

The Scantic Scribe



SEPTEMBER 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
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, Monique Downey,
Suzanna Haskins, Deanna Vermette
Rep to GSSI: John Shay
COA BOARD MEETINGS ARE ON HOLD
UNTIL FURTHER NOTICE

Greetings!

I hope you are enjoying the sun and a little bit cooler weather we've been having. Get outside and enjoy these days as much as possible, because we all know that colder weather will be here soon.

Many thanks to the Friends for sponsoring the ice cream truck last month! This was a wonderful Intergenerational Program and we were glad to see so many people enjoying ice cream on a hot summer day!

Thank you for your patience as we try to figure out what the next steps are for the senior center. We are still not able to open to the public for programs and activities, but we will continue to provide essential services. Grab and Go meals, outreach services, SHINE insurance help and more. We are doing our best to continue to meet the needs of those in the community.

The annual flu clinic will be on Friday, September 25th. The clinic will look different this year, so have patience as we work through new guidelines and regulations. You MUST have an appointment to receive a shot and staff will ask for a copy of your insurance card. We can make the copy, or you can bring one with you. Masks will be required and social distancing practices will be in effect. Call for more information or to sign up.

As always, there is great information within this newsletter. Please check it out and call us with any questions or concerns you have. We are here for you!

Stay healthy and be well,....Becky



Leaves are supposed to fall.
People aren't.

September is Falls Prevention Month

Fall begins on Tuesday, Sept. 22nd! During our Grab N' Go program, we will be handing out tips to reduce your chances of falling.



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 September! 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—\$2,127

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, SEPTEMBER 15TH 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, September 25th.

We are excited to start our 1st online Memory Café on Friday, Sept. 25th from 10:00 to 11:30am featuring Music with Rene!

You don't need a computer to participate, you can call in and connect with everyone just by using your phone. Please call Wendy to sign up & receive the ZOOM or Call In Information.

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, call Wendy at 566-5588 or email her at outreach@hampdenma.gov.



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.

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

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.

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!



Share and
Learn New
Skills

Make a
New Friend



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

If interested, please call Wendy at 566-5588 for more information.

**SPRINGFIELD
COLLEGE**

United States
**Census
2020**

THANK YOU EVERYONE WHO COMPLETED THE 2020 CENSUS!

The response rate as of Aug. 19th for The Town Of Hampden is 83.7%.

PLEASE NOTE: THE 2020 CENSUS DOOR-TO-DOOR PHASE IS CURRENTLY TAKING PLACE!

Anyone who has not completed the 2020 Census online or on paper can expect someone knocking on their door.

Please review the website at www.2020census.gov/en/census-takers so you know what to expect and how to validate these people are legitimate Census Takers. Please be sure to check their credentials and remember...

THEY WILL NEVER ASK TO ENTER YOUR HOME...ALL QUESTIONS WILL BE ASKED OUTSIDE YOUR DOOR.

Please call us at 566-5588 if you have any question or 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.



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!

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.



FLU SHOT CLINIC - Friday, September 25th between 1:00 - 3:00

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 to receive a shot and staff will ask for a copy of your insurance card.**

We can make the copy, or you can bring one with you. Masks will be required and social distancing practices will be in effect. Call us at 566-5588 for more information or to sign up.

Sponsored by CVS Pharmacy. *Flu and Pneumonia Shots available.



The Hampden Senior Center Goes **PURPLE....The Week of September 8th thru September 11th!**

Alzheimer's Disease is the most common form of dementia accounting for 50 to 80 percent of the diagnosed cases of dementia. It is a progressive disease affecting a person's memory and ability to perform day to day tasks. While there is currently no cure for Alzheimer's Disease, there are many treatments that target the symptoms of the disease.

The Center and Staff will be collecting donations through out the week to support the cause. Look for our "Purple Cart" during our Grab N' Go lunch program or feel free to mail in a check or stop by to make a donation.

Checks can be made out to "The Alzheimer's Association". Thank You!

If you have been busy cleaning up while staying home...

Here is the event for you!



We will have secure document containers at the senior center from:

September 15th through the 18th during the hours of 10am to 2pm.

Collect all your paper for shredding. Please be sure it is only paper (no plastic or metal).

The containers have a document slot for inserting. Please wear a mask and observe social distancing.

We cannot assist loading the documents. Thanks for your understanding.








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

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! 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!

