



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

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, January 8th @ 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!

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.

Happy New Year!

The staff at the senior center hopes you have a happy and healthy 2019!

AARP tax volunteers will be here starting on February 5th. Please make your appointment now as spaces are limited and they fill up fast.

We are now accepting applications for the town tax work off program. Please stop in at the senior center to pick up an application, a list of available positions or for more information.

Thanks to all that signed up to be a pen pal! Please stop in to see me and pick up your first letters from the students. Response letters will be due back in mid January. More information will be provided when you pick up your letter.

Stay Warm, Stay Healthy and join us for an amazing 2019!

BECKY.....



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.



FRIENDS OF HAMPDEN SENIORS 2019 MEMBERSHIP FEE IS DUE

It's that time of year again! Dues for membership to the Friends of Hampden Seniors can be sent in for 2019. The Friends is a non-profit organization established to assist in the funding of programs and activities to promote the dignity and well being of Hampden Seniors. Everyone who works for the "FRIENDS" is a volunteer, including the directors. Membership is open to persons any age from any location. If you desire to become a member or wish to renew your membership, please fill in the application and mail with \$5.00 for the upcoming year.

NAME: _____ ADDRESS: _____

PHONE: _____ DOB: _____

RENEWAL: _____ NEW MEMBER: _____

Mail to Friends of Hampden Seniors, Inc., 104 Allen Street, Hampden, MA 01036

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, January 15th @ 1:00pm

FALLON INSURANCE- Tuesday, January 22, 2019, 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

Family Size	Income Limit
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 & Homewatch Caregivers



Homewatch Caregivers

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

HEALTH/Wellness CORNER

BAYSTATE HEARING

1ST WEDNESDAY OF THE MONTH.

CALL FOR APPT



FOOTCARE: THURSDAY, January 31st

Call for an APPT

FREE BLOOD PRESSURE CLINIC

TUESDAY AND THURSDAY

10:00 AM—11:00 AM



MONDAY MOVIES @ 12:15



JANUARY 7th — The 100-Year-Old Man Who Climbed Out the Window and Disappeared Allan Karlsson caps off his long and colorful life by escaping from his nursing home on his 100th birthday. In short order, he comes into a possession of a suitcase stuffed with cash. With his new friend Julius, Allan decides to take it on the lam. Cast Robert Gustafsson, Iwar Wiklander

JANUARY 14th — DAMSEL In this loopy take on the classic Hollywood Western, Samuel Alabaster journeys deep into the frontier -- with a miniature pony in tow -- to find and wed his beloved Penelope. But the trek turns out to be more complicated than Samuel imagined. Cast Robert Pattinson, Mia Wasikowska, David Zellner

JANUARY 28th - Mamma Mia! Here We Go Again In this sun-soaked sequel, a pregnant Sophie (Donna's daughter) is now running the family villa on Kalokairi and worried about facing motherhood minus her mom's guidance. But Donna's best friends reassure Sophie with tales about Donna's experiences. Cast Christine Baranski, Pierce Brosnan, Dominic Cooper, Colin Firth, Andy Garcia, Lily James, Amanda Seyfried, Stellan Skarsgård, Julie Walters, Cher, Meryl Streep

WATER COLOR CLASS WITH JOYCE EMERLE

NEW SESSION STARTING:

Mon, Jan 28th and Wed, Jan 30th, 12:30pm-3pm

8 weeks for \$80.



Acrylic Painting Classes



Nan Harburt
Certified Instructor

This method of teaching allows participants with NO previous drawing or painting experience to complete a painting of a subject of their choice in a few short weeks. Participants with previous experience are amazed at the results of this method. Cost is \$15.00 per session and all materials, easels, brushes, paint etc. are supplied. Please wear old clothes as fun can be messy! Please sign up at front desk, class size is limited.

