

The Scantic Scribe ***OCTOBER 2018***



HAMPDEN SENIOR CENTER **104 ALLEN STREET**

Monday-Friday 9:00am—3:00pm

413-566-5588 (phone)

413-566-2103 (fax)



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!

Fall colors are starting to show, the air is getting cooler and it's finally bearable to be outside taking a walk or sitting and enjoying the cool breezes.

So many things are happening here at the senior center, don't miss out!

The Forest Park Zoo on the Go will be here on **Friday, October 5th at 10:30AM**. Please sign up to come and see all the animals!

On **October 18th from 6-8 PM** we are hosting our annual, "Help! Now What?" Medicare open enrollment seminar and elder law informational session. Please join us if you are turning 65 or starting your Medicare benefits in the next year. You will receive valuable information about what steps to take as far as choosing your insurance.

Please remember that anyone is welcome to come and visit the senior center regardless of age.

See you soon. 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: OCTOBER 9TH, Tuesday, @ 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!



JEWELRY IS BACK.....
THE THIRD TUESDAY OF EVERY MONTH

OCTOBER 16th, 9:30am

Sandy Merrill is here to help you make earring, necklaces, and bracelets for gifts or yourself. Cost \$3.00

A Conversation with State Representative Brian Ashe

Please join us as we welcome Rep. Ashe on
Monday, October 22nd at 12 noon

As Vice Chairman of the Elder Affairs Committee, Rep Ashe wants to hear concerns that you may have and gain a better understanding of what specific issues the legislature needs to tackle during the upcoming session. Please sign up for this event and come with your questions and concerns.

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, October 16th @ 1:00pm

FALLON INSURANCE- Tuesday, October 30th, 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

Fuel Assistance

Income guidelines for 2018/2019 heating season

<u>Family Size</u>	<u>Income Limit</u>
1	\$35,510
2	\$46,437
3	\$57,363
4	\$68,289

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)
- 2018 Electric Bill
- Oil Statement or Gas Bill (or both)
- 2018 Telephone Bill
- 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)

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

" 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.

Sponsored in part by: MCOA &



HEALTH/ WELLNESS CORNER

BAYSTATE HEARING

1ST WEDNESDAY OF THE MONTH.

CALL FOR APPT



FOOTCARE: THURSDAY, October 25th

Call for an APPT

FREE BLOOD PRESSURE CLINIC

TUESDAY AND THURSDAY

10:00 AM—11:00 AM



Monday Movies at 12:15

OCT 1st - THE COMMUTER - Insurance salesman Michael MacCauley quiet train ride home turns into a terrifying situation when a mysterious woman forces him to find a specific passenger before the last stop, entangling Woolrich in a deadly conspiracy. Cast: Liam Neeson, Vera Farmiga, Patrick Wilson



OCT 15th THE HURRICAN HEIST - As a hurricane bears down on a coastal town, the U.S. mint located there faces an additional threat from hackers who've infiltrated the facility to steal millions -- and only a storm chaser and a government agent are left to foil the thieves. Cast: Toby Kebbell, Maggie Grace, Ryan Kwanten



OCT 22nd - ANNIHILATION - When four women -- a psychologist, a surveyor, an anthropologist and a biologist -- embark on a covert expedition into an area sealed off by the government for decades, they find a wilderness where the laws of nature don't pertain. Cast: Natalie Portman, Jennifer Jason Leigh, Gina Rodriguez

OCT 29th - A WRINKLE IN TIME - From visionary director Ava DuVernay comes Disney's A Wrinkle In Time. Based on the timeless classic and filled with spectacle, warmth and heart, this celebrated film follows an ordinary girl's epic adventure and brave journey home, with the ultimate triumph of love. Cast: Oprah Winfrey, Reese Witherspoon, Mindy Kaling

WINE CORK CRAFT

TUESDAY, OCTOBER 23rd , 12noon

Come join Claudia Kapinos in making a Christmas Tree decoration made with wine corks.
Cost is \$5.00. Limited class size, sign up asap!



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, 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 Hampden to the airport and back to Hampden.**

**** 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!



Free Healthy Eating Study Session

The Healthy Eating Study is a research study to help advance the Health Eating for Successful Living in Older Adults Program to be a qualified evidenced-based program through external evaluation.

This study will take place over a 6 month time period and you only have to attend 3 meetings! A series of questionnaires and evaluations will be completed during each session.

Would you be willing to help? You must be 18 or older and be available to attend a **1:00 PM** session on

November 26, 2018, January 7, 2019 and May 20, 2019.

You will receive a \$20 gift card for your participation.


