

The Scantic Scribe

OCTOBER 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
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Wendy Cowles, Outreach Coordinator
outreach@hampdenma.gov

Nan Hurlburt, Activities Coordinator
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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 GSSI: John Shay

NEXT COA BOARD MEETING:

Tuesday, October 13th at 9AM via

ZOOM - Meeting ID: 92039398776

Password: 117790

Greetings!

Cold, crisp temperatures are here! Put away your hummingbird feeders and bring your plants inside! Continue to enjoy these days because we all know what is coming next. Judging from how 2020 has been going so far, we could be facing a very cold and snowy winter! It is hard to believe that the senior center has been closed for 6 months. We continue our conversations with the local Board of Health and await the state guidelines that will allow us to open our doors again. Thank you for your patience as we navigate these uncharted waters.

A great big THANK YOU to our friends at GREAT HORSE for the delicious fresh produce provided to us throughout the summer. Everyone enjoyed the vegetables that were handed out during our Grab and Go lunch program.

Medicare Open Enrollment starts this month. Please call if you have questions about your insurance or need to make a change. Face to face appointments are not allowed at this time, but telephone meetings or ZOOM video chats are available.

We are starting to offer more ZOOM programs. Please call if there is something you would enjoy. This month we have new virtual programs for you including a Trivia group, an art class taught by Nan, and the Memory Café. We will continue to add more programs to the list so you can stay connected to us and to your friends while we are unable to meet in person.

With the cold weather coming, we often receive requests for assistance with emergency fuel. This is a fund that helps any Hampden resident that is in a heating crisis. Donations to this very important fund are always appreciated. Last winter, 10 families were helped thanks to the generous donations from the community.

Please call with any questions. We are here for you!

BECKY.....



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



Please see the October 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.



MEDICARE

Open Enrollment

Starts October 15th



Medicare Open Enrollment is from October 15 - December 7

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 and ask for Becky to schedule an appointment.

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. **NEXT PICK-UP IS TUESDAY, OCTOBER 20TH 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 on Friday, October 9th and October 30th at 10:00AM

We are excited to be able to bring Memory Café back once again!

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

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

Let us find joy in the season as we do what we need to do to stay safe and healthy. As we walk with our friends, in small numbers of course, observe public health guidelines. Stay socially distant. Keep them and yourself safe by wearing a mask. At the beginning and end of your outing wash your hands as this is the best way to keep you healthy and safe. It is not too late to get your flu shot. Plan to do that today.

Lead the way as public health initiatives work best when there is buy in. Skirting the guidelines will likely lead to an increase in cases and affect the town's ability to contain the cases. None of us want another lock down.

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 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.

THE TRI TOWN TROLLEY IS BACK 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.**



To help keep everyone safe there are some guidelines in place:

- Only 1 passenger will be allowed on the van at any given time
- All passengers and drivers must wear a mask and use hand sanitizer upon entering the van
- All caretakers must follow the same safety guidelines as the passenger
- Each passenger will be asked a series of questions pertaining to COVID-19; these questions are designed and necessary to ensure the safety of both the passenger and driver

When booking appointments, please have the complete address and phone number of your destination. **A 48-72 hour notification is required for booking any transportation** and the cost is \$1 each way for in-town transportation and \$2 each way for out-of-town transportation. ****For medical appointments, we recommend calling as soon as you schedule your 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 computer skills
- Share each others' topics of interest
- Talk about anything that is meaningful and purposeful to you!

Communication Options Available via: Phone Call, FaceTime or Zoom visits.

If interested, please call Wendy at 566-5588.



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.

Farm Shares will be available until October 28th. Free share with HIP. Shares are limited. Call Wendy at 566-5588 or email outreach@hampdenma.gov to sign up.

CALLING ALL TRIVIA PLAYERS!

Are you missing the weekly Trivia group?

Trivia will be offered via ZOOM on Mondays at 10:00am. To access this event please go to Zoom.com and click on Join a Meeting.

Meeting ID: 980 7344 6487

Passcode: 671829

We hope you can join in the fun!

