

The Scantic Scribe

AUGUST 2020

HAMPDEN SENIOR CENTER

104 ALLEN STREET

413-566-5588 (phone); 413-566-2103 (fax)

Website: www.hampdenma.gov



FREE WI-FI

Due to the Coronavirus, the Senior Center is CLOSED UNTIL FURTHER NOTICE.



Please let us know if you would like to receive this newsletter via email. Call us with your email address!

SENIOR CENTER STAFF

Rebecca Moriarty, Executive Director
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Wendy Cowles, Outreach Coordinator
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Holly Normoyle, Receptionist
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Rudie Voight, Custodian

COA BOARD MEMBERS

Chair: Deborah Mahoney

Vice Chairman: Ed Norman

Treasurer: Nancy Willoughby

Secretary: Marty Jacque

Cliff Bombard, Monique Downey,

Suzanna Haskins, Deanna Vermette

Rep to GSSSI: John Shay

**COA BOARD MEETINGS ARE ON HOLD
UNTIL FURTHER NOTICE**

Greetings!

I hope you are staying cool and hydrated during these very hot days we've been having. While we do not yet have a reopening date, we are anxious for that day to come, but know that we will only open the doors when it is safe to do so.

Programs and activities will look very different when we reopen, so we ask for understanding & patience as we navigate the new normal. Certain programs and activities will not be held because safe social distancing is not possible and large group sizes are not allowed. Hopefully in the next scribe we will be able to let you know what the new calendar will look like going forward.

We are here for you! Please call the center if you need anything. Staff is here and ready to take your calls and help find answers to your questions. The very popular Grab and Go lunch program is still happening for the month of August. We encourage you to try this program and drive through.. We happy to see you when you pick up your lunch!

Join us this month for the ice cream truck (details inside) and great themed weeks at Grab and Go. Stay safe and be well. Becky.....



**THANK YOU FOR ALL THE PLASTIC BAGS!
WE ARE ALL SET AND WE CANNOT TAKE ANYMORE AT THIS TIME.**



THE ICE CREAM TRUCK IS COMING!

Join us on Thursday, August 13th at 1pm for a grab & go ice cream. You will be directed to park, stay in your vehicle & the staff will take & deliver your order safely to you. More details inside...

GRAB 'N GO LUNCH PROGRAM provided by GREATER SPRINGFIELD SENIOR SERVICES

We are pleased to announce the Grab 'n Go meals will continue on Tuesdays, Wednesdays, Thursdays and Fridays in August! This lunch time meal will be available for those people over the age of 60, as this is a Title IIIB, Older Americans Act funded program.

Tuesday and Thursday will be a hot meal and Wednesday and Friday will be a cold sandwich or salad.

Reservations must be made by calling 566-5588 ANYTIME. The reservation deadline is 2pm on Friday the WEEK BEFORE you want lunch.

You do not have to wait until Friday to call! You may also make reservations for the entire month!

Meals MUST BE picked up at the senior center at 11:30 A.M. A drive thru process is set up and no one will get out of their car.

Safe social distancing practices will be followed closely and strictly adhered to.

Voluntary donations will be accepted at the time of pick up.

YOUR NAME MUST BE ON THE LIST IN ORDER TO PICK UP A MEAL.

Call 566-5588 and leave a message with your name, telephone number and the day(s) you would like to pick up lunch.

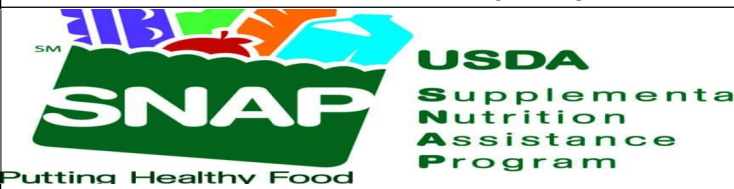
It's that easy...if we need additional information, we will call you back.

We strongly encourage you to wear a mask when you pick up your meal. Please let us know if you need a mask.



