

The Scantic Scribe

AUGUST 2021

HAMPDEN SENIOR CENTER

104 ALLEN STREET

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

Website: www.hampdenma.gov



FREE WI-FI

Welcome Back! We are open and most programs have returned!



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
coa@hampdenma.gov

Donna Richardson, Administrative Asst. & Volunteer Coordinator
scribe@hampdenma.gov

Wendy Cowles, Outreach Coordinator
outreach@hampdenma.gov

Nan Hurlburt, Activities Coordinator
activities@hampdenma.gov

Holly Normoyle, Receptionist
receptionist@hampdenma.gov

Rudie Voight, Custodian

COA BOARD MEMBERS

Chair: Deborah Mahoney

Vice Chairman: Ed Norman

Treasurer: Nancy Willoughby

Secretary: Marty Jacque

Cliff Bombard, Tina Doran, Monique

Downey, Suzanna Haskins, Deanna

Vermette

Rep to GSSSI: Anne Thomas

Greetings!

We are so happy to have the building open to the public and classes up and running! While not all classes and programs have returned, we appreciate your patience as we work through the details of bringing larger group events back.

Community support of the senior center has always been tremendous, but especially during the pandemic. Many thanks to those that supported the shoe fundraiser. We raised just over \$600 for the building expansion fund! Also, thanks to Lori Cooney and Bethlehem Church for the use of their parking lot for our outdoor Union Jack concert. It was a great event, and the space was perfect! Continued thanks to those that have been so generous with monetary donations to the senior center. We appreciate your support.

There are so many great things coming up, I hope you will look at the calendar and join us for our regular programs and for our special events.

While you might not be looking forward to another vaccine just yet, flu shot appointments are being scheduled for Wednesday, September 15th here at the senior center. Appointments help to keep the clinic running smooth, so please call to schedule an appointment today!

Hopefully, August will bring sunny skies and warm weather for you to enjoy!

BECKY.....

COA BOARD MEETING IS CANCELLED FOR AUGUST.

NEXT MEETING is TUESDAY, SEPTEMBER 14 at 9AM In Person or VIA ZOOM.

ZOOM Meeting ID: 95866401813 - ZOOM Password: 639217

NATIONAL ROOT BEER FLOAT DAY

Friday, August 6th @ noon



We are preparing a free "Welcome Back Treat" for you. Please join us for a Grab & Go Lunch or just come on in and say Hi and enjoy a delicious Root Beer Float!

We can't wait to greet you.

Event generously sponsored by:

YUM YUM!



(Air Hug)

Give us a call 413 566 5588 to reserve lunch and or just a float!



OUTREACH

The Outreach Office is your resource center for 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. Please contact Wendy at 566-5588 or email outreach@hampdenma.gov for more information on any of the services.



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

Income guidelines for 1 person household—\$2,127

Income guidelines for 2 person household—\$2,873

BROWN BAG: Free bag of groceries once a month in conjunction with the Food Bank of Western MA. Participants must be 55 or older and meet the following monthly income guidelines:

Income guidelines for 1 person household—\$1,968

Income guidelines for 2 person household—\$2,658

NEXT PICK-UP IS TUESDAY, AUGUST 17TH BETWEEN 1:30-2:30pm.

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 for more information or to find out if you qualify for assistance. All information provided is completely confidential.

D & R FARM SUMMER FARM SHARE: D & R FARM is offering fresh produce and it is **FREE with SNAP/HIP** if you qualify! If you do not qualify for SNAP/HIP, you may purchase a share for \$10 cash per week. Your shares will be available for pick up Wednesdays until October 27th from 9:30-10:30 at the Hampden Senior Center. Please let us know if you need your share delivered. Shares are limited to sign up. **D&R is located at 146 Thresher Rd. Call 413-244-3135 before visiting farm.**

REGISTRY OF MOTOR VEHICLES: For RMV related questions, please call Wendy or email her at outreach@hampdenma.gov. She is available to help with processing RMV applications online. Beginning **May 3, 2023**, every air traveler 18 years of age and older will need a **REAL ID** compliant driver's license or ID card, state-issued enhanced driver's license, or another TSA-acceptable form of identification at airport security checkpoints for domestic air travel.



HEALTH/WELLNESS

MEMORY CAFÉ - Every Friday at 10AM

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. Please call Wendy if you would like more information about the café. Sponsored in part by Friends of Hampden Seniors and private donations.