Acrylic Painting Instruction being offered on:

Thursday's 9:45 - 11:45

LINE DANCING WITH NINA

EVERY THURSDAY, 2 TO 3:30, COST: \$5.00





TRIPS WITH BOBBI GRANT

Call Bobbi @ 413-566-8271 ; email to bobbijg2@charter.net

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

Tues, Mar 12 – The Aqua Turf Club: Andy Cooney & Friends, the Guinness Irish Band, Irish Dancers and more; FREE glass of Wine/Beer, Family-Style Lunch. \$89/pp

Tues, May 14 – West Point Academy: Guided Academy Tour, Buffet Lunch @ Hotel Thayer, Hudson River Cruise. \$115/pp

Thurs, May 30 – Newport Playhouse: Delicious Buffet Lunch, Hilarious Play “Always a Bridesmaid”, Cabaret (2nd Show) \$93/pp

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

Sun, July 14 – Old Rhinebeck Air Show & Museum: WW1 Spectacular, Pyrotechnics, Biplanes & Triplanes. Dinner @ Buca di Beppo, \$100pp

Thurs, July 25 – New MGM Casino: \$20 Slot Play, Lunch on your own, Matinee Show with Buddy Holly & Friends @ the Majestic Theater. \$70/pp

Thurs & Fri, Aug 8 & 9 – Lake George and Saratoga: 1 Night's Stay @ Lakefront Georgian Resort, 1 Buffet Breakfast, Dinner Show @ Hotel w Laura Roth, Lake George Cruise, Reserved Seats for Saratoga Races. \$294/pp dbl

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

2 days in Aug – Mt Washington / Cog Railway: Dinner and 1 night stay @ White Mt. Hotel, hotel breakfast; North Conway Outlet Shopping.

Fri, Sat & Sun, Sept 20, 21 & 22 – Adirondack Balloon Festival: 2 Night's Stay Lakefront Georgian Resort, 2 Buffet Breakfasts, Dinner Show @ Hotel, Lake George Luncheon Cruise, NY State Museum, Balloon Festival. \$390/pp dbl

Tues, Sept 24 – Stanley Park: “The Corvettes’ Doo Wop Revue”, MGM Casino, \$20 Slot Play, Lunch on your own. \$61/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 – The Carriage House @ Big E: Brunch Buffett, Christmas with Father Misgivings, Comedy about Growing Up Catholic \$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.

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, 2019

NATIONAL 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

CANADIAN ROCKIES BY TRAIN SEPT 29—OCT 6, 2019

Call for fliers or pick one up at the SC!

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



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!

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



Massachusetts Councils On Aging

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
	1 Closed 	2 HEARING 9:00 DAV 10:00 Trivia 12:00 Pitch	3 9:00 Men's Pool 9:45 ART (Cancelled) 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga 12:00 Bingo 1:00 Yoga 2:00 Line Dancing	4 9:00 Quilting 10:00 MEMORY CAFÉ 11:00 Mahjongg
7 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie	8 COA MEETING 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	9 9:00 DAV 10:00 Trivia 12:00 Pitch	10 FACIALS 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	11 9:00 Quilting 10:00 MANICURES 10:00 MEMORY CAFÉ 11:00 Mahjongg
14 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie 1:00 HEALTHY EATING	15 9:00 Ladies Pool 9:30 JEWELRY 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 CORK CRAFT 12:00 Functional Fitness 12:00 Bunco 12:30 Canasta 1:00 Yoga 1:00 BROWN BAG	16 9:00 DAV 10:00 Trivia 12:00 Pitch	17 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 12:30 SCARF CLASS 1:00 Yoga 2:00 Line Dancing	18 MASSAGE 9:00 Quilting 10:00 MEMORY CAFÉ 11:00 Mahjongg
21 Closed 	22 9:00 Ladies Pool 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	23 9:00 DAV 10:00 Trivia 11:00 State Senator Representative 12:00 Pitch NATIONAL PIE DAY	24 COLLATE 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 HOME INSTEAD 12:00 Bingo 1:00 Yoga 2:00 Line Dancing	25 9:00 Quilting 10:00 MANICURES 10:00 MEMORY CAFÉ 11:00 Mahjongg
28 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie 12:30 Watercolor	29 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	30 9:00 DAV 10:00 Trivia 12:00 Pitch 12:30 Watercolor	31 FOOTCARE 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 HYDRATE SKIN 12:00 Bingo 1:00 Yoga 2:00 Line Dancing	<div> Volunteers are needed to help collate our monthly Newsletter (the Scantic Scribe) one day a month. Check calendar for date. Thanks! </div>

