

# ***The Scantic Scribe*** ***September 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!**

Can you believe we are already in September? Kids are back in school, buses are on the road and soon the leaves on the trees will be changing color and bringing in the fall. The weather will start to cool down and taking a walk outside will be bearable!

As always, we have a busy calendar this month and hope you will take advantage of all the great offerings we have!

September is "Build a Better Breakfast" Month and we are kicking it off on Thursday, September 13th at 9:00 A.M. with our delicious French toast bake, sausage and fruit. Be sure to sign up at the front desk.

Sue Kent will now offer chair yoga, functional fitness and regular yoga classes on Tuesdays AND Thursdays.

The flu clinic will be held on Friday, September 14th from 1:00—3:00 and is provided by CVS Pharmacy. Please sign up in advance and bring in your insurance card to save time when you come for your shot.

Don't forget our next Saturday evening dinner dance will be held on September 29th in celebration of Oktoberfest. Sign up early as we always have a sold out crowd.

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 GSSI: John Shay  
**NEXT COA BOARD MEETING: Tuesday,  
September 11th @ 9:15am**

The Hampden Lion's Club provides the paper for the SCRIBE and Friends of Hampden Seniors provide postage. Many thanks to both organizations for supporting the Hampden Senior Center!



**FLU CLINIC**  
**FRIDAY**  
**SEPTEMBER 14TH**  
**1:00-3:00PM**

**Sponsored by CVS**

**Please call or stop by with your insurance card 566-5588 to preregister**

## 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, September 18th @ 1:00pm**

**FALLON INSURANCE-** Tuesday, September 4th, 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:



## HEALTH/Wellness CORNER

### BAYSTATE HEARING

**1ST WEDNESDAY OF THE MONTH.**

**CALL FOR APPT**



**FOOTCARE: THURSDAY, September 27th**

**Call for an APPT**

### FREE BLOOD PRESSURE CLINIC

**TUESDAY AND THURSDAY**

**10:00 AM—11:00 AM**



## **Monday Movies at 12:15**

### September 10th - The Glass Castle

Adapted from the novel of the same name, this family drama follows future writer Jeannette Walls, who spends her hardscrabble childhood on the run with her negligent artist mother and storytelling alcoholic father. Cast: Brie Larson, Woody Harrelson, Max Greenfield



### September 17th - Lady Bird

In her senior year of high school in Sacramento, teenage Lady Bird is set on making her way east to attend college in New York City. With help from her adopted brother, Miguel, she begins putting together a plan for her great escape. Cast: Saoirse Ronan, Laurie Metcalf, Tracy Letts

### September 24th - The Greatest Showman

Behind "The Greatest Show on Earth" was one of history's greatest showmen, P.T. Barnum. This musical biopic centers on Barnum's creation of the three-ring circus and his infatuation with Swedish songbird Jenny Lind. Cast: Hugh Jackman, Zac Efron, Michelle Williams

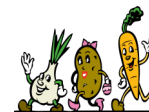
### **FARMSHARE PROGRAM Sponsored by D & R Farm**