Caregiver Support Group via ZOOM or by PHONE Tuesday, August 17th at 6:00pm

Are you caring for a loved one with dementia or other related memory impairments? This support group is a great way to help. Please call Wendy at 566-5588 for more information.



alzheimer's association®

Did you or someone in your family recently receive a diagnosis of Alzheimer's disease or another form of dementia? Would you like some help navigating decisions after a diagnosis? Are you worried about how to provide the best care for a loved one? Are you concerned about your own memory?

Our **24/7 Helpline is available at 1-800-272-3900** to anyone who needs to talk about the challenges of dementia during this time. Our Helpline staff are available around the clock for any questions or concerns you might have.



If you need help navigating the Medicare maze, call 566-5588 and leave a message for Becky who will return your call.

notes from the NURSE

We are reading and hearing less about COVID 19 cases, yet it continues to dominate public health management, access to and allocation of resources, and policy. Recommendations regarding best practices developed to control the spread of this terrible disease continue to evolve and change. For example, guidelines used by many businesses use to prevent the spread of this infection are varied. Some individuals even challenge the practices designed to optimize the public's health. We are in a better place, but we cannot become complacent. Many but not all have done a great job following public health guidelines. However, we must continue to be smart about the places we go and the people we see. **Hampden's Public Health Nurse - Sheila Rucki PhD, PCNS, BC**

Services and Information



FULFILLING OUR PROMISES
TO THE MEN AND WOMEN WHO SERVED

DAV (Disabled American Veterans)

If you are looking for support, please contact the department service officer
Michelle Barrett at (573) 355-6076 or email her at davveteran7@yahoo.com.



If you need Notary Services please call the Senior Center at
566-5588 for more information.

THE TRI TOWN TROLLEY FOR SENIOR TRANSPORTATION SERVICES

The TRI Town Trolley operates for **Hampden**, East Longmeadow & Longmeadow Seniors Mon-Fri,
9:00am-3:00pm. **Hampden Seniors can book rides for medical appointments, grocery
shopping, and banking, in the Springfield / East Longmeadow area by calling 413-525-5412.**



SILVER LININGS FREE WALK-IN BLOOD PRESSURE CLINIC

New Time: Every Tuesday and Thursday from 9:15 to 10:45



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.

FRIENDS OF HAMPDEN SENIORS 2021 YEARLY / MEMBERSHIP DUES

Use this form to JOIN THE FRIENDS, PAY ANNUAL DUES, OR MAKE A DONATION! 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, wish to renew your membership, or make a donation please complete this form. Please make checks payable to "Friends of Hampden Seniors" and mail to Friends of Hampden Seniors, Inc., 104 Allen Street, Hampden, MA 01036 or drop off at the senior center. We appreciate your support!

FRIENDS OF HAMPDEN SENIORS 2021 MEMBERSHIP FEE \$5.00: _____

Donation From: _____ Address: _____ Donation Amount: \$ _____

In Honor Of: _____ In Memory Of: _____

Send acknowledgement to: _____ Address: _____

Use donation for: Memory Café Food Pantry Emergency Fuel Fund Programs & Activities General Needs

Other (Specify) _____

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

Email: _____

WHAT'S NEW...



SAVE THE DATE: Wednesday, September 15th Annual Flu Shot Clinic

The annual flu shot clinic will be held on September 15th. This year, you **MUST** have an appointment time for your shot. Please call the center for an appointment.

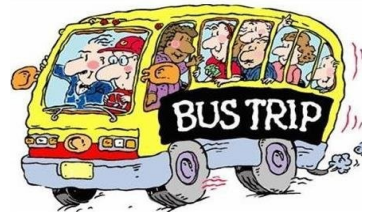
Sponsored by CVS Pharmacy



TRIPS WITH BOBBI GRANT ARE BACK...

Thursday, December 2nd – The Newport Playhouse, (I couldn't resist this one!) "A Christmas for Carol"

A hilarious holiday farce at the office party, with wacky hi-jinks, pranks, even folks caught in their underwear! More information next month. Vaccination card needed and masks are optional. \$101/per person. If you would like information, please call Bobbi directly at 413-566-8271 or email her at bobbijg2@charter.net.



COMING SOON... FREE Technology Help Sessions hosted by Wilbraham & Monson Academy



Do you need assistance on how to use your Phone, iPad/Tablet, or Laptop Computer?

Students from Wilbraham & Monson Academy will be here to help!

Please call the Senior Center if you are interested or for more information.

WALK MASSACHUSETTS CHALLENGE

Grab a friend, lace up your sneakers, and earn money for the Hampden Senior Center and Possibly Win A Gift Card!

