

# THE SCANTIC SCRIBE



# JUNE 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](http://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](mailto:coa@hampden.org)

Doreen Rauch, Administrative Clerk  
[scribe@hampden.org](mailto:scribe@hampden.org)

Wendy Turer, Outreach Coordinator  
[outreach@hampden.org](mailto:outreach@hampden.org)

Nan Hurlburt, Activities Coordinator  
[activities@hampden.org](mailto:activities@hampden.org)

Holly Normoyle, Receptionist  
[receptionist@hampden.org](mailto: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!

We've started to leave the lights on a little later! Our Saturday evening events started with a bang! The May event was a huge success and we are looking forward to our next event on Saturday, June 23rd. Watch for these events in the Scribe and sign up early as these events sell out fast!

Please help to support our Memory Café! Grant funding for this great program will end on June 30th so we are fundraising. On June 8th and 9th, if you dine at Gio's (or pick up take out or have delivery), Gio's will generously donated 10% of your total bill to the Memory Café. Many thanks to Gio's for offering to support us with this fundraiser and to you, for dining out for a great cause!

#### 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, June 12th @ 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!

**A FATHER IS SOMEONE YOU LOOK UP TO  
NO MATTER HOW TALL YOU GROW.**



SUNDAY, JUNE 17TH



This month we will "GO PURPLE" from June 16th through the 22nd. Please join us in wearing purple when you visit the center that week. We will be collecting donations for the Alzheimer's Association all week, starting with our one mile walk on Saturday June 16th. On Thursday, June 21st, we will celebrate the Longest Day with a breakfast, Alzheimer's screenings and entertainment with lunch. Please sign up in advance to attend all of these special events and help us support the Alzheimer's Association in finding a cure! More information about all of these events can be found inside this SCRIBE.

Hope to see you soon! BECKY.....

## 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, JUNE 19th @ 1:00pm**

**FALLON INSURANCE-Tuesday, JUNE 12th , 10am**

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

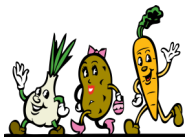
**RMV Near Me - NEW CHANGES HAPPENING AT THE RMV. CALL WENDY AT 566-5588. FLYERS AVAILABLE**

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

**Starting Wednesday, JUNE 6th**

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

**Application required.**



**Cash, SNAP and HIP accepted  
Call Wendy for more information**

## “ 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:



Massachusetts  
Councils On Aging

Homewatch  
CareGivers

## HEALTH/WELLNESS CORNER

### BAYSTATE HEARING

**1ST WEDNESDAY OF THE MONTH.**

**CALL FOR APPT**



**FOOTCARE: THURSDAY, June 28th**

**Call for an APPT**

**FREE BLOOD PRESSURE CLINIC**

**TUESDAY AND THURSDAY**

**10:00 AM—11:00 AM**



## Monday Movies at 12:15

**June 4th - Last Flag Flying -** Three grizzled Vietnam-era veterans -- Doc, Sal and Mueller -- travel together up the East Coast on a mournful personal mission: to hold an appropriate burial for Doc's only child, who perished in the opening stages of the Iraq invasion. Cast: Steve Carell, Bryan Cranston, Laurence Fishburne

**June 11th - Phantom Thread -** Set in the glamour of the 1950's post-war London, renowned dressmaker Reynolds Woodcock (Daniel Day-Lewis) and his sister Cyril (Lesley Manville) are at the center of the British fashion, dressing royalty, movie stars, heiresses, socialites, debutants and dames with the distinct style of The House of Woodcock. Women come and go through Woodcock's life until he comes across a young, strong-willed woman, Alma (Vicky Krieps), who soon becomes a fixture in his life as his muse and lover. Once controlled and planned, he finds his carefully tailored life disrupted by the scariest curse of all...love. Cast: Daniel Day-Lewis, Lesley Manville, Vicky Krieps

**June 18th - Three Billboards outside Ebbing, Missouri**

When law enforcement fails to make headway on the months-long hunt for her daughter's killer, Mildred Hayes takes the drastic step of putting up three large signs questioning the motivation of the town's widely respected police chief. Cast: Frances McDormand, Woody Harrelson, Sam Rockwell

**June 25 - The Post -** When the "Washington Post" agrees to publish the leaked Pentagon Papers -- which point to a secret escalation of the Vietnam War -- the Nixon administration tries to block publication, setting off an epic legal and political battle. Cast: Tom Hanks, Meryl Streep, Alison Brie

