

THE SCANTIC SCRIBE **APRIL 2018**



HAMPDEN SENIOR CENTER

104 ALLEN STREET

Monday-Friday 9:00am—3:00pm

413-566-5588 (phone)

413-566-2103 (fax)

Website: www.hampden.org



FREE WI-FI



TRI TOWN TROLLEY (413) 525-5412 — The TRI Town Trolley is running for Hampden and East Longmeadow residents. Mon-Fri, 9:00am-2:00pm. Every Tuesday, Hampden Seniors can book rides for grocery, banking, etc. shopping at Allen & Cooley Street, Springfield or East Longmeadow stores.

SENIOR CENTER STAFF

Rebecca Moriarty, Executive Director
coa@hampden.org

Doreen Rauch, Administrative Clerk
scribe@hampden.org

Wendy Turer, Outreach Coordinator
outreach@hampden.org

Nan Hurlburt, Activities Coordinator
activities@hampden.org

Holly Normoyle, Receptionist
receptionist@hampden.org

Rudie Voight, Custodian

COA BOARD MEMBERS

Chairman: Marty Jacque

Vice Chairman: Deborah Mahoney

Treasurer: Nancy Willoughby

Secretary: Deanna Vermette

Monique Downey, Ed Norman

Rep to GSSI: John Shay

NEXT COA BOARD MEETING:

Tuesday, April 10th @ 9:15am

The Hampden Lion's Club provides the paper for the SCRIBE and Friends of Hampden Seniors provide postage. Many thanks to both organizations for supporting the Hampden Senior Center!

PLEASE NOTE: If for some reason or another you are not receiving the Scribe by mail, we will be happy to send the newsletter to you via email. Please call or stop in and leave your email address at the front desk with Holly.

Greetings!

It's still snowing, but hopefully by the time you're reading this, spring weather will be upon us!

The Friends of Hampden Seniors are looking for a new board member. If you are interested in being a part of this important fundraising group, please call the senior center and we will put you in touch with a member of the board to give you more information.

You may have heard that you will soon receive a new Medicare card. This new card will no longer have your social security number on it. The roll out of new cards starts in April and could take months to complete. You might get your card in April and your friends might not see their new card until October. Unfortunately, scams are anticipated! Please remember that social security will not call for your social security number or any other information related to your new card. Also, you should not pay anyone to get your card faster. If you have any questions, please call me.

Make sure to read every page of this Scribe as so much is happening here at the senior center. See you soon!

Happy Easter! BECKY.....



Lunch & Learn Friday, April 6th @ 11:45

"The Pleasures and Pitfalls of Researching and Writing Historical Fiction" Author M.P. Barker has written two historical novels set in 19th century New England, and has also been a writer and co-writer for books, exhibits and other projects involving Western Mass history. In this illustrated discussion, she'll share some of the challenges of creating characters and stories that are both historically accurate and appealing to modern audiences. She'll also discuss some of the obstacles a writer must overcome in researching, writing and getting published.

M.P. Barker is a writer, editor and historical consultant. She got a firsthand taste (sometimes literally!) of 19th-century NE rural life when she was a historical interpreter at Old Sturbridge Village where she found inspiration for her historical novels, *A Difficult Boy* and *Mending Horses*. Find out more about the author at www.mpbarker.net

April Poetry & Pancakes Breakfast

Friday, April 13th at 9:00 A.M.

Bring your favorite poem to share and enjoy a delicious breakfast of pancakes, sausage and fruit.

Cost is \$3.00

Sign up at the front desk or call 566-5588

OUTREACH

The Outreach Office is your resource center. Information on a variety of services, assistance programs, home health care, alternative living options, insurance information, etc.