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



SNAP: Provides a monthly supplement for purchasing nutritious food. Participants must complete an application and meet the following income guidelines:

Income guidelines for 1 person household—\$2,082

Income guidelines for 2 person household—\$2,818

Call Wendy to apply & to ask questions about SNAP benefits.

BROWN BAG: Free bag of groceries once a month in conjunction with the Food Bank of Western MA. Call Wendy for eligibility or to apply. **NEXT PICK-UP IS TUESDAY, AUGUST 18TH BETWEEN 1:30-2:30pm.** Please note, we will no longer be making reminder calls prior to the Brown Bag date. If you are not available on this date, please notify us at 566-5588.

EMERGENCY FUEL FUND: Available to any Hampden resident who is in a heating crisis. A resident must have received a shut off notice from the electric company, have less than a quarter of a tank of oil, or be in another emergency heating situation. Please call the senior center at 566-5588 for more information or to find out if you qualify for assistance. All information provided is completely confidential.

SHINE: (Serving Health Information Needs of Everyone) If you need help navigating the Medicare maze, call 566-5588 and leave a message for Becky who will return your call.

DAV: If you are looking for Veteran Support, please call the Senior Center at 566-5588 for more information.



Memory Café to meet via Zoom

We are excited to start our online Memory Café. Please call Wendy if you are interested to hear how to connect remotely. You don't need a computer to participate, you can call in and talk with everyone just by using your phone.

This program is open for everyone who has been a part of the Memory Café or those who are interested in checking it out. For more information, please call Wendy at 566-5588 or email her at outreach@hampdenma.gov.

HEALTH/Wellness CORNER

From the Alzheimer's Association

The Alzheimer's Association MA/NH Chapter team has been working hard to put together virtual programs! While we have to be physically apart, we can still join together virtually for support.

Go to: www.alzmassnh.org/virtual-programs to view and register for their programs. On the day of the program, you will receive a reminder email with the link to the program. The programs will be continuously updated as more programs are added.

There is a **24/7 Helpline (800-272-3900)** for people living with dementia, caregivers, & professionals. They have information & resources regarding Covid-19 as well. Please reach out to the Helpline for support or a friendly voice to talk to.

LOOKING FOR FRESH LOCALLY GROWN PRODUCE?



D & R FARM, 146 Thresher Rd in Hampden has it! Fresh produce is available at the farm stand and HIP is active!

Please call 413-244-3135 before visiting the farm.

Farm Shares will be available starting July 1-October 28.

Free share with HIP. Shares are limited. Please call Wendy at 566-5588 or email outreach@hampdenma.gov to sign up.



Notes of Cheer

We are looking for cheerful notes, cards and drawings from you and your families to send to older adults in our community.

During this pandemic, we are finding a great deal of loneliness and isolation among the older adult population. We would like to mail and hand out friendly notes, written by people in the community, to our older adult population, to brighten some days and let people know they are not alone.

Please mail cards to the Hampden Senior Center, 104 Allen Street or we have a drop box outside the front door for your cards.

Please note that all cards will be quarantined prior to being handled or delivered.

This is a great way to get your whole family involved in a "feel-good" project!

Please sign cards with first names only.

Please call the senior center at 566-5588 if you have any questions or if you know of someone who could benefit from a cheerful note.



Thanks to everyone who filled out their Census!

The response rate as of July 17th for The Town Of Hampden is 81.4%.

You still have time to complete it and it only takes a few minutes.

Please call us at 566-5588 if you need help filling out the form.

The Senior Center formula grant (as well as many other areas of funding) are based on the census, so we strongly encourage everyone to participate.



SAVE THE DATE: Friday, September 25th

The annual flu shot clinic will be held on September 25th. Please note this date could change pending changes with the Coronavirus and Governor's guidelines. This year, you **MUST** have an appointment time for your shot. Please call the center **after September 1st** for an appointment. Masks must be worn & you will be asked to wait outside in your car or safely distance from others while you wait for your appointment. More details to come in September's Scribe!



DO YOU NEED A RIDE? PVTA IS ON THE ROAD AND HERE TO HELP!

The Tri-Town Trolley is currently not operating due to the Coronavirus. If you are over 60 and need transportation, please contact PVTA - Paul Burns at (413) 732-6248, Ext. 2230.

