

THE SCANTIC SCRIBE **AUGUST 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, East Longmeadow & 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

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.

Greetings!

It's hard to believe August is upon us! I hope your air conditioners are working as we are still dealing with extreme heat and I don't know that it will end any time soon. Be sure you are staying cool and take a bottle of water with you everywhere you go.

It's time for our annual picnic! Friday, August 10th, please sign up for a delicious lunch and great entertainment. Details are available inside the newsletter or by calling the front office.

The August dinner dance will be held on Saturday, August 18th. This dinner will be a fundraiser for the Memory Café. We no longer receive grant funding to support the café, so we are fundraising in order to keep this amazing program going. Please consider attending this dinner and enjoy entertainment as you support an important program in the community.

Many thanks to Great Horse for the recent donation of fresh produce; grown right here in Hampden at their new farm on Wilbraham Road. We appreciate support from Great Horse and look forward to future opportunities where we can work together to provide programs and activities for older adults.

There is so much going on here at the center. I encourage you to read this newsletter from cover to cover and stop in to enjoy all of the programs and events we have to offer.

BECKY.....



COA BOARD MEMBERS

Chairman: Marty Jacque

Vice Chairman: Deborah Mahoney

Treasurer: Nancy Willoughby

Secretary: Deanna Vermette

Cliff Bombard, Monique Downey,

Suzanna Haskins, Ed Norman

Rep to GSSSI: John Shay

NEXT COA BOARD MEETING: Tuesday,
September 11th @ 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!



HEAT SAFETY TIPS

Curtail outdoor activity. Drink plenty of fluids, avoid alcohol or caffeine. Avoid hot cars, wear light weight loose light-colored clothing. Wear sunscreen. Watch for symptoms of heat-related illnesses: confusion, fatigue, impaired judgement & weakness.

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, August 21st @ 1:00pm

FALLON INSURANCE- Tuesday, August 7th, 10am

SHINE (Serving Health Information Needs of Everyone)
Call for an Appointment with Becky if you need help navigating the Medicare maze!

RMV Near Me - NEW CHANGES HAPPENING AT THE RMV. CALL WENDY AT 566-5588. FLYERS AVAILABLE

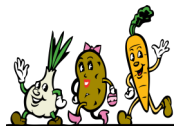
FARMSHARE PROGRAM Sponsored by D & R Farm

Wednesdays at 10am

\$10/week shares of fresh fruits and veggies!

Cash, SNAP and HIP accepted

Call Wendy for more information



Our new SNAP Coordinator Luis Perez will be here at the Center on August 14th at 10:30 to offer SNAP Assistance.

" The Journey" A memory café

The Memory Café is a welcoming place for individuals with memory challenges along with their caregivers and/or family and friends to gather in a safe, supportive and engaging environment.

Every Friday from 10am to noon

Please call Wendy if you would like more information about the café.

566-5588.

Sponsored in part by:



HOUSEHOLD HAZARDOUS WASTE COLLECTION DAY
SATURDAY, SEPTEMBER 15, 2018 9:00AM-1:00PM.

621 Main St, Wilbraham, - Minnechaug Regional High School

Pre-registration is required, call Board of Health on September 11th, 566-2151x102

Wednesday, August 22, 12noon-2pm

Wilbraham Hampden Rotary Club Annual Senior Picnic

Spec Pond Pavilion, Boston Road

Space is limited, Call 596-8379

HEALTH/ WELLNESS CORNER

BAYSTATE HEARING

1ST WEDNESDAY OF THE MONTH.

CALL FOR APPT



FOOTCARE: THURSDAY, August 30th

Call for an APPT

FREE BLOOD PRESSURE CLINIC

TUESDAY AND THURSDAY

10:00 AM—11:00 AM



Monday Movies at 12:15



AUGUST 6 - LET THERE BE LIGHT -

In this Christian-themed drama, one of the world's most famous atheists, Dr. Sol Harkins, has a near-death experience that profoundly transforms his perspectives on life, family and the existence of God. Cast: Kevin Sorbo, Sam Jenkins, Dionne Warwick

AUGUST 13 - ONLY THE BRAVE -

Based on the true story of the Granite Mountain Hotshots, is the heroic story of a team of local firefighters who -- through hope, determination and sacrifice -- become one of the most elite firefighting teams in the nation. Cast: Josh Brolin, Miles Teller, Jeff Bridges

AUGUST 20 - JUST GETTING STARTED -

It takes all kinds to make a community, which is why an ex-lawman and a former mob lawyer find themselves on the same side when it comes to fending off a threat to the tiny resort where they live. Cast: Morgan Freeman, Tommy Lee Jones, Rene Russo

AUGUST 27 - FOREVER MY GIRL -

A high school gridiron star with sky-high ambitions, Liam Page jilts his fiancée and leaves his hometown in the dust. Ten years later, he's a country music star, but he misses the home and the woman he left behind — and he's come back to claim them. Cast: Alex Roe-Brown, Jessica Rothe, Abby Ryder Fortson.