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

January 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 GSSI 781-8800</p>	<p>1 Closed</p> <p>Happy New Year!</p>	<p>2 Baked Chicken Honey Mustard Sauce Baked Potato/Sour Cr Mixed Vegetables Oat Nut Bread Mixed Fruit Cal: 909 Sod: 816</p>	<p>3 Tomato Rice Soup Potato Pollock Filet O'Brien Potatoes Rye Bread Apple Cal: 1004 Sod: 1199</p>	<p>4 Chicken Meatballs Orange Glaze Fried Rice Oriental Blend Veggies Pumpkin Bread Cal: 689 Sod: 697</p>
<p>7 Veggies Gumbo Soup Baked Chicken Sweet Potatoes Wheat Bread Peaches Cal: 648 Sod: 512</p>	<p>8 Meatloaf/Gravy Mashed Potatoes Winter Mix Veggies Oat Nut Bread Applesauce Cal: 632 Sod: 719</p>	<p>9 Chicken A-La-King White Rice Carrots Wheat Dinner Roll Birthday Cake Cal: 759 Sod: 704</p>	<p>10 *Macaroni & Cheese Stewed Tomatoes Peas Pumpkin Bread Fruited Jell-O Cal: 800 Sod: 1008</p>	<p>11 Pot Roast/Beef Gravy Scalloped Potatoes Sweet & Sour Cabbage 12 Grain Bread Banana Cal: 903 Sod: 854</p>
<p>14 <u>CATCH OF THE DAY</u> Haddock/Newburg Sauce Oven Brown Potatoes Spinach Oat Nut Bread Fruited Jell-O Cal: 593 Sod: 979</p>	<p>15 Chicken Broccoli Ziti Carrots Rye Bread Choc Pudding Cal: 650 Sod: 736</p>	<p>16 *Hot Dog/Bun Mustard/Relish Baked Beans Cole Slaw Orange Cal: 725 Sod: 1255</p>	<p>17 Taco Bowl Shredded Cheese/Lettuce Yellow Rice Tortilla Chips Mixed Fruit Cal: 639 Sod: 709</p>	<p>18 Baked Chicken Marsala Wine Sauce W.W. Pasta/Vodka Sauce Tossed Salad Italian Bread Peach Crisp Cal: 846 Sod: 820</p>
<p>21 Closed MLK Day</p>	<p>22 Bkd Hawaiian Chicken Baked Potato Ginger Carrots Wheat Dinner Roll Pineapple Cal: 725 Sod: 461</p>	<p>23 Stuffed Shells Meat Sauce Tossed Salad Spinach 12 Grain Bread Ambrosia Cal: 860 Sod: 951</p>	<p>24 Pea Soup/Crakers Salisbury Steak/Gravy Garlic Herb Red Roast Rye Bread Pear Cal: 674 Sod: 796</p>	<p>25 Beef Stew Diced Boiled Potatoes Wheat Dinner Roll Pudding Cal: 634 Sod: 819</p>
<p>28 Chicken Meatball Stroganoff Buttered Noodles Vegetables 12 Grain Bread Dried Cranberries Cal: 1018 Sod: 786</p>	<p>29 Pier 17 Fish/Tartar Delmonico Potatoes Cole Slaw Pumpkin Bread Choc Chip Cookies Cal: 1160 Sod: 1180</p>	<p>30 Lentil Soup/Crakers Baked Chicken Mushroom Sauce O'Brien Potatoes Rye Bread Vanilla Pudding Cal: 1037 Sod: 804</p>	<p>31 Egg Florentine Casserole Yellow Rice Carrots Oat Nut Bread Blueberry Yogurt Cal: 935 Sod: 843</p>	<p>Sod=Sodium CAL=Calories *Item over 500mg Sodium Total Sodium & Calories Based on Regular Dessert</p>

ART Blizzard

A Scantic River Artisans Exhibit

January 26

10:00 - 4:00

(weather date Jan. 27)

Reception

12:00 - 2:00

Meet the Artisans

We Invite
you to
experience,
explore and
purchase the
diverse art
on display.

