

The Scantic Scribe

APRIL 2020

HAMPDEN SENIOR CENTER
104 ALLEN STREET

Monday-Friday 9:00am—3:00pm

413-566-5588 (phone); 413-566-2103 (fax)

Website: www.hampdenma.gov



FREE WI-FI

E-mail!

**Please let us know if you would like to receive this newsletter via email.
Call us with your email address or leave it at the front desk!**

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 GSSSI: John Shay
NEXT COA BOARD MEETING:
Tuesday, April 14th @ 8:30am

Greetings!

I hope you are doing well and are staying healthy during the recent closures and lifestyle changes due to the Corona virus. This is certainly uncharted territory for all of us. Please do your best to follow the guidelines asking everyone to stay home whenever it is possible and maintain proper handwashing and good hygiene techniques. We are all in this together and everyone needs to do their part to keep themselves and others safe and healthy.

Here at the senior center, staff is still reporting to work. We can assist you over the phone should you have any questions or problems. All our programs and events have been cancelled for the foreseeable future. As you can see, this newsletter is full of great things! Should the center open again, these programs will go on as planned, but we appreciate your patience and understanding if we must remain closed.

Warmer weather is here, and the sun has been shining. Take some time to go outside and stand in the sun or take a walk if you are able. The fresh air will do you good. Enjoy the stillness and the beauty of this new season that is upon us. During this global crisis, we must remember to be grateful and thankful for all that we have.

Please call the senior center if you need help. Call a friend to check in or just to have a chat while you are unable to see each other in person. Enjoy a book. Send someone a letter. Clean out a closet. Relax. Take some deep breaths and remember that this too shall pass.

We will continue to do our best to keep you informed of any updates or changes here at the center.

Again, please call if you have any questions or concerns.

BECKY.....



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: _____

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: Free bag of groceries once per month. In conjunction with the Food Bank of Western MA. Call Wendy for eligibility or to apply. **NEXT PICK UP TUES, APRIL 21ST**

CAREGIVER SUPPORT GROUP: MONDAY, APRIL 13TH
Second Monday of every month from 1:00-2:00 PM. For those caring for a loved one with dementia or other related memory impairment. Facilitated by Suzanne McElroy, MSW, Home Instead Senior Care. Other respite & caregiving options also available. **Call HSC at 566-5588 to sign up.**

SHINE: (Serving Health Information Needs of Everyone) Call for an Appointment with Becky if you need help navigating the Medicare maze!

SNAP: Applications for Food Stamps can be processed here online! Call to make an appointment with Wendy to apply or ask any other questions about your SNAP benefits. Income guidelines for 1 person household—\$2,082
Income guidelines for 2 person household—\$2,818

RMV Near Me: Need help with your license or registration? Call for an appointment with Wendy. 566-5588.

Fuel Assistance

Income guidelines for 2020 heating season

<u>Family Size</u>	<u>Income Limit</u>
1	\$37,360
2	\$48,855
3	\$60,351
4	\$71,846

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)
- 2020 Electric Bill
- Oil Statement or Gas Bill (or both)
- 2020 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.



HEALTH/Wellness CORNER



BAYSTATE HEARING: 1ST WEDNESDAY OF THE MONTH. APRIL 1ST CALL FOR APPOINTMENT



**FOOTCARE: THURSDAY, APRIL 30TH
CALL FOR APPOINTMENT**



**FREE BLOOD PRESSURE CLINIC
TUESDAYS AND THURSDAYS at 10AM**

" 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 & engaging environment.

Every Friday from 10am to Noon

Please call Wendy if you would like more information about the café. Sponsored in part by Homewatch Caregivers, Friends of Hampden Seniors and private donations.



LOOKING FOR SOME FRESH LOCALLY GROWN PRODUCE IN THE MIDDLE OF WINTER?

D & R FARM, 146 Thresher Rd in Hampden has it...
Lettuce, Spinach, Kale, Celery, Carrots, Potatoes, Onions, Beets, Sweet Potatoes and More!

Please call 244-3135 before stopping by.

They accept SNAP!



Please take the time to complete your 2020 Federal Census that you will receive in the mail. 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. Please call if you need help filling out the form.

FILE OF LIFE LUNCH & LEARN



Please join us on **Friday, April 17th at 11:30** for lunch (\$2.00 donation) & File of Life information session with the Hampden Fire Department—Deputy Patrick Farrow, Lieutenant Matthew Sterling, Firefighter Meaghan Rogers, Firefighter Josh Sterling and Firefighter Brandon Kerr will be here to talk about the importance of the File of Life and will assist you in filling out this lifesaving paperwork.

Bring with you a list of medical conditions, physician information, a list of medications & your insurance cards. **All information will be added to your File of Life and you will be entered to win a gift card!** Please sign up for this important event by calling 566-5588.

**KEEP INFORMATION UP TO DATE !!
Review At Least Every Six Months !**

MEDICAL DATA REVIEWED AS OF ____ MO. ____ YR.

