

The Scantic Scribe ***APRIL 2019***



HAMPDEN SENIOR CENTER **104 ALLEN STREET**

Monday-Friday 9:00am—3:00pm

413-566-5588 (phone)

413-566-2103 (fax)



FREE WI-FI



TRI TOWN TROLLEY (413) 525-5412 — The TRI Town Trolley is running for Hampden, East Longmeadow & Longmeadow residents. Mon-Fri, 9:00am-2:00pm. **Every Tuesday, Hampden Seniors can book rides for grocery, banking, etc. shopping at Allen & Cooley Street, Springfield or East Longmeadow stores.**

SENIOR CENTER STAFF

Rebecca Moriarty, Executive Director
coa@hampden.org

Doreen Rauch, Administrative Clerk
scribe@hampden.org

Wendy Turer, Outreach Coordinator
outreach@hampden.org

Nan Hurlburt, Activities Coordinator
activities@hampden.org

Holly Normoyle, Receptionist
receptionist@hampden.org

Rudie Voight, Custodian



PLEASE NOTE: If for some reason or another you are not receiving the Scribe by mail, we will be happy to send the newsletter to you via email. Please call or stop in and leave your email address at the front desk.

FREE Financial Elder Abuse Workshop sponsored by the Polish National Credit Union **Tuesday, April 30, 2019 starting at 4:30 P.M.**

Financial Elder Abuse affects between 3-5 million seniors each year. During this workshop, you will learn how to spot potential threats and what to do to avoid financial fraud.

Dinner and refreshments will be provided.

Seating is limited therefore, you **MUST RSVP** for this event by calling the senior center at 566-5588

COA BOARD MEMBERS

Chairman: Marty Jacque

Vice Chairman: Deborah Mahoney

Treasurer: Nancy Willoughby

Secretary: Deanna Vermette

Cliff Bombard, Monique Downey,

Suzanna Haskins, Ed Norman

Rep to GSSSI: John Shay

NEXT COA BOARD MEETING:

Tues, April 9th @ 9:15am

FRIENDS ANNUAL MEETING

Thursday April 25th, 2pm

The Friends of Hampden Seniors is a private non-profit group of 14 members on the Board of Directors and card carrying members who renew their dues every year. Whether you are a member or not, you profit from this organization. Since the year 2000, the "Friends" has given over a half million dollars to supplement the Council on Aging and fund programs for the Hampden Senior Center! The Friends is truly in need of contributing members. There are no administrative costs. All positions; president, board directors and members are volunteers. What is needed besides dues-paying-members are individuals willing to help with fundraising efforts like, dinners, craft sales, etc.
All Welcome.



The Hampden Senior Center is now a SNAP Outreach Partner!

What does that mean for you? Wendy Turer, Outreach Coordinator, is now able to assist you in more ways than before with your application and recertification for SNAP (formerly known as Food Stamps).

Applications can be processed online, your SNAP balance can be checked, documents can be directly uploaded to SNAP and so much more.

Income guidelines for a household of 1—\$2,082

Income guidelines for a household of 2—\$2,818

Please call Wendy for more information about this wonderful new opportunity right here in Hampden!

***NEW* Walking Club**

Join us for some exercise! Every Wednesday from 9:30 A.M.—10:30 A.M. the walking club will meet in the Thorton Burgess Parking Lot (Wilbraham Road, Hampden).

This group is starting as part of the MCOA Walk Massachusetts Challenge. Register at mcoonline.com, or stop into the senior center to sign up and hear more about the benefits and incentives!

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

BROWN BAG -TUESDAY, April 16th @ 1:00pm

FALLON INSURANCE- Tuesday, April 9th, 10am

SHINE (Serving Health Information Needs of Everyone)

Call for an Appointment with Becky if you need help navigating the Medicare maze!

RMV - Need help with your License or Registration. Call for Appt with Wendy.