Sign up is easy at www.mcoaonline.com/walkma.

Call the Hampden Senior Center at 566-5588 if you don't have a computer and need help registering. The challenge runs through September 30th, 2021. So what are you waiting for?

Get healthy, have fun and join the challenge today!!



THANK YOU FOR YOUR SUPPORT

Thanks to those who have donated to the Friends of Hampden Seniors, the Building Fund and to our Senior Center. We appreciate you supporting our essential programs and services.



**PART-TIME
JOB**



NEWS FROM PARKS AND RECREATION

Hampden Park and Rec is looking for a Seasonal/Part Time Maintenance/Groundskeeper

This position is responsible for general maintenance of Memorial Park and the baseball/soccer fields at Thornton Burgess School and more! Hours are flexible and vary depending on the time of year. Applicants must be at least 18 years old and having experience with landscaping equipment is a plus. Please call Park and Rec at 413.566.2151 x 108 for more information or for an application.

Senior Center Activities

Welcome Back! We are very pleased to offer activities again and will be including additional activities as we are able. If you would like to see other activities, perhaps something you tried during shut down, I would be happy to try and accommodate. Please remember the traffic pattern is BACKWARDS in the parking lot during our Grab N' Go lunch program Tuesday through Friday from 11:00 - 12:00, so **PLEASE USE CAUTION** when entering the parking lot. We look forward to seeing everyone! If you have any questions or would like to sign up for an activity, please call 413-566-5588. Thanks Nan!

ACRYLIC PAINTING with Nan Thursdays, 10:00-noon,
\$20/per class, includes all materials.



BRIDGE Mondays, 9:30-noon.
New players welcome, will teach.

BILLARD ROOM Tuesdays, 9:00-noon.
Women's lighthearted no rules play.



BILLARD ROOM Thursdays, 9:00-noon.
Men's play.

BINGO Thursdays, noon-2:00. *Will resume in the Fall.*

BUNCO Tuesdays, 12:30-3:00, \$4/per week.

CHAIR YOGA with Sue Kent Tuesdays
and Thursdays, 11:00-noon, \$5/per class.



FACIALS with Diane Neill 2nd Thursday of every month.
Please call for appointment and pricing.

FOOTCARE 4th Wednesday & Thursday of every
month. Please call for appointment and pricing.



GENEALOGY/FAMILY HISTORY *Will resume in
the Fall.*

JEWELRY *Will resume in the Fall.*

KNITTING/CROCHET Mondays, 9-noon.
New people welcome, will teach.

MAHJONG Fridays, 10:30-2:00.
New people welcome, will teach.

MANICURES with Cathy *Will resume in the Fall.*

MEMORY CAFÉ Fridays, 10:00-noon.



PITCH *Will resume in the Fall.*

QUILTING Fridays, 9:00-3:00.
New people welcome, will teach.

TAI CHI with Heather Duncan Mondays, 9:00-10:00
\$5/per class.

TRIVIA Wednesdays, 10:00. Always looking
for fresh minds!



WATERCOLOR with Chris Sterritt Wednesdays, 9:30-noon
or 12:30-3:00. \$100 for ten classes. **Classes begin
September 15th.** Please sign up to receive material list.

WEIGHT TRAINING with YMCA Tuesdays and Thursdays,
9:30-10:30. Purchase a \$40 punch card at the Senior Center
or \$5/per class. Please pay cash or make checks payable to:
YMCA of Greater Springfield and place
A.O.A. in memo section.



Please note new times for some activities.

Please check our events calendar monthly for any CANCELLED classes.