The Outreach Program is partially funded by a grant from the Executive Office of Elder Affairs and the Federal Administration for Community Living

BROWN BAG -TUESDAY, April 17th @ 1:00pm

FALLON INSURANCE-Tuesday, April 17th, 10am

SHINE (Serving Health Information Needs of Everyone)
Call for an Appointment with Becky if you need help

Fuel Assistance

Income guidelines for 2018 heating season

<u>Family Size</u>	<u>Income Limit</u>
1	\$34,380
2	\$44,958
3	\$55,537
4	\$66,115

The following documentation is also required:

- Copy of Social Security check or bank statement showing deposits of all income (not more than 30 days old)
- 2017 Electric Bill, 2017 Telephone Bill
- Oil Statement or Gas Bill (or both)
- Property Tax and/or Homeowners Bill
- Photo ID, Social Security Card or Birth Certificate
- Mortgage statement if not paid in full
- Current Homeowners Insurance Bill
- If working, 4 previous pay stubs (the most recent)

Contact Wendy with any questions or to schedule an appointment at 566-5588

HEALTH/Wellness CORNER

BAYSTATE HEARING

1ST WEDNESDAY OF THE MONTH.

CALL FOR APPT



FOOTCARE:THURSDAY, April 26th

Call for an APPT



FREE BLOOD PRESSURE CLINIC

TUESDAY AND THURSDAY

10:00 AM—11:00 AM



Diabetes Group

Wednesdays—May 2 - June 6

9:30-11:30

Space is Limited



Greater Springfield Senior Services, in collaboration with Healthcentric Advisors is happy to announce another Healthy Living program—Stanford Diabetes Self-management.

This workshop meets once a week for 6 weeks and will have an overview of diabetes and will cover issues such as dealing with emotions, stress, communication, medication usage, menu planning, foot care, strategies for sick days and much more. The participants will be encouraged to brain storm, provide feedback, make action plans and use physical exercise.

Refreshments will be served.

If you are interested in attending this program please contact Wendy at 566-5588.

RMV Near Me

The Hampden Senior Center, in partnership with the Registry of Motor Vehicles, can help you with common transactions. The second Wednesday of every month from 10A.M. – 11A.M. Wendy will be able to help you renew your license (for drivers younger than age 75; if you are over 75 you are required to take an eye test at the RMV), renew your registration, change your address, request a duplicate license or registration, and help you report a lost or stolen disability placard or how to request a replacement. You must call to schedule an appointment and you must have a valid checking account or credit card to process any transaction. Please call 566-5588.

Social **DANCE** Lessons

Thursday's in April 5, 12, 19 & 26th

6:30-7:30 pm Lesson

Couples \$15.00, Singles \$7.00

7:30-8:30 Open Dance

DANCE
YOUR
CARES
AWAY



These lessons will be great fun! They are going to feature instruction from Joe Barker.

Joe has been teaching social dance for over seven years; has taken part in trainings for national certification and is well recognized in social dance in the area.

We will be focusing on:

**Triple Step Swing
& Rhumba**

Please use this form to make a donation to the **FRIENDS OF HAMPDEN SENIORS**.

We appreciate your support! Please make checks payable to
"Friends of Hampden Seniors"

Donation From: _____

Address: _____ Donation Amount: \$ _____

In Honor of: _____ In Memory Of: _____

Send acknowledgement to: _____ Address _____

Donation to be used for: _____ Memory Café _____ Food Pantry _____ Emergency Fuel Fund
_____ Programs & Activities _____ General Need _____ Other (Specify) _____

Mail to: 104 Allen Street, Hampden, MA 01036 or drop off at the front desk at the senior center

Monday Movies at 12:15

April 2nd - Gifted - When his sister dies, 30-something bachelor Frank Adler assumes the care of her 7-year-old daughter. But his plans to raise her are threatened when the child reveals herself to be a math prodigy, and his mom suddenly gets involved. Cast: Chris Evans, Mckenna Grace, Lindsay Duncan

April 9th - Wish Upon - When teenager Claire Shannon comes across an old music box, she's astonished to learn that it will grant her seven wishes -- in exchange for seven sacrificial victims. While Claire's life improves, people in her orbit start to die in brutal ways. Cast: Joey King, Ryan Phillippe, Ki Hong Lee

April 23rd - Victoria Abdul - The extraordinary true story of an unexpected friendship in the later years of Queen Victoria's (Academy Award® winner Judi Dench) remarkable rule. When Abdul Karim (Ali Fazal), a young clerk, travels from India to participate in the Queen's Golden Jubilee, he is surprised to find favor with the Queen herself. As the Queen questions the constrictions of her long-held position, the two forge an unlikely and devoted alliance with a loyalty to one another that her household and inner circle all attempt to destroy. As the friendship deepens, the Queen begins to see a changing world through new eyes and joyfully reclaims her humanity. Cast: Judi Dench, Ali Fazal, Eddie Izzard