Name: _____ Sex: ☐ M ☐ F

Address: _____

Doctor: _____ Phone #: _____

Doctor: _____ Phone #: _____

EMERGENCY CONTACTS

Name: _____ Phone #: _____



Lunch & Learn...Come and have lunch (\$2.00) and stay to watch this free informative program.

Right at Home is a proud sponsor of this new PBS health series hosted by Jane Seymour. The program is focused on the best ways seniors can continue to live healthy and feel grand.

VIEWING PARTY

Episode: **Redefining Cancer**

Date **Tuesday April 28th**

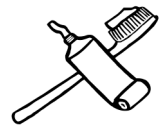
Viewing will be followed by discussions, RAFFLE PRIZES and GIVE AWAYS!!

Time **11:45 am**



DONATIONS NEEDED...THANK YOU!

The Hampden Senior Center is looking to expand our food pantry to include essential nonfood items. Specifically, we are collecting the following:



Soap (bar or liquid), Shampoo, Conditioner, Toothpaste, Toothbrushes, Deodorant, Toilet Paper, Facial Tissues, and Paper Towels.

Nonfood items are ineligible for purchase for someone on the SNAP (food stamps) program. This is one additional way the Hampden Senior Center is trying to combat economic insecurity. These items will be available on a monthly basis for people who are eligible for SNAP, Fuel Assistance, Brown Bag & MassHealth.

Please bring all donations to the Hampden Senior Center, Monday through Friday from 9-3. We appreciate your support of this new program.

*There will be a special collection at the Hampden Annual Town Meeting.

Watch for details!





TRIPS WITH BOBBI GRANT

Call Bobbi @ 413-566-8271;
Email: bobbijg2@charter.net

**Now Taking Deposits on the Trips Listed Below;
Flyers are available at the Reception Desk.**

Tues, April 28 – The Aqua Turf Club, direct from Branson, “Stars of the Grand Ole Opry”, Enjoy Delicious Family Style Luncheon, World Class Fiddler “Doofus Doolittle”, Great Country Music, Good Clean Fun. Full Payment Deadline Apr 3rd \$91/pp

Wed. May 20 – The Newport Playhouse, “Sex Please We’re 60” A Saucy Senior Comedy about Bedroom Fun, Mixed up Medications & Menopause; Enjoy a Delicious Buffet Lunch, the Play, and the Cabaret after the Performance. Full Payment Deadline April 24. \$100/pp

Thurs, June 25 – Two-for-One Day Trip: Lovely Morning @ Broad Meadow Brook Wildlife Sanctuary, Lunch @ O’Connor’s Restaurant in Worcester, Wine & Cider Tasting @ Cameron’s Winery. Cameron’s is **NOT HANDICAP ACCESSIBLE**. Full Payment Deadline May 29. \$86/pp

Tues, July 21 – The Log Cabin Restaurant, Delicious Lunch of Either Twin Lobsters OR Prime Rib followed by “Rag Doll” Band Performing Beach Boys’ and Frankie Valli’s Greatest Hits. Full Payment Deadline June 26. \$90/pp

Thurs, Aug 13 – Fenway Park: Red Sox vs Minnesota Twins, A Day Game @ 1:05PM, Good Seats in Section 29 (3rd Base Side) Under Cover in the Shade. 52 Seats Available. Full Payment Deadline July 10. \$131/pp

Wed, Sept 9 – High Meadow, Granby, CT: BBQ, Bingo, Bocce, Swimming Pool, Mini Golf, Shuffleboard, Basketball, Volleyball, Horseshoes, Badminton, Ping Pong, Afternoon Country Music Show, All-You-Can-Eat Buffet from 10AM – 2:30PM. Cash Bar. Full Payment Deadline Aug 14. \$86/pp

**Bus Seat Assigned as your \$20/pp Deposit is Received,
Unless Otherwise Noted. Full Payment Deadlines approx. 1 Month
Before the Trip. A Separate Check for Each Trip Please.
All Prices Include Transportation and our Driver’s Tip.**

HAMPDEN TRAVEL CLUB

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

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

Dutch & Belgian River Cruise April 28-May 6, 2020
Bluegrass Country and Smoky Mountains June 4-12, 2020
American Cowboy Country September 13-20, 2020
New Mexico Balloon Festival Oct 9-14, 2020

UPCOMING TRIPS:

National Parks of America
Pacific Northwest & California
Canadian Rockies by Train



**Other destinations & dates available
CALL NORA at 566-5796**



MONDAY MOVIES

STARTS AT 12:15

CALL 566-5588 TO SIGN UP!



