

# THE SCANTIC SCRIBE



# MARCH 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 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](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

#### 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, March 13th @ 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!

#### **RED SOX BASEBALL OPENING DAY**

**THURSDAY, MARCH 29TH**

**LUNCH: HOT DOGS WITH ALL  
THE FIXINGS!**



**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!

As I write this message to you it's in the 60s outside! Such crazy February weather. I hope you were able to enjoy the heat wave with a walk or time spent outside. I was happy to open the windows and let the fresh air in!

Be sure to join us as we celebrate St. Patrick's Day with a corned beef dinner and entertainment on Thursday, March 15th. Sign up early as this event will fill up fast!

On March 29th we will celebrate Easter with a delicious breakfast and we encourage you to wear an Easter bonnet for the party!

Also on March 29th, we will bring in the baseball season and celebrate Opening Day with a hot dog lunch! Wear your favorite team shirt or hat. Please sign up early so we know you'll be here.

As always, read through this Scribe to see what else we have going on! The schedule is packed and we hope you will join us for all our great programs and activities.

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, MARCH 20th @ 1:00pm**

**FALLON INSURANCE-Tuesday, MARCH 13th 10am,**

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



### MEMORY CAFÉ

Every Friday, 10am-12Noon  
Call Wendy for more information



### 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,

Call for an APPT, MARCH 29TH



### FREE BLOOD PRESSURE CLINIC

TUESDAY AND THURSDAY

10:00 AM—11:00 AM



### RMV Near Me

The Hampden Senior Center, in partnership with the Registry of Motor Vehicles, is aiming to cut down on wait times at registry offices by helping you with common transactions right here at the senior center. On 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.

### Diabetes Group

We are looking for participants to enroll in the following program at the Hampden Senior Center. 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.

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



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**

**March 5<sup>th</sup> - Going in Style-** Cheated out of their pensions, three elderly friends decide to extract justice from the system by robbing a bank and then heading for Las Vegas. But their grand plan starts to fall apart when a dogged FBI agent picks up their trail. Cast: Morgan Freeman, Michael Caine, Alan Arkin

**March 12<sup>th</sup> - The Book of Henry-** Naomi Watts stars as Susan, a single mother of two, working as a waitress in a small town, but everything in her life is not what it seems. Her son, Henry (Jaeden Lieberher), is an 11-year-old genius who not only masters academics, but manages the family finances and acts as emotional support for Susan. When Henry finds out that the girl next door, Christina, has a terrible secret, Henry and Susan take matters into their own hands in this imaginative and emotional drama from director Colin Trevorrow. Cast: Naomi Watts, Jaeden Lieberher, Jacob Tremblay

**March 19<sup>th</sup> - The Space Between Us-** The first Mars-bred human, 16-year-old Gardner Elliot is now ready to venture toward Earth to pursue an online romance. As he plots his journey, he uncovers more about his mom, who died in childbirth, and his dad, who's never been identified. Cast: Gary Oldman, Asa Butterfield, Carla Gugino

**March 26<sup>th</sup> - Wind River-** When U.S. Fish and Wildlife employee Cory Lambert stumbles upon the frozen body of a teenage girl, FBI Agent Jane Banner is quickly dispatched to get to the bottom of the mystery. Unprepared for the harsh conditions, she enlists Cory as a tracker. Cast: Jeremy Renner, Elizabeth Olsen, Jon Bernthal

### **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, April 4 @ Newport Playhouse - "Exit Laughing", an Unusual 4<sup>th</sup> for Bridge, Great Buffet, Cabaret. Full Payment Deadline: Mar16 \$90/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 13, 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 12 78/pp

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



### **HAMPDEN TRAVEL CLUB**

**Call NORA at 566-5796**

**April 22-29, 2018** - Eastern Canada, 8 days, Montreal, Quebec City, 1000 Islands, Toronto, Niagara Falls, Air from Bradley.