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](mailto: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.**

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

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.  
Payment Deadline: Aug 10 \$83/

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**

**THIS FALL OCTOBER 2018:**

**ALBUQUERQUE BALLOON FIESTA**

**OCTOBER 5-10, 2018**

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

**New for 2019:**

**AMERICA'S MUSIC CITIES**

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

**Call for fliers or pick one up at the SC!**

**NEW!**

### **NEW CLASS FUNCTIONAL FITNESS STARTING JUNE 5TH**

Functional fitness combines strength, flexibility,  
balance, movement and a changing variety of  
functional exercise. All aimed at improving core  
stability and mobility for everyday physical  
tasks. Join Sue Kent on  
Tuesdays at 12Noon



## **Social DANCE Lessons**

**Thursday's June, 7, 14, 21 & 28**

**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.

Mon	Tue	Wed	Thu	Fri
<div>Volunteers needed to help collate our monthly Newsletter (the Scantic Scribe) one day a month. Please notify Holly at the front desk if you can help! Thanks!</div>				<b>1</b> 9:00 Quilting 10:00 Manicures 10:00 MEMORY CAFÉ 12:00 Mahjongg
<b>4</b> 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie	<b>5</b> 9:00 Ladies Pool 9:00 SHUFFLEBOARD 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Bunco 12:30 Canasta 1:00 Yoga	<b>6</b> <u>HEARING</u> 9:30 Diabetes Clinic 10:00 Trivia 10:00 PINOCHLE 12:00 Pitch	<b>7</b> 9:00 Men's Pool 9:45 Art is 4 Every 1 10:00 Blood Pressure 10:00 Weights 11:30 LUNCH/LEARN 12:00 Bingo 12:30 Genealogy 1:00 Yoga 2:00 Line Dancing 6:30 Social Dancing	<b>8</b> 9:00 Quilting 10:00 MEMORY CAFÉ 12:00 Mahjongg
<b>11</b> 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie	<b>12</b> 9:00 Ladies Pool 9:00 SHUFFLEBOARD 10:00 FALLON INSUR 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Bunco 12:30 Canasta 1:00 Yoga	<b>13</b> 10:00 Trivia 10:00 PINOCHLE 12:00 Pitch	<b>14</b> 9:00 Men's Pool 9:30 FACIALS 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	<b>15</b> <u>MASSAGE</u> 9:00 Quilting 10:00 Manicures 11:30 FATHER'S DAY LUNCHEON 10:00 MEMORY CAFÉ 12:00 Mahjongg 
<b>18</b> 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie 	<b>19</b> 9:00 Ladies Pool 9:00 SHUFFLEBOARD 9:30 Jewelry 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Bunco 12:30 Canasta 1:00 Yoga 1:00 Brown Bag 	<b>20</b> <u>COLLATE SCRIBE</u> 10:00 Trivia 10:00 PINOCHLE 11:00 State Senator Representative 12:00 Pitch 	<b>21</b> <u>BREAKFAST</u> 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 	<b>22</b> 9:00 Quilting 10:00 MEMORY CAFÉ 12:00 Mahjongg 
<b>25</b> 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie	<b>26</b> 9:00 Ladies Pool 9:00 SHUFFLEBOARD 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Bunco 12:30 Canasta 1:00 Yoga	<b>27</b> 10:00 Trivia 10:00 PINOCHLE 12:00 Pitch 12:00 BIRDHOUSE CRAFT 	<b>28</b> <u>FOOTCARE</u> 9:00 Men's Pool 9:45 Art is 4 Every 1(canceled) 10:00 Blood Pressure 10:00 Weights 12:00 Bingo 1:00 Yoga 2:00 Line Dancing 6:30 Social Dancing	<b>29</b> 9:00 Quilting 10:00 Manicures 10:00 MEMORY CAFÉ 12:00 Mahjongg





# 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

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)