**Wednesdays at 10am**

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

**Cash, SNAP and HIP accepted**

**Call Wendy for more information**



## **HOUSEHOLD HAZARDOUS WASTE COLLECTION DAY**

**SATURDAY, SEPTEMBER 15, 2018**

**9:00AM-1:00PM.**

**621 Main St, Wilbraham, - Minnechaug Regional High School**

**Pre-registration is required, call Board of Health on**

**September 11th, 566-2151x102**

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

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

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

## **SAVE THE DATE**

October 5th at  
10:30am



**Forest Park Zoo on the Go!!!!**

\*\*\*\*\*

**October 18th - 6-8pm**

**HELP! NOW WHAT??**

Medicare open enrollment information seminar

### **Birdhouses**

**Monday, September 17th**

**\$5.00**


**12:30 to 3:00pm**



**Come join Janis DeGrandpre  
for an enjoyable afternoon  
painting a birdhouse  
for your yard.**

**Limited Space, call asap!**



Mon	Tue	Wed	Thu	Fri
<div>Volunteers are needed to help collate our monthly Newsletter (the Scantic Scribe) one day a month. Check calendar for date. Thanks!</div>				
<b>3</b>  <b>Closed Labor Day</b>	<b>4</b> 9:00 Ladies Pool 9:00 SHUFFLEBOARD 10:00 Fallon Insurance 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Canasta 1:00 Yoga	<b>5</b> <u>HEARING</u>  9:00 PINOCHLE  10:00 Trivia  12:00 Pitch	<b>6</b> 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	<b>7</b> 9:00 Quilting  10:00 MEMORY CAFÉ  10:00 Manicures  11:00 Mahjongg
<b>10</b> 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie	11 9:00 Ladies Pool  <b>9:15 COA Meeting</b> 9:00 SHUFFLEBOARD 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Canasta 1:00 Yoga	<b>12</b>  9:00 PINOCHLE  10:00 Trivia  12:00 Pitch	<b>13</b> <u>BREAKFAST</u>  9:00 Men's Pool 9:30 <b>FACIALS</b> 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 12:00 Essential Oils 1:00 Yoga 6:30 Social Dancing	<b>14</b>  9:00 Quilting  10:00 MEMORY CAFÉ  11:00 Mahjongg  <b>1:00 FLU CLINIC</b>
<b>17</b> 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie 12:30 BIRDHOUSES	<b>18</b> 9:00 Ladies Pool 9:00 SHUFFLEBOARD 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga- <b>CANCELLED</b> 12:00 FunctFitness- <b>CANCELLED</b> 12:00 Bunco 12:30 Canasta 1:00 Yoga- <b>CANCELLED</b> <b>1:00 BROWN BAG</b>	<b>19</b> 9:00 PINOCHLE 9:30 Micro/cooking 10:00 Trivia  11:00 State Senator Representative  12:00 Pitch	<b>20</b> <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- <b>CANCELLED</b> 12:00 FunctFitness- <b>CANCELLED</b> 12:00 Bingo 12:30 Genealogy 1:00 Yoga- <b>CANCELLED</b> <b>6:30 Social Dancing</b>	<b>21</b> <u>MASSAGE</u>  9:00 Quilting  10:00 MEMORY CAFÉ  10:00 Manicure  11:00 Mahjongg
<b>24</b> 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie 12:30 Watercolor with Joyce Emerle	<b>25</b> 9:00 Ladies Pool 9:00 SHUFFLEBOARD 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Canasta 1:00 Yoga	<b>26</b> 9:00 PINOCHLE  <b>10:00 AARP "Home Fit"</b>  10:00 Trivia  12:00 Pitch 12:30 Watercolor with Joyce Emerle	<b>27</b> <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 <b>6:30 Social Dancing</b>	<b>28</b> 9:00 Quilting  10:00 MEMORY CAFÉ  11:00 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 & 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

ON HIATUS UNTIL OCTOBER

## 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 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



**Please check our events calendar monthly for any CANCELLED classes.**

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

# SEPTEMBER 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 Call GSSSI 781-8800</p>	<p>Sod=Sodium CAL=Calories *Item over 500mg Sodium Total Sodium &amp; Calories Based on Regular Dessert</p>			
<p><b>3</b> <b>CLOSED</b> <b>LABOR</b> <b>DAY</b></p>	<p><b>4</b> Salisbury Steak/Gravy Delmonico Potatoes Spinach Pumpernickel Bread Mixed Fruit  Cal: 678 Sod: 872</p>	<p><b>5</b> Hawaiian Baked Chicken Coconut Rice Ginger Carrots Rye Bread Pineapple  Cal: 746 Sod: 402</p>	<p><b>6</b> Pimento Mac &amp; Cheese Stewed Tomatoes Pease Wheat Bread Peaches  Cal: 937 Sod: 707</p>	<p><b>7</b> Chicken Meatballs Ziti/Tomato Sauce Tossed Salad Whole Wheat Dinner Roll Apple  Cal: 678 Sod: 629</p>
<p><b>10</b> BBQ Pork Pattie Sweet Potatoes Broccoli 12 Grain Bread Pears  Cal: 592 Sod: 611</p>	<p><b>11</b> Pot Roast/Beef Gravy Mashed Potatoes Sweet/Sour Cabbage Oat Nut Bread Chocolate Pudding  Cal: 708 Sod: 1028</p>	<p><b>12</b> <u>COLD PLATE</u> Pea Soup/Crackers Grilled Chicken Breast Cole Slaw Hamburg Bun Frosted Birthday Cake  Cal: 866 Sod: 1184</p>	<p><b>13</b> Chicken Casserole Mashed Potatoes Carrots Rye Bread Orange  Cal: 812 Sod: 1014</p>	<p><b>14</b> Meatloaf/Gravy Baked Potato Mixed Vegetables Pumpernickel Bread Fruited Jell-O/Topping  Cal: 777 Sod: 643</p>
<p><b>17</b> Baked Chicken Grecian Sauce Cilantro Lemon Couscous Tuscan Blend Veggies Dinner Roll Fruited Jell-O/Topping  Cal: 790 Sod: 763</p>	<p><b>18</b> Potato Pollack Filet Orzo Tarragon/Peas Carrots Wheat Bread Applesauce  Cal: 787 Sod: 871</p>	<p><b>19</b> <u>COLD PLATE</u> Egg Salad Pickled Beets Potato Salad Hot Dog Bun Fruit Compote  Cal: 1066 Sod: 923</p>	<p><b>20</b> Taco Bowl/Salsa Shredded Cheese Shredded Lettuce Yellow Rice Tortilla Chips Apple  Cal: 661 Sod: 704</p>	<p><b>21</b> *Roast Turkey Cranberry Sauce Herb Stuffing Butternut Squash Pumpernickel Bread Choc Chip Cookies  Cal: 783 Sod: 1194</p>
<p><b>24</b> Whole Grain Lasagna Tomato Sauce Spinach Whole Wheat Bread Peaches  Cal: 482 Sod: 652</p>	<p><b>25</b> Beef Burgundy Buttered Egg Noodles Peas/Carrots Whole Wheat Dinner Roll Ambrosia  Cal: 789 Sod: 467</p>	<p><b>26</b> <u>CATCH OF THE DAY</u> Haddock/Dill Sauce Chuck Wagon Corn Rice Pilaf Lemon Pudding  Cal: 655 Sod: 898</p>	<p><b>27</b> Baked Chicken Wine Sauce Oven Brown Potatoes Oat Nut Bread Apple Crisp/Topping  Cal: 833 Sod: 780</p>	<p><b>28</b> *Hot Dog/Bun Baked Beans Cole Slaw Mustard/Relish Pear  Cal: 845 Sod: 1255</p>

