz can chicken broth

One tablespoon butter

One tablespoon flour

One small onion finely diced

Spices to taste:

Cinnamon

Ginger

Nutmeg

Allspice

Ground Cloves

Salt

White Pepper

Dash of hot sauce

4 oz. light cream if desired



Melt the butter in a sauce pan over medium heat. Add onions and sauté until they are clear. Do not let them brown. Sprinkle one tablespoon of flour over the butter and mix well. Allow this mixture to cook for two minutes. Do not let it brown. Stir in about two ounces of the chicken stock. Mix well and add the remaining stock. The stock will thicken slightly. Add the pumpkin puree, stir well

Add the salt and pepper and the various spices. Use the spices sparingly. Let the soup heat through. If you can use the calories, add the cream. Let the soup sit over slow heat at least ten minutes. And add more spices if you like. If you wish you can use different types of spices, Mexican or Indian and the soup will take on a different taste. The soup can be served hot or cold. As a festive start to a party, serve the soup from a whole pumpkin.

From The Fort Restaurant, Springfield MA

Holiday Money Savers



- ◆ Buy a turkey that is on sale for pennies per pound. Then, pick out the biggest bird that fits in your oven.
- ◆ Ask all guests to bring something to share.
- ◆ Buy all generic or store brands for your meal fixings. When you buy the brand name, you are paying for their advertising.
- ◆ Have your adult children pitch in and make the meal.
- ◆ Buy everything from scratch, instead of pre-packaged or store-made.
- ◆ Use Reward points from credit cards to purchase Christmas presents.
- ◆ Make homemade gifts in a mason jar such as cookie mix or soup mix. Tie with a pretty ribbon.
- ◆ Save on gift wrap by wrapping presents in sheets, towels, recycled gift bags, newspaper, children's art work.



Avoiding a Blue Christmas: Tips to Beat the Holiday Blues

1. Treat yourself to something you haven't done in a while like a lunch or a gift.
2. Exercise
3. Avoid alcohol
4. Volunteer and get involved out of the house
5. Attend a social event at the Senior Center
6. Don't over-commit to too many party invitations or overspend with holiday shopping.

Mayflower Center

Director: Alex Martin

Open Mon-Fri 9:00 am-2:00 pm - 1516 Sumner Ave. 782-4536

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00—9:45 Health & Wellness	9:00a.m.-9:45a.m. Tai Chi/beginners	9:00—9:45 Easy Does It Exercise <i>Health & Wellness</i>	Call for times & Schedule ~Beginning Line Dancing ~Chair Tai-chi ~Chair Exercise <i>Drop in and pick up your packet for emergency preparedness.</i> Brown Bag 4th Thursday	8:45 - 9:45 Tai Chi 10:00 - 12:00 Blood Pressure & Diabetic Check—No Fee Charged
10-12:00 Line Dancing	10 am - 11:30 am Learn to play dominoes	10a.m. Movies		
1-2:00 Healthy Living	10a.m. Manicures 1st Tues of each month. Registration required	11:30 Monthly lunch registration required		
	1:00 - 2:00 pm Home Improvement			

Weight Loss Support Group starting Friday November 6th, 10:00a.m ~ FREE

Movie Time ~ Friday's -Call for dates and times

SHINE Counselor available Daily ~ please call for an appointment

Riverview Center

Open Mon-Fri 9:00 am-4:00 pm

122 Clyde St., 787-5220

Director: Moraima Mendoza

Hot Lunch Served Daily at 11:15. Pre-Registration Required

Lunch Cost \$1.75 Suggested Donation.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 Walks, Dancing & Stretching	12-1:30 Arts & Crafts	9:00 Foot Care, Glucose & Blood Pressure Clinic	12:30 Bingo & Dominoes	12-1:30 Arts & Crafts
12:30 English Classes	12:30 Bingo & Dominoes	9:30 Fitness Walk & Strength Class	12:30 English Classes	12:30 Bingo & Dominoes
12:30 Bingo & Dominoes		12:30 Bingo & Dominoes		

♦ *Lunches provided through Greater Springfield Senior Services*

Greenleaf

Director: Kerri Boland-Jahn

Open Mon-Fri 9:00 am-3:00 pm - 1187½ Parker Street, 750-2873

Hot Lunch Served Mondays & Wednesdays from 12:00-1:00 \$1.75 Suggested Donation. Reservations needed.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Coffee Hour & Walking Club 11:00 1st Mon. Blood pressure clinic 12:00 GSSSI lunch reservations needed 9:00a.m Jewelry Making Class 3rd Monday	9:00 Coffee Hour & Walking Club 1:00p.m. Line Dancing	8:30 1st Wednesday of the month Foot Care (by appointment only) 9:00 Coffee Hour & Walking Club 12:00 GSSSI lunch reservations needed	9:00 Coffee Hour & Walking Club 12:00 Play Pitch Every Thursday \$2.00 (high score & door prizes)	9:00 Coffee Hour & Walking Club 10:30 Ballroom dance lessons 1:30 Strength & Walk Hearing Clinic (by appointment)

Senior Safety Talk with Springfield Police, Crime-watch Coor./ Elder Affairs ~ Officer James Gormally
November 4th at 11:00a.m.

