

# The Scantic Scribe



**NOVEMBER 2020**  
**HAMPDEN SENIOR CENTER**  
**104 ALLEN STREET**  
**413-566-5588 (phone); 413-566-2103 (fax)**  
**Website: [www.hampdenma.gov](http://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  
[coa@hampdenma.gov](mailto:coa@hampdenma.gov)  
Donna Richardson, Administrative Asst. & Volunteer Coordinator  
[scribe@hampdenma.gov](mailto:scribe@hampdenma.gov)  
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Holly Normoyle, Receptionist  
[receptionist@hampdenma.gov](mailto: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, November 10th at 9AM via  
ZOOM - Meeting ID: 94946862941  
Password: 108396



Daylight Saving Time Ends Sunday,  
November 1st. Don't forget to turn clocks  
back one hour before you go to bed on  
Saturday night, October 31st!

Greetings!

The cool weather is setting in, but the colors of Fall are still beautiful. Enjoy these crisp cool days and have your sweater ready for the chilly evenings!

Even though the senior center is still closed, we have some great things happening this month and hope you will read through the newsletter to see what's going on.

Calling all Veteran's! There will be a drive through parade in the senior center parking lot in your honor on Thursday, November 12th from 1:00-1:30. We hope to see you here!

The Friends have a great fundraiser coming up. See inside for more details on how you can get involved and support the senior center at the same time!

Thanksgiving might be different for many people this year with people not able to get together in large group settings. With amazing sponsors, we are preparing a limited number of Thanksgiving meals to hand out. Please see inside for more details. You will need to RSVP for this special meal.

Finally, this month marks 18 years that I have been the Director here in Hampden. Many thanks to the amazing senior center staff, volunteers and all of you who have made this a wonderful adventure for me. The time has flown by and I look forward to many more years with all of you!

Stay Safe and Be Well. Happy Veteran's Day and Happy Thanksgiving!  
Becky.....



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



Please see the November 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.



## SENIOR AND VOLUNTEER APPRECIATION MONTH!

We miss you all so much and want to celebrate with you!  
While we can't be together face to face, you may get a visit, a note of cheer, or a little thank you for being there. Throughout this pandemic you have continued to support the Hampden Senior Center and we appreciate you!

## 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, NOVEMBER 18TH 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, Nov 6th, 10am - Music with Joe Lamothe**

**Friday, Nov. 20th, 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](mailto:oureach@hampdenma.gov) to sign up and receive the ZOOM or Call In Information.

## HEALTH/WELLNESS CORNER

### Notes from Hampden's new part time public health nurse - Sheila Rucki PhD PCNS BC

As you plan for the upcoming holidays please take into consideration the guidelines provided by the Mass Governor & Department of Public Health, as well as those of Federal Centers for Disease Control. I know many of you are looking forward to getting back together with family & friends. However, Gov. Charlie Baker notes "The biggest single issue that is driving our case growth is familiar people being familiar with each other". Celebrate quietly & safely. Remain committed to creating a safe & healthy place for family & friends during the upcoming holiday season. Keep your social circles small, socially distance, continue to wear masks, & practice proper hygiene. We can celebrate safely if we all work together.

### Fuel Assistance

#### Income guidelines for 2020/2021 heating season

| <u>Family Size</u> | <u>Income Limit</u> |
|--------------------|---------------------|
| 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.**



### From the 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?

The Alzheimer's Association provides free Care Consultations that are confidential & personalized to the needs of individuals and families. Consultations can be provided by phone or video conference and can include family members in separate locations. Call 617-393-2100 or email [careconsultationmanh@alz.org](mailto:careconsultationmanh@alz.org) to schedule a Care Consultation.

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. Additionally, we are now offering all of our educational programs & support groups via video conference or over the phone. We also offer Meet Ups for those living with dementia. Virtual Alz Meet Ups are a fun, social hour to provide an opportunity to connect with others living through a similar experience.



# SAND FOR SENIORS

Starting Monday November 2, 2020 thru 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!



## GRAB A CUP OF COFFEE OR TEA AND JOIN US MONDAY MORNING FOR TRIVIA!

Trivia is offered via ZOOM on Mondays at 10:00am. To access this event please go to Zoom.com. Click on "Join a Meeting" - Enter Meeting ID: 980 7344 6487 & Passcode: 671829 & **Join the fun!**

## FOOT CARE IS BACK!



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 November 18th & 19th and 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.

## Medicare

### Medicare Open Enrollment is until December 7th

Due to COVID and state mandates, SHINE appointments cannot happen face to face. Telephone appointments and ZOOM appointments are available. If you have questions about your insurance or need to make a change to your current plan, please call 566-5588 & ask for Becky to schedule an appointment.

### Sign up to be a Phone Pal with a Springfield College Occupational Therapy Student today!

**Possible Conversation Topics:** • Share life stories and adventures • Get advice on using cell phone, tablet, and computers • Share each others' topics of interest • Talk about anything that is meaningful & purposeful to you! Communication Options Available via: Phone Call, FaceTime or Zoom visits. If interested, please call Wendy at 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.**



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](mailto:outreach@hampdenma.gov). Wendy is available to help with processing RMV applications online.



