

The Scantic Scribe



DECEMBER 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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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, Monique Downey,
Suzanna Haskins, Deanna Vermette
Rep to GSSI: Anne Thomas

NEXT COA BOARD MEETING:

Tuesday, December 8th at 9AM via
ZOOM - Meeting ID: 91553150311
Password: 015426

Greetings!

It is very hard to believe 2020 is coming to a close. What a year it has been for everyone. Though the Senior Center remains closed, the staff is always hard at work, making sure that calls are answered and needs are being met. As we head into the cold winter months (that many of you enjoy!) it will be even more important for you to serve as our eyes and ears in the community. **Please check on your neighbors and friends.** If you find that someone needs assistance, please do not hesitate to reach out to the senior center.

Please join me in thanking the staff of the senior center for an amazing year of hard work. During the pandemic, Wendy, Donna, Holly, Nan and Rudie have continued to step up to the plate to make sure that the senior center was still operating, even though the doors are closed. It is a blessing to be a part of this amazing team and I thank each one for their dedication and commitment to the Hampden Senior Center. **Also, a word of thanks to the volunteers** that have continued to assist us with Grab and Go lunch, Brown Bag delivery, garden clean up, Scribe delivery and other small tasks done from home. **THANK YOU!**

Please watch Mass Appeal on December 8th at 11:00! More information below.

The Friends Fundraiser can be found on the back of the Scribe. Please help us kick off our building fund by purchasing one (or more!) raffle calendars!

From all of us here at the center, we wish you a Merry Christmas, Happy Hanukkah, and a Happy New Year! We all hope to be back in the senior center sometime in 2021! BECKY.....



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



Please see the December Menu & information on how to sign up for this Awesome Lunch Program! This is Tuesday thru Friday & you must be 60 or older as this is a Title IIIB, Older Americans Act funded program.



SPECIAL SENIOR EDITION!



Council On Aging Directors from throughout Western Massachusetts have been working with **Mass Appeal** co-host **Patrick Berry** on a special edition of the show that will focus on older adults.

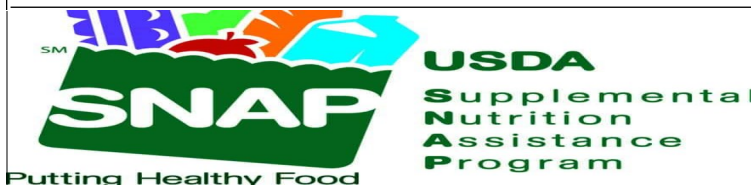
What began as a collaboration to highlight area Senior Center holiday performers, morphed into an entire show dedicated to the topic of aging adults in our area. **Tune in to WWLP Channel 22 for Mass Appeal on Tuesday, December 8 at 11 a.m.** for an hour filled with information and local entertainers performing both original holiday pieces as well as traditional favorites.

Topics that co-hosts **Alanna Flood** and **Patrick Berry** will delve into include the physical, psychological and emotional wellbeing of older adults, caregiver stress, nutrition, and fitness. When a group of dedicated, compassionate, committed Senior Center Directors teams up with a talented television duo, the results are definitely worth watching!



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—\$2,127

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

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. **Please note, we have a new pick up day/time and 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. NEXT PICK-UP IS WEDNESDAY, DECEMBER 16TH BETWEEN 9:30-10:30am.**

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

Friday, Dec. 4th, 10am - Music with Joe

Friday, Dec. 18th, 10am - Music with Rene

You don't need a computer to participate, you can call in and connect 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.

Please call Wendy at 566-5588 or email her at oureach@hampdenma.gov to sign up and receive the ZOOM or Call In Information.

HEALTH/Wellness CORNER



LOOKING FOR FRESH LOCALLY GROWN PRODUCE?

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

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

Free share with HIP, Shares are limited. Call Wendy at 566-5588 or email oureach@hampdenma.gov to sign up.