Please call Wendy with questions or the front desk to sign up.
413.566.5588

DAV **Fulfilling our Promises to the men and women who served**

Michelle Barrett, Chapter Service Officer for the Disabled American Veterans of Chapter 68 in Springfield is here every Tuesday, 9:00-1:00pm.

**Veterans that are seeking support; whether it's seeking information, questions, guidance, claims, and/or recommendations, Michelle is here to support you.
Stop in for help or a visit.**

You can also email her at davveteran7@yahoo.com.

Mon	Tue	Wed	Thu	Fri
1 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie 12:30 Watercolors	2 9:00 Ladies Pool 9:15 DAV 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Canasta 1:00 Yoga	3 <u>HEARING</u> 9:00 PINOCHLE 10:00 Trivia 12:00 Pitch 12:30 Watercolors	4 9:00 Men's Pool 9:45 ART is 4 Every 1 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bingo 12:30 Genealogy 1:00 Yoga 6:30 Social Dancing	5 9:00 Quilting (CANCELLED) 10:00 Manicures 10:00 MEMORY CAFÉ 10:30 ZOO ON THE GO 11:00 Mahjongg
8 CLOSED COLUMBUS DAY	9 <u>COA MEETING</u> 9:00 Ladies Pool 9:15 DAV 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	10 9:00 PINOCHLE 10:00 Trivia 12:00 Pitch 12:30 Watercolors	11 <u>FACIALS</u> 9:00 Men's Pool 9:45 ART is 4 Every 1 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bingo 1:00 Yoga 6:30 Social Dancing	12 9:00 Quilting (CANCELLED) 10:00 MEMORY CAFÉ 11:00 Mahjongg
15 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie 12:30 Watercolors	16 9:00 Ladies Pool 9:15 DAV 9:00 Jewelry 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga-cancel 12:00 Funct Fitness-cancel 12:00 Bunco 12:30 Canasta 1:00 Yoga-cancel 1:00 Brown Bag	17 9:00 PINOCHLE 9:30 MARATHON PITCH 10:00 Trivia 11:00 MedMinder Session 12:30 Watercolors	18 <u>Collate Scribe</u> 9:00 Men's Pool 9:45 ART is 4 Every 1 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga-cancel 12:00 FunctFitness-cancel 12:00 Bingo 12:30 Genealogy 1:00 Yoga-cancel 6-8pm-HELP! NOW WHAT!? 6:30 Social Dancing (CANCELED)	19 <u>MASSAGE</u> 9:00 Quilting 10:00 MEMORY CAFÉ 10:00 Manicures 11:00 Mahjongg 1:00 RMV
22 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:00 STATE REP BRIAN ASHE 12:15 Movie 12:30 Watercolors	23 9:00 Ladies Pool 9:15 DAV 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Canasta 1:00 Yoga	24 9:00 PINOCHLE 10:00 Trivia 11:00 State Senator Representative 12:00 Pitch 12:30 Watercolors	25 <u>FOOTCARE</u> 9:00 Men's Pool 9:45 ART is 4 Every 1 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bingo 1:00 Yoga 6:30 Social Dancing	26 9:00 Quilting 10:00 MEMORY CAFÉ 11:00 Mahjongg
29 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie 12:30 Watercolor	30 9:00 Ladies Pool 9:15 DAV 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	31 <u>BREAKFAST</u> 9:00 PINOCHLE 10:00 Trivia 12:00 Pitch 12:30 Watercolor		<div> Volunteers are needed to help collate our monthly Newsletter (the Scantic Scribe) one day a month. Check calendar for date. Thanks! </div>



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 & Thursday, 11am \$5/Class

FACIALS

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

FUNCTIONAL FITNESS — Tuesday & Thursday, 12:00 noon, with Sue Kent.

GENEALOGY/FAMILY HISTORY

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

JEWELRY

The third Tuesday of the Month, October 16th, 9:30am

KNITTING/CROCHET

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



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



Massachusetts
Councils On Aging

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 Tues, Weather Permitting

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



Please check our events calendar monthly for any CANCELLED classes.