This Dial A Ride service is limiting the amount of people allowed per vehicle with hours of service from 6AM to 5PM (Subject to change). During this time of crisis PVTA requirements are "less strict." If you have a need, PLEASE CALL...it never hurts to ask! As always, call the senior center with any questions.



REGISTRY OF MOTOR VEHICLES UPDATE

RMV implements further credential extensions



The Massachusetts Registry of Motor Vehicles (RMV) has implemented further extensions to the renewal timelines for expiring motor vehicle inspection stickers, passenger plate registrations, professional credentials, and driver's licenses and learner's permits including Commercial Driver's Licenses and Commercial Permits (CDLs/CLPs)

Vehicle Registrations:

All passenger plate registrations that expired in March, April, May, or June 2020 have been extended until July 31st, 2020. Registration renewals can continue to be performed online at mass.gov/RMV.

Inspection Stickers:

All commercial and non-commercial vehicle inspection stickers that expired in March, April, May, 2020 must be inspected by July 31, 2020.

Driver's Licenses & ID cards:

- Driver's licenses and ID cards that expired in **March, April, and May** have been extended until **September, 2020**
- Driver's licenses and ID cards that expired in **June** have been extended until **October, 2020**
- Driver's licenses and ID cards that will expire in **July** have been extended until **November, 2020**
- Driver's licenses and ID cards that will expire in **August** have been extended until **December, 2020**

EYE TEST - Many older drivers are able to self-determine if they should drive based on their mental and physical ability. There is no age at which driving privileges are revoked, however if you are 75 or older, you have to renew your drivers license in person at an RMV Service Center to take an eye test. You can also present a vision screening certificate rather than take an eye test.

Real ID's:

Americans will now have until October 21, 2021 to comply with the Real ID Act, pushing the original deadline back by a year. For questions with anything RMV related, please call the senior center at 566-5588 and leave a message for Wendy or email her at outreach@hampdenma.gov. Wendy is available to help with processing RMV applications online.



THANK YOU FRIENDS OF HAMPDEN SENIORS!

For your support throughout the pandemic & also thanks to those that have made donations to the senior center to support essential programs & services during this difficult time.

August **AUGUST 2020 Grab 'n Go Lunch Program: Tuesday, Wednesday, Thursday & Friday at 11:30 A.M.** **August**

Please call the senior center at 566-5588 ANYTIME the WEEK before you want lunch to make your reservation.
The deadline for reservations is the Friday before 2:00PM. This does not mean you have to wait until Friday to call!

You may also feel free to call to make reservations for the entire month!

Please call with ANY questions.

We are excited about this new opportunity and look forward to providing meals in a new way. Voluntary donations will be accepted.

Please remember: DO NOT get out of your car when you pick up lunch.

Thanks to Greater Springfield Senior Services for making this program a reality!

August

August

Mon	Tue	Wed	Thu	Fri
3 August 4th - 7th Luau Week! 	4 Chicken Marsala Salad w/ Italian Bow Tie Pasta Mixed Fruit Tot Cal: 491 Sod:410	5 Garden Salad Egg Salad Fresh Fruit Tot Cal:627 Sod:825	6 Pork Roast w/ Gravy Cauliflower Florets 1/2 Baked Potato Cookies Tot Cal: 504 Sod:319	7 Santa Fe Style Salad Fresh Fruit Tot Cal:687 Sod:1082
10 Aug 11th - 14th Carnival Week! 	11 Pasta Primavera Asparagus Spears Italian Bread Applesauce Tot Cal:598 Sod:377	12 Tuna & Cucumber Sandwich Chocolate Brownie Tot Cal:820 Sod:800	13 ICE CREAM DAY Dill Salmon Mixed Vegetables Scalloped Potatoes Wheat Roll Lemon Cookies Tot Cal:604 Sod:525	14 Veggie Hummus Wrap Mixed Berry Parfait Tot Cal: 835 Sod:1045
17 Aug 18th - 21st Fiesta Week 	18 Pot Roast Au Jus Steamed Carrots Mashed Potatoes Fresh Fruit Tot Cal:489 Sod:338	19 Apricot and Feta Salad Mixed Berry Parfait Tot Cal:760 Sod:960	20 Orange Glazed Chicken Stir Fry Vegetables Coconut Rice Mandarin Oranges Tot Cal:553 Sod:248	21 Garden Salad Tuna Salad Fresh Fruit Tot Cal: 650 Sod:955
24 Aug 25th - 28th Casino Week 	25 "Lazy" Golompkis Over White Rice Glazed Beets Fresh Fruit Tot Cal:441 Sod:380	26 Cranberry Walnut Salad Strawberry Parfait Tot Cal:650 Sod:690	27 Cheese Quesadilla Peppers & Onions Rice and Beans Applesauce Tot Cal:554 Sod:474	28 Egg Salad Sandwich On White Bread Chocolate Brownie Tot Cal: 890 Sod:1110