Please call
413.566.5588 for
additional information

AUGUST 2021



Hampden Senior Center
104 Allen Street
Hampden, MA 01036

Mon	Tue	Wed	Thu	Fri
2 9:00 Knitting/Crochet 9:00 Tai Chi 9:30 Bridge	3 9:00 Ladies Billiards 9:15 - 10:45 Blood Pressure Clinic 9:30 Weights w/YMCA 11:00 Chair Yoga 11:30 Grab N' Go Lunch 12:30 Bunco	4 9:30 FARM SHARE 10:00 Trivia 11:30 Grab N' Go Lunch	5 9:00 Men's Billiards 9:15 - 10:45 Blood Pressure Clinic 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 11:30 Grab N' Go Lunch	6 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 11:30 Grab N' Go Lunch 12:00 Root Beer Floats - Call to reserve lunch and/or just a float
9 9:00 Knitting/Crochet 9:00 Tai Chi 9:30 Bridge	10 NO COA Meeting 9:00 Ladies Billiards 9:15 - 10:45 Blood Pressure Clinic 9:30 Weights w/YMCA 11:00 Chair Yoga 11:30 Grab N' Go Lunch 12:30 Bunco	11 9:30 FARM SHARE 10:00 Trivia 11:30 Grab N' Go Lunch	12 <u>FACIALS by appt only</u> 9:00 Men's Billiards 9:15 - 10:45 Blood Pressure Clinic 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 11:30 Grab N' Go Lunch	13 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 11:30 Grab N' Go Lunch
16 9:00 Knitting/Crochet 9:00 Tai Chi 9:30 Bridge	17 9:00 Ladies Billiards 9:15 - 10:45 Blood Pressure Clinic 9:30 Weights w/YMCA 11:00 Chair Yoga 11:30 Grab N' Go Lunch 12:30 Bunco 1:30 BROWN BAG 6:PM Caregiver Support	18 9:30 FARM SHARE 10:00 Trivia 11:30 Grab N' Go Lunch	19 9:00 Men's Billiards 9:15 - 10:45 Blood Pressure Clinic 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 11:30 Grab N' Go Lunch	20 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 11:30 Grab N' Go Lunch
23 9:00 Knitting/Crochet 9:00 Tai Chi 9:30 Bridge	24 9:00 Ladies Billiards 9:15 - 10:45 Blood Pressure Clinic 9:30 Weights w/YMCA 11:00 Chair Yoga 11:30 Grab N' Go Lunch 12:30 Bunco	25 <u>Footcare by appt only</u> 9:30 FARM SHARE 10:00 Trivia 11:30 Grab N' Go Lunch 11:30 Lunch & Fun w/ Davis Bates - Call to reserve a boxed lunch & ice cream social	26 <u>Footcare by appt only</u> 9:00 Men's Billiards 9:15 - 10:45 Blood Pressure Clinic 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 11:30 Grab N' Go Lunch	27 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 11:30 Grab N' Go Lunch
30 9:00 Knitting/Crochet 9:00 Tai Chi 9:30 Bridge	31 9:00 Ladies Billiards 9:15 - 10:45 Blood Pressure Clinic 9:30 Weights w/YMCA 11:00 Chair Yoga 11:30 Grab N' Go Lunch 12:30 Bunco			

****AUGUST 2021 Grab 'n Go Lunch Program: Tuesday, Wednesday, Thursday & Friday at 11:30 A.M.****

You must be 60 or older as this is a Title IIIB, Older Americans Act funded program. Reservations must be made. The deadline is 2pm on Friday the WEEK BEFORE you want lunch. You do not have to wait until Friday to call! **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. **YOUR NAME MUST BE ON THE LIST IN ORDER TO PICK UP A MEAL.** A suggested voluntary donation of \$2.00/meal will be accepted. 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.

Thank You to Greater Springfield Senior Services for this program!