Fuel Assistance

Income guidelines for 2020/2021 heating season

Family Size	Income Limit
1	\$39,102
2	\$51,137
3	\$63,169
4	\$75,201



The following documentation is also required:

-Proof of all income: Social Security, SSDI, Pensions, Annuities, IRA, Capital Gains, Stocks, Bonds, Interest, Dividends, Rental Income, Unemployment, Wages

-Electric Bill-most recent

-Oil Statement or Gas Bill (or both)-most recent

-Property Tax and/or Homeowners Bill

-Photo ID, Social Security Card or Birth Certificate

-Mortgage Statement if not paid in full or Monthly Rent

-Current Homeowners Insurance Bill

-If working, 4 previous pay stubs (must be the most recent)

Please contact Wendy with any questions or to schedule an appointment at 566-5588.



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.



SAND FOR SENIORS

Now through Thursday April 15, 2021 the Fire Department and Senior Center will work together to manage the Sand for Seniors program. This program is available for anyone over the age of 60 and living in Hampden. The Fire Department will deliver a FREE 5-gallon bucket of sand to your home for you to use on your steps, walkways, and paths.

If you wish to have a bucket of sand delivered, please call the Hampden Senior Center at 566-5588 and leave a message with the following information: Name, address, phone #, and the location on property where you would like the bucket dropped off. If we need additional information we will call you back, otherwise you're all set!

WINTER WEATHER ADVISORIES!!!

Remember to watch channels 22 and 40 for information about cancellations. **Watch for HAMPDEN SENIOR CENTER & GREATER SPRINGFIELD SENIOR SERVICES.** Call 566-5588.



SOCIAL SERVICES

The Hampden Senior Center is a Social Service Agency for Hampden residents who need assistance regardless of age. We can help with Fuel Assistance, Emergency Fuel, Supplemental Nutrition Assistance Program (SNAP), Brown Bag Service, insurance and more. We have a food pantry on site with non perishable items. If you need assistance or know someone who does, please call the Senior Center at 413-566-5588.

THE TRI TOWN TROLLEY IS UP AND RUNNING 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.**



FOOT CARE



The Board of Health has given the green light for this important service to be provided at the senior center. **Appointments are being scheduled for December 16th & 17th.** Please note, masks are required, and you must wait in your car until your scheduled appointment time, so we have time to sanitize in between appointments. Please call 566-5588 to schedule an appointment.



Registry of Motor Vehicles: For RMV related questions, 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.



A heartfelt gratitude to our generous sponsors who helped us provide Thanksgiving dinners to 150 people! We couldn't do it without your support.

The Reserve at East Longmeadow, Great Horse, Monson Bank, Providence Place, Chestnut Hill, Village Mart, St. Mary's Church, Hampden Wilbraham Rotary, Quaboag Rehab & Skilled Care Center, John and Sherry Storey, and Rebecca and 13 year old Cal Blanchard for making the Thanksgiving Cards!

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.

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

Reservations must be made and 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! A suggested voluntary donation of \$2.00/meal will be accepted. Please remember: DO NOT get out of your car when you pick up lunch and a mask must be worn to pick up a meal. Please let us know if you need a mask. **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. **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. Thanks to Greater Springfield Senior Services for making this program a reality!