**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!**

Hampden Senior Center  
104 Allen Street  
Hampden, MA 01036

# MARCH



# 2018

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

Mon	Tue	Wed	Thu	Fri
			<b>1</b> 9:00 Men's Pool 9:45 Art is 4 Every 1 <b>cancelled</b> 10:00 Blood Pressure 10:00 Weights 12:00 Bingo 1:00 Yoga 2:00 Line Dancing 6:30-8:30pm Social Dancing	<b>2</b> 9:00 Quilting  10:00 MEMORY CAFÉ  12:00 Mahjongg
<b>5</b> 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Zumba Gold 12:15 MOVIE 12:30 Watercolor 1:30 <b>BARRE ABOVE</b>	<b>6</b> 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	<b>7</b> <u>HEARING</u> 10:00 Trivia  12:00 PITCH  12:30 Watercolor	<b>8</b> 9:00 Men's Pool <b>9:30 FACIALS</b> 9:45 Art is 4 Every 1 <b>cancelled</b> 10:00 Blood Pressure 10:00 Weights 12:00 Bingo 1:00 Yoga 2:00 Line Dancing 6:30-8:30pm Social Dancing	<b>9</b> 9:00 Quilting 10:00 MEMORY CAFÉ 10:00 Manicures 12:00 Mahjongg
<b>12</b> 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Zumba Gold 12:15 MOVIE 12:30 Watercolor 1:30 <b>BARRE ABOVE</b>	<b>13</b> <u>COA MEETING</u> 9:00 Ladies Pool 10:00 <b>FALLON INSURANCE</b> 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Strength Training 12:00 Bunco 12:30 Canasta 1:00 Yoga	<b>14</b> 10:00 Trivia  12:00 PITCH  12:30 Watercolor	<b>15</b> 9:00 Men's Pool 10:00 Blood Pressure 9:45 Art is 4 (CANCEL) <b>11:30 ST PATTY'S LUNCHEON</b> 10:00 Weights-cancel- 12:00 Bingo -cancel- 1:00 Yoga -cancel- 2:00 Line Dancing 6:30-8:30 Social Dancing	<b>16</b> <u>MASSAGE</u> 9:00 Quilting 10:00 MEMORY CAFÉ 12:00 Mahjongg
<b>19</b> 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Zumba Gold 12:15 MOVIE 12:30 Watercolor 1:30 <b>BARRE ABOVE</b>	<b>20</b> 9:00 Ladies Pool 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 <b>Brown Bag</b>	<b>21</b> 10:00 Trivia  11:00 State Senator Representative 12:00 PITCH 12:30 Watercolor	<b>22</b> <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 6:30-8:30 Social Dancing	<b>23</b> 9:00 Quilting 10:00 MEMORY CAFÉ 10:00 Manicures 12:00 Mahjongg
<b>26</b> 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Zumba Gold 12:15 MOVIE 12:30 Watercolor 1:30 <b>BARRE ABOVE</b>	<b>27</b> 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	<b>28</b> 10:00 Trivia  12:00 PITCH  12:30 Watercolor	<b>29</b> <u>Breakfast</u> 9:00 <b>Footcare</b> 9:00 Men's Pool 9:45 Art is 4 Every 1 10:00 Blood Pressure 10:00 Weights <b>11:30 Baseball Opening Day Lunch</b> 12:00 Bingo 1:00 Yoga 2:00 Line Dancing 6:30-8:30 Social Dancing	<b>30</b> <b>CLOSED</b>  <b>Good Friday</b> 



# 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, Starting 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

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 Back in the Spring!

SOCIAL DANCING (March 1,8,15,22,29) 6:30-8:30pm.  
Dances this month are Single Step Swing and Rhumba!

## 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 Join Kelly Bergeron (ZUMBA) on Mondays 12:15pm \$5.00, and BARRE ABOVE, 1:30, \$7.00.

Please check our events calendar monthly for any CANCELLED classes.



**Thursday, March 15th  
St. Patrick's Luncheon**

**11:30 Cost \$4.00**



**Corned Beef Dinner**



**We will be entertained  
with songs of the season  
featuring:**

**Tracy Lucky and her Fiddle!**

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**Easter Breakfast**

**Thursday**

**March 29th**

**9am Cost \$3.00**

**Hop on in for a yummy pancake breakfast with  
sausage and fruit.**



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**Please call or sign up at front desk for all our events...**

**Hampden Senior Center,**

**104 Allen St., Hampden, MA 01036 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!

May 19th  
Decades Band

Baked Ham Dinner



June 23rd  
Seizure Jazz  
Ensemble



Baked Stuffed Chicken

July 28th  
Good Acoustic  
Band

Pulled Pork



August 18th  
Union Jack



Chicken and Beef Kabob

September 29th  
Off The Record

German Bratwurst



October 27th  
Sharades Band



Beef Tips over Mashed

Prizes for best costumes!

