

THE SCANTIC SCRIBE **MAY 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
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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 with Holly.

Greetings!

Is it possible that Spring is finally here? I hope these warmer days are here to stay. The flowers are blooming and the snow has melted (most of it) and it is nice enough to open your windows and let the fresh air in and listen to the birds singing.

May 19th kicks off another great season of our Saturday evening dinner dances. Please get your tickets early as these events always sell out!

In order to help those with severe allergies, we are asking that you limit the amount of perfume and cologne that you wear to the senior center.

Save the Date, Saturday, June 16th, for our Memory Café annual fundraiser walk! More information to come in the next Scribe.

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



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!

Monday, May 28th **Memorial Day Parade**

Start time is 10am @ St. Mary's Church
(Weather Permitting)

We will be walking this year, so if you feel up to the mile and half walk, come join the fun!



FRIENDS OF THE HAMPDEN SENIORS **ANNUAL MEETING**

WEDNESDAY, MAY 2nd, 9:00AM

The Friends of Hampden Seniors, Inc. is a non-profit organization established to promote and support the goals and needs of our towns beautiful Senior Center, which opened its doors in August of 2000. We support the Hampden Council on Aging and the Senior Center staff by raising funds to help provide programs and social services for older residents of Hampden. Membership is open to persons of any age.

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, May 15th @ 1:00pm

FALLON INSURANCE-Tuesday, May 15th, 10am

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

Commonwealth Care Alliance Senior Care Options

Tuesday May 29th, 11am - 12:30

CCA will be at the Center with a informal table for anyone over 65 who is on Mass Health. CCA provides additional benefits including prescription copays, dental benefits, glasses benefits, other benefits include a Healthy Savings Card for toothpaste, brushes, vitamins and other OTC needs.



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

HEALTH/Wellness CORNER

BAYSTATE HEARING

1ST WEDNESDAY OF THE MONTH.

CALL FOR APPT



FOOTCARE: THURSDAY, May 31st

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



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.



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

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

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

413-566-8015

"The Journey" a memory cafe

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.

Friday's 10am to noon

**Please call if you would like more
information about the cafe**

413 566 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

MAY 7th - Wonder

Entering fifth grade will be momentous for Auggie -- because at last, he'll get to be ordinary. While his facial deformity has previously kept him from attending regular schools, Auggie is determined to make his classmates see beyond his face.

Cast: Julia Roberts, Owen Wilson, Jacob Tremblay,

MAY 14th -Megan Leavey

In this affecting true-life drama, U.S. Marine Megan Leavey and her bomb-sniffing dog build a bond of trust and loyalty that sees them through more than 100 missions during the Iraq War -- until an improvised explosive device injures them both.

Cast: Kate Mara, Ramon Rodriguez, Tom Felton

MAY 21st -Logan Lucky

Amping up the adrenaline with film shot during the real race, this pedal-to-the-metal comedy revolves around an impossible heist attempted by two brothers during the Coca-Cola 600 race at Charlotte Motor Speedway in North Carolina.

Cast: Channing Tatum, Adam Driver, Seth MacFarlane

HAMPDEN TRAVEL CLUB

Call NORA at 566-5796

**** Limousine service right from your home to the airport and back ** A 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!

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.