April 30th - Jumanji-Welcome to the Jungle - Four teenagers in detention discover an old video game console with a game they've never heard of. When they decide to play, they are immediately sucked into the jungle world of Jumanji in the bodies of their avatars. They'll have to complete the adventure of their lives filled with fun, thrills and danger or be stuck in the game forever! Cast: Dwayne Johnson, Jack Black, Kevin Hart

HAMPDEN TRAVEL CLUB

Call NORA at 566-5796



May 11-18, 2018 - Canyon Country, Arizona & Utah

July 31, 2018 - Albuquerque, New Mexico

Oct 15-23, 2018 - Costa Rica, 9 days.

More details next month! Call for fliers or pick one up at the SC!

TRIPS WITH BOBBI GRANT

Call Bobbi @ 413-566-8271

email to bobbij2@charter.net



All Trip Prices Include our Driver's Tip.
\$20.pp Deposit Due at Sign-up unless otherwise stated; Coach Seat Assigned When Deposit is Received. Separate Checks for Each Trip, Please.

FYI: There will be no reminders for balances due. If you miss the deadline, you lose your seat.

NEW-Tues, April 17, Aqua Turf Club/Tribute to the Divine Miss M, Delicious Family-style Lunch, **FREE** glass Wine/Beer, Door Prizes. Full Payment Deadline: April 6th \$78/pp

Tues, June 19, Ferry to Block Island, Delicious Lunch @ the Famous National Hotel, Narrated Island tour. Full Payment Deadline: May 18 \$109/pp

Sun-Mon, Aug 12-13, Cape Cod & Boston Pops, Dan'l Webster Inn Brunch, Brkfst Buffet @ the Irish Village Resort, Musical Entertainment, Free time in Hyannis, Harbor Cruise. A \$40pp Deposit is Due at Sign-up. Full Payment Deadline: July 13 \$270/pp dbl, \$260/pp tripl, \$320/pp single

Wed, Sept 12th, CT River Narrated Wildlife Cruise aboard the *RiverQuest*, Shop @ Lyman Orchards, Griswold Inn lunch, 90 minute Narrated Cruise. Full Payment Deadline: Aug 10 \$83/pp

Wed, Oct 10, Dreamland Wax Museum in Boston, Family-style Luncheon @ Maggiano's Little Italy, see figures of Celebrities, Local Boston Icons and Historical Heroes, Shopping Assembly Row/Faneuil Hall. Full Payment Deadline: Sept 12 \$87/pp

Tues, Nov 27, Winter Wonderland Light Show @Tower Hill Botanical Garden, Christmas Tree Shop-ping, Early-bird Dinner @ O'Connor's Restaurant, Unique Garden Gift Shop. Full Payment Deadline: Oct 26 \$78/pp

Trip Flyers are Available @ the Hampden Senior Center Reception Desk.

Hampden Senior Center
104 Allen Street
Hampden, MA 01036

APRIL



2018

Lunch served daily @11:30am,
RVSP before noon the day
before @ 566-5588.