LIVE
DEMOS

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

ScanticRiver
ARTISANS

Exhibiting Local Creativity

www.scanticriverartisans.org

For additional information about the Artisans and exhibiting
opportunities, please leave a message at 413-205-7985



Tuesday, January 15th @ noon
Cork Art Craft with Claudia
Cost \$5.00
Make & take this beautiful craft
just in time for Valentines Day!

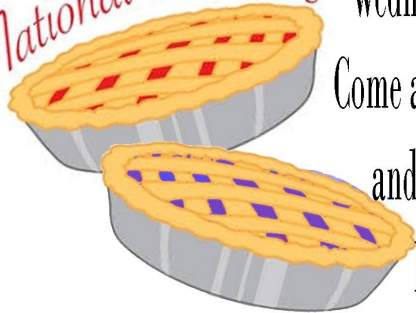


Thursday, January 17th at 12:30 - 2PM
Silk Scarf Painting Cost \$3.00
Tricia will bring all the supplies and show us how
to paint a beautiful scarf that you will take home
and wear proudly.

CAREONE
At Redstone

Class size is limited so sign up early
413 566 5588

National Pie Day!



Wednesday, January 23rd
Come and enjoy lunch \$2.00
and stay for a slice of
homemade pie!



Thursday, January 24th @ 1 pm , Free

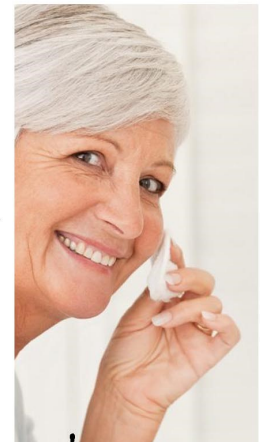
Our human condition means we experience all sorts of emotions, and feeling down or sad is just as much a part of life as joy and happiness. Sometimes, however, our mood can interfere with our daily functioning and might need some intervention. This talk focuses on how to know what moods might be a part of healthy aging, and when someone should seek help. Special attention is paid to the effect of holidays celebrations and winter months on our moods and emotions

Angie Thornton
Community Liaison
Home Instead
SENIOR CARE
To us, it's personal.

Thursday, January 31st @ noon
Hydrate Your Winter Skin with Diane
Cost \$3.00 Experience a hand treatment and learn
the benefits and methods to stay hydrated during
the cold weather.

Space is limited to 15 so sign up early.

Diane is putting together a special door prize for the lucky winner!



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



Town of Hampden Newsletter

January 2019



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

From Mark Langone, Highway Superintendent:

Parking Ban and Winter Road Hazards: A parking ban has been issued for the entire season and remains in effect through April 15th. Our drivers have been instructed to call in any parking ban violations to the police department. Upon the onset of a snow or ice event, we would ask that residents clear the road of vehicles so we may plow or treat the entire width of the roadway. If vehicles are not, or cannot be moved, they will be towed away from the area at the owners' expense. Other items, such as portable basketball hoops, will need to be moved back from the road's edge so they will not be damaged, or cause damage to the plow vehicle trying to clear the road.

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

Hampden's General Bylaws contain regulations prohibiting this activity. CHAPTER IX (Section 10, 2008) SNOW PLOWING outlines the regulations and penalties pertaining to this type of situation. Specifically, the snow/ice originating from private property could obstruct and/or interfere with our normal snowplowing operations, and create a *public safety hazard*. Additionally, Chapter IX, Section 10 authorizes the Town to take corrective action in the event that a property owner fails to take that action, and to require the *property owner* to pay for the cost of this corrective work. In the event that the property owner fails to pay these costs, the amount of the cost can become a lien against the property. This information is available for your review on the town's website or at the Town Hall.