PINOCHLE - Wednesdays, 10am



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

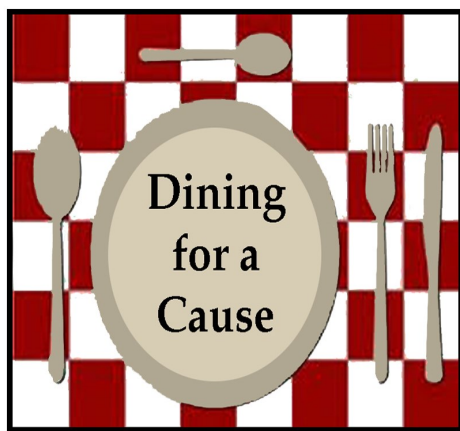
# JUNE 2018

## LUNCH MENU

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

Mon	Tue	Wed	Thu	Fri
<p><b>*High Sodium Entrée</b> 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 &amp; Calories Based on Regular Dessert</p>			<p><b>1</b> BBQ Pork Pattie Macaroni &amp; Cheese Green Beans Oatmeal Bread Orange  Cal: 748 Sod:1032</p>
<p><b>4</b> Beef Burgundy Buttered Noodles Winter Mix Vegetables Wheat Bread Peaches  Cal: 619 Sod:362</p>	<p><b>5</b> <u>CATCH OF THE DAY</u> Haddock/Dill Sauce Rice Pilaf Spinach 12 Grain Bread Mixed Fruit  Cal: 534 Sod: 777</p>	<p><b>6</b> Vegetarian Chili Brown Rice Tossed Salad/Dressing Rye Bread Birthday Cake Diet Angel Cake  Cal: 605 Sod: 831</p>	<p><b>7</b> Salisbury Steak Mushroom Gravy Mashed potatoes Butternut Squash Oat Nut Bread Pear  Cal: 662 Sod:927</p>	<p><b>8</b> Chicken Broccoli Ziti Casserole Carrots Pumpnickel Bread Pineapple  Cal: 590 Sod: 551</p>
<p><b>11</b> Baked Chicken Wine Sauce Cilantro Lemon Couscous Mixed Vegetables Rye Bread Pears  Cal: 657 Sod:448</p>	<p><b>12</b> Sweet Italian Sausage Bites Peppers/Onions/Tomato Buttered Rotini Wheat Bread Lemon Pudding  Cal: 893 Sod: 1195</p>	<p><b>13</b> <u>FATHERS DAY</u> <u>LUNCHEON</u> Pot Roast/Beef Gravy AuGratin Potatoes Butternut Squash Dinner Roll Chocolate Pudding  Cal: 824 Sod: 700</p>	<p><b>14</b> Pulled Turkey/Gravy Cranberry Sauce Mashed potatoes Peas &amp; Carrots 12 Grain Bread Mixed Fruit  Cal: 594 Sod: 914</p>	<p><b>15</b> Hamburger/Bun Tex Mex Pasta Salad Tomato &amp; Cucumber Salad Apple  Cal: 772 Sod: 950</p>
<p><b>18</b> COLD PLATE Seafood Salad/Bun Pickled Beets Tri Color Pasta Salad Mixed Fruit  Cal: 825 Sod: 803</p>	<p><b>19</b> Amer Chop Suey Roman Blend Vegetables Italian Bread Raisins  Cal: 769 Sod: 589</p>	<p><b>20</b> Baked Chicken Gumbo Soup Baked Potato Wheat Bread Chocolate Pudding  Cal: 824 Sod: 700</p>	<p><b>21</b> Taco Bowl Shredded Cheese, Lettuce Yellow Rice Salsa Tortilla Chips Orange  Cal: 655 Sod: 704</p>	<p><b>22</b> Chicken Meatballs Ziti/Tomato Sauce Jardiniere Vegetables Rye Bread Pineapple Bread Pudding  Cal: 776 Sod: 644</p>
<p><b>25</b> *Hot Dog/Bun Baked Beans Cole Slaw Pear  Cal: 49 Sod: 1257</p>	<p><b>26</b> Latino Beef Stew White Rice Tossed Salad/Dressing Wheat Roll Applesauce  Cal: 670 Sod: 775</p>	<p><b>27</b> Potato Pollock Filet/Tartar Delmonico Potatoes Cal Blend Veggies Oat Nut Bread Fruited Jell-O  Cal: 1021 Sod: 973</p>	<p><b>28</b> Baked Chicken Sweet &amp; Sour Sauce Sweet Potatoes Wax Beans 12 Grain Bread Pineapple  Cal: 675 Sod: 642</p>	<p><b>29</b> Meatloaf/Gravy Scalloped Potatoes Creamed Spinach Wheat Bread Rice Raisin Pudding  Cal: 933 Sod: 937</p>





A FUNDRAISER to benefit:  
The Journey - A Memory Cafe  
at the Hampden Senior Center

**June 8th & 9th 10:30am to 10pm**

**Gio's will donate 10% of your guest check  
to the Memory Cafe. Mention "Dining for a Cause"  
when you place your order 413-566-8015  
Pick-Up, Delivery or Dine-In**



The Memory Cafe 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.