# Town of Hampden Newsletter – MARCH 2018

## **Budgeting Process for Annual Town Meeting Continues: Update from Carol Fitzgerald, Co-Chair, Advisory Committee**

The Advisory Committee met on 2/12/18 and continued its review of department budgets for FY 2019. The Council on Aging, Highway and Fire Department heads discussed their level service budgets. Highlights of those discussions included changes due to new state rules regarding revolving accounts. Both COA and Fire will need to transfer some expenses historically paid from their revolving accounts to general budget line items. The Highway Department has requested a slight increase in the highway paving maintenance line item to help support the state aid and infrastructure bond funding to improve the roads in town. Both the Fire and Highway Departments, under the leadership of the Board of Selectmen, are considering warrant articles for town meeting for equipment and other upgrades. *[Town Meeting in May –Editor]*

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## **Spring is coming!**

The spring equinox is Tuesday, March 20<sup>th</sup>, at 12:15 pm EDT per *The Old Farmer's Almanac*\*. Below is link to article, which has a great NASA graphic showing the sun's position for the equinoxes, and solstices. \*<https://www.almanac.com/content/first-day-seasons>

**Winter Parking Ban is still in effect through April 15, 2018** ...just in case we get a March or April snow storm.

Remember Winter Storm Stella on March 14<sup>th</sup> - 15<sup>th</sup>, 2017? Snow was 12" or more depending on your location.

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**What to do with Misdelayed Mail:** Phoned the Hampden Postmaster Danielle Harpin to inquire what residents should do about misdelivered mail. She suggested phoning Communications Specialist Steve Doherty, which this Editor did. Here's his reply:

**From:** Doherty, Stephen N - Boston, MA <[stephen.n.doherty@usps.gov](mailto:stephen.n.doherty@usps.gov)>  
**Sent:** Monday, February 12, 2018 5:00 PM  
**To:** [Editor's email address deleted]  
**Subject:** Hampden newsletter

Thank you for your inquiry about the procedure customers should follow if they encounter misdelivered mail. We cannot be plainer: Anytime a customer receives a misdelivered mail piece they should bring it to the Post Office.

Often the cause of the misdelivery can be found in one of the tracking barcodes on the front or rear of the mail. We need to examine the actual article for real time resolutions that may be the result of addressing, processing or delivery issues. Unfortunately, when a photo of an envelope is posted on social media with part of the address redacted we don't have the opportunity to examine it and address the root cause of the problem. All too many times a customer may throw it back into the mail stream, whether it's in a blue collection box or with their own mail in the receptacle box.

We regret any inconvenience caused to our customers by a piece of misdelivered mail and appreciate the opportunity to educate mailers on proper addressing protocols and to examine our sortation plans for any potential problems.