Mon	Tue	Wed	Thu	Fri
	3 Roast Beef & Swiss on Rye (2) Coleslaw Fresh Fruit Cal:583 Carb:73 Na:1032	4 Chicken Caesar Wrap Lettuce/Tomato Pasta Salad On a Spinach Wrap Mandarin Oranges Cal:782 Carb:89 Na:860	5 Spinach Salad w/French Cucumber Onion Salad WW Bread Fruit Parfait Cal:613 Carb:85 Na:722	6 <u>Root Beer Float Day</u> Ham Salad on Wheat (2) Tomatoes w/Ranch Chilled Peaches Cal:510 Carb:59 Na:1145
Menu subject to change without notice.  Suggested voluntary donation - \$2.00.	10 <u>High Sodium Day</u> Mediterranean Pasta Salad Sliced Carrots/White Bean Cucumber Salad WW Pita Chilled Pineapple Cal:884 Carb:126 Na:1263	11 Chilled Turkey Sesame Noodles/ Cabbage Slaw Cranberry Snack Loaf Mixed Fruit Cal:756 Carb:108 Na:391	12 Cape Cod Tuna Salad w/ Lettuce & Tomato Pickled Beets 1/2 Wheat Wrap SF Lemon Cookie Cal:602 Carb:83 Na:920	13 Turkey Club on 12 Grain Lettuce/ Tomato/ Peppers/Ranch Cinnamon Apples Cal:575 Carb:73 Na:1091
Key for Symbols: Cal = Total Calories Carb = Total Carbohydrates Na = Total Sodium * High Sodium Day Tot Sodium & Cal include regular dessert, milk (100mg NA) & margarine (15mg Na)	17 Ham & Swiss & Mustard With German Potato Salad On Whole Wheat Bread (2) Chilled Pineapple Cal:638 Carb:92 Na:879	18 Chef's Salad w/French With Turkey Cheddar Egg Italian Bread Fruit Parfait Cal:713 Carb:85 Na:833	19 Curry Chicken Salad Tomato Onion Salad Mixed Greens Wheat Pita Fresh Fruit Cal:570 Carb:75 Na:670	20 Salami and Provolone w/ Roasted Red Pepper Medley On LS Wheat Bread (2) Applesauce Cal:680 Carb:84 Na:1123
Just a reminder... Don't forget to sign up for our Special Lunch and Entertainment on Wed, 8/25 with Davis Bates. Call 566-5588.	24 Meatloaf Sandwich With Potato Salad And Veggie Pasta Salad On White Bread (2) Cinnamon Apples Cal:695 Carb:109 Na:1160	25 <u>Join us inside for Campfire Tales w/ Boxed Lunch & Ice Cream Social</u> GSSSI Lunch = Cottage Cheese/Broccoli Slaw Chilled Peaches Wheat Roll / SF Cookie Cal:531 Carb:77 Na:1016	26 Salmon over Mixed Greens, Cucumbers, Carrots & Cabbage French Dressing White Bread/Mixed Fruit Cal: 546 Carb:51 Na:493	27 Grilled Chicken Sandwich Chilled Peaches Confetti Coleslaw Hamburger Bun Fruit Parfait Cal:766 Carb:107 Na:909
If you have any special concerns regarding the menu, contact the GSSSI Dietitian at 781-8806, EXT. 136 for more information.	31 Tarragon Tuna Salad Three Bean Salad English Pea Salad 12 Grain Bread Strawberry Applesauce Cal:765 Carb: 91 Na:1063			

Relax and Enjoy

a lively participatory program by

DAVIS BATES

Parents' Choice Award-winning singer & storyteller



Wednesday, August 25th @ 11:30 am

Campfire Songs and Tales



Free: Program, Boxed Lunch and Ice Cream Social

The staff at the Senior Center is preparing a yummy boxed lunch of Ham & Cheese on a Roll, chips and a drink.

We are pleased to welcome back Davis Bates, captivating us with his wit and song and then top it all off with an refreshing Ice Cream Social!

Can you think of a better way to spend a few hours?

We hope to see you here...Please call 413 566 5588 to reserve.



Generously funded by:

Hampden Cultural
Council



CAREONE
TRUST IN OUR CARE
At Redstone



Campfire



N	H	T	S	E	R	O	F	P	L	I	X	C	J	U	Y	A	D
C	K	Q	H	Z	X	S	V	N	O	B	F	S	E	K	O	M	S
S	Y	L	E	N	G	A	J	S	U	M	M	E	R	X	F	W	H
T	G	B	V	O	T	K	C	G	D	R	Q	A	Z	I	O	P	C
A	X	N	D	J	E	H	S	Y	F	N	U	B	G	L	A	T	M
R	W	T	I	U	Q	P	G	M	C	Z	S	O	L	B	S	H	L
S	O	F	X	K	R	N	O	I	T	A	C	A	V	E	N	U	C
H	O	S	E	A	O	L	B	S	N	R	M	J	W	D	A	Q	Z
V	D	G	Y	T	P	O	X	U	M	H	U	P	S	T	C	X	I
T	A	N	J	R	G	W	C	Q	S	O	Z	L	F	M	K	B	J
I	P	O	T	M	A	B	H	R	V	P	R	D	X	I	S	Y	T
B	Z	L	C	V	S	T	A	F	O	K	G	E	N	Q	R	S	W
E	M	A	L	F	E	M	I	T	X	O	Y	V	S	U	N	E	P
J	U	G	P	Q	H	R	W	U	B	R	D	K	H	Z	L	I	K
X	E	N	S	K	C	I	T	S	G	N	I	T	S	A	O	R	F
L	V	I	R	D	T	Z	A	Q	P	J	H	M	U	W	G	O	Y
F	M	S	B	L	A	N	K	E	T	X	W	L	C	O	J	T	N
D	J	Z	W	G	M	Y	P	H	E	R	U	T	A	N	V	S	G

blanket
bug spray
campfire
chairs
flame
forest

guitar
hot dogs
log
marshmallows
matches
nature

night
outdoor cooking
roasting sticks
s'mores
sing alongs
smoke

snacks
stars
stories
summer
vacation
wood