**Saturday, June 16th from 9-11am** (Rain Date: June 23rd)

Hampden Senior Center  
104 Allen St., Hampden, MA  
Call 413 566-5588 to register

A registration donation of \$5.00 is suggested but donations of any amount are greatly appreciated

*Please park across the street at the Bethlehem Baptist Church  
and after the walk be sure to visit the Farmer's Market in their lot*

This event is sponsored by:



Bethlehem Baptist Church

Friends of Hampden Seniors

**Homewatch  
CareGivers®**



# The Hampden Senior Center Goes Purple

The Week of June 18th thru June 22nd

## Alzheimer Disease Awareness

Alzheimer's Disease is the most common form of dementia accounting for 50 to 80 percent of the diagnosed cases of dementia. It is a progressive disease affecting a person's memory and ability to perform day to day tasks. While there is currently no cure for Alzheimer's Disease, there are many treatments that target the symptoms of the disease

The Center and Staff will be collecting donations through out the week to support the cause. Look for our "Purple Cart" and help us reach our goal.



**THE  
LONGEST  
DAY**

—June 21st—

***Breakfast - 9am***

***Fruit, egg cups, potato, sausage & breads***

***Free Orchard Valley Alzheimer screening from  
11am to 1pm (by appointment only)***

***Who Should be Screened?***

***Memory screenings make sense for anyone concerned about memory loss or experiencing warning signs of dementia; whose family and friends have noticed changes in them; or who believe they are at risk due to family history of Alzheimer's disease or a related illness. Screenings also are appropriate for anyone who does not have a concern right now, but who wants to see how their memory is now and for future comparisons.***

**LUNCH 11:30**

**COST \$2.00**

**Please join us for lunch & help us celebrate this important day.  
We will have entertainment by Rick Gilday.**

**Please call or sign up at front desk for this event.**



# 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!

June 23rd

DSO

Big Band



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

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

Prizes for best costumes!

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



# LUNCH & LEARN

**Thursday June 7th @ 11:45**

Lunch and Learn - With Susan Kmon. We will be discussing Senior Wellness. Including immunizations, healthy lifestyle, exercise and diet as well as medication safety and the role of your Pharmacist.

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## Cowboy Luncheon

**Friday, June 15th @ 11:30 - Cost \$5.00**



Hamburgers with all the fixings.  
Roger Tinknell will be entertaining us with Cowboy melodies and yodeling. There will be plenty of Sing-a-long tunes.  
JP Ellery and his troupe of line dancers will give a demonstration.

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## CRAFTY WEDNESDAY...PAINT A BIRD HOUSE FOR YOUR GARDEN

**Wednesday, June 27th 12 - 3pm**

Join Janis and Nan to paint and decorate birdhouses that were generously donated. Class size is limited, sign up early. Cost \$2.00



## The Hampden Senior Center

will host the 2018

Mass. Senior Games Shuffleboard Competition  
The competition is open to senior singles and doubles within 5 age groups.

Ambulatory July 12, 2018 (Rain date: July 19, 2018)

Non-ambulatory: July 13, 2018 (Rain date: July 20, 2018)

For more information and to register GO TO: [www.maseniorgames.org](http://www.maseniorgames.org)

Cost per entrant \$30.00

# Town of Hampden Newsletter – June 2018

## Help Save the Hampden Historical Society!

Right now, there is a great need for interested residents and nonresidents to step forward, and help this non-profit group stay in existence. The past several years have seen the aging of the once active membership: at least two members are in their early 90s, while others are 'young' 70+ year olds, and then mostly middle-aged individuals. Currently volunteers are working on setting up a website, and a Facebook page for the Society.

Individuals from age 18 and older are needed to revitalize this group. It's not a matter of money, but of volunteers to make things happen: program ideas, docents, speakers, officers, and more. The dues are nominal at \$5 for an individual, and \$10 for a family. To become a member, make out check to: Hampden Historical Society, and mail to P. O. Box 363, Hampden, MA 01036, include any suggestions for programs, or other comments, and then offer to volunteer at least once a year.