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

OCTOBER 2018

LUNCH MENU

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

Mon	Tue	Wed	Thu	Fri
1 Chicken Meatball Stroganoff Buttered Noodles Mixed Vegetables Rye Bread Mixed Fruit Cal: 733 Sod: 739	2 <u>COLD PLATE</u> Beef Barley Soup/Crackers Tuna Salad/Bun Red Bean/Chick Pea Salad Apple Cal: 855 Sod: 1018	3 Baked Chicken Maple Glaze Sauce Cheesy Shred Potato Spinach Frozen Strawberry Cup Cal: 730 Sod: 719	4 Latino Gr Meat Stew White Rice Carrots Pumpnickel Bread Poke Cake/Topping Cal: 1121 Sod: 854	5 Roast Pork/Gravy Delmonico Potatoes Winter Mix Vegetables Dinner Roll Applesauce Cal: 764 Sod: 795
8 CLOSED COLUMBUS DAY	9 Baked Chicken Honey Mustard Sauce Sweet Potatoes Cauliflower Gratin 12 Grain Bread Rice Pudding Cal: 958 Sod: 1179	10 Shepherd Pie Mashed Potatoes/Gravy Broccoli Wheat Bread Birthday Cake Cal: 661 Sod: 774	11 Stuffed Shells Tomato sauce Tuscan Blend Veggies Tossed Salad Rye Bread Peaches Cal: 529 Sod: 792	12 <u>COLD PLATE</u> Egg Salad/Bun Pickled Beets Macaroni Salad Pear Cal: 1023 Sod: 925
15 Turkey Meatloaf Mashed Potato / Gravy Carrots Oat Nut Bread Pineapple Cal: 612 Sod: 683	16 *Hot Dog/Bun Baked Beans Confetti Cole Slaw Mustard/Relish Orange Cal: 828 Sod: 1253	17 American Chop Suey Wax Beans Italian Bread Chocolate Pudding Cal: 676 Sod: 747	18 Baked Chicken Taco Potato Wedges Country Blend Veggies 12 Grain Bread Pears Cal: 700 Sod: 1048	19 Pot Roast/Gravy Oven Brown Potatoes Summer Blend Veggies Dinner Roll Ambrosia Cal: 705 Sod: 729
22 Mac & Cheese Stewed Tomatoes Peas/Pearl Onions Wheat Bread Apple Cal: 785 Sod: 988	23 <u>CATCH OF THE DAY</u> Haddock/Dill Sauce Lemon Rice Carrots Rye Bread Cal: 677 Sod: 741	24 Taco Bowl Shredded Cheese/Lettuce/Salsa Yellow Rice Tortilla Chips Mixed Fruit Cal: 639 Sod: 709	25 Baked Chicken Apricot Glaze Baked Potato/Sr Cream Butternut Squash Wheat Bread Cal: 851 Sod: 645	26 Escarole Bean Soup/Crackers Salisbury Steak/Gravy Mashed Potatoes 12 Grain Bread Fruited Jell-O Cal: 673 Sod: 1067
29 Potato Pollack Tartar Sauce Au Gratin Potatoes Peas Dinner Roll Baked Apple/Topping Cal: 1073 Sod: 1126	30 Beef & Bean Chili Baked Potato/sour cream Carrots Pumpnickel Bread Pears Cal: 678 Sod: 533	31 Beef Tagine Mashed Potatoes Tossed Salad 12 Grain Bread Pineapple Cal: 784 Sod: 533	<div style="border: 1px dashed red; padding: 10px;"> Sod=Sodium CAL=Calories *Item over 500mg Sodium Total Sodium & Calories Based on Regular Dessert </div>	<div style="border: 1px dashed red; padding: 10px;"> *High Sodium Entrée Suggested Voluntary Donation \$2.00 Puree Meals available Call GSSSI 781-8800 </div>

Forest Park's Zoo on the Go

Oct 5th from 10:30-11:30 am
This is a fun time to interact with
the animals and learn about them.
Event is Free. Lunch immediately
following; suggested donation \$2.00



PITCH MARATHON

Wednesday, Oct 17th, 9:30 to 3 Cost \$5.00

Continental Breakfast

Salad, American Chop Suey, Garlic Bread

Afternoon Dessert

Nibbles, Soft Drinks, Coffee & Tea



Hampden Senior Center

104 Allen St.,
Hampden, MA



Pre-registration required
call or sign up at front desk.

HELP! NOW WHAT?!?!

Questions about: Estate and Financial Planning
Health Insurance and Medicare

Join us as we welcome the experts on

Thursday, October 18th from 6 - 8 pm
to answer all your questions.

Attorney David G. Carlson,
Becky Moriarty, Shine Counselor

as well as representatives from area
Insurance Companies have been invited.

Wine and Cheese will be provided

**Please call 566-5588 to RSVP for this
important event**

Friday, October 19th @ 1pm
FREE Registry of Motor Vehicle Workshop
on license renewal and REAL ID for residents.

Michele Ellicks, Outreach MassDot/RMV
will be here to answer all you questions.

Please call or sign up at front desk.