Fuel Assistance

Income guidelines for 2018/2019 heating season

Family Size	Income Limit
1	\$35,510
2	\$46,437

The following documentation is also required:

-Copy of Social Security check or bank statement showing deposits of all income (not more than 30 days old)

-2019 Electric Bill

-Oil Statement or Gas Bill (or both)

-2019 Telephone Bill

-Property Tax and/or Homeowners Bill

-Photo ID, Social Security Card or Birth Certificate

-Mortgage statement if not paid in full

-Current Homeowners Insurance Bill

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

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

MedMinder - Thursday, April 11th @ 10am

The MedMinder pill dispenser helps ensure medication is taken at the correct time by providing a patient with real-time notifications and reminders, including flashing lights, auditory beeps, phone calls or text messages.

This is a FREE Information Session.

HEALTH/WEELLNESS CORNER

BAYSTATE HEARING

1ST WEDNESDAY OF THE MONTH.

CALL FOR APPT



FOOTCARE: THURSDAY, April 25th

Call for an APPT

FREE BLOOD PRESSURE CLINIC

TUESDAY AND THURSDAY

10:00 AM—11:00 AM



"The Journey": A memory café

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.

Every Friday from 10am to noon

Please call Wendy if you would like more information about the café. Sponsored in part by MCOA & Homewatch CareGivers



Disabled American Veterans

Michelle Barrett, Chapter Service Officer for the Disabled American Veterans of Chapter 68 in Springfield is here Wednesday 9-1pm, call for an appointment 566-5588

DENTAL CARE FOR OLDER ADULTS

9:30am - 11:30am

April 4 - Dry mouth/effects of medications

Springfield Technical Community College dental hygiene students will present information on oral health for older adults. Come and learn about the unique dental needs of seniors.

Class size is limited, please sign up asap!

The Hampden Lion's Club provides the paper for the SCRIBE and Friends of Hampden Seniors provide postage. Many thanks to both organizations!

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) _____

Mail to: 104 Allen Street, Hampden, MA 01036 or drop off at the front desk at the senior center



TRIPS WITH BOBBI GRANT

Call Bobbi @ 413-566-8271

email to bobbijg2@charter.net

**Now taking Deposits on the 5 Trips Listed Below are for 2019;
Flyers Are Available at the Reception Desk.**

Tues, May 14 – West Point: Tour, Lunch, Cruise. \$115/pp

Thurs, May 30–Newport Playhs: Lunch, Play, Cabaret \$93/pp

Sun, July 14 – Old Rhinebeck Air Show/Museum: \$100/pp

Thurs/Fri, Aug 8/9–Lake George/Saratoga Races: \$294/pp dbl

Thurs, Sept 19 - Red Sox/Giants Day Game @ Fenway: \$131/pp

Thurs, Nov 14 - Newport Playhouse: Delicious Buffet Lunch, Hilarious Play
“Boeing Boeing”, Cabaret (2nd Show). \$93/pp

**Please let Bobbi Know your Interests; Your Input Regarding the Trips
Listed Below Will Determine the Final Selection for 2019**

Tues, June 25 – Museum Tour: Ventfort Hall Guided-Age Museum, and
Chocolate Springs Café & Store in Lenox; Lunch @ Red Lion Inn and Norman
Rockwell Museum. \$107/pp

Wed, Aug 21 – The Log Cabin: Twin Lobsters or Delicious Prime Rib,
entertainment by the Great Riverboat Ramblers. \$87/pp

Wed/Thurs, Aug 28/29 – Mt Washington / Cog Railway: Shopping @ No.
Conway Outlet, Dinner & 1 Night @ White Mt Hotel, Breakfast, Cog Railroad
ride. \$334/pp dbl

Fri, Sat & Sun, Sept 20, 21 & 22 – Adirondack Balloon Festival: 2 Nights @
Lakefront Georgian Resort, 2 Brkfsts, Dinner Show @ Hotel, Lake George
Lunch Cruise, NY Museum \$390/pp dbl

Wed, Oct 23 – Rocky’s Aqua Restaurant: Ocean-front Dining, Hot Lobster
Roll, Broiled Seafood Combo, Chicken Française; Mohegan Sun, \$15 Meal
Voucher & \$15 Slot Play. \$80/pp

Wed, Dec 4– Big E Carriage House: Brunch, “Christmas with Father Aloysius
Misgivings”, Growing Up Catholic, a Comedy. \$80/pp

**Bus Seat Assigned as your \$20 Deposit is Received.
Full Payment Deadlines are 1 Month Before the Trip.**

Overnight Trips require a \$50.00/pp Deposit
All Prices Include Transportation and our Driver’s Tip.