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

TRIPS WITH BOBBI GRANT

Call Bobbi @ 413-566-8271

email to bobbijg2@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.**

Wed, Sept 12th, CT River Narrated Wildlife Cruise aboard
the *RiverQuest*, Shop @ Lyman Orchards, Griswold Inn
lunch, 90 minute Narrated Cruise.

Payment Deadline: Aug 10 \$83/, **WAITLIST ONLY**

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

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.

Trip Flyers are Available @ the Hampden Senior Center

HAMPDEN TRAVEL CLUB

Call NORA at 566-5796

****Limousine service from your home to
the airport and back**

**** Tour guide stays with you for your trip**

ALBUQUERQUE BALLOON FIESTA

OCTOBER 5-10, 2018

**TROPICAL COSTA RICA, OCTOBER 15-23, 2018 9
DAYS**

AMERICA'S MUSIC CITIES

**NEW ORLEANS, MEMPHIS & NASHVILLE - 8
DAYS, APRIL 12-19, 2019**

**NAT'L PARKS OF AMERICA - JUNE 17-28, 2019,
12 DAYS**

BEST OF EASTERN CANADA

**MONTREL, QUEBEC, TORONTO, NIAGARA FALLS
& MORE, AUG 27-SEPT 3, 2019, 8 DAYS**

Call for fliers or pick one up at the SC!

**Carolyn Reed from the Assessors office will be at the Hampden Senior Center on
Tuesday, August 28th at 10:00 A.M. to answer questions on Tax Breaks for Seniors in Hampden.**

The following exemptions are available:

- **Elderly Exemption (Clause 41C), age 70, MA resident: 10 yrs, 5 yrs ownership/interest, income/asset qualification, \$750**
- **Veteran w/service connected disability (clause 22/22E), MA resident: 5 yrs, July 1st— ownership/interest. \$400 or \$1,000**
- **Blind Exemption (Clause 37), July 1st—ownership/interest, \$437.50**
- **Senior Tax Work-Off Abatement Program, age 60, MA resident: 5 yrs, Jan 1st—ownership/interest, up to \$1,000**
- **Property Tax Deferral (Clause 41A), age 65, MA resident: 10 yrs, 5 yrs ownership/interest, income/asset qualification, defer tax @ 8% interest.**
- **Note: All Exemption paperwork due in Assessors' office 3 months after Actual tax bills mailed (typically end of March)**

Call the Assessors office for more information at 566-2151 x106

AUGUST 2018

Mon	Tue	Wed	Thu	Fri
<p>Volunteers are needed to help collate our monthly Newsletter (the Scantic Scribe) one day a month. Check calendar for date. Thanks!</p>		<p>1 <u>HEARING</u> 9:00 PINOCHLE 10:00 Trivia 12:00 Pitch</p>	<p>2 9:00 Men's Pool 9:45 Art is 4 Every 1 10:00 Blood Pressure 10:00 Weights 12:00 Bingo 12:30 Genealogy 1:00 Yoga 2:00 Line Dancing 6:30 Social Dancing</p>	<p>3 9:00 Quilting 10:00 MEMORY CAFÉ 11:00 Mahjongg</p>
<p>6 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie</p>	<p>7 9:00 Ladies Pool 9:00 SHUFFLEBOARD 10:00 Fallon Insurance 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Canasta 1:00 Yoga</p>	<p>8 9:00 PINOCHLE 10:00 Trivia 12:00 Pitch</p>	<p>9 9:00 Men's Pool 9:30 FACIALS 9:45 ART CLASS (cancelled) 10:00 Blood Pressure 10:00 Weights 12:00 Bingo 1:00 Yoga 2:00 Line Dancing 6:30 Social Dancing</p>	<p>10 9:00 Quilting 10:00 MEMORY CAFÉ 10:00 Manicures 11:00 Mahjongg SUMMER PICNIC </p>
<p>13 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie</p>	<p>14 9:00 Ladies Pool 9:00 SHUFFLEBOARD 10:00 Weights 10:00 Blood Pressure 10:30 SNAP Program 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Canasta 1:00 Yoga</p>	<p>15 9:00 PINOCHLE 10:00 Trivia 12:00 Pitch</p>	<p>16 9:00 Men's Pool 9:45 Art is 4 Every 1 10:00 Blood Pressure 10:00 Weights 12:00 Bingo 12:30 Genealogy 1:00 Yoga 2:00 Line Dancing 6:30 Social Dancing</p>	<p>17 <u>MASSAGE</u> 9:00 Quilting 10:00 MEMORY CAFÉ 11:00 Mahjongg</p>
<p>20 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie</p>	<p>21 9:00 Ladies Pool 9:00 SHUFFLEBOARD 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Canasta 1:00 Yoga 1:00 BROWN BAG</p>	<p>22 9:00 PINOCHLE 10:00 Trivia 11:00 State Senator Representative 12:00 Pitch</p>	<p>23 <u>Collate scribe</u> 9:00 Men's Pool 9:45 Art is 4 Every 1 10:00 Blood Pressure 10:00 Weights 12:00 Bingo 1:00 Yoga 2:00 Line Dancing 6:30 Social Dancing</p>	<p>24 9:00 Quilting 10:00 MEMORY CAFÉ 10:00 Manicure 11:00 Mahjongg</p>
<p>27 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie</p>	<p>28 9:00 Ladies Pool 9:00 SHUFFLEBOARD 10:00 Weights 10:00 Blood Pressure 10:00 Assessors (Tax Breaks) 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Canasta 1:00 Yoga</p>	<p>29 9:00 PINOCHLE 10:00 Trivia 12:00 Pitch</p>	<p>30 <u>FOOTCARE</u> 9:00 Men's Pool 9:45 Art is 4 Every 1 10:00 Blood Pressure 10:00 Weights 12:00 Bingo 1:00 Yoga 2:00 Line Dancing 6:30 Social Dancing</p>	<p>31 9:00 Quilting 10:00 MEMORY CAFÉ 11:00 Mahjongg</p>