No Trivia on Monday, 10/12 due to Columbus Day



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 Thursday, October 15th.**

Please note, masks are required, & you must wait in your car until your scheduled appointment time, so we have time to sanitize in between appointments. Please call the center with questions or to schedule an appointment.



Foot Care



Registry of Motor Vehicles 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.

OCTOBER 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 	<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>		1 Red Pepper Pasta Butternut Squash Salad w/ House Fresh Strawberries Cal:583 Carb:73 Sod:210	2 Roast Beef & Bleu Cheese on Rye Bread Chocolate Brownie Cal:830 Carb:107 Sod:1350
October 6th - 9th Fire Prevention FIRE SAFETY 	6 Herb Crusted Salmon Spinach Salad w/ Dijon Rice Pilaf Sugar Free Cookies Cal:610 Carb:64 Sod:411	7 Tuna & Cucumber Sandwich Chocolate Brownie Cal:820 Carb:107 Sod:800	8 Shepherd's Pie Topped w/ Mashed Potato Caesar Salad Fruit Cup Cal:687 Carb:51 Sod:332	9 HIGH SODIUM DAY Virginia Ham & Cheddar on Multigrain Vanilla Pudding Cal:680 Carb:93 Sod:1350
October 13th - 16th Octoberfest 	13 Chicken Paprikash Garlic Spinach Egg Noodles Apple Crisp Cal:554 Carb:59 Sod:408	14 HIGH SODIUM DAY Apricot & Feta Salad Chocolate Pudding Cal:950 Carb:118 Sod:1370	15 Apple Pork Roast Mixed Vegetables Butternut Squash Sugar Free Jell-O Cal:547 Carb:44 Sod:300	16 Garden Salad Tuna Salad Fresh Fruit Cal:650 Carb:33 Sod:955
October 20th - 23rd Breast Cancer Awareness 	20 Veggie Tetrazzini Caesar Salad Green Beans Fresh Strawberries Cal:576 Carb: 65 Sod:260	21 Cranberry Walnut Salad Strawberry Parfait Cal:650 Carb:82 Sod:690	22 Lemon Chicken Mixed Vegetables Brown Rice Fresh Cantaloupe Cal:488 Carb:62 Sod:304	23 Egg Salad Sandwich On White Bread Chocolate Brownie Cal:890 Carb:102 Sod:1110
October 27nd - 30th Trick or Treat 	27 Rose Chicken w/Pasta Artichokes & Mushrooms Fresh Watermelon Cal:542 Carb:71 Sod:531	28 Garden Salad Egg Salad Fresh Fruit Cal:627 Carb:96 Sod:825	29 Beef Barley Stew Cauliflower Buttermilk Biscuit Sugar Free Jell-O Cal:607 Carb:64 Sod:409	30 Tripleta Cold Cuts on Onion Roll Mixed Berry Parfait Cal:470 Carb:72 Sod:925

CRAFT TO GO

Via ZOOM October 21st at 10am

Cost \$10.00 - Pay & Pick up material kit Oct 13th -16th 10-2pm

Call Senior Center (413 566-5588)

to sign up and reserve
your kit.



Included: Printed Directions and all Materials necessary to complete this project in an hour. Zoom code will be provided in Kit.

You will need to have on hand: A pair of scissors, A hair dryer and protection for your work surface (Plastic, wax paper or parchment).

RELAX & ENJOY

THEME WEEKS

Come celebrate with us all month during our Grab 'n Go lunches! Please make sure you sign up!



Oct. 6th - 9th - Fire Prevention

Learn about fire safety & Thank Our Local Heroes!

Oct. 13th - 16th - Oktoberfest

Pretzels, Schnitzel, & Prost to all of you!



Oct. 20th - 23rd - Think Pink - Breast Cancer Awareness

Wear Pink and show your Support!

Oct. 27th - 30th - Happy Halloween!

Pumpkins, Ghosts, & Witches... Drive thru and get a Treat!



We appreciate you

Volunteers



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



amazing devoted fun friendly generous humble passionate respect helpful
charitable kind selfless conversation listen write read teach support care
thank you volunteer

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.