# 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).

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

**September 29th**  
**Off The Record**

**German Bratwurst**  
Seasonal music and  
50's, 60's and 70's



**October 27th**  
**Sharades Band**



**Beef Tips over Mashed**

Prizes for best costumes!

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

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



**Ticket Sales**

**Begin**

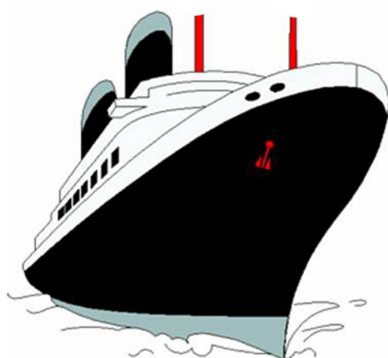
**September 17th**

**(all seating is reserved  
and prepaid)**

## **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



## What Are Essential Oils?



**Thursday, September 13th, noon to 1:30**  
Come and discover the benefits of making and using essential oils.

Kerri Mahan will walk us through this Make and Take Class.

Class size is limited so please sign up early.  
Cost is \$5.00



**FREE...September 19th 9:30 - 11:00 AM**

## Cooking Well with a Microwave

[WWW.FOODBANKWMA.ORG](http://WWW.FOODBANKWMA.ORG)

**Taste New Recipes and Learn About:** Cooking for one or two. Making healthy meals in your microwave. Basic safety and techniques. A free copy of our Microwave Cookbook.



LEVER-STYLE HANDLE



TOUCH CONTROL LAMP



NO-STEP ENTRY



ADJUSTABLE SHOWERHEAD

## Is Your Home "HomeFit"?

AARP can help you make where you live a lifelong home that's comfortable, safe and a great fit.

**AARP**  
Real Possibilities

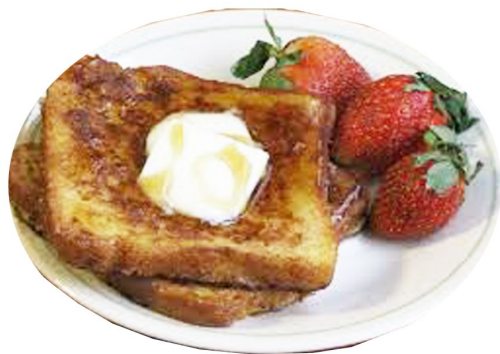
**Wednesday, September 26th**  
**FREE...10:00-11:30**



## Build a Better Breakfast Month

**Thursday September 13th 9am**

## Fruit, French Toast Bake & Sausage



Here are five simple tips to help build a healthy breakfast:  
Include a healthy protein rich food. Including a serving of protein rich food will help keep you full. ...  
Include a serving of fruit. ...  
Include a whole-grain serving. ...  
Sit down and enjoy! ...  
Eat slowly.