Senior Center Activities



ACRYLIC PAINTING

Thursdays, 9:45--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.

FUNCTIONAL FITNESS — TUESDAY, 12NOON, With Sue Kent.



GENEALOGY/FAMILY HISTORY

1st & 3rd Thursday of Month, 12:30pm

JEWELRY

ON HIATUS UNTIL OCTOBER

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, 11am , 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)



PINOCHLE - Wednesdays, 9am



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

SHUFFLEBOARD Tuesdays, 9am

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

TAI CHI

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

BEGINNER CLASS, 11:15am TO 12:00noon. \$5.

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

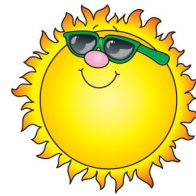
ZUMBA GOLD - CANCELLED

Please check our events calendar monthly for any CANCELLED classes.

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

AUGUST 2018

LUNCH MENU



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

Mon	Tue	Wed	Thu	Fri
<p>*High Sodium Entrée Suggested Voluntary Donation \$2.00 Puree Meals available <u>Call GSSSI</u> <u>781-8800</u></p>	<p>Sod=Sodium CAL=Calories *Item over 500mg Sodium Total Sodium & Calories Based on Regular Dessert</p>	<p>1 Egg Florentine Casserole Hash Brown Potatoes Carrots Dinner Roll Apple Cal: 823 Sod: 904</p>	<p>2 Baked Chicken Oven Brown Potatoes Spinach Oat Nut Bread Peaches Cal: 782 Sod: 1064</p>	<p>3 <u>COLD PLATE</u> Deli Roast Beef/Bun Beef Noodle Soup/Crkr Lettuce/Tomato Mixed Fruit Cal: 569 Sod: 998</p>
<p>6 Baked Chicken Cacciatore Sauce Buttered Bow Tie Pasta Tossed Salad Wheat Bread Pineapple Cal: 710 Sod: 572</p>	<p>7 <u>COLD PLATE</u> Minestrone Soup Tuna Salad/Bun Lettuce/Tomato Orange Cal: 621 Sod: 887</p>	<p>8 Meatloaf/Gravy Mashed Potatoes Broccoli 12 Grain Bread Birthday Cake Cal: 681 Sod: 897</p>	<p>9 Breaded Chicken Breast Country Gravy Sweet Potatoes Green Bean Casserole Pears Cal: 651 Sod: 1120</p>	<p>10 <u>SUMMER PICNIC</u> BBQ Chicken Macaroni-Veggie Salad Corn Rolls Ice Cream Sundae  </p>
<p>13 *Hot Dog/Bun Baked Beans Cole Slaw Mustard Relish Plum Cal: 780 Sod: 1255</p>	<p>14 Chicken Broccoli Ziti Casserole Carrots Tossed Salad Wheat Bread Ambrosia Cal: 778 Sod: 700</p>	<p>15 <u>BUILD A BURGER</u> Hamburg Pattie/Bun American Cheese Lettuce/Tomato Diced Onions Potato Salad Watermelon Cal: 873 Sod: 1467</p>	<p>16 Pot Roast/Beef Gravy Scalloped Potatoes Mixed Vegetables 12 Grain Bread Peach Crisp/Topping Cal: 996 Sod: 604</p>	<p>17 Baked Chicken Picata Sauce Cilantro Lemon Couscous Spinach Rye Bread Pears Cal: 613 Sod: 470</p>