Mon	Tue	Wed	Thu	Fri
2 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 MOVIE	3 9:00 Ladies Pool 9:00 SHUFFLEBOARD 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Strength Training 12:00 Bunco 12:30 Canasta 1:00 Yoga	4 <u>HEARING</u> 10:00 Trivia 12:00 PITCH	5 9:00 Men's Pool 9:30 Art is 4 Every 1 10:00 Blood Pressure 10:00 Weights 12:00 Bingo 12:15 Genealogy 1:00 Yoga 2:00 Line Dancing 6:30-8:30pm Social Dancing	6 9:00 Quilting 10:00 MEMORY CAFÉ 10:00 Manicures 11:45 Lunch/Learn 12:00 Mahjongg
9 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 MOVIE	10 <u>COA MEETING</u> 9:00 SHUFFLEBOARD 9:00 Ladies Pool 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Strength Training 12:00 Bunco 12:30 Canasta 1:00 Yoga	11 10:00 Trivia 12:00 PITCH	12 9:00 Men's Pool 9:30 FACIALS 9:30 Art is 4 Every 1 10:00 Blood Pressure 10:00 Weights 12:00 Bingo 1:00 Yoga 2:00 Line Dancing 6:30-8:30pm Social Dancing	13 <u>BREAKFAST</u> 9:00 Quilting 10:00 MEMORY CAFÉ 12:00 Mahjongg
16 CLOSED PATRIOTS DAY 	17 9:00 Ladies Pool 9:00 SHUFFLEBOARD 9:30 Jewelry 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Strength Training 12:00 Bunco 12:30 Canasta 1:00 Yoga 1:00 BROWN BAG	18 10:00 Trivia 12:00 PITCH	19 <u>COLLATE SCRIBE</u> 9:00 Men's Pool 9:30 Art is 4 EVERY 1 10:00 Blood Pressure 10:00 Weights 12:00 Bingo 12:15 Genealogy 1:00 Yoga 2:00 Line Dancing 6:30-8:30pm Social Dancing	20 <u>MASSAGE</u> 9:00 Quilting 10:00 MEMORY CAFÉ 10:00 Manicures 12:00 Mahjongg
23 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 MOVIE	24 9:00 Ladies Pool 9:00 SHUFFLEBOARD 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Strength Training 12:00 Bunco 12:30 Canasta 1:00 Yoga	25 10:00 Trivia 11:00 State Senator Representative 12:00 PITCH	26 FOOTCARE 9:00 Men's Pool 9:30 Art is 4 Every 1 10:00 Blood Pressure 10:00 Weights 12:00 Bingo 1:00 Yoga 2:00 Line Dancing 6:30-8:30pm Social Dancing	27 9:00 Quilting 10:00 MEMORY CAFÉ 12:00 Mahjongg
30 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 MOVIE	<div>  <div> <p>Volunteers needed to help collate our monthly Newsletter (the Scantic Scribe) one day a month.</p> <p>Please notify Holly at the front desk if you can help us out..... Thanks</p> </div> </div>			



Senior Center Activities



ACRYLIC PAINTING

Thursdays, 9:30--11:45am, \$15.00 includes all materials.

BRIDGE

Monday, 9:30am. Always looking for players.

BINGO

Thursdays, 12:00 noon, \$.50 cents a card.

BUNCO

Tuesday, 12Noon, \$2.00

CANASTA

Tuesdays, 12:30pm



CHAIR MASSAGE

Come enjoy a chair massage with Vicki Finnegan on the 3rd Friday, 10:00am, 15 minutes for \$10.00

CHAIR YOGA

Join Sue Kent on Tuesday, 11am \$5/Class

FACIALS

2nd Thursday of every month. 1 hour for \$30.00. Call for Appointment.



GENEALOGY/FAMILY HISTORY

1st & 3rd Thursday of Month, April 5th, 12:15

JEWELRY

9:30, Third Tuesday of every month, \$3.00 plus beads.

KNITTING/CROCHET

Join Barbara Dunwoody and class in learning different patterns Mondays 9:15 am

LINE DANCING

Join J.P. Ellery on Thursdays, 2pm, \$5.00



MAHJONGG

Fridays, 12:00noon, will teach anyone interested

MANICURES

Cathy is here twice a month, call her at 335-7422

MEMORY CAFÉ

Fridays from 10-12 noon.



Call Wendy for info

PITCH Wednesdays, \$2.00. SIGN UP 11:45am, PLAY 12:15. Come join all the fun!

POOL ROOM

LADIES (Tuesday)

MEN (Thursday)



QUILTING Fridays, 9:00am-3:00pm

SHUFFLEBOARD Tuesdays, 9am

SOCIAL DANCING Thursdays, 6:30-8:30pm.

STRENGTH TRAINING

Join Sue Kent on Tuesdays, 12:00noon, \$5.00

TAI CHI

ADVANCED CLASS, Mondays, 10:00am. \$5.00

BEGINNER CLASS, 11:15am TO 12:00noon.