Mon	Tue	Wed	Thu	Fri	
<p>September 1st - 4th Back to School</p> <p></p>	<p>1</p> <p>Beef Stroganoff Garden Salad w/Italian Egg Noodles Fresh Fruit</p> <p>Tot Cal:562 Sod:268</p>	<p>2</p> <p>Roast Beef & Cheddar on Rye Bread Chocolate Brownie</p> <p>Tot Cal:760 Sod:1100</p>	<p>3</p> <p>Oven Baked Chicken Steamed Broccoli Tossed Salad w/House Peach Crisp</p> <p>Tot Cal:550 Sod: 271</p>	<p>4</p> <p>Garden Salad Egg Salad Fresh Fruit</p> <p>Tot Cal:627 Sod:825</p>	
<p>September 8th - 11th Go Purple</p> <p></p>	<p>8</p> <p>Beef Fajita w/Onions, Peppers, Tomatoes Wild Rice / Tortilla Fresh Fruit</p> <p>Tot Cal:583 Sod:378</p>	<p>9</p> <p>Chicken Salad on Wheat Fresh Fruit</p> <p>Tot Cal:617 Sod:1002</p>	<p>10</p> <p>Baked Fish Roasted Tomatoes Brown Rice Lemon Cookie</p> <p>Tot Cal:553 Sod:260</p>	<p>11</p> <p>Tuna Cucumber Sandwich Chocolate Brownie</p> <p>Tot Cal:820 Sod:800</p>	
<p>September 15th - 18th Halfway to St. Patrick's Day</p> <p></p>	<p>15</p> <p>Pork Roast w/ Gravy Cauliflower Florets 1/2 Baked Potato Diet Cookies</p> <p>Tot Cal:504 Sod:319</p>	<p>16</p> <p>Italian Style Chicken Wrap Blueberry Parfait</p> <p>Tot Cal:630 Sod:1050</p>	<p>17</p> <p>Lemon Pepper Chicken Steamed Broccoli Brown Rice Sugar Free Pudding</p> <p>Tot Cal:505 Sod:381</p>	<p>18</p> <p>Apricot & Feta Salad Mixed Berry Parfait</p> <p>Tot Cal:760 Sod:960</p>	
<p>September 22nd - 25th Falls Prevention Week</p> <p></p>	<p>22</p> <p>Dill Salmon w/Veggies Scalloped Potatoes Wheat Roll Lemon Cookies</p> <p>Tot Cal:604 Sod:525</p>	<p>23</p> <p><u>HIGH SODIUM DAY</u> Turkey and Cheddar On Rye Bread Mixed Berry Parfait</p> <p>Tot Cal:600 Sod:1315</p>	<p>24</p> <p>Butternut Mac & Cheese Sautéed Kale Pear Crisp</p> <p>Tot Cal:518 Sod:337</p>	<p>25</p> <p>Cranberry Walnut Salad Strawberry Parfait</p> <p>Tot Cal:650 Sod:690</p>	
<p>September 29th - October 2nd The Roaring 20's</p> <p></p>	<p>29</p> <p>Orange Glazed Chicken Mixed Vegetables Coconut Rice Mandarin Oranges</p> <p>Tot Cal:553 Sod:248</p>	<p>30</p> <p><u>HIGH SODIUM DAY</u> Grilled Chicken Caesar Salad Fresh Fruit</p> <p>Tot Cal:647 Sod:1270</p>	<div><p>If you have a special concern regarding the sodium, contact the Dietitian at GSSSI @ 781-8806, EXT. 136 for more information.</p></div>		<p>THANK YOU for wearing your FACE MASK!!!</p> <p></p>

RELAX & ENJOY

THEME WEEKS

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



Sept. 1st - 4th - Back to School
Reading, Writing, & Arithmetic!

Sept. 8th - 11th - Go Purple

Alzheimer's Awareness! Wear Purple & make a donation!



Sept. 15th - 18th - Halfway to St. Patrick's Day!

Wear Green and lets do the Irish Jig!

Sept. 22nd - 25th - Welcome Fall!

Watch your step & learn about "Fall" proofing your home!



Sept. 29th - Oct. 2nd - Roaring 20's

Lets go back a century and celebrate with Flappers, Boa's & Beads!

Fall Word Search

Find all the words below.

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

APPLECIDER
COOL
FOOTBALL
LEAF
SCARECROW

AUTUMN
CORN
HALLOWEEN
PUMPKIN
THANKSGIVING

COLORFUL
FALL
HARVEST
RAKE
TURKEY

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.