<p>20 Potato Pollack Filet Tartar Sauce Rice Pilaf Hamburg Bun Peach Cal: 772 Sod: 949</p>	<p>21 *Asian Chicken Meatballs Raw Shredded Cabbage Brown Rice Carrots Rye Bread Peaches Cal: 683 Sod: 1166</p>	<p>22 *Roast Turkey Turkey Gravy Cranberry Sauce Mashed Potatoes Wheat Bread Mixed Fruit Cal: 658 Sod: 995</p>	<p>23 Salisbury Steak Beef Gravy Red Roasted Potatoes Peas/Pearl Onions Pumpnickel Bread Applesauce Cal: 573 Sod: 778</p>	<p>24 BBQ Chicken Corn Casserole Green Beans Dinner Roll Fruited Jell-O Cal: 946 Sod: 1011</p>
<p>27 Turkey Chili Baked Potato/Sour Cr Carrots Dinner Roll Pears Cal: 637 Sod: 636</p>	<p>28 Beef Stroganoff Buttered Egg Noodles Vegetables Rye Bread Nectarine Cal: 541 Sod: 468</p>	<p>29 Baked Chicken Carmel Lime Sauce Lyonnaise Potatoes Italian Vegetables Pumpnickel Bread Rice Raisin Pudding Cal: 633 Sod: 598</p>	<p>30 <u>COLD PLATE</u> Cr Celery Soup Seafood Salad Lettuce/Tomato Hamburg Bun Mixed Fruit Cal: 853 Sod: 1029</p>	<p>31 Taco Bowl Shredded Lettuce Shredded Cheese Salsa Apple Crisp Cal: 747 Sod: 742</p>

Social **DANCE** Lessons

Thursday's August 2,9,16,23 & 30th

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.

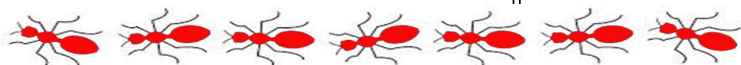
Joe has been teaching social dance for over seven years; has taken part in trainings for national certification and is well recognized in social dance in the area.



AUGUST 10TH

Annual Senior Picnic

The festivities will begin at noon
and the cost is \$5.00



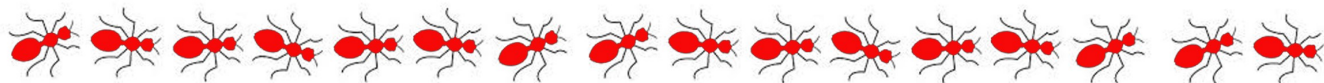
A Yummy Lunch with BBQ Chicken,
Macaroni-Veggie Confetti Salad, Corn & Rolls
will be cooked and served by your staff.

An Ice Cream Sundae will be served courtesy

of Redstone **CAREONE**
TRUST IN OUR CARE —

Entertainment by:

Center Stage with Irv and Laura



Please call or sign up at front desk for all activities
413 566 5588

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!

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

Sponsored in part by Friends of Hampden Seniors
and generous donations from area businesses



Town of Hampden Newsletter

August 2018



2018 Summer Construction Projects

From Highway Superintendent Mark F. Langone:

- 1. South Road** – Replace and/or adjust 46 existing catch basin tops from Chapin Road to the pipeline, and then also from #249 to #382. Mill each section, tack coat and pave 1.5 inch top course of bituminous concrete on each section as well. Repair Driveways and lawns as needed. I expect to begin the catch basin adjustments during the second week of July 2018, and paving in late summer-early fall. At times, the road will be reduced to one lane of travel. Please expect very minor delays.
- 2. Wilbraham Road** - Complete replacement of failing storm drain system, including piping and structures from Allen Street to Raymond Drive. Adjust/Repair lawns and driveways. Ludlow Construction plans to start this project on July 23, 2018. Work will be performed during the normal times of 7am to 4pm, however these times may vary, as required. At times, there will be a large amount of truck traffic, which may cause some delays. The road will only remain open to residents, golf course patrons, emergency, mail & delivery vehicles. All through traffic will be detoured when possible by way of Allen Street and Raymond Drive. I expect this project to take approximately 4 weeks to complete.
- 3. Meadowbrook Road** - Reclaim entire roadway. Remove excess material from site. Grade and compact. Pave 2 inch binder. Pave 1.5 inch top course. Adjust/Repair lawns and driveways. This project will begin on or around August 20, 2018. At times, there will be a large amount of truck traffic, which may cause some delays. The road will only remain open to residents, emergency, mail & delivery vehicles.
- 4. Cedar Oak Lane** - Reclaim entire roadway. Remove excess material from site. Grade and compact. Pave 2 inch binder. Pave 1.5 inch top course. Adjust/Repair lawns and driveways. This project will begin on or around August 20, 2018. At times, there will be a large amount of truck traffic, which may cause some delays. The road will only remain open to residents, emergency, mail & delivery vehicles.
- 5. Scantic Road** - From Valley View Farm to Stafford Road. Mill 1.5 inches off entire roadway. Pave 1.5 inches. Adjust lawns and driveways as needed. I expect this work to be done in late summer-early fall.
- 6. Colonial Village** - Adjust catch basin tops as needed. Shim and pave 1.5 inches. Adjust lawns and driveways as needed. I expect this work to be done in late summer-early fall.



Also, if funding allows, we may look into resurfacing one or two additional roads that we are currently looking at. As these dates get closer, I may need to adjust time frames due to weather or equipment delays.

Please contact me if you have any questions or concerns at highway@hampden.org

“Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma - which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary.” Steve Jobs 1955-2011

How is the Tax Rate Set?

From Town Accountant Cliff Bombard:

"First we start with Fiscal 2019 Town Meeting Appropriations. Those total \$13,448,474. Then we add the State and County assessments of \$11,791.00. We then also have to add in any Appropriation Deficits from the previous year which were \$114,366.08 for Snow and Ice and \$3,960.00 for interest payments. Finally we add in \$100,191.03 for Overlay which are allowances for tax abatements and exemptions.

Now we deduct Estimated State Cherry Sheet Receipts of \$717,454.00 and our own Estimated Local receipts of \$541,800.00. Then we deduct the fact that \$178,203.00 of the appropriations were made from Free Cash and the balance of \$338,000.00 was used to reduce the overall rate.

The net of all this is \$12,113,173.18 which we then divide by the total Town Valuation of \$606,658,659 yielding a tax rate of \$20.00."



From the MA Office of Inspector General: *Guide for Public Boards and Commissions: How to be an Effective Members of a Public Board or Commissions*, December 2017 edition, p 10

"The law seeks to balance the public's interest in witnessing the deliberations of public officials with the government's need to manage its operations efficiently. Consequently, a board may only discuss the topics listed in the meeting notice, unless the topic was not reasonably anticipated when the notice was posted. While public bodies (such as boards) may discuss topics that were not reasonably anticipated by the chair, the Massachusetts Attorney General encourages public bodies to postpone discussion of any topics of significant public concern until notice can be given to the public."

Editor's note: The above booklet can be read on-line, or printed <https://www.mass.gov/files/documents/2017/12/12/OIG-Guide-for-Members-of-Public-Boards-and-Commissions-December-2017.pdf>

Have you visited the library lately? On your way from the parking lot door, there's some interesting stuff in that upper hallway. There's usually a free section. Lately, that includes a selection of materials on addiction. Noteworthy is a publication by the National Institute on Drug Abuse (*Editor-your federal tax dollars at work*) *Drugs, Brains, and Behavior: The Science of Addiction*.

"Scientists estimate that genetic factors account for between 40 and 60 percent of a person's vulnerability to addiction; this includes the effects of environmental factors on the function and expression of a person's genes. A person's stage of development and other medical conditions they may have are also factors..."(p.8)

There's also a flyer from the Hampden-Wilbraham Partners for Youth Drug-Free Coalition (HWP4Y.org) about the disposal bins for outdated/unwanted medications located in the two police stations.

Then there's always a selection of books for sale. Need beach reading? Books for your kids? Material to make altered books, note cards, collages, or use for other crafts? If the Town House is open but the library is closed, just grab an envelope, put in your money, and slip under the door.

Check out the bargains at fifty cents or a dollar per book! Happy reading!

Thanks go to Hampden Engineering for the paper, and printing of this one-page newsletter. Thanks also go to Katy Noes, a creative employee, who inserts the graphics to perk up the Newsletter.

So far, the Selectmen's Office has never received any comments or suggestions from readers!!! What would you like to read about/learn about our town?

Please send Comments, Questions & Suggestions via email to selectmen@hampden.org

Nancy Zebert, volunteer editor