# thank you!




### THANK YOU FRIENDS OF HAMPDEN SENIORS!

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



# NOVEMBER 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  |
|---|---|---|--|--|
|   | <b>3</b><br>Pumpkin Alfredo Pasta<br>Salad w/ Italian Sautéed Zucchini<br>Spiced Peaches<br>Cal:502 Carb:72 Na:583      | <b>4</b><br>Santa Fe Style Salad<br>Fresh Fruit<br>Cal:687 Carb:39 Na:1082  | <b>5</b><br>Cranberry Roast Turkey w/ Carrots<br>Butternut Quinoa Salad<br>Chilled Pears<br>Cal:583 Carb:71 Na:581     | <b>6</b><br>Tuna & Cucumber Sandwich<br>Chocolate Brownie<br>Cal:820 Carb:107 Na:800                             |
| <b>THANK YOU FOR WEARING YOUR MASK</b><br>                                       | <b>10</b><br>Roasted Red Pepper Pasta<br>Salad w/ House Butternut Squash<br>Fresh Strawberries<br>Cal:583 Carb:73 Na:11 | <b>11 CLOSED</b><br><b>Happy Veterans Day!</b><br> <p>...to our Veterans for their Service to our Country.</p> | <b>12</b><br>Broccoli Beef Stir Fry<br>Stir Fry Vegetables<br>Brown Rice<br>Mandarin Oranges<br>Cal:488 Carb:64 Na:496 | <b>13</b><br>Turkey & Swiss on a Pretzel Roll<br>Blueberry Parfait<br>Cal:470 Carb:73 Na:875                     |
| <p>If you have a special concern regarding the sodium, contact the Dietitian at GSSI @ 781-8806, EXT. 136 for more information.</p>                               | <b>17</b><br>Jamaican Jerk Chicken<br>Corn and Peppers<br>Coconut Rice<br>Mixed Fruit<br>Cal:554 Carb:67 Na:336         | <b>18</b><br>Garden Salad<br>Tuna Salad<br>Fresh Fruit<br>Cal:650 Carb:33 Na:955  | <b>19</b><br>Turkey Burger<br>Lettuce<br>Sweet Potato Wedges<br>Wheat Burger Bun<br>Cal:501 Carb:82 Na:556             | <b>20</b><br>Veggie Hummus Wrap<br>Mixed Berry Parfait<br>Cal:835 Carb:112 Na:1045                               |
| <p><b>Key for Symbols:</b><br/> Cal = Total Calories<br/> Carb = Total Carbohydrates<br/> Na = Total Sodium</p> <p><b>Suggested Voluntary Donation \$2.00</b></p> | <b>24</b><br>Mushroom Risotto<br>Asparagus Spears<br>Chilled Pears<br>Cal:429 Carb:75 Na:343                            | <b>25</b><br>Egg Salad Sandwich on White Bread<br>Chocolate Brownie<br>Cal:890 Carb:102 Na:11100  | <b>26 CLOSED</b><br>               | <b>27</b><br><b>HIGH SODIUM DAY</b><br>Grilled Chicken<br>Caesar Salad<br>Fresh Fruit<br>Cal:647 Carb:30 Na:1270 |

# Happy Thanksgiving

## Prepared -Take Away Meal

WEDNESDAY NOVEMBER 25TH

2PM

### Our Goal:

The Hampden Senior Center together with our generous sponsors, want to provide our older adults a well prepared, delicious Thanksgiving meal. During this difficult year, even if we can't be with our family and friends on this holiday, it is important we all take the time to reflect on the things we can be thankful for.

Call 413 566 5588 to reserve your free meal by Wednesday, November 18th, "Meals are Limited" .



### 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!

This year we are selling a one-month lottery calendar for **\$10.00 each** with calendar sales beginning on November 16th and ending December 30th. For each day of January 2021 one lucky winner will be drawn. These calendars make great holiday gifts or stocking stuffers!

One name will be drawn daily in the month of January and holiday and weekend winners will be drawn the Friday before they occur.

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!**

Calendars can be mailed to you once payment is received or you can pick up at the senior center.

Please call 566-5588 to arrange a pick up time.

| Sun        | Mon        | Tues       | Wed                    | Thurs      | Fri        | Sat        |
|------------|------------|------------|------------------------|------------|------------|------------|
|            |            |            |                        |            | 1<br>\$25  | 2<br>\$50  |
| 3<br>\$50  | 4<br>\$25  | 5<br>\$25  | 6<br>Big<br>Y<br>\$25  | 7<br>\$25  | 8<br>\$25  | 9<br>\$50  |
| 10<br>\$50 | 11<br>\$25 | 12<br>\$25 | 13<br>\$25             | 14<br>\$25 | 15<br>\$25 | 16<br>\$50 |
| 17<br>\$50 | 18<br>\$25 | 19<br>\$25 | 20<br>\$25             | 21<br>\$25 | 22<br>\$25 | 23<br>\$50 |
| 24<br>\$50 | 25<br>\$25 | 26<br>\$25 | 27<br>Big<br>Y<br>\$25 | 28<br>\$25 | 29<br>\$25 | 30<br>\$50 |
| 31<br>\$50 |            |            |                        |            |            |            |

Thank you for your support of the Friends of Hampden Seniors!

Make checks payable to Friends of Hampden Seniors with "Calendar Raffle" in the Memo line.



## Veteran's Recognition Drive Through Parade

**ALL Veterans are welcome to attend our Drive Through Recognition Parade on Thursday, November 12, 2020 from 1:00 - 1:30PM**

The Senior Center Staff will be outside to greet you, to thank you for your service and offer you a small token of our appreciation for your service.

Please save the date and pass the word along to your Veteran friends.

We look forward to seeing you and being able to offer you our thanks.

YOU GOTTA LOOK FOR  
THE GOOD IN THE BAD,  
THE HAPPY IN YOUR SAD,  
THE GAIN IN YOUR PAIN,  
AND WHAT MAKES YOU  
GRATEFUL NOT HATEFUL.

KAREN SALMANSOHN



**We Appreciate  
You!**



Thanksgiving  
is a day when we pause  
to give thanks for  
the things we have.



"Veterans Day"  
is a day when we pause  
to give thanks to the  
people who fought for  
the things we have.

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.