SHINE Counselor 2nd Wednesday of the Month. Please call for an appointment.

Serving Lunch Monday and Wednesdays. Please be sure to call ahead for a reservation!

Jewelry Making class will be held on November 19th and December 21st. Class begins at 9:00a.m. It's not too late to start a project for the Holidays!

Hungry Hill

Director: Mary Troy

Open Mon-Fri 9:00 am-3:00 pm - 494 Armory St., 733-9411

All activities take place at the Hungry Hill Center located in the lower level of Our Lady of Hope Church

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:30 Light Aerobics 1:00 Chair Exercise	10:00 Craft 12:30 Pokeno November 10th & 24th December 22nd Luncheon 12:00	10:30 Light Aerobics	Neighborhood Council Meeting Nov. 19th & Dec. 17th 7:00pm	10:00 Line Dance

◇ *Lunch provided through Greater Springfield Senior Services—Reservation one week in advance.*

◇ *Craft group meets at 10:00 am each Tuesday—the knitters are making mittens, hats and scarves for the local school children. Materials are supplied, just stop in and enjoy the company.*

Health screening ~ Hemoglobin ~ Monday November 16th

~ Glucose ~ Monday December 14th

Foot-care Wednesday November 18th

SHINE Counselor on site Wed. November 18th & Wed. December 16th.

Mason Square

Director: Gloria Wilson

Open Mon-Fri 8:00 am-4:00 pm - 439 Union Street, Emerson Hall., 733-3917

Hot Lunch served daily at 11:30 am. \$.1.75 Suggested Donation.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Coffee & Chat 10:00 Bible Study 1:00 Movie	9:00 Coffee & Chat 12:00 Bingo 1:00 Sewing	9:00 Coffee & Chat 9-3p.m. Manicures 12:30-1 <u>Blood Pressure Screening</u> 1-2:00 Chair / Fitness Aerobics	9:00 Coffee & Chat 12:00 Bingo 3rd Thursday 10:30 am Brown Bag	9:00 Coffee & Chat 12:30 Dominoes Every Friday 1:00 Movie

Living Longer Better ~ w/MD Speakers every 3rd Wednesday of the month 11:00a.m.

Thanksgiving dinner November 18th @ 11:30a.m. please RSVP

Christmas dinner December 16th @11:30a.m. please RSVP

Kwanza Celebration begins 12/26

Pine Point

Open Mon-Fri 9:00 am-4:00 pm

335 Berkshire Ave, 732-1072

Director: Welcome our new Center Director Laurel Rancitelli

Hot Lunch Served Daily from 11:45-12:30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:00 Card Playing	9:00 - 10:00 Chair Exercising 10:00 - 12:00 Card Playing 1:00 - 3:00 Bingo	1:00 Card Playing <u>FOOT CARE</u> <u>2nd Wednesdays</u>	1:15 Golden Age Coffee, Pastries & Bingo	1:00 Cards

Lunches provided through Greater Springfield Senior Services - \$1.75 Suggested Donation

Good Life Center

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

Available programs/services

Council on Aging 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.

Senior NET The nonprofit SeniorNet teaches seniors (age 50 plus) to use computers.

Need a Job?

Part-Time Training and
Employment Available Now!
Call 413-787-6861/6126

You must be 55 years or older, unemployed, and meet income eligibility guidelines. This program is operated under a USDOL grant and in cooperation with Senior Service America Inc.

Training participants are paid minimum wage while they gain marketable job skills working part-time in non-profit and public organizations, including senior centers, schools, and libraries. The program provides a win-win for participants and their communities: Participants help community organizations extend their reach and capabilities, while developing their own job skills, self-confidence, and a restored sense of self-worth.

Department of Elder Affairs Senior Outreach Help Line

Assisted Living info, Caregiver Support, Companion Care, Dental, Employment, Food and Fuel Assistance, Grandparents as parents, Hearing, Housing, Medical Equipment, Transportation and much more. Please Call Alex Martin or Olga Ellis at 413-750-2896.

Obtain free smoke detectors for your home! Please call 413-787-6125.

The City of Springfield's Senior AIDES Program works in conjunction with the Springfield Fire Department to install smoke detectors in residents' homes who are 60 years or older in the Springfield area. Over 3000 smoke detectors have been installed with the help of other Senior AIDES since 2006.



Staying Healthy this Winter

Cold or Flu?

When to see the Doctor

Colds: Runny nose, congestion, cough by the 4th day, feeling run down, lasts about a week, during the 1st 3 days you are contagious. Fever is usually not present. Call the doctor if you're not better within 2 weeks.

Flu (Swine or Seasonal): Flu symptoms are more severe and come on quickly. Sore throat, fever, headache, muscle aches and soreness, congestion, and cough. Swine flu will include vomiting and diarrhea. Symptoms will gradually improve in 2-5 days. Call the doctor if you have persistent cough, fever, or vomiting.



Prevention is the best medicine!!!!

- * Wash your hands often with soap and warm water
- * Get both Flu Shots this year!
- * Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough into your inner elbow.
- * Keep your hands away from your eyes, nose and mouth.
- * Use household cleaner to clean things like: door and refrigerator handles, TV remotes, and phones
- * If you are sick.....stay home!

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