

The Scantic Scribe ♥ ***FEBRUARY 2019***



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!

Winter is here! I hope you're staying safe and warm with your hats, scarves and mittens.

Speaking of hats and mittens... the knitting group is requesting yarn donations. We accept all quantities and colors. This group works hard year round making mittens and hats for local school children in need.

Calling all walkers...we are looking for people who might be interested in a new walking club challenge starting in April. More details to come, but please call and let us know if you would like to be on the list to hear more about this fun opportunity!

Having trouble learning how to use your iPad, iPhone or laptop? Look inside this Scribe to find out more about one on one instruction to help you learn.

Stay warm!

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:

Tues, February 12th @ 9:15am

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

WINTER WEATHER ADVISORIES!!! Remember to watch channels 3, 22 and 40 for information about delayed opening or cancellations. Watch for **HAMPDEN SENIOR CENTER** and **GREATER SPRINGFIELD SENIOR SERVICES**. If Hampden Wilbraham Schools are closed, the meal site is automatically closed, but the center might still be open for activities, call 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

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, February 19th @ 1:00pm

FALLON INSURANCE - Returning in March 2019

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

Basic Computer & Technology Training

NEW Students from Wilbraham Monson Academy will be here to assist seniors with questions regarding iPhones, iPads and laptops. The students will be paired with a senior to give them their full attention with any questions they may have. Three sessions will be offered February 7th, 14th and 21st from 3:30-4:30. Please sign up asap, limited class size.

HEALTH/Wellness CORNER

BAYSTATE HEARING

1ST WEDNESDAY OF THE MONTH.

CALL FOR APPT



FOOTCARE: THURSDAY, February 28th

Call for an APPT

FREE BLOOD PRESSURE CLINIC

TUESDAY AND THURSDAY

10:00 AM—11:00 AM



MONDAY MOVIES @ 12:15



FEBRUARY 4th - TULLY - Tully tells the story of Marlo, a mother of three who is gifted a night nanny by her brother. Hesitant to the extravagance at first, she forms a unique bond with the thoughtful, unpredictable, young nanny. Cast Charlize Theron, Mackenzie Davis, Mark Duplass

FEBRUARY 11th - ALPHA -

In this adventure saga set during the last Ice Age, a young man on a hunting expedition loses his bearings and must make his way through a hostile landscape -- accompanied only by his dog to reunite with his tribe. Cast Kodi Smit-McPhee, Leonor Varela

FEBRUARY 25th - MILE 22 - In a visceral modern thriller from the director of Lone Survivor, Mark Wahlberg stars as James Silva, an operative of the CIA's most highly-prized and little-known unit. Aided by a top-secret tactical command team, Silva must transport an asset who has vital information to an airfield for extraction before the enemy closes in. Cast Mark Wahlberg, John Malkovich, Ronda Rousey

"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 & Homewatch Caregivers



TRIPS WITH BOBBI GRANT
Call Bobbi @ 413-566-8271
email to bobbijg2@charter.net

The 5 Trips Listed Below are A Definite for 2019;
Flyers Are Available at the Reception Desk.

Tues, Mar 12 – Aqua Turf Club: Andy Cooney & Friends \$89/pp

Tues, May 14 – West Point: Tour, Lunch, Cruise. \$115/pp

Thurs, May 30–Newport Playhs: Lunch, Play, Cabaret \$93/pp

Sun, July 14 – Old Rhinebeck Air Show/Museum: \$100/pp

Thurs/Fri, Aug 8/9–Lake George/Saratoga Races: \$294/pp dbl

Please let Bobbi Know your Interests; Your Input Regarding the Trips Listed Below Will Determine the Final Selection for 2019

Tues, June 25 – Museum Tour: Ventfort Hall Guided-Age Museum, and Chocolate Springs Café & Store in Lenox; Lunch @ Red Lion Inn and Norman Rockwell Museum. \$107/pp

Thurs, July 25 – New MGM Casino, \$20 Slot Play, Lunch on own, Matinee Show “Buddy Holly”@ Majestic Theater. \$72/pp

Wed, Aug 21 – The Log Cabin: Twin Lobsters (or Prime Rib), the Great Riverboat Ramblers. \$87/pp

Wed/Thurs, Aug 28/29 – Mt Washington / Cog Railway: Shopping @ No. Conway Outlet, Dinner & 1 Night @ White Mt Hotel, Breakfast, Cog RR ride. \$334/pp dbl