Steve Doherty  
Communications Specialist  
Northeast Area  
25 Dorchester Ave Room 4012  
Boston, MA 02205  
Office: (617) 654-5982  
Cell: (617) 529-8751  
FAX: (650) 357-6303

~~~~~  
The following article is an excellent example of the level of education needed in today's municipal boards & workplace:

*“BOARD OF ASSESSORS by Carolyn Reed, MAA*

The Board of Assessors is an elected three member board. Currently serving on the board are Chairman Norman Charest and Assessors Robert Makuch and Stanley Witkop. All assessors are required to complete a training course and pass an examination in Massachusetts assessment law, administration, procedure, and techniques, including the income, cost and market approaches to property valuation.

The Board of Assessors has appointed office staff of Principal Assessor, Carolyn Reed, MAA and Assessing Clerk, Kelly McCormick. Carolyn earned the designation of Massachusetts Accredited Assessor in 2015 by the Massachusetts Association of Assessing Officers upon successful completion of a rigorous course of studies. Kelly is working toward her designation, having completed several courses at the University of Massachusetts Annual Assessor School.

The Assessor's Office is responsible for the determination of the fair market value of all real and personal property within the Town of Hampden. Assessments in Massachusetts are based on full and fair cash value as of January 1st of each year and are subject to review every five years to attain Certification by the Department of Revenue. Additionally, assessors act on all statutory exemptions, tax deferrals and abatement applications. All special assessment under forest management, agricultural/horticultural and recreational programs classified as Chapter 61, 61A and 61B are also administered by the assessors.

The Board of Assessors office hours are Monday through Thursday from 9:00am – 2:00pm and can be reached at 566-2151 ext. 106.”

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### *“An Important Message for all Massachusetts Town Residents*

The purest form of democratic governing is practiced in a Town Meeting. In use for over 300 years and still today, it has proven to be a valuable means for many Massachusetts taxpayers to voice their opinions and directly effect change in their communities... This booklet\* outlines the forms and procedures used in Massachusetts Town Meetings. As the Commonwealth's information officer, I urge you to read it and make use of it as you engage in the debates and votes that give shape to your Town Government.

**William Francis Galvin**

Secretary of the Commonwealth”

*\*The free, downloadable Citizen's Guide to Town Meetings is available on the state's website: <https://www.sec.state.ma.us/cis/cistwn/twnidx.htm> The Introduction continues- "Each town has a different way of running its Town Meeting, depending on its bylaws or charter...This guide is a general outline of the Town Meeting Basics...[and] is not intended to be an all inclusive text, but a broad overview designed to encourage you to find out more and attend your own Town Meeting. If you have any questions regarding the specific procedures employed by your town, please contact your Town Clerk or Town Meeting Moderator."*

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From Peter Block's *Community: the structure of belonging* [Berrett-Koehler Publishers, Inc.: San Francisco, 2008, 2009, p 92]

“A place of belonging is one where all voices have value, so we need to make sure that citizen voices receive the same technological boost as the leaders'. When people speak to the large group, their voices need to be amplified so that all can hear. Our belief in the importance of the voices of citizens hinges on what may seem like a secondary matter: the availability of a microphone for all who choose to speak.”

>>>>>>>>à If there are issues or questions you'd like addressed in an Open Forum meeting, please email the Selectmen's Office at [Selectmen@hampden.org](mailto:Selectmen@hampden.org) , or call 566-2151 x 100, Mon-Thurs 9-3. **Note: ALL regular 'committee' meetings are open to the public;** per chairman's discretion, comments might not be taken. An Executive Session is not open to the public. See Open Meeting Law Guide at <https://www.mass.gov/files/documents/2017/09/25/2017%20Guide%20only.pdf> for more info. Volunteer Editor: Nancy Zebert

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




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

# MARCH 2018

## LUNCH MENU

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