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

Social
DANCE
Lessons

Thursday's May 3, 10, 17, 24, 31

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**



Mon	Tue	Wed	Thu	Fri
 <p>A truly happy person is one who can enjoy the scenery on a detour.</p>	1 9:00 Ladies Pool 9:00 SHUFFLEBOARD 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 BEGINNER Pilates 12:00 Bunco 12:30 Canasta 1:00 Yoga	2 <u>HEARING</u> 9:00 FRIENDS MEETING 9:30 Diabetes Clinic 10:00 Trivia 10:00 PINOCHLE 12:00 Pitch	3 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	4 9:00 Quilting 10:00 MEMORY CAFÉ 10:00 Manicures 12:00 Mahjongg
7 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie	8 9:00 Ladies Pool 9:00 SHUFFLEBOARD 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 BEGINNER Pilates 12:00 Bunco 12:30 Canasta 1:00 Yoga	9 9:30 Diabetes Clinic 10:00 Trivia 10:00 PINOCHLE 12:00 Pitch	10 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	11 9:00 Quilting 10:00 MEMORY CAFÉ 11:30 MOTHERS DAY LUNCHEON  12:00 Mahjongg
14 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:30 ZUMBA GOLD 12:15 Movie	15 9:00 Ladies Pool 9:00 SHUFFLEBOARD 9:30 JEWELRY 10:00 FALLON INSUR 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 11:30 Lunch/Learn 12:00 BEGINNER Pilates 12:00 Bunco 12:30 Canasta 1:00 Yoga 1:00 Brown Bag	16 9:30 Diabetes Clinic 10:00 Trivia 10:00 PINOCHLE 12:00 Pitch	17 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	18 <u>MASSAGE</u> 9:00 Quilting 10:00 MEMORY CAFÉ 10:00 Manicures 12:00 Mahjongg
21 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:30 ZUMBA GOLD 12:15 Movie	22 9:00 Ladies Pool 9:00 SHUFFLEBOARD 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 BEGINNER Pilates 12:00 Bunco 12:30 Canasta 1:00 Yoga	23 9:30 Diabetes Clinic 10:00 Trivia 10:00 PINOCHLE 11:00 State Senator Representative 12:00 Pitch	24 <u>COLLATE</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	25 9:00 Quilting 10:00 MEMORY CAFÉ 12:00 Mahjongg
28 Closed Memorial Day Parade 	29 9:00 Ladies Pool 9:00 SHUFFLEBOARD 10:00 Weights 10:00 Blood Pressure 11:00 CCA Program 11:00 Chair Yoga 12:00 BEGINNER Pilates 12:00 Bunco 12:30 Canasta 1:00 Yoga	30 <u>BREAKFAST</u> 9:30 Diabetes Clinic 10:00 PINOCHLE 10:00 Trivia 12:00 Pitch	31 <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>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 us out..... Thanks</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, 12:00pm, \$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, 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)



PILATES

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



PINOCHLE - Wednesdays, 10am to noon.

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 —MONDAYS

New instructor, JEFF DELUSIO 12:30-1:30pm.



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, 566-5588.

May 11th Luncheon

Friday at 11:30 with

Brad Shepard
and Company
to entertain.

Cost \$5.00

Baked Chicken with all
the fixings and a
yummy dessert.



Wednesday May 30th

9am Cost \$3.00



Breakfast

with R/W&B Parfait,
French Toast Bake
and Sausage.

HOW TO PLAY PINOCHLE



Interested in learning
and playing this
card game? All are
welcome.

Wednesday's starting
May 2nd

from 10am to noon

For more information
call 413 566 5588

Free Lunch & Learn



AMERICAN MEDICAL RESPONSE®

"What happens when you call 911"

Tuesday, May 15th at 11:30

Sponsored by Redstone Rehab & Nursing Center

Please call or stop in at front desk
to sign up for all our events

413 566-5588

Saturday Night Dinner Dances

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!

Time  *of My*
Life

May 19th

Decades Band Baked Ham Dinner

June 23rd
Seizure Jazz
Ensemble



Baked Stuffed Chicken

July 28th
Good Acoustic
Band

Pulled Pork with



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!