Fri, Sat & Sun, Sept 20, 21 & 22 – Adirondack Balloon Festival: 2 Nights @ Lakefront Georgian Resort, 2 Brkfsts, Dinner Show @ Hotel, Lake George Lunch Cruise, NY Museum \$390/pp dbl

Tues, Sept 24 – Stanley Park: “The Corvettes’ Doo Wop Revue”, MGM Casino, \$20 Slot Play, Lunch on ur own. \$63/pp

Wed, Oct 23 – Rocky’s Aqua Restaurant: Ocean-front Dining, Hot Lobster Roll, Broiled Seafood Combo, Chicken Française; Mohegan Sun, \$15 Meal Voucher & \$15 Slot Play. \$80/pp

Thurs, Nov 14 - Newport Playhouse: Delicious Buffet Lunch, Hilarious Play “Boeing Boeing”, Cabaret (2nd Show). \$93/pp

Wed, Dec 4– Big E Carriage House: Brunch, “Christmas with Father Misgivings”, Growing Up Catholic, a Comedy. \$80/pp

Bus Seat Assigned as your \$20 Deposit is Received.
Full Payment Deadlines are 1 Month Before the Trip.
All Prices Include Transportation and our Driver’s Tip.

Disabled American Veterans

Michelle Barrett, Chapter Service Officer for the Disabled American Veterans of Chapter 68 in Springfield is here Wednesday 9-1pm, call for an appointment 566-5588, Wednesday 9-1pm

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**

AMERICA’S MUSIC CITIES

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

NATIONAL PARKS OF AMERICA

JUNE 17-28, 12 DAYS

BEST OF EASTERN CANADA

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

CANADIAN ROCKIES BY TRAIN

SEPT 29-OCT 6TH

CALL FOR FLIERS OR PICK ONE UP AT THE SC!

FEBRUARY IS: CHOCOLATE LOVERS MONTH

AMERICAN HEART MONTH

NATIONAL CHERRY MONTH

POTATO LOVERS MONTH

HOT BREAKFAST MONTH

BIRD FEEDING MONTH



WANT TO KNOW WHAT TO EAT IN FEBRUARY?

Warming winter vegetables like squash and sprouts in home-made soups along with apples and pears and juicy oranges in baked desserts.

NATIONAL FOOD DAYS

February 4 - Soup Day

February 3 - Big Game Day

February 11 - Oatmeal Day

February 16 - Almond Day

February 26 - Pistachio Day

February 27 - Strawberry Day

February 28 - Chili Day

FREE INFORMATION SESSION @ BREAKFAST

WEDNESDAY, FEBRUARY 6th, 9am

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.



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, 12:00 noon, \$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, 12:00 noon, with Sue Kent, \$5/Class

GENEALOGY/FAMILY HISTORY

SEE YA IN THE SPRING!

HEARING

First Wednesday of the month, Call for appt.

JEWELRY

The third Tuesday of the Month, 9:30am, \$3 plus beads

KNITTING/CROCHET

Join Barbara Dunwoody and class in learning different patterns Mondays 9:00 am



LINE DANCING

THURSDAY - 2PM, \$5.00

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

Sponsored by:



PITCH Wednesdays, \$2.00. SIGN UP 11:45am, PLAY 12:00. Come join all the fun!

POOL ROOM

LADIES (Tuesday)

MEN (Thursday)



PINOCHLE NEED PLAYERS

QUILTING Fridays, 9:00am-3:00pm

SHUFFLEBOARD SEE YA IN THE SPRING.....

SOCIAL DANCING - On Winter Break

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!

WATERCOLOR

8 WEEKS, \$80/PP, Starting Monday, Jan 28, Wed Jan 30








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.