# Town of Hampden Newsletter

## September 2018

*This month's focus will begin a series on town documents:*

At the last Capital Planning Meeting, back on July 12th, there was mention of the Hampden Town Hall Capital Improvement and Accessibility Study. That study is dated May 22, 2017 and was prepared by Marois Construction Company, Inc. (<http://maroisconstruction.com/>) and lists Architecture Environment Life Inc. as consultants.

In the "Introduction" on p2, the second paragraph starts "This report looks at existing condition of the Town Hall while noting code compliance deficiencies, highlighting deferred maintenance items; and producing a preliminary budget for upgrading the former Town Police Station area into functional office space."



Information is based on "inspections during site visits, no functional or destructive testing has been performed... The report that follows is preliminary in nature and intended for informational purposes only..." That section ends with stating that before any work begins testing for asbestos would have to be done "to determine the scope of any abatement work required."

"Appendix A: Projected Cost Breakdown" on p31 lists a preliminary estimate for 'code compliance upgrades'; while p32-33 deals with the "Basement Remodel of PD space"; and ends with p34, which deals with "Maintenance and repairs". The last section of the report includes the following three fold-out drawings: The first, dated March 14, 2017, Architecture Environment Life Inc. of East Longmeadow depicts a possible layout of offices, and bathrooms in the space once occupied by the Hampden Police Department.

The second fold-out plan, dated October 13, 1989, and prepared by Carlson & Schmitt Architects, Inc. is entitled "Upper Level Repairs and Renovations to the Hampden Town House" with remarks. The final fold-out, October 31, 2016, and by Precision Measurement & Drafting Services, LLC shows an annotated partial basement plan.



There are charts, color photos, diagrams, and explanations throughout the report. This report should be viewed as a 'must read' as we go into the future. The explanation of renovation costs less or greater than 30% of the building's value is covered in p3-4.

This report may be read at either the library, or the Senior Center. A digital copy is available at [hampden.org](http://hampden.org) on the home page.



*(Editor's Note: In order to read the remarks on the paper copies of the latter two plans, you may need a magnifying glass. Those two fold-outs are better viewed using the paper copies vs the digital copy.)*

*...article continued on the reverse*

Think about some of these questions: On the 2016 and 1989 plans, how many of those items were actually implemented? How much did these three plans cost? Is there a timeline to go forward on any of the maintenance repairs; the remodel of the former Police Dept. area; or the American Disabilities Act compliance items? Since this report was finished, the cupola has been leaking. What's that current status? If you have any comments or questions after reading the 2017 report, please sent a letter to the Selectmen, 625 Main Street or an email to [selectmen@hampden.org](mailto:selectmen@hampden.org)

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Flashback to the 1982 Annual Town Report, Report of the Board of Selectmen, p.14, 4th paragraph down: ([viewable online at Hampden.org](http://viewableonlineatHampden.org))

"This year, 1982, marked the 50th "birthday" of our Town House and some of you may not be aware of the fact that this great building was a gift to our Town by a philanthropic old time resident, Miss Elizabeth Sessions. Since she was not only interested in community affairs but also deeply concerned with education, this building was a combination school, town hall and library, and housed grades 1-8 for many years, only finally ending its service as a school in 1971. Not many towns are so fortunate to receive such a gift and throughout the years your selectmen have done whatever is necessary to keep this building in the best possible condition. This year we will have to address ourselves to the problems of the roof on this building, one section of which needs immediate repair."



The Town House is located across the street from Academy Hall, which was used at times for town meetings.

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"If you invest the time earlier to create structure and process around communication, planning, and goal-setting, you can prevent missteps before they occur."

*Christine Tsai, American Business Woman*  
<https://www.brainyquote.com/topics/planning>

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**From Tax Collector Eva Wiseman:** Real Estate Tax Bills will be mailed out the last week of September. As mentioned in the April *Newsletter*, payment on or before the due date does NOT trigger any interest fee; however, an *"Interest rate of 14% per annum will accrue on overdue payments from the due date until payment is made."*

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**Town of Hampden Open Space and Recreation Plan**, Updated December 6, 2017 The preparation of this plan was a joint effort between the Hampden Open Space and Recreation Plan Committee of 14 members, and the Pioneer Valley Planning Commission's 2 planners and 1 GIS specialist. The last update was done in 2009. There will be a copy at the library and the Senior Center if you're interested in reading this. A digital copy is available on the Conservation Committee page at [hampden.org](http://hampden.org).

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Thanks go to: Hampden Engineering for the paper and printing of this Newsletter; to Katy Noes, their creative employee, who adds graphics to the newsletter, and modernized the title area last month; and the Senior Center volunteers who monthly assemble the dual newsletters' packet. This edition collated on Thursday, August, August 23rd.

*-Nancy Zebert, volunteer editor-*