\$5.00

TRIVIA Wednesdays @ 10AM.

Always looking for fresh minds!

WEIGHT TRAINING

Join Vicky from the YMCA - Tuesdays & Thursdays, 10AM, \$3.50

YOGA Join Sue Kent on Tuesday & Thursday, 1:00pm, \$5.00/Class

ZUMBA GOLD & BARRE ABOVE
ON HIATUS UNTIL SEPTEMBER



Please check our events calendar monthly for any CANCELLED classes.



FARMSHARE PROGRAM Sponsored by D & R Farm here in Hampden!

Starting Wednesday, JUNE 6th; SIGN UP by May 14th

\$10 per week shares of fresh fruits and veggies! Cash and SNAP accepted.

Call Wendy for more information or stop in to pick up an application.



Spring at Last!

A Scantic River Artisans Exhibit

We invite you to experience, explore and purchase the diverse art on display.

April 28, 2018 (10:00 - 4:00)

Reception (12:00 - 2:00)
(Meet the Artisans)

Live Demonstrations!

11:00-12:00 - Mary Nadeau (Fantasy Illustration)

11:00-12:30 - Book signing by our Authors

12:3 - 1:30 - Lois Kalesnik (Multi Media)

10:00-4:00 - Hugh Naggar (Glass Blowing)

ScanticRiver
ARTISANS

Exhibiting Local Creativity

104 Allen St., Hampden, MA
(Hampden Senior Center)

www.scanticriverartisans.org

For additional information about the Artisans and exhibiting opportunities, please leave a message at 413-205-7985

Saturday Night Dinner Dances

HAMPDEN SENIOR CENTER

104 ALLEN ST. HAMPDEN, MA 01036 413 566 5588



Cost \$20. PREPAID, PER PERSON. Appetizers, Dinner with delicious sides, Complimentary Cocktail and Dessert. Cash Bar. 50/50 Raffle (Fund-Raiser for Sound System and Memory Cafe). Doors Open at 5:30 pm. The Bands will play for your listening and dancing pleasure from 6-9 pm. Themed Apparel suggested!

May 19th
Decades Band

Baked Ham Dinner

Playing music from the 50's & 60's

Time of My Life

June 23rd
Seizure Jazz
Ensemble



Baked Stuffed Chicken

Playing music from the 40's,
50's and 60's, Standards.

July 28th
Good Acoustic
Band

Pulled Pork

Playing music from
the 50's, 60's & 70's



August 18th
Union Jack



Chicken and Beef Kabob

Playing music from the
British Invasion

September 29th
Off The Record

German Bratwurst

Seasonal music and
50's, 60's and 70's



October 27th
Sharades Band



Beef Tips over Mashed

Prizes for best costumes!

Seasonal music and 50's, 60's & 70's

Town of Hampden Newsletter – April 2018

National Volunteer Week will be....

observed April 15th to the 21st. No formal activities are planned here in Hampden; however, as a resident, you might want to Thank A Volunteer during that week if you attend a governmental meeting, or a community group meeting or event.

Our town has variously named public bodies that meet anywhere from once a year to weekly, and at times biweekly. Typically, the Board of Selectmen thanks “all the elected and appointed officials that serve the town and remain committed to improving the quality of life in Hampden.” in the annual town reports.

Also contributing to our quality of life are all the community groups such as the Garden Club, Historical Society, Lions Club, the Theater Guilds, RA, Scantic Valley Riders & Drivers, and V. F. W. Auxiliary Post 9397 by providing programs, and doing community service projects. Individuals lead Girl Scout and Boy Scout troops, while RAH, and those volunteering in the annual clean-up day, Senior Center, and churches lend a hand where needed. Our town is what it is due to many individuals helping out.