HAMPDEN TRAVEL CLUB: Call NORA at 566-5796

****Limousine service from Hampden to the airport and back to Hampden.**

**** Tour guide stays with you for your trip**

**AMERICA’S MUSIC CITIES; NEW ORLEANS, MEMPHIS &
NASHVILLE - 8 DAYS, APRIL 12-19**

NATIONAL PARKS OF AMERICA; JUNE 17-28, 12 DAYS

**BEST OF EASTERN CANADA; MONTREAL, QUEBEC,
TORONTO, NIAGARA FALLS & MORE, AUG 27-SEPT 3, 8
DAYS**

CANADIAN ROCKIES BY TRAIN; SEPT 29-OCT 6TH

CALL FOR FLIERS OR PICK ONE UP AT THE SC!

MONDAY MOVIES @ 12:15



APRIL 1st - BOHEMIAN RHAPSODY Born in
Zanzibar, Farrokh Bulsara emigrated to England in his teens
and formed the band Queen in 1970 under his new name,
Freddie Mercury. This biopic charts the group's first 15 years,
culminating with their Live Aid performance in 1985.
Cast Rami Malek, Ben Hardy, Gwilym Lee, Joseph Mazzello

APRIL 8th - THE OLD MAND & THE GUN Based on
the true-life exploits of bank robber Forrest Tucker, this
serio-comic tale recounts his daring escape from prison at age
70 and the long string of heists that preceded the bandit's final
arrest at age 78. Cast Robert Redford, Casey Affleck,
Danny Glover, Tika Sumpter

APRIL 22nd - THE WIFE

The interwoven story of a couple's youthful passion and
ambition with a portrait of a marriage, thirty-plus years
later—a lifetime's shared compromises, secrets, betrayals, and
mutual love. Cast: Glenn Close, Jonathan Pryce, Christian
Slater, Max Irons

APRIL 29th - A STAR IS BORN

Seasoned musician Jackson Maine (Bradley Cooper)
discovers—and falls in love with—struggling artist Ally
(Lady Gaga). She has just about given up on her dream to
make it big as a singer... until Jack coaxes her into the
spotlight. But even as Ally's career takes off, the personal side
of their relationship is breaking down, as Jack fights an
ongoing battle with his own internal demons. Cast Bradley
Cooper, Lady Gaga, Sam Elliott, Dave Chappelle

GENEALOGY/FAMILY HISTORY

THE FIRST & THIRD THURSDAY OF THE MONTH STARTING, APRIL 4th @ 12:30pm

Are you new to looking for your ancestors and don't
know where to start? We can help! Need ideas on how to
organize all your information, we can offer a range of
possibilities. Come in and sit in on the discussion
and stay to learn hands-on on-line searching.



BASIC COMPUTER & TECHNOLOGY TRAINING

**Students from Wilbraham Monson
Academy will be here to assist seniors with
questions regarding iPhones, iPads and laptops.
April 4th, 11th, 18th, & 25th. From 3:30-4:30
Please sign up at 566-5588, or the front desk.**



Senior Center Activities



ACRYLIC PAINTING

Thursdays, 9:45-11:45am, \$15.00 includes all materials.

BRIDGE

Monday, 9:30am. Always looking for players.

BINGO

Thursdays, 12:00 noon, \$.50 cents a card.