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





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

MAY 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>1 <u>CATCH OF THE DAY</u> Baked Haddock/Dill Sau Au Gratin Potatoes Winer Mix Vegetables Oat Nut Bread Mixed Fruit Cal: 724 Sod 945</p>	<p>2 Shepherd Pie/Gr Mashed Potatoes Carrots Wheat Bread Chocolate Pudding Cal: 644 Sod: 769</p>	<p>3 Roast Pork/Maple Glaze Mashed Potatoes Butternut Squash Rye Bread Fruit Compote Cal: 747 Sod: 734</p>	<p>4 <u>CINCO DE MAYO</u> Taco Salad Bowl/Salad Shredded Lettuce Shredded Cheese Yellow Rice Tortilla Chips Cal: 655 Sod: 704</p> 
<p>7 Jambalaya Green Beans Pumpnickel Bread Fruited Jell-O Cal: 549 Sod: 509</p>	<p>8 <u>COLD PLATE</u> Tuna Salad/Bun Pickled Beets Tri Color Pasta Salad Peaches Cal: 810 Sod: 952</p>	<p>9 <u>MOTHER'S DAY LUNCH</u> *Baked Ham Mashed Potatoes Butternut Squash Dinner Roll Strawberry Shortcake Cal: 858 Sod: 1853</p>	<p>10 *Macaroni & Cheese Stewed Tomatoes Peas 12 Grain Bread Apple Cal: 819 Sod: 1044</p>	<p>11 Baked Chicken Mushroom Sauce Carrots Dinner Roll Ambrosia Cal: 954 Sod: 699</p> 
<p>14 <u>COLD PLATE</u> Lasagna Soup/Crackers Chicken Salad Cucumber Salad Hamburg Bun Mixed Fruit Cal: 797 Sod: 804</p>	<p>15 Beef & Bean Chili Baked Potato/Sour Cream Vegetables Wheat Bread Pear Cal: 743 Sod: 519</p>	<p>16 Pier 17 Fish Tartar Sauce Rice Pilaf, Carrots Pumpnickel Bread Birthday Cake Cal: 825 Sod: 1118</p> 	<p>17 *Roast Turkey/Gravy Herb Stuffing Cranberry Sauce Vegetables Oat Nut Bread Pineapple Cal: 644 Sod: 1155</p>	<p>18 Vegetable Pasta Casserole Green Beans 12 Grain Bread Butterscotch Pudding Cal: 710 Sod: 856</p>
<p>21 Baked Chicken Marsala Wine Sauce O'Brien Potatoes Chick Wagon Corn Rye Bread Vanilla Pudding Cal: 960 Sod: 637</p>	<p>22 Mexican Twist Pasta Cauliflower 12 Grain Bread Applesauce Cal: 511 Sod: 686</p>	<p>23 *Hot Dog /Bun Baked Beans Cole Slaw Orange Cal: 821 Sod: 1255</p>	<p>24 Meatloaf/Gravy Scalloped Potatoes Mixed Vegetables Wheat Bread Apple Crisp Cal: 947 Sod: 698</p>	<p>25 <u>CATCH OF THE DAY</u> Baked Haddock Latino Red Sauce/Olives Yellow Rice Carrots Pumpnickel Bread Mixed Fruit Cal: 514 Sod: 628</p>
<p>28 Closed Memorial Day Parade</p> 	<p>29 Baked Chicken Grecian Sauce Delmonico Potatoes Mixed Vegetables Rye Bread Oatmeal Cookies Cal: 947 Sod: 982</p>	<p>30 <u>BREAKFAST</u> Potato Pollack Filet Tartar Sauce Confetti Cole Slaw Orzo/Tarragon Peas Wheat Bread Rice Raisin Pudding Cal: 1031 Sod: 1156</p>	<p>31 *Chef Salad Hard Boil Egg, Ham Lettuce, Turkey, Cherry Tomatoes, Cukes, Tri Color Pasta Salad, Dinner Roll Apple Cal: 766 Sod: 1155</p>	<p>Sod=Sodium CAL=Calories *Item over 500mg Sodium Total Sodium & Calories Based on Regular Dessert</p>

Town of Hampden Newsletter May 2018

-- Annual Town Meeting, May 14th – 7 pm Thornton Burgess School--

What is a Town Meeting? “ A town meeting is a form of direct democratic rule, used primarily in portions of the United States – principally in New England – since the 17th century, in which most or all the members of a community come together to legislate policy and budgets for local government.” [source: https://en.wikipedia.org/wiki/Town_meeting]

Hampden has an Open Town Meeting meaning “...that all of the town’s voters may vote on all matters...”* vs representative town meeting members, common in larger towns.

Note: The deadline to register to vote or change party affiliation for the 2018 Annual Town Meeting and Town Election ended on April 24th. August 15th is the last day to register to vote in the Sept 4th State Primary. Another registration deadline will be before the usual Fall Special Town Meeting; no definite date has been set yet for that.