Mon	Tue	Wed	Thu	Fri
	<div> <p>This month, in honor of President Lincoln's birthday, we will be collecting pennies to help support programs and activities at the Hampden Senior Center! Please help us reach our goal of \$200!! Thank you for your support!</p>  </div>			<p>1 9:00 Quilting</p> <p>10:00 MEMORY CAFÉ</p> <p>11:00 Mahjongg</p> <p>National Wear Red Day </p>
<p>4</p> <p>9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie 12:30 WATERCOLOR</p>	<p>5</p> <p>9:00 Ladies Pool 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Canasta 1:00 Yoga</p>	<p>6 <u>BREAKFAST</u></p> <p>9:00 HEARING 9:00 DAV 10:00 Trivia 12:00 Pitch 12:30 WATERCOLOR</p> <p> Lunch</p>	<p>7 9:00 Men's Pool</p> <p>9:45 ART is 4 Every 1 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga 12:00 Bingo 1:00 Yoga 2:00 Line Dancing 3:30 Tech Training</p>	<p>8 9:00 Quilting</p> <p>10:00 MANICURES</p> <p>10:00 MEMORY CAFÉ</p> <p>11:00 Mahjongg</p>
<p>11</p> <p>9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie 12:30 WATERCOLOR</p>	<p>12 <u>COA MEETING</u></p> <p>9:00 Ladies Pool 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Canasta 1:00 Yoga</p>	<p>13 9:00 DAV</p> <p>10:00 Trivia</p> <p>12:00 Pitch</p> <p>12:30 WATERCOLOR</p>	<p>14</p> <p>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 Bingo 1:00 Yoga 2:00 Line Dancing 3:30 Tech Training</p>	<p>15 <u>MASSAGE</u></p> <p>9:00 Quilting</p> <p>10:00 MEMORY CAFÉ</p> <p>12:00 VALENTINE LUNCHEON </p> <p>11:00 Mahjongg</p>
<p>18 Closed Presidents Day</p> 	<p>19 9:00 Ladies Pool</p> <p>9:30 JEWELRY 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Canasta 1:00 Yoga 1:00 BROWN BAG</p>	<p>20 9:00 DAV</p> <p>10:00 Trivia 11:00 State Senator Representative 12:00 Pitch 12:30 WATERCOLOR</p>  <p>National Love your Pet Day</p>	<p>21 <u>COLLATE</u></p> <p>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 Bingo 1:00 Yoga 2:00 Line Dancing 3:30 Tech Training</p>	<p>22</p> <p>9:00 Quilting</p> <p>10:00 MANICURES</p> <p>10:00 MEMORY CAFÉ</p> <p>11:00 Mahjongg</p>
<p>25</p> <p>9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie 12:30 WATERCOLOR</p>	<p>26</p> <p>9:00 Ladies Pool 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Canasta 1:00 Yoga</p>	<p>27 9:00 DAV</p> <p>10:00 Trivia 12:00 Pitch 12:30 WATERCOLOR</p>	<p>28 <u>FOOTCARE</u></p> <p>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 LUNCH & LEARN 12:00 Bingo 1:00 Yoga 2:00 Line Dancing</p>	<div> <p>Volunteers are needed to help collate our monthly Newsletter (the Scantic Scribe) one day a month. Check calendar for date. Thanks!</p> </div>

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

FEBRUARY 2019

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>1 Chicken Macaroni Casserole Green Beans Tossed Salad Wheat Bread Peaches Cal: 773 Sod: 681</p>
<p>4 BBQ Pork Rib Baked Beans Cole Slaw Hamburg Bun Mixed Fruit Cal: 756 Sod: 884</p>	<p>5 Beef Barley Soup/Crks Baked Chicken Tarragon Mushroom Sauce Sweet Potatoes 12 Grain Bread Ambrosia Cal: 861 Sod: 613</p>	<p>6 American Chop Suey Broccoli/Cauliflower Oat Nut Bread Frosted Birthday Cake  Cal: 759 Sod: 704</p>	<p>7 Veg Fiesta Chili Shredded Cheese Baked Potato Tossed Salad Whole Wheat Dinner Roll Pear Cal: 694 Sod: 750</p>	<p>8 Roast Turkey/Gravy Cranberry Sauce Herb Stuffing Rye Bread Butternut Squash Peaches Cal: 638 Sod: 1083</p>
<p>11 Lasagna Soup Baked Chicken Garlic/Rosemary Potato Pumpkin Bread Chocolate Pudding Cal: 782 Sod: 830</p>	<p>12 Potato Pollack/ Tartar Sauce Rice Pilaf Carrots Wheat Bread Pears Cal: 713 Sod: 869</p>	<p>13 Breaded Pork Chop/Gravy Au Gratin Potatoes Butternut Squash Rye Bread Applesauce Cal: 929 Sod: 1165</p>	<p>14 Chicken Cordon Bleu Mixed Veggies Red Roasted Potatoes Wheat Dinner Roll Chocolate Éclair Cake Cal: 933 Sod: 1330</p>	<p>15 VALENTINE LUNCHEON Meatball Ziti Italian Bread Salad Cake </p>
<p>18 CLOSED </p>	<p>19 Chicken Meatballs Tomato Sauce/Pasta Oat Nut Bread Vegetables Mixed Fruit Cal: 765 Sod: 668</p>	<p>20 Escarole Soup/Crks Baked Chicken/Wine Sc Scalloped Potatoes Pumpkin Bread Lemon Pudding Cal: 980 Sod: 886</p>	<p>21 *Hot Dog/Bun Baked Beans Confetti Cole Slaw Mustard/Relish Orange Cal: 886 Sod: 1253</p>	<p>22 Meatloaf/Beef Gr Mashed Potatoes Scandinavian Veggies 12 Grain Bread Baked Apple Cal: 736 Sod: 677</p>
<p>25 Beef Stew Boiled Potatoes Wheat Dinner Roll Fruited Jell-O Cal: 499 Sod: 671</p>	<p>26 Shepherd's Pie Mashed Potatoes Tossed Salad Rye Bread Butterscotch Pudding Cal: 642 Sod: 888</p>	<p>27 <u>MAC & CHEESE BAR</u> BBQ Pulled Pork Macaroni & Cheese Bacon Bits Broccoli Cole Slaw Grapes Cal: 962 Sod: 1115</p>	<p>28 Veggies Gumbo Soup Haddock/Bread Crumbs Rice Pilaf Oat Nut Bread Chocolate Chip Cake Cal: 714 Sod: 1008</p>	<p>Sod=Sodium CAL=Calories *Item over 500mg Sodium Total Sodium & Calories Based on Regular Dessert</p>



