

## **HAMPDEN COUNCIL ON AGING**

The Council on Aging/Senior Center welcomed roughly 19,000 visitors through the doors in 2003. The mission of the center continues to be to identify the total needs of the community and enlist support and participation of all citizens concerning these needs; design, promote or implement services to fill these needs, or coordinate present existing services in the community; promote & support any other programs designed to assist elders in the community. Many people are coming to the senior center for the first time while others have been participants year after year. We are pleased to be able to provide the same core of services listed below and always welcome new ideas and opportunities to enhance the programs and services that are currently offered.

- |   |                                    |
|---|------------------------------------|
| ❖ <b>Geriatric Care Management</b>            | ❖ <b>Health and Education</b>      |
| ❖ <b>Transportation</b>                       | ❖ <b>Tax Assistance</b>            |
| ❖ <b>Monthly newsletter and outreach</b>      | ❖ <b>Monthly health screenings</b> |
| ❖ <b>Insurance Counseling</b>                 | ❖ <b>Daily congregate meals</b>    |
| ❖ <b>Prescription Assistance</b>              | ❖ <b>Home delivered meals</b>      |
| ❖ <b>Fuel assistance</b>                      | ❖ <b>Lock box program</b>          |
| ❖ <b>Caregiver support</b>                    | ❖ <b>Entertainment/Social Club</b> |
| ❖ <b>Recreation/hobbies/arts/crafts/games</b> |                                    |

Greater Springfield Senior Services provides the funding for the congregate meal site here at the senior center. We are fortunate to have Janis DeGrandpre to manage this very active program. Better known as the “lunch bunch”, meals are served Monday – Friday at 11:30 at the Senior Center. People enjoy coming to lunch every day not only for the great meal, but also for the socialization and ability to meet new people from the community.

On weekends and holidays, Mary Lyon Nursing Home prepares meals for the people in town who receive home delivered meals. From Mary Lyon the meals are picked up and delivered by a core group of dedicated volunteers to whom we offer many thanks.

The Center is grateful for the support that is received from the Friends of the Hampden Seniors. In 2003 the Friends were generous enough to provide the senior center with a new partition wall in the Great room. The partition allows us to hold two activities in the great room at one time. The Friends also beautified the senior center building with stained glass windows in the Great room, Health room, Craft room and Game room. The windows are beautiful and add a lot of color to the center and also provide a lasting memory for those people who purchased a window in honor or memory of a loved one.

In July 2003 we were pleased to honor the numerous volunteers who give so much of their time and efforts to the senior center. We would not be able to fully function without their help. The celebration was a wonderful time for the Senior Center Staff to express

## HAMPDEN COUNCIL ON AGING P2

appreciation to those people who tirelessly give of their time. Over 130 volunteers help out each year at the senior center and we appreciate each and every one of them.

Along with other Town Departments, the Senior Center was faced with numerous cuts to the budget for FY04 and had to reduce hours of operation, reduce staff hours and cut back on programs in the evenings. The Center is now open Monday – Friday from 9:00 AM to 3:30 PM. We are optimistic and will be looking into ideas of opening the senior center in the evening on a limited basis. We know that the pool & card players and the jewelry class miss the evening hours. I would like to personally thank each group for their understanding and patience as we have been dealing with reduced hours. Budget cuts also forced the Town to eliminate the funds that were used to print and distribute the SCRIBE, however thanks to many very generous donations we will continue to distribute this important form of outreach.

The Council on Aging Board was saddened by the recent and sudden loss of a dear board member, George Lavallee. George kept us all on our toes with his outstanding wit and great personality. He was very involved here and made many contributions to the building and the Council on Aging. His presence will be missed at the senior center.

We encourage anyone who has not visited the Hampden Senior Center to stop in at any time for a visit and a tour. Please read our monthly newsletter to find out what programs, services and activities are happening here at the Center on a regular basis.

Respectfully submitted by:

Rebecca C. Muldrew, *Executive Director*  
Brian MacLeod, *Chairman*  
Patricia Clark, *Vice Chairman*  
Al Ouimet, *Treasurer*

Rita Vail  
Arlene Fisher  
Shirley Gouvan  
George Lavallee  
Virginia Schneider

### **Council on Aging Staff:**

*Admin. Clerks:* Helena Nossal & Doreen Rauch  
*Activities Coord/Meal Site Mgr:* Janis DeGrandpre

*Custodian:* Rudie Voight

*Outreach Coord:* Tedi-Ann Busha

*Senior Aide:* Tiny Burt

*Senior Resource Officer:* Gary Courtney

*Affiliations:* National Council on Aging, Mass Association of Council on Aging & Senior Center Directors & Western Mass Association of Council on Aging, Greater Springfield Senior Services.