The MA Secretary of the Commonwealth’s [shortened to sec state in below URL] website has the *Citizen’s Guide to Town Meetings** at <https://www.sec.state.ma.us/cis/cistwn/twnidx.htm> If you’ve never attended a Town Meeting, or want a review, reading through this 20-page primer should be helpful in describing the protocols for speaking, definition of terms, procedures and motions. You might also want to print it, and bring it with you to Town Meeting. The primer is part of the Citizen Information Services section; you may want to explore the other information at the above URL.

There’s also *Voter Resources*, including “Am I Registered to Vote?” and *Voter Information*, including “Inactive Voters ...The inactive voters list is made up of registered voters who have not responded to the annual street list or subsequent confirmation notice. Inactive voters may still vote, but will first be asked to show identification ...” <http://www.sec.state.ma.us/ele/eleidx.htm>

FYI: *An Inactive Voter incident actually happened at the check-in table before the March Special Town Meeting.* So IF you still have a Street Listing, please mail it back to the Town Clerk.

~~Please participate in Town Meeting! As a voter you have a decisive role to play! ~~

.....

-From Building Inspector Wendel Hulburt

Planning a home improvement project this year? Or perhaps you’re thinking about a swimming pool, deck, or shed? An informational sheet, *Work Requiring a Home Improvement Contractor (HIC) Registration or Construction Supervisor License (CSL) for Existing Owner-Occupied 1- to 4-Family Dwellings*, is available at the Inspector’s office. The bottom notes that “This list is incomplete.” So if you need more information after reading through the list, phone the Building Inspector at 566-2151 x250

The sheet is also available on-line at <https://www.mass.gov/guides/massachusetts-law-about-home-improvement> That same web page has links to other information including **The Attorney General's Consumer Guide to Home Improvement.**

Citizen Police Academy ...

...hosted by the Hampden Police Department from May 16th to June 13th - five consecutive Wednesday evenings- starting at 6:30 pm with sessions lasting approximately 2-2 ½ hours.

“Applications for the Citizen Police Academy will be at the Hampden Police Department dispatch at 100 Allen Street. Applicants must be a resident of Hampden, at least 18 years of age [or under 18 accompanied by a parent or guardian], be in good standing with the town, and cannot be convicted of any felonies. Class seating is limited to 15 students. All applicants are subject to background checks prior to acceptance into the academy.

The deadline to submit an application is May 12, 2018 at 3 PM.

The Citizen Police Academy’s purpose “is to give members of the Hampden community an opportunity to learn more about their police department”

The 5-week Academy is an “educational program, designed to give residents a realistic understanding of police work. The instruction is intended to be appealing, and will include lectures, tours, demonstrations, and practical exercises. All classes are instructed by members of the Hampden Police Department... Dress is casual and comfortable. On the fifth week there will be a graduation.”

Questions? Contact Sgt. Michael Cooney or Officer William Jacques at 566-8011.

- Condensed from “Hampden Police Department Citizen Police Academy” flyer.

== -from Tax Collector Eva Wiseman

FYI: Do you have a Post Office Box? If you haven’t notified the Board of Assessors of your correct MAILING address, then chances are your tax bills are being returned to the Assessors’ Office. Returned mail will not be forwarded without an updated address.

There’s a “Change of Mailing Address” form available from the Board of Assessors. You would need to get one, fill it out, sign, and return to the Board of Assessors in order “to ensure that tax bills or any other correspondence are being properly directed.” You can phone the Assessors’ office at 566-2151x106 to check what address is on file; *however, you will need that change form in order to update your mailing address.*

A reflective pause: What topics would YOU like information about?

Do you have questions about how town government works?

Questions? Comments? If so, please send an email to selectmen@hampden.org or drop them a note.

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

“Real, sustainable community change requires the initiative and engagement of community members. “

- Helene D. Gale, Doctor and Humanitarian

Sources: <https://www.brainyquote.com/topics/community> https://en.wikipedia.org/wiki/Helene_D._Gayle

-Volunteer Editor Nancy Zebert