BUNCO

Tuesday, 12:00 noon, \$2.00

CANASTA

Tuesdays, 12:30pm



CHAIR MASSAGE

Come enjoy a chair massage with Vicki Finnegan on the 2nd, Friday, 10:00am, 15 minutes for \$10.00

CHAIR YOGA

Join Sue Kent on Tuesday & Thursday, 11am \$5/Class

FACIALS

2nd Thursday of every month. 1 hour for \$30.00. Call for Appointment.

FUNCTIONAL FITNESS — Tuesday, 12:00 noon, with Sue Kent, \$5/Class

GENEALOGY/FAMILY HISTORY — 1st and 3rd Thursday of the month, starting April 4th, 1230.

HEARING

First Wednesday of the month, Call for appt.

JEWELRY

The third Tuesday of the Month, 9:30am, \$3 plus beads

KNITTING/CROCHET

Join Barbara Dunwoody and class in learning different patterns Mondays 9:00 am



LINE DANCING

THURSDAY - 2pm, \$5.00

MAHJONGG

Fridays, 11am, will teach anyone interested

MANICURES

Cathy is here twice a month, call her at 335-7422

MEMORY CAFÉ: Fridays from 10-12 noon

Sponsored by:



PITCH Wednesdays, \$2.00. SIGN UP 11:45am, PLAY 12:00. Come join all the fun!

POOL ROOM

LADIES (Tuesday)

MEN (Thursday)



PINOCHLE NEED PLAYERS

QUILTING Fridays, 9:00am-3:00pm

SHUFFLEBOARD SEE YA IN THE SPRING.....

SOCIAL DANCING - On Winter Break

TAI CHI

ADVANCED CLASS, Mondays, 10:00am. \$5.00

BEGINNER CLASS, 11:15am TO 12:00noon. \$5.

TRIVIA Wednesdays @ 10AM.

Always looking for fresh minds!

WATERCOLOR

8 WEEKS, \$80/PP, Starting Monday, Jan 28, Wed Jan 30


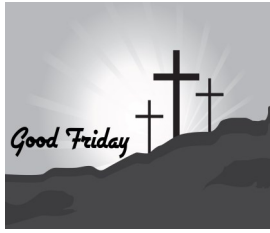
WEIGHT TRAINING

Join Vicky from the YMCA - Tuesdays & Thursdays, 10AM, \$3.50



YOGA Join Sue Kent on Tuesday & Thursday, 1:00pm, \$5.00/Class

Please check our events calendar monthly for any CANCELLED classes.

Mon	Tue	Wed	Thu	Fri
1 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie	2 9:00 Ladies Pool 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Canasta 1:00 Yoga	3 <u>HEARING</u> 9:00 DAV 10:00 Trivia 12:00 Pitch	4 9:00 Men's Pool 9:30 Dental Program 9:45 ART (cancelled) 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga(cancelled) 12:00 Bingo 12:30 Genealogy 1:00 Yoga 2:00 Line Dancing 3:30 Tech Training	5 9:00 Quilting 10:00 MEMORY CAFÉ 10:00 Manicures 11:00 Mahjongg
8 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie 1:00 Caregiver Support	9 9:00 Ladies Pool 10:00 Weights 10:00 Blood Pressure 10:00 Fallon Insurance 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Canasta 1:00 Yoga	10 9:00 DAV 9:30 Shopping on a Budget 10:00 Trivia 12:00 Pitch	11 <u>FACIALS</u> 9:00 Men's Pool 9:45 ART is 4 Every 1 10:00 Blood Pressure 10:00 Weights 10:00 MedMinder 11:00 Chair Yoga(cancelled) 12:00 Bingo 1:00 Yoga 2:00 Line Dancing 3:30 Tech Training	12 <u>MASSAGE</u> 9:00 Quilting 10:00 MEMORY CAFÉ 11:00 Mahjongg
15 Closed 	16 9:00 Ladies Pool 9:30 Jewelry 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Canasta 1:00 Yoga 1:00 Brown Bag	17 <u>COLLATE</u> 9:00 DAV 10:00 Trivia 12:00 Pitch	18 9:00 Men's Pool 9:45 ART (cancelled) 10:00 Blood Pressure 10:00 Weights (cancelled) 11:00 Chair Yoga(cancelled) 11:30 Magic Wings Luncheon 12:00 Bingo(cancelled) 12:30 Genealogy 1:00 Yoga(cancelled) 2:00 Line Dancing 3:30 Tech Training	19 Closed 
22 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie	23 9:00 Ladies Pool 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Canasta 1:00 Yoga	24 9:00 DAV 10:00 Trivia 11:00 State Senator Representative 12:00 Pitch	25 <u>FOOTCARE</u> 9:00 Men's Pool 9:45 ART is 4 Every 1 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga(cancelled) 12:00 Bingo 1:00 Yoga 2:00 Scarf Painting 2:00 Line Dancing 3:30 Tech Training	26 9:00 Quilting 10:00 MEMORY CAFÉ 11:00 Mahjongg
29 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie	30 9:00 Ladies Pool 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Canasta 1:00 Yoga 4:30 Elder Abuse Workshop			<div> Volunteers are needed to help collate our monthly Newsletter (the Scantic Scribe) one day a month. Check calendar for date. Thanks! </div>