Mon	Tue	Wed	Thu	Fri
THANK YOU for wearing your FACEMASK 	1 Veggie Tetrizzini Caesar Salad Green Beans Fresh Strawberries Cal:576 Carb: 65 Na:260	2 Roast Beef & Bleu Cheese on Rye Bread Chocolate Brownie Cal:830Carb:107Na:1350	3 Baked Fish Veggie Quinoa Whole Wheat Bread Chilled Pineapple Cal:543 Carb:68 Na:375	4 Tuna & Cucumber Sandwich Chocolate Brownie Cal:820Carb:107Na:800
<div style="border: 1px dashed red; padding: 5px;"> If you have a special concern regarding the sodium, contact the Dietitian at GSSSI @ 781-8806, EXT. 136 for more information. </div>	8 Beef Barley Stew Cauliflower Buttermilk Biscuit Sugar Free Jell-O Cal:607 Carb:64 Na:378	9 Turkey & Swiss on a Pretzel Roll Blueberry Parfait Cal:470 Carb:73 Na:875	10 Rose` Chicken Artichokes/Mushrooms Herbed Pasta Fresh Strawberries Cal:501 Carb:69 Na:461	11 Apricot & Feta Salad Chocolate Pudding Cal:950 Carb:118 Na:1370
Key for Symbols: Cal = Total Calories Carb = Total Carbohydrates Na = Total Sodium Suggested Voluntary Donation \$2.00	15 Peppercorn Pork Chops Brussels Sprouts Mashed Potatoes Fruit Crisp Cal:553 Carb:50Na:318	16 Italian Style Chicken Wrap Blueberry Parfait Cal:630Carb:86 Na:1050	17 Pumpkin Alfredo Pasta Steamed Cauliflower Sauteed Zucchini Spiced Peaches Cal:507 Carb:74 Na:589	18 Tripleta Cold Cut Sandwich on Onion Roll Mixed Berry Parfait Cal:470 Carb:72 Na:925
	22 Oven Fried Chicken Collard Greens Mashed Potatoes Diet Pudding Cal:508 Carb: 36 Na:545	23 <u>HIGH SODIUM DAY</u> Turkey Gobbler Sandwich Fresh Fruit Cal:547 Carb:83 Na:1561	24 Red Pepper Pasta Salad w/ House Butternut Squash Fresh Strawberries Cal:583 Carb:73 Na:210	25 CLOSED 
	29 Turkey Chili Salad w/Vinaigrette Green Beans Cornbread / Jell-O Cal:551 Carb:68 Na:248	30 <u>HIGH SODIUM DAY</u> Grilled Chicken Caesar Salad Fresh Fruit Cal:647 Carb:30 Na:1270	31 Jamaican Jerk Chicken Corn and Peppers Coconut Rice Mixed Fruit Cal:554 Carb:67 Na:336	1 CLOSED 

Free: Easy Fun Craft Kits

January Snowman



Chase away the winter shut in blues with these easy, fun to make crafts. Directions and materials included.

All you will need is a sunny spot and a few items to complete!

February Valentine Wreath



March St. Paddy's Bottle Topper



Call and sign up by December 18th.
413-566-5588

Kits will be available for pick up
January 13th -15th.

Choose January, February or March when you call to sign up or select two or all three months!

FRIENDS OF HAMPDEN SENIOR'S FUNDRAISER



The Friends of Hampden Seniors are sponsoring a year end fundraiser to kick off the Senior Center Addition Building Fund!

Until the end of the year we are selling a one month lottery calendar for **\$10.00 each**. For each day of January 2021 one lucky winner will be drawn. We will call you if you win and you can choose to pick up your prize or we can mail you the check or gift card.



Remember you can win more than once!

Fill out the form to the right and mail it in with a check payable to "Friends of Hampden Seniors" with "Calendar Raffle" in the Memo Line and you will be entered! It's that easy! Want more than one calendar, just call us! We can mail calendars or you can pick up at the senior center. Please call 566-5588 to arrange a pick up time.

Thank you for all your support!



FRIENDS OF HAMPDEN SENIORS

JANUARY 2021

CALENDAR FUNDRAISER

sunday	monday	tuesday	wednesday	thursday	friday	saturday
					1 \$100	2 \$50
3 \$50	4 \$25	5 \$25	6 \$25 Big Y Gift Card	7 \$25	8 \$25	9 \$50
10 \$50	11 \$25	12 \$25	13 \$25 Big Y Gift Card	14 \$25	15 \$25	16 \$50
17 \$50	18 \$25	19 \$25	20 \$25 Big Y Gift Card	21 \$25	22 \$25	23 \$50
24 \$50 \$100 31	25 \$25	26 \$25	27 \$25 Big Y Gift Card	28 \$25	29 \$25	30 \$50

Please fill out & return with your check for \$10 made out to: Friends of Hampden Seniors. Each calendar holder is eligible to win every day!

Winners will be notified by phone.

Good Luck and Thank You for your support.

Name: _____

Address: _____

Phone Number: _____

Return to: Hampden Senior Center, 104 Allen Street, Hampden, MA 01036

FRIENDS OF HAMPDEN SENIORS MEMBERSHIP/YEARLY 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 front desk 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 Need ☐ Other (Specify) _____

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

Email: _____