Points of Light, the national nonprofit volunteer organization, said “During National Volunteer Week, we celebrate the impact of volunteer service and the power of changemakers to come together to tackle tough challenges, and built stronger, more vibrant communities.” <https://ww2.pointsoflight.org/nvw> — Editor

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*From Tax Collector Eva Wiseman    Reminder re: payment due dates on two types of bills:*

1. **EXCISE TAX** bills clearly state in the top section under MOD.YR and MAKE that the motor vehicle and trailer excise [is] due and **payable in full within 30 days of issue**. That means the tax is due on or before that date; otherwise late payment is “subject to penalties of interest demand charges and fees.” Lower down on the form there’s a yellow band with “NOTICE” in the middle of it. *Under that the interest rate of 12% per annum and collection costs are mentioned.*
2. **REAL ESTATE** bills clearly state “**Total Due** [date given depending on time of year] preceding the tax amount within the ‘Remittance Coupon’ box, top right. In the text section, there is an expanded explanation on when payment is due. The larger CAPS at the end of that text section states the “*Interest rate of 14% per annum will accrue on overdue payments from the due date until payment is made*”

**In both cases, payment on or before the due date does NOT trigger any interest fee.**

*Suggestion: To keep track of your ‘Taxpayer’s Copy’ of excise bill(s) and the quarterly ‘Real Estate’ bills, put them in a large envelope marked “Taxes”, or a subdivided paper or plastic file. If you put all your tax info in one place then when tax time rolls around all your paperwork is together. It makes life so much easier.*                      —Editor

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Remember the **Parking Ban** remains in effect through **April 15, 2018**. We have had snow in April, but with the warmer sun, snow melts faster now.



**KUDOS** to the Highway Department for doing such a great Job in keeping our roads clear. Facebook had many comments of appreciation of their work – sanding, plowing and removal of storm damage debris -over the winter.

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### Town Administrator: What does that mean?

First, it does not mean a town council and Town Manager like East Longmeadow. Secondly, a town-wide discussion is just beginning. You should know that the first known mention of a Town Administrator for Hampden was back in the Selectmen's Minutes of Aug 22, 2005, p 4/6. The Selectmen later requested a financial review by the Department of Revenue's Division of Local Services. Here's an excerpt from that report (link below), "Town of Hampden Financial Management Review Sept 2006" :

#### " Recommendation 1: Create a Town Administrator Position

We recommend adopting a by-law to establish the position of town administrator.

The town can do this under M.G.L., c. 41, §23A.

Missing in Hampden's government is the essential ability of one person to execute town goals, to take initiatives to improve operations and to establish clarity of expectations in the day-to-day administration of town business. The selectmen try to make themselves available in town hall as often as possible, but as a three member board, reaching consensus on every decision is time-consuming and inefficient." <http://www.mass.gov/dor/docs/dls/mdmstuf/technical-assistance/finmgmtrev/hampden.pdf> Image 11/20 [p. 11]

Here's another bit of information from <https://www.mass.gov/files/documents/2017/09/19/16ctown-july21.pdf>

"In a town, executive authority is vested in an elected board of selectmen. The selectmen may choose to appoint a full- or part-time professional to manage town affairs on a day-to-day basis, and the incidence of such an administrator generally correlates to the town's population size. The creation of this type of position can be effected through a charter, bylaw or town vote.

MGL c. 41, sec 23A is the general law that authorizes selectmen "to appoint an executive secretary or town administrator." Although the statute makes no distinction between these two titles, in practice, a greater degree of management and appointing authority tends to be delegated to town administrators, either by formal job description or bylaw. Furthermore, some towns choose to give a different job title to the administrator position, such as town coordinator or executive director. As a well-established best practice, TAB\* consistently endorses centralized government structures with clear lines of authority because they enable better oversight and accountability. In pursuit of this, many progressive communities refashion the town administrator position and retitle it to town manager, oftentimes doing so through a charter or special act. On a case-by-case basis, though, the difference between a town administrator and town manager can also be purely semantic.

The vast majority of towns statewide now have an appointed, professional, administrator-type position (260 towns, 88%). The ranges of work hours, salaries, oversight authority, and appointing powers among these officeholder vary quite widely, however. In 35 towns (12%), the select boards have appointed no administrator position, although there is usually a person performing at least a clerical function for the selectmen. Statewide, the job titles for the professional administrator in towns break out as follows:

Town administrator: 172 (58%)  
Town manager: 63 (21%)  
Executive secretary: 8 (3%)  
Town coordinator: 6 (2%)  
Other titles: 7 (2%)"

Lynch, Tara (2016, July 21). A Review of Municipal Government Structures, part I *City & Town* [2-3].  
Massachusetts Department of Revenue's Division of Local Services, Dan Bertrand, Editor [\*TAB Technical Assistance Bureau]

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"The world hates change, yet it is the only thing that has brought progress."