Wednesday, October 17th from 11-1pm FREE Information Session



The MedMinder pill dispenser helps ensure medication is taken at the correct time by providing a patient with real-time notifications and reminders, including flashing lights, auditory beeps, phone calls or text messages. If the patient does not take medications at the scheduled time, the dispenser then notifies the patient's caregiver by phone call, text message or email. Additionally, the compartments within a MedMinder pill dispenser are scheduled to unlock and open at specific times of the day according to the patient's individualized drug regimen, eliminating accidental double dosing and overdosing, as well as medication abuse. The MedMinder is also available with Life Line at no additional cost. The MedMinder pharmacy reconciles and pre-organizes medications by dosage times, packages them into disposable cartridges that fit inside the MedMinder pill dispenser, and delivers them directly to a patient's home monthly. NO NEED for phone line or internet connection. No contract, no hidden fees, no charge for the equipment. Free shipping.

Wednesday, October 31st @ 9am Cost \$3.00



Davis Bates will transport us to a different place and time with entertaining ghost stories. Your staff will be dressed for the occasion.

We Dare You...Sign Up **NOW!!!!**

Serving: Virgin Bloody Mary's,
Fruit, Pumpkin Pancakes,
Sausages and Coffee.

Program sponsored in part
by the support of:





2018 - 2nd Annual
Scantic River Artisans Juried Art Show

October 13 (10-4) & October 14 (12-4)

Reception: October 13 (12-2) - Awards at 2pm

104 Allen St., Hampden, MA 01036 (Hampden Senior Center)

- **REFRESHMENTS • ART AUCTION**
- **ART FOR SALE**
- **DEMONSTRATIONS**



For Information and Entry Form, visit:
www.scanticriverartisans.org
or leave a message at: 413-205-7985

Saturday Night Dinner Dance

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).

Doors Open at 5:30 pm. The Bands will play for your listening and dancing pleasure from 6-9 pm. Themed Apparel suggested!

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

Cost: \$25.00 pp
(all seating is reserved
and prepaid)

Appetizers, Salad & rolls
Lasagna Roll Up Dinner,
delicious sides,
Complimentary cocktail
and Dessert.

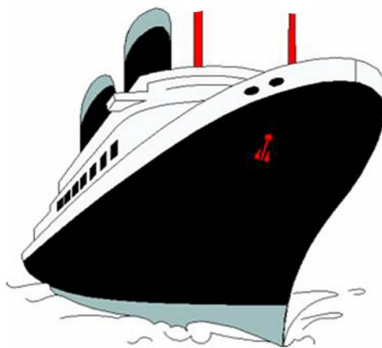
Cash Bar.

Doors open at 6 pm.

MURDER on the HIGH SEAS

ABOARD the ISLAND PRINCESS

November 2, 3 & 4, 2018



A ROCKIN' and
ROLLIN' ADVENTURE

*We hope you enjoy our
Murder Mystery Dinner Show.*

*This production is made possible by
the generosity of the
Friends of Hampden Seniors
in cooperation with
the director, staff and
many wonderful volunteers of the
Hampden Senior Center.*

*Fund raisers such as this insure
great future programs for the
benefit of our seniors.*

*Thank You Very Much
for your Support.*

Make checks payable to Town of Hampden



Town of Hampden Newsletter

October 2018



Your Fall Lineup: Democracy in Action.....PARTICIPATE!

Oct 10th: Planning Board Public Hearing on Citizen's Petition Solar Moratorium * 6pm, Town House

Oct 22nd Tentative: Advisory Committee Hearing RE: Special Town Meeting 7pm, Town House

Oct 29th Special Town Meeting, Monday 7pm, Bethlehem Baptist Church

**Solar Moratorium's full text on reverse.*

You are allowed to speak at each of the above meetings; however, you must first be recognized by the Chair, Co-Chair, or Moderator, respectively. As always, civility is the keyword. Please attend!

From the Massachusetts Moderators Association:

**New resident? Never been to a Town Meeting? Need a review of how Town Meeting works, or just plain curious? Check out this association's two videos: *Town Meeting and You* and *Voice of the People: The Representative Town Meeting*. Viewable online at:
<http://www.massmoderators.org/tmy.html>**

Both videos are about 30 minutes long. RD Saul, an anchor at NECN (New England Cable Network) is the narrator the first one. This is what he says at the end:



"So there you have it – a look at how the open town meeting works; open to your registered voters, meeting, deciding together what's important to the quality of life in your community, and determining where to spend your tax dollars. It's a system of local government that works best when more people participate.

Sure, there's disagreement and strong feeling for and against some proposals but in the end, it's about common interests and shared goals. It's about community. So don't stand on the sidelines and complain. Jump in....Show up and speak your mind and cast your vote."