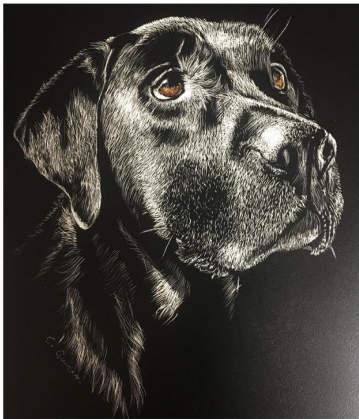
BREAKFAST

Wednesday, February 6th @ 9am
In celebration of the year of the pig!



Chinese Tea, French Toast Cruller Sticks, Pork Patties,
Pineapples and Fortune Cookie. Cost \$3.00

Call or sign up at front desk for this fun filled breakfast 413 566 5588



ScanticRiver
ARTISANS

& Hampden Senior Center

104 Allen St., Hampden, MA

Saturday, February 16th WORKSHOP

Learn Scratchboard, Instructor Cathy Guidetti
all materials supplied, Cost \$35.00, Time 1-4pm
Sign Up Early...Space is limited. 413 566 5588



LINE DANCING WITH NINA

All Levels Welcome, learn a new Dance
and Review popular Dances.

Thursday's From 2 to 3:30 Cost \$5.00

❖ Citizens Bank® Lunch & Learn

Thursday, February 21st @ noon FREE

Charlann Griswold will be here to answer
all your Senior Banking questions.



Friday, February 15th @ noon Valentine Luncheon

Mike Slater's Tribute to Elvis. As an avid, lifelong Elvis fan, I have been paying tribute to The King in my professional Elvis tribute act throughout the United States and Canada for the past 22 years.

Get ready to experience a voice "so close to Elvis' voice it's spooky".

The Staff will be preparing a lunch of:
Salad, Bread, Baked Ziti and Meatballs,
Decadent Chocolate Cake and Sparkling Cider.

Cost \$5.00 Call or Sign Up Early 413 566-5588

Hampden Senior Center Caregiver Support Group

For those caring for loved ones with dementia

Sponsored and facilitated by Home Instead Senior Care
Suzanne McElroy, MSW

Where: Hampden Senior Center, 104 Allen Street, Hampden, MA

When: The second Monday of every month from 1:00 pm — 2:00 pm
(starting on Monday, March 11, 2019)

On site respite care will be provided FREE of charge by trained caregivers from Home Instead Senior Care should you need it.

Other respite and caregiving options are available.

Please call Wendy with questions at 566-5588 or sign up at the front desk.

Space is limited

**Hampden
HSC
Senior Center**

**Home
Instead**
SENIOR CARE®
To us, it's personal.



Town of Hampden Newsletter

February 2019



This Newsletter is a Selectmen's Initiative to provide timely information and government transparency.

THIS SPACE RESERVED FOR UPCOMING MONTHLY SELECTMEN MESSAGES!

Reminders:

Street List Form: Please take a few minutes to check your information on the form: *new additions, such as new household members, minor not currently listed*, then sign and date the form, and return within 10 days. ***"Do Not Delete students or military personnel that consider your household as their legal address unless that student or military members has established a new permanent address"*** per Town Clerk Eva Wiseman.

Clearing up some confusion about *Street List* changes vs *Voter List* changes:

A voter can make a change to her/his party affiliation or other information on the form as long as she/he SIGNS the form herself/himself. Changes made to anyone other than the individual who signs the form CANNOT BE ACCEPTED.