| Mon                                                                                                                                             | Tue                                                                                                                                                                 | Wed                                                                                                                                               | Thu                                                                                                                                                                                                                                                        | Fri                                                                                                                                                              |
|-------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>*High Sodium Entrée<br/>Suggested Voluntary<br/>Donation \$2.00<br/>Puree Meals<br/>available<br/><u>Call GSSSI</u><br/><u>781-8800</u></p>  | <p>Sod=Sodium<br/>CAL=Calories<br/>*Item over 500mg<br/>Sodium<br/>Total Sodium &amp;<br/>Calories Based on<br/>Regular<br/>Dessert</p>                             |                                                                  | <p><b>1</b> Pot Roast/Beef Gravy<br/>Mashed Potatoes<br/>Sweet &amp; Sour Cabbage<br/>Rye Bread<br/>Mixed Fruit<br/><br/>Cal: 582 Sod: 763</p>                                                                                                             | <p><b>2</b> Breaded Alaskan<br/>Pollock/Tartar Sauce<br/>Scalloped Potatoes<br/>Peas<br/>12 Grain Bread<br/>Pineapple<br/><br/>Cal: 971 Sod: 948</p>             |
| <p><b>5</b> Beef Stew<br/>Peas &amp; Carrots<br/>Diced Boiled Potatoes<br/>Wheat Bread<br/>Fruit Crunch Bar<br/><br/>Cal: 686 Sod: 658</p>      | <p><b>6</b> *Italian Sausage<br/>Bites/Onions/Peppers<br/>Tomatoes<br/>Buttered Ziti<br/>Italian Vegetables<br/>Pumpkin Bread<br/>Peaches<br/>Cal: 715 Sod: 918</p> | <p><b>7</b> Baked Chicken<br/>Wine Sauce<br/>Sweet Yams<br/>Mix Veggies<br/>12 Grain Bread<br/>Lemon Pudding<br/><br/>Cal: 720 Sod: 708</p>       | <p><b>8</b> Taco Bowl/Salsa<br/>Shredded Cheese<br/>Shredded Lettuce<br/>Yellow Rice<br/>Tortilla Chips<br/>Apple<br/><br/>Cal: 661 Sod: 704</p>                                                                                                           | <p><b>9</b> Vegetable Pasta<br/>Bake<br/>Green Beans<br/>Oat Nut Bread<br/>Pears<br/><br/>Cal: 639 Sod: 650</p>                                                  |
| <p><b>12</b> Baked Chicken<br/>Garlic Sauce<br/>Taco Flavor Potato<br/>Wedges<br/>Peas<br/>12 Grain Bread<br/>Raisins<br/>Cal: 902 Sod: 949</p> | <p><b>13</b> *Hot Dog/Bun<br/>Baked Beans<br/>Cole Slaw<br/>Mustard/Relish<br/>Orange<br/><br/>Cal: 821 Sod: 1255</p>                                               | <p><b>14</b><br/><br/>SOUP<br/>&amp;<br/>SANDWICH</p>                                                                                             | <p><b>15</b> ST PATTYS <br/>LUNCHEON<br/>*Corned Beef/Mustard<br/>Parsley Boiled Potatoes<br/>Cabbage/Carrots<br/>Green Fruited Jell-O<br/><br/>Cal: 679 Sod: 1397</p> | <p><b>16</b> <u>COLDPLATE</u><br/>Tuna Salad/Bun<br/>Potato Salad<br/>Pickled Beets<br/>Peaches<br/><br/>Cal: 871 Sod: 1132</p>                                  |
| <p><b>19</b> *Mexican Macaroni<br/>&amp; Cheese<br/>Italian Blend Vegetables<br/>Oat Nut Bread<br/>Pears<br/><br/>Cal: 658 Sod: 960</p>         | <p><b>20</b> Italian Wedding<br/>Soup<br/>Baked Chicken BBQ<br/>Sweet Yams<br/>Oat Nut Bread<br/><br/>Cal: 808 Sod: 943</p>                                         | <p><b>21</b> Salisbury Steak<br/>Meatloaf Sauce<br/>Mashed potatoes<br/>Peas<br/>12 Grain Bread<br/>Birthday Cake<br/><br/>Cal: 679 Sod: 1024</p> | <p><b>22</b> Grilled Chicken<br/>Breast<br/>Tomato Sauce/ Cheese<br/>Buttered Rotini<br/>Spinach<br/>Italian Bread<br/>Vanilla Pudding<br/><br/>Cal: 721 Sod: 1028</p>                                                                                     | <p><b>23</b> Potato Pollock<br/>Filet/Tartar Sauce<br/>Au Gratin Potatoes<br/>Mixed Vegetables<br/>Oat Nut Bread<br/>Mixed Fruit<br/><br/>Cal: 977 Sod: 1122</p> |
| <p><b>26</b><br/>"Not" Stuffed Cabbage<br/>Brown Rice<br/>Carrots<br/>12 Grain Bread<br/>Butterscotch Pudding<br/><br/>Cal: 731 Sod: 945</p>    | <p><b>27</b> Roast Pork/Gravy<br/>Oven Brown Potatoes<br/>Butternut Squash<br/>Rye Bread<br/>Applesauce<br/><br/>Cal: 651 Sod: 957</p>                              | <p><b>28</b><br/>American Chop Suey<br/>Winter Mix Veggies<br/>Wheat Bread<br/>Fig Bars<br/><br/>Cal: 658 Sod: 621</p>                            | <p><b>29</b> OPENING DAY<br/>RED SOX<br/>BASEBALL GAME<br/>HOT DOGS/BUN<br/>With topping<br/>Bar<br/></p>                                                             | <p><b>30</b><br/><b>CLOSED</b><br/>Good<br/>Friday</p>                                                                                                           |