Hampden Senior Center
104 Allen Street
Hampden, MA 01036
413-566-5588

APRIL



2019

LUNCH

MENU

Lunch served daily @
11:30am, RSVP by
noon the day before.

Mon	Tue	Wed	Thu	Fri
1 Minestrone Soup Baked Chicken Delmonico Potatoes Oat nut Bread Pears Cal: 655 Sod: 586	2 Taco Salad Bowl Shredded Cheese Lettuce Yellow Rice Tortilla Chips/Salsa Orange Cal: 655 Sod: 704	3 Asian Chicken Meatballs Shredded Cabbage Oriental Blend Vegetables Brown Rice Wheat Bread Birthday Cake Cal: 791 Sod: 1357	4 <u>COLD PLATE</u> Cape Cod Chicken Salad/Bun Macaroni Salad Tomato & Cucumber Frozen Strawberry Cal: 1039 Sod: 656	5 Haddock/Dill Sce Rice Pilaf Carrots Rye Bread Chocolate Pudding Cal: 566 Sod: 880
8 Hungarian Goulash Buttered Noodles Mixed Vegetables 12 Grain Bread Bread Pudding Cal: 804 Sod: 652	9 Mexican Twist Pasta Spinach Tossed Salad Oat Nut Bread Lemon Pudding Cal: 786 Sod: 1104	10 <u>RED SOX OPENING DAY</u> *Hot Dog/Bun Beef & Bean Chili Baked Beans Cole Slaw Apple Cal: 926 Sod: 1346	11 *Roast Turkey/Gravy Herb Stuffing/Cranberries Butternut Squash Pumpnickel Bread Peaches Cal: 634 Sod: 1087	12 *Mac & Cheese Stewed Tomatoes Peas/Pearl Onions Wheat Bread Mixed Fruit Cal: 763 Sod: 993
15 CLOSED 	16 Roast Pork/Gravy Garlic/Chive Potatoes Butternut Squash Wheat Dinner Roll Pineapple Cake Cal: 751 Sod: 1027	17 Kale Lentil Soup Bake Chicken/Wine Sauce Baked Potato 12 Grain Bread Mixed Fruit Cal: 841 Sod: 608	18 American Chop Suey Broccoli/Cauliflower Italian Bread Ambrosia Cal: 720 Sod: 517	19 CLOSED 
22 Cabbage Roll Skillet Italian Blend Vegetables Pumpnickel Bread Applesauce Cal: 601 Sod: 618	23 Baked Chicken Sweet & Sour Sauce Fried Rice Green Beans Oat Nut Bread Pineapple Cal: 728 Sod: 688	24 Pot Roast/Gravy Hot German Potato Salad Mixed Vegetables WW Dinner Roll Tapioca Pudding Cal: 563 Sod: 794	25 Pulled Pork/BBQ Cheese Potato Casserole Cole Slaw Rye Bread Poke Cake Oatmeal Cookie Cal: 1139 Sod: 1211	26 Veggies Lasagna Tomato Sauce Tuscan Blend Vegetable 12 Grain Bread Dried Cranberries Cal: 626 Sod: 730
29 Salisbury Steak Gravy Baked Potato Broccoli Wheat Bread Rice Pudding Cal: 683 Sod: 957	30 <u>COLD PLATE</u> Cauliflower/Broccoli Soup Deli Turkey/Swiss Cheese/Bun Carrot & Raisin Salad Raisins Cal: 957 Sod: 1042	<div style="border: 1px dashed red; padding: 10px; text-align: center;"> <p>*High Sodium Entrée Suggested Voluntary Donation \$2.00 Puree Meals available <u>Call GSSSI</u> <u>781-8800</u></p> </div>	<div style="border: 1px dashed red; padding: 10px; text-align: center;"> <p>Sod=Sodium CAL=Calories *Item over 500mg Sodium Total Sodium & Calories Based on Regular Dessert</p> </div>	