A voter can make a change of address within town by using the State's on-line Voter Registration site at <https://www.sec.state.ma.us/ovr/>. That voter would need a MA Registry of Motor Vehicles license or ID card; otherwise, that voter can change the address at the Town Clerk's office.

If a form has been sent to a voter who has moved, that voter can use the form by writing on it that she/he no longer lives in Hampden, listing her/his new address, signing the form, and returning it to the Town Clerk's Office.
~ From the Town Clerk's Office

From Rita Vail, Hampden Rep to the HWRSD School Committee:

"In an effort to more fully share school district information with the communities, the HWRSD School Committee reminds residents that:

1. For School Committee meeting dates, minutes and other announcements, go to hwrtd.org
2. For recorded School Committee meetings, go to www.wilbraham-ma.gov/index.aspx?nid=179"

(Editor's Note: At the Jan 17th regional school committee meeting, the above short notice was approved.)

Plowing or Placing Snow/Ice from Private Property onto or Across a Public Roadway:

Hampden's General Bylaws contain regulations prohibiting this activity. Let your plowing contractor know this. The town's General Bylaws are online at hampden.org then follow this pathway: Departments> Planning Board>Forms.

Drive safe everyone! Winter may stay awhile!

STORMWATER: The Stormwater Committee has been meeting with Consultant Tracy Adamski of Tighe & Bond as they work to finalize a plan to comply with the Environmental Protection Agency (EPA) mandate. Here's the EPA definition of Stormwater: "Stormwater runoff is generated from rain and snowmelt events that flow over land or impervious surfaces, such as paved streets, parking lots, and building rooftops, and does not soak into the ground. The runoff picks up pollutants like trash, chemicals, oils, and dirt/sediment that can harm our rivers, streams, lakes, and coastal waters. To protect these resources, communities, construction companies, industries, and others, use stormwater controls, known as best management practices (BMPs). These BMPs filter out pollutants and/or prevent pollution by controlling it at its source." (<https://www.epa.gov/npdes/npdes-stormwater-program>) In the months ahead, there'll be more articles about, and by this committee.

Related info about Scantic River, looked and found an on-line EPA map, which shows the Scantic starting [<https://watersgeo.epa.gov/mywaterway/map.html>] > click on "Choose a Location" > enter 01036 in the next screen] in CT, and then looping up through Hampden, and then down back to CT. Map also shows Hampden and area brooks.

The Scantic River Watershed "encompasses around 90,000 acres in the towns of Hampden, MA, Stafford, Somers, Enfield, Ellington, East Windsor and South Windsor CT, where it drains into the Connecticut River." [<http://www.srwa.org/about.shtml>]. The Connecticut River "... is 410 miles long and drains 11,000 square miles" [<https://www.ctriver.org/river-resources/maps/>] and flows into the Long Island Sound. A watershed map appears in Wikipedia's "Long Island Sound" article at https://en.wikipedia.org/wiki/Long_Island_Sound. So that's the Scantic from Town to Sound.

Hampden Library Wednesday Walkers: Wednesdays @1 pm in front of the Library

Join Library Director Ellen Moriarty for a brisk 1.5 mile walk down Main Street.

In case of bad weather or if sidewalks not clear, the walk will be canceled for that week.

Yoga for Every-Body continues on Thursday nights 6-7 pm on Feb. 7, 14, & 21. This class is free and open to the public. Sacred Music Meditation Series with Dr. Joe Breton continues from 7-8pm following Yoga for Every-Body only on Feb 7 & Feb 21.

COOKBOOK BOOK CLUB : Thursday, Feb 28 @ 6:30 pm

Theme: We LOVE Soup & Bread! Stop by & pick up a copy of a Soup or Bread Cookbook. Then register by Tues Feb 26th at the library or by phoning 566-3047 to let staff know what you're sharing, so as to avoid doubles. Library will provide plates, cups, utensils, & drinks! ... Sounds Yummy!

"For me, winter is the karmic price we have to pay for spring, summer and fall. We must endure the snow and the ice and frigid temperatures to get to the good stuff" ~ G. Michael Dobbs

Prime, January 2019, 'prime COLUMNIST' "Confessions of a reluctant New Englander", p.18

Thanks to all the individuals who make this newsletter possible; you all are very much appreciated. Readers, please send in suggestions, questions, even a list of questions having to do with town matters. Think of it as something to do during the long winter nights.

Send to selectmen@hampden.org

Nancy Zebert, volunteer editor