Editor's note: Our General Bylaws are online by following this pathway: hampden.org > Departments > Planning Board > Forms

Tax Collector/Town Clerk Eva Wiseman Tax Bills & Street List Forms

- "Tax bills were mailed at the end of December with a due date of Feb. 1st.
- Street List Forms (town census) will be mailed out this month. Residents must complete, sign and return the forms - whether there have been changes or not"

Editor's note: The following info is taken from the Instruction sheet mailed with the forms. Here's a sampling of reminders from that sheet:

- * Please return within 10 days; non-response results in cancelation of Voter Eligibility.
- * Important reminders: The Street List Form CANNOT be used to DELETE a Voter, REGISTER as a Voter, or MAKE CHANGES to your Political Affiliation. You must contact the Town Clerk's Office.
- * Please Do Not Delete Students or Military Personnel UNLESS they have permanently moved, and will no longer consider this to be their home address.
- * Please list names of ALL members of the household, including minors, not currently listed.

FYI: Street listings are required by Mass General Law, Chap 51, Sec. 4 "Making of lists by registrars or boards"

From John D. Flynn, Selectman:

~~A Community Compact Best Practice~~

Update on New Town Website: "On Dec. 18th, town hall staff received the first training session on the new town website. The new website, funded through a grant from the state, will provide the ability for each board and commission to update the website. In addition, a new domain name is planned, with the rollout targeted for around the first of the year. Stay tuned!"

Editor's note: *Earlier this year, on April 24th, Hampden joined the many other municipalities in the Commonwealth that have signed a Commonwealth Community Compact. The Selectmen had chosen two best practices: "1. Provide a controlled high traffic four way intersection for the motoring public while ensuring safe pedestrian walkways with the development of a sidewalk system enabling citizens walking access from senior housing to the Senior Center. 2. Create a Website strategy to promote user friendliness and intuitive navigation. "*
More on first item in the months ahead.

Lt. Governor Karyn Polito and Selectboard Chair Vincent Villamaino signed "this Community Compact in a spirit of partnership and public service, understanding that we serve the citizens of our Commonwealth and that our citizens deserve the best government possible." To view Hampden's Compact, go to: <https://www.mass.gov/files/documents/2018/05/01/Hampden%20Compact.doc>

Less than a month after Hampden signed, all the Commonwealth's 351 municipalities had signed onto the program. In the Governor's May 3rd press release there's information about the various areas the cities and towns choose. <https://www.mass.gov/news/lt-governor-karyn-polito-signs-final-community-compact-for-all-351-cities-and-towns-proclaims> The article makes for informative reading.

Backstory: *In January 2015, Governor Charlie Baker issued Executive Order No. 554 "Creating the community Compact Cabinet".*

"WHEREAS, ...* There should be a new compact between the state and our communities to create more effective, efficient and accountable governments." *That Order laid out the framework to accomplish various goals, and overall, encouraged a state-municipal partnership." That entire document can be viewed online at: <https://www.mass.gov/executive-orders/no-554-creating-the-community-compact-cabinet>

Library Listings: Check with the Library, as many of their offerings such as book clubs, and children's playtimes are still being offered. Don't forget that on-going book sale in the upper corridor. Bargains!

Public Office Hours: Board of Selectmen: Mon 11-1, Tue & Wed 2-4, Thurs 11-1 Effective 3 Dec 2018

Quote: "What do you need in the New Year? You need a dream; your dream needs an action; and your action needs right thinking! Without right thinking, you can have only unrealised dreams!"

~ Mehmet Murat Ildan *Contemporary Turkish playwright, novelist and thinker*
<https://www.goodreads.com/quotes/tag/new-year>

"Cheers to a new year and another chance for us to get it right."

~ Oprah Winfrey <https://www.goodreads.com/quotes/tag/new-year>

Thanks to all the individuals who make this newsletter possible; you all are much appreciated. This newsletter collated Dec 20th. Readers, please send in suggestions, even questions. Send to selectmen@hampden.org

Nancy Zebert, volunteer editor