Art in Bloom

A Scantic River Artisans
Exhibit

April 27 (10:00-4:00)

April 28 (noon-4:00)

Reception & Refreshments - Meet the Artisans
(noon - 2:00) both days

We invite you
to experience,
explore and purchase
the diverse art
on display.

104 Allen St., Hampden, MA
(Hampden Senior Center)

ScanticRiver
ARTISANS

Exhibiting Local Creativity

**Live
Demonstrations!**

www.scanticriverartisans.org

For additional information about the Artisans and exhibiting
opportunities, please leave a message at 413-205-7985





FREE...Wednesday, April 10th 9:30 - 11:00 am

Smart Shopping on a Budget

The Food Bank
of Western Massachusetts



**Learn about: How to read food labels. How to meal plan.
How to calculate Unit Prices. How to shop healthy foods while
on a budget.**



Thursday, April 25th at 12:30 - 2PM

Silk Scarf Painting Cost \$3.00

**Tricia will bring all the supplies and show us how
to paint a beautiful scarf that you will take home
and wear proudly.**

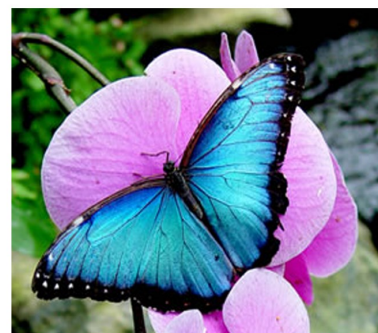
CARE ONE
At Redstone

**Class size is limited so sign up early
413 566-5588**

Spring Luncheon April 18th @ 11:30



**Butterfly
Conservatory & Gardens
Traveling Show**



We are very pleased and excited to have this group at our center.
Especially during school vacation...it's a great opportunity for you
to spend some time with your grandkids and or nieces and nephews!

This program is **Free** and lunch is available for a
suggested donation of \$2.00 per person.

Please call ahead to reserve your seat. 413 566 5588



This program is supported in part by a grant from the Hampden Cultural Council,
a local agency which is supported by the Mass Cultural Council, a state agency.



Town of Hampden Newsletter

April 2019



A Selectmen's Initiative to provide timely information and governmental transparency

From Selectman John D. Flynn:

This is the time of year that boards and departments submit their requested budgets to the Selectmen and Advisory Committee. We are seeing some big numbers in the requests, such as additions to the Highway garage and Fire Station, as well as a radio system replacement for Police and Fire. It is the job of the Board and the Advisory, along with our financial people, to determine what is appropriate. We need to balance what is needed, what needs to be planned for, and what we can afford! We have been able to keep our tax rate increases extremely low because of good planning, and we will continue that. We encourage all of our neighbors to be involved and informed, especially at the Advisory Hearing on April 22.

Rabies Clinic for DOGS and CATS, Saturday, April 6, 2019

to be held at the Hampden Veterinary Clinic, 28 Somers Road from 8 am-12noon.