Charles Kettering 1876-1958 American inventor, founder of the Kettering Foundation

Comments & Suggestions welcome via email to selectmen@hampden.org


Nancy Zebert, volunteer editor

Hampden Senior Center
104 Allen Street
Hampden, MA 01036
413-566-5588

APRIL 2018

LUNCH MENU

Lunch served daily @
11:30am, RSVP before
noon the day before.

Mon	Tue	Wed	Thu	Fri
2 Baked Chicken/Wine Sweet Yams Green Beans Wheat Bread Mixed Fruit Cal: 607 Sod: 444	3 <u>COLD PLATE</u> Egg Salad/Bun Macaroni Salad Pickled Beets Peaches Cal: 980 Sod: 929	4 Lazy Stuffed Peppers Vegetables Tossed Salad 12 Grain Bread Fruit Crunch Bar Cal: 851 Sod: 673	5 *Hot Dog/Bun Baked Beans Cole Slaw Apple Cal: 827 Sod: 1255	6 *Roast Turkey/Gravy Herb Stuffing Cranberry Sauce Butternut Squash Rye Bread Pineapple Cal: 658 Sod: 1079
9 Taco Bowl Tortilla Chips Yellow Rice Shredded Cheese/Lettuce Pear Cal: 679 Sod: 704	10 Baked Chicken/BBQ Potato Wedges Vegetables Oat Nut Bread Pineapple Cal: 649 Sod: 800	11 Beef Stew Potatoes/Vegs Dinner Roll Birthday Cake Cal: 555 Sod: 808	12 Chicken Meatballs Rotini/Tomato Sauce Broccoli Pumpnickel Bread Rice Raisin Pudding Cal: 745 Sod: 610	13 COLD PLATE Veg Gumbo Soup Tuna Salad/Bun Tri Color Pasta Salad Pears Cal: 791 Sod: 835
16 CLOSED PATRIOT'S DAY 	17 *Macaroni & Cheese/Breadcrumbs Stewed Tomatoes Peas 12 Grain Bread Fig Bars Cal: 842 Sod: 1149	18 Pot Roast/Gravy Mashed Potatoes Carrots Wheat Roll Butterscotch Pudding Cal: 603 Sod: 751	19 Potato Pollock Filet Tartar Sauce Rice Pilaf Vegetables Rye Bread Applesauce Cal: 720 Sod: 846	20 Baked Chicken Cacciatore Sauce Ziti/Alfredo Sauce Italian Vegetables Italian Bread Orange Cal: 694 Sod: 566
23 Beef Stroganoff Buttered Noodles Butternut Squash Rye Bread Pears Cal: 598 Sod: 481	24 <u>CATCH OF THE DAY</u> Haddock/Red Pepper Sce Mashed Potatoes Carrots Pumpnickel Bread Lemon Pudding Cal: 547 Sod: 897	25 Baked Chicken Manhattan Glaze Scalloped Potatoes Peas/Pearl Onions Wheat Bread Apple Cal: 1287 Sod: 832	26 <u>COLD PLATE</u> Potato Chowder Seafood Salad/Bun Tomato & Cucumber Salad Mixed Fruit Cal: 888 Sod: 884	27 Meatloaf/Gravy Au Gratin Potatoes Vegetables Oat Nut Bread Peach Crisp Cal: 940 Sod: 918
30 Chicken Chow Main Oriental Blend Veggies White Rice 12 Grain Bread Pineapple Cal: 640 Sod: 395		<div style="border: 1px dashed red; padding: 5px;"> Sod=Sodium CAL=Calories *Item over 500mg Sodium Total Sodium & Calories Based on Regular Dessert </div>	<div style="border: 1px dashed red; padding: 5px;"> *High Sodium Entrée Suggested Voluntary Donation \$2.00 Puree Meals available Call GSSSI 781-8800 </div>	