The Society meets in the town-owned Academy Hall, on Main Street opposite the Town House, typically from May to September. The **Wednesday, June 13<sup>th</sup> meeting** will begin at 6:30pm with a pizza party, followed by Jim Kellner speaking on genealogy. Check the *Times* for upcoming programs.

*Editor's Note: The Historical Society's official incorporated name is the 'Historical Society of the Town of Hampden, Inc.', and should not be confused with the Hampden Historical Commission, which is a governmental multi-member public body, with responsibilities outlined in the MA General Law's Chapter 40, Section 8D "... for the preservation, protection and development of the historical or archeological assets of such city or town..."*

*This Newsletter usually only has articles from our town's governmental bodies; however, one of the Selectmen requested this article to help re-energize this group that has, for decades, been an informative source about our town's history, and maintains their memorabilia in two museum areas at Academy Hall.*

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## Town Websites:

<http://hampden.org/> info on all town departments & variously named public bodies

<http://www.hampdenrec.com/> Parks & Recreation sports programs and more

## Facebook links for Town Departments & the Rec:

<https://www.facebook.com/Hampden-Fire-Department-722896381115421/>

<https://www.facebook.com/hampdenfreepubliclibrary/>

<https://www.facebook.com/pages/Hampden-Memorial-Recreational-Park/144563868896989>

<https://www.facebook.com/HampdenParksRecreation/>

<https://www.facebook.com/hampdenpolice/>

<https://www.facebook.com/Hampden-Senior-Center-248792265171209/>

From Cliff Bombard, Town Accountant....the following, originally written for this Newsletter, was the top half of a full sheet handout at the Finance Workshop held in April.

### **“WHAT IS “FREE CASH”?**

Well actually, it is a bit of a misnomer to call it “Free”. While it is surely cash as it certainly was not free. It is all related to the taxes paid by citizens. At the end of each Fiscal Year, I submit a report to the Department of Revenue detailing all general Fund activity. From that they calculate our “Free Cash”. How do they do it?

Since not all Appropriation expenditures raised in the tax rate are expended; and since we have traditionally estimated our Local and State revenues conservatively the net overage of these revenues along with the unexpended Appropriations are the major components of the calculation. From that net they deduct any Fund Deficits which are usually State Grant monies we have to spend in anticipation of revenue.

So here’s how last year’s Free Cash was calculated

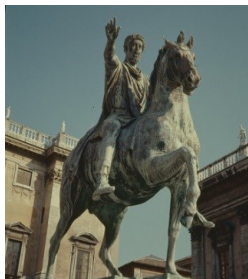
|                              |               |
|------------------------------|---------------|
| Excess Local Revenues        | \$266,233.00  |
| Other non-estimated Revenues | \$ 94,450.00  |
| Unused Appropriations        | \$206,733.00  |
| Fund Deficits                | \$- 51,416.00 |



These total to \$516,000.00. This combined total was appropriated in the November Town Meeting with \$178,000 to various appropriations and \$338,000 to reduce the tax rate.”

Note: “How is the Tax Rate Set”?, the 2<sup>nd</sup> part of the sheet, will be in next month’s Newsletter.

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“Very little is needed to make a happy life;  
it is all within yourself, in your way of thinking.”

Marcus Aurelius 121-180: *Philosopher, Scholar,  
Military Leader, Emperor of Rome 161-180*  
<https://www.brainyquote.com/topics/life>

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The first session of the Citizen Police Academy covered the history of the Hampden Police Department in different time periods via slides of former constables, crimes, officers, police chiefs, and cars. That segment was provided by Sgt. Michael “Mike” Cooney, a history buff. Officer William “Bill” Jacques explained how speeding complaints phoned in by residents are handled, traffic control boxes and other topics. The question & answer period covered a variety of topics, with questions on how OUIs for impaired drivers smoking marijuana are handled, and the variety of law enforcement canine tasks.

*Thanks to Hampden Engineering for providing the paper and printing for this one page newsletter.*

*Thanks to Katy of Hampden Engineering for inserting the graphics into May’s newsletter...it was a surprise.*

The latest Annual Town Report is available at the Selectmen’s Office & the Senior Center.

Comments & Suggestions welcome via email to [selectmen@hampden.org](mailto:selectmen@hampden.org)

Nancy Zebert, volunteer editor