If you have a special concern regarding the sodium, contact the GSSSI Dietitian at 781-8806 X 136 for more information.

FREE

Ice Cream



all are welcome

When
Where

Thursday, August 13th @ 1pm

Hampden Senior Center Parking Lot

104 Allen St., Hampden, MA



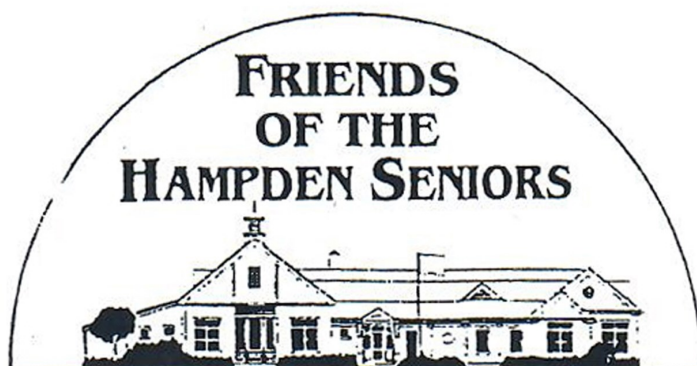
Drive Through Grab and Go Safe Ordering

Staff takes and delivers your order safely to your vehicle!

Masks Encouraged

**Generously
Sponsored By:**

**Learn how to become a
supporting member**



RELAX & ENJOY

THEME WEEKS

Summertime is meant for fun!
Come celebrate with us all month
long during our Grab 'n Go lunches!
If you are not signed up, please make
sure you do!



**Aug. 4th - 7th -
Luau Party** Wear
your flowered shirts,
grass skirts, leis &
lets do the hula!

Aug. 11th - 14th -

Carnival Fun Drive
Right Up to our Fun
House! Free ice
cream from the ice
cream truck on
Thursday, Aug. 13th at 1pm.



**Aug. 18th - 21st -
Fiesta Party**
Feeling Hot, Hot,
Hot!!! Sombreros,
Maraca's, & Pinatas!

Aug. 25th - 28th - Casino Week

Viva Las Vegas...Feeling Lucky?
We Are... when
you drive thru and
we get to see you!



DIRECTIONS: Find and circle the ice cream flavors. They may be horizontally,
vertically, or diagonally placed and they may even be backwards!



Banana
Butter Pecan
Butterscotch
Cherry
Chocolate
Cinnamon
Coffee
Cookie Dough
Cookies and Cream
French Vanilla
Mango



Mint Chocolate
Peach
Peanut Butter
Peppermint
Pistachio
Pralines and Cream
Pumpkin
Rocky Road
Rum
Strawberry
Vanilla

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) _____

FRIENDS OF HAMPDEN SENIORS 2020 MEMBERSHIP FEE \$5.00: _____

Mail to: 104 Allen Street, Hampden, MA 01036 or drop off at the front desk at the senior center

_____ Please check here if you would like a donation receipt for your taxes and provide your email address (if applicable)

Email: _____

The Hampden Senior Center reserves the right to utilize photos or videos of participants for publicity
purposes. Participants not wanting their image used must notify the senior center in writing.