If you don't have a computer, call the library, or the Senior Center (depending on age), and ask if you could view the online video there. Just a reminder that only registered voters get to vote; unregistered residents and interested high school students are welcome to attend. Robert 'Bob' Howarth is Hampden's elected Town Moderator. If you have any questions, contact him at the Selectmen's Office.

"The Massachusetts Moderators Association is a nonprofit, nonpartisan association that provides to its members opportunities to communicate and meet in order to exchange ideas and information which can enhance the conduct of town meetings. Town meetings constitute the legislative component of local government for most towns in the Commonwealth of Massachusetts...." (<http://www.massmoderators.org/index.html>)

Available as a PDF download from the MA Secretary of the Commonwealth's website, here's a related resource:
<http://www.sec.state.ma.us/cis/cistwn/twnidx.htm> **'Citizen's Guide to Town Meetings'**

“Article 7. Citizen’s Petition Solar Moratorium

TOWN OF HAMPDEN - TEMPORARY MORATORIUM – SOLAR ENERGY SYSTEMS

To see if the Town will vote to put in place a one-year moratorium on ground-mounted Solar Energy Systems for non-residential, non-personal, and/or commercial use as currently permitted by the Hampden Zoning Bylaws by adding a new section to 7.16 (Solar Energy Systems) of the Hampden Zoning Bylaws. This moratorium excludes the instance whereby the Town voted to authorize the Board of Selectmen to execute a lease for commercial solar installation at the capped landfill at the Transfer Station at the Annual Town Meeting on 4/27/15. The moratorium also excludes solar energy system projects already approved by the Planning Board.

ADD NEW SECTION to 7.16 (Solar Energy Systems) of Hampden Zoning Bylaws: TEMPORARY MORATORIUM ON SOLAR ENERGY SYSTEMS

Notwithstanding any other provision of the Zoning Bylaw to the contrary, the Town hereby adopts a temporary, one-year moratorium on the new use of land for ground-mounted, non-residential, nonpersonal, and/or commercial use Solar Energy Systems effective immediately upon Town vote. This moratorium excludes the instance whereby the Town voted to authorize the Board of Selectmen to execute a lease for commercial solar installation at the capped landfill at the Transfer Station at the Annual Town Meeting on 4/27/15. The moratorium also excludes solar energy system projects already approved by the Planning Board. During the moratorium one-year period, the Town shall conduct a bylaw review of towns of similar size, undertake a planning process that addresses the potential impacts of solar energy systems in Hampden, consider the long-term objectives for solar energy systems and their impact on health, safety, and welfare of Hampden’s citizenry, and to determine how the Town shall reasonably regulate solar energy systems and, finally, to amend the Zoning Bylaws Section 7.16 according.”



Note: Editor requested from the Selectmen’s Office so residents w/have for 10/10; Admin Pam Courtney sent via email.

From Doug Boyd, Chairman of the Community Preservation Committee:

“Summary of Community Preservation Act: The state legislature passed the Community Preservation Act (CPA) in 2000 and it was adopted by the Town of Hampden at the Annual Town Meeting in May of 2001. The CPA allows the Town to assess a 1% surcharge on the annual real estate tax bill. The first \$100,000 of the real estate assessment is exempted from the surcharge. The Commonwealth created a CPA fund which is used to partially match the amount collected by participating cities and towns. Upon adoption of the CPA the Town created a Community Preservation Committee composed of representatives of various Town boards and citizens at-large. Any group or person has the right to file a request for CPA funds which will be considered by the committee to ensure it meets the criteria of either open space, recreation, historical preservation or affordable housing. If the committee decides the request meets the statutory criteria and is in the best interests of the Town, the request will be brought forward for consideration at a Town Meeting and subjected to a vote. CPA funds may only be expended with a favorable vote of the Town Meeting.”

October is Family History Month! "If you don't recount your family history, it will be lost. Honor your own stories and tell them too. The tales may not seem very important, but they are what binds families and makes each of us who we are." Madeleine L'Engle, author https://www.azquotes.com/author/8364-Madeleine_L_Engle

Hampden is 140 years old this year. Do you know your family history back at least 140 years? Just as family stories strengthen family ties, so too do stories within a community. What type of story could you write about living in Hampden this year? Today life is different than it was 40 years ago for Hampden’s Centennial Celebration. How different will it be in the next 10 years when the town’s 150th Anniversary rolls around?

Thanks go to Hampden Engineering, who provides paper and printing, Katy Noes, their creative employee, who adds graphics to the newsletter, and the Senior Center volunteers who monthly assemble the dual newsletters’ packet. This edition collated on Thursday, September 20th.

-Nancy Zebert, volunteer editor-