Cost will be \$15 per cat or dog.

"You may have heard rumors of rabies vaccine causing cancer in cats. The Hampden Veterinary Clinic carries the Purevax Rabies vaccination. It is the only nonadjuvanted rabies vaccine available for cats and kittens and is specifically designed for cats. The cost for a three year vaccine is \$50.00 and the cost for one year vaccine is \$25.

By Massachusetts state law, all cats over six months of age should be vaccinated.

A Rabies vaccination is good for 1 or 3 years, depending on the dog's or cat's previous vaccination history.

Make sure you bring your 2 most recent rabies certificates for the doctor to review.

ALL CATS SHOULD BE IN A CARRIER. **ALL DOGS MUST BE ON A LEASH.**¹

The news release states that Town Clerk Eva Wiseman will be there to sell dog licenses for the following costs: \$10 for male or female dogs; \$5 for neutered or spayed dogs. A rabies certificate is required to get a dog license.

Call the Board of Health office if you have questions - 566-2151, ext. 102

¹ 4 Mar 2019 Press Release from Hampden Board of Health.

April is Poetry Month! See HPL listing on reverse for a 4/27event!

Library Listings: Have questions about below programs or to register/RSVP, please call (413)566-3047.

On-going & announcements:

Weekly: Tuesdays Toddler Storytime 10:30 -11:30 am –ages 15 months through preschool, geared for younger patrons along with Mom, Dad, grandparents or care-givers.

Wednesdays: Preschool Story Hour- ages 2.9 – five- Stories, games, & crafts!

Coming Up: Food Explorers, ages 3-5, Nutrition fun with Katie Shepard, a registered dietitian; sponsored by Pathways for Parents. Call for date & time.

-HPL is starting a Seed Library this month. Patrons will be able to check out seed packets for their gardens. More info to follow

4/17: **From Jazz to Hip Hop**, 1 pm: Talented musicians & refreshments, just show up.

4/20 **American Girl Tea Party**, 11 am-**RSVP**, refreshments, crafts, your doll & a t-shirt for doll. Space is limited. '.. graciously supported by the Friends of the Hampden Library'

4/20 Sat@Noon: Join us for our **6th Annual Bag Sew**-make reusable cloth bags. Free & materials provided. The Bagshare Project: www.thebagshare.org

4/25 Thurs: **Anxiety & Depression Training:** How to help your kids! 6-7:30 pm-**RSVP**

4/27, Sat:@noon:**Laura Chagnon** will discuss her inspirational story, and talk about her poetry in Moon-Dusted Blue.

⇒ **Please attend the Advisory Hearing on April 22nd** ⇐

There are important decisions to be made: the communication system for police & fire; additions to the Highway Garage, and the Fire Station, plus possible consideration of the DIF plan for a water/sewer project. By reading news articles in the *Times* and Letters to the Editor also in that paper, plus info presented at the Advisory Hearing, you should have a good idea of what these issues are. So when it is time for the Annual Town Meeting, YOU, as a voter*, should be very familiar with those topics. YOU are a 'legislator' in this town and YOU need to attend and Vote! Let YOUR voice/vote be heard!

In an earlier *Newletter* issue, there was mention of using the time between the April 22nd Advisory Hearing, and the May 13th Town Meeting, to THINK about the aforementioned issues, and to ask questions at the Town Meeting if you still needed more information.

Quotes: "The future is fluid. Each act, each decision, and each development creates new possibilities and eliminates others. The future is ours to direct."

Jacque Fresco 1916-2017 [101 yrs] American futurist, structural engineer, author
<https://www.brainyquote.com/topics/decision> ; https://en.wikipedia.org/wiki/Jacque_Fresco

*April 23rd is the Deadline- the "Last day to register to vote, or change party affiliation for the Town Meeting and Town Election (Town Clerk sheet –Annual Town Meeting and Town Election Schedule 2019)

Thanks go to all who contributed to this issue. Nancy Zebert, Volunteer Editor