APRIL 6 – PEANUT BUTTER FALCON - Inspiring Action & Adventure/ Rated PG-13/ 1HR, 33MIN - Zak, a young man with Down syndrome, runs away from a residential nursing home to fulfill his dream of attending the pro wrestling school of his idol, The Salt Water Redneck. On the road, Zak meets Tyler, a small-time outlaw who becomes Zak's unlikely coach and ally. Together, they set out on a wild, life-changing journey and try to convince Eleanor, a kind nursing-home employee charged with bringing Zak back, to join them. **CAST:** Shia LaBeouf, Dakota Johnson, John Hawkes

APRIL 13 – HIDDEN FIGURES - Inspiring Drama/ True Story/ Rated PG/ 2HRS, 7MIN - In the race to space between the United States and the Soviet Union during the Cold War, three black female mathematicians play a key role in launching astronaut John Glenn into outer space, making him the first American to orbit Earth. **CAST:** Taraji P. Henson, Octavia Spencer, Janelle Monáe, Kirsten Dunst

APRIL 27 – KNIVES OUT - Suspenseful Mystery Thriller/ Rated PG-13/ 2HRS, 10MIN - When renowned crime novelist Harlan Thrombey is found dead at his estate, the inquisitive Detective Benoit Blanc is mysteriously enlisted to investigate. From Harlan's dysfunctional family to his devoted staff, Blanc sifts through a web of red herrings and self-serving lies to uncover the truth behind Harlan's untimely death. **CAST:** Daniel Craig, Chris Evans, Ana de Armas, Jamie Lee Curtis, Michael Shannon, Don Johnson

GENEALOGY / FAMILY HISTORY THE FIRST & THIRD THURSDAY OF THE MONTH STARTING, APRIL 16th @ 12:30pm

Are you new to looking for your ancestors and don't know where to start? We can help!
Beginners/Newbies Class 12:30-1:30
Intermediates/Advanced Class 1:30-3:00
Interested individuals please call HSC at 566-5588 to sign up today. **Class size is limited.**



CONCERNED ABOUT GETTING YOUR TAXES DONE...

AARP Tax Aide preparation services provide a “Frequently Asked Questions Concerning Income Tax Returns”. The information includes...



Who Must File a tax return, Who Should File, and Options for preparing your own tax return. Please contact the Senior Center at 566-5588 to get a copy of these facts sent to you.

Senior Center Activities

ACRYLIC PAINTING Thursdays - \$15.00 includes all materials
New Time for Spring starting on April 16th, 9:30 - 11:30

BRIDGE Mondays, 9:30am. Always looking for players.

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



BUNCO Tuesday, 12:00 noon, \$4.00

CAREGIVER SUPPORT GROUP for those caring for a loved one with dementia. Second Monday of every month at 1:00 PM. Sponsored by Home Instead Senior Care. **APRIL 13TH, 2020**

CHAIR MASSAGE Enjoy a chair massage with Vicki Finnegan on the 3rd Friday of the month, 10am, 15 minutes for \$10.00

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

D.A.V. Michelle Barrett, Chapter Service Officer for the Disabled American Veterans of Chapter 68 in Springfield will be here Wednesdays from 9am-1pm.



Call for an appointment.

FACIALS 2nd Thursday of every month. 1 hour for \$30.00. **Call for an appointment.**

FALLON INSURANCE Next date is Tues, MAY 19TH, 10:00AM

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

GENEALOGY/FAMILY HISTORY 1st and 3rd Thursday of the month, **Starting April 16TH at 12:30. Please sign up.**

Beginners/Newbies Class 12:30-1:30

Intermediates/Advanced Class 1:30-3:00



HEARING First Wednesday of the month. **Call for appointment.**

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

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

LICSW, JOE D'AMICO Clinical social worker. **Call for appointment.**

LINE DANCING Wednesdays 9:30-10:30am, \$5.00

MAHJONG Fridays, 11am, will teach anyone interested

MANICURES Twice a month. Call Cathy at 335-7422



MEMORY CAFÉ Fridays from 10-12 noon

MOVIES Mondays, Starts at 12:15, Please sign up.

NOTARY SERVICES Monday-Friday 10-2. Call and speak to Holly for an appointment.

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

POOL ROOM LADIES (Tuesday); MEN (Thursday)



PINOCHLE Tuesdays, 12:30pm

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

SOCIAL DANCING Call for information

TAI CHI Mondays

ADVANCED CLASS - 10:00am TO 10:45 \$5.00

BEGINNER CLASS - 11:15am TO 12:00 \$5.00

TRIVIA Wednesdays @ 10am. Always looking for fresh minds!

WATERCOLOR Class currently in session. Please watch for next session date.

WEIGHT TRAINING Join Vicky & Sara 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.



TRI TOWN TROLLEY (413) 525-5412



The TRI Town Trolley operates for **Hampden**, East Longmeadow & Longmeadow residents. Mon-Fri, 9:00am-3:00pm. **On Tuesdays, Hampden Seniors can book rides for grocery, banking, shopping at Allen & Cooley Street, Springfield or East Longmeadow stores.**

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.

Hampden Senior Center
104 Allen Street
Hampden, MA 01036



APRIL 2020



Lunch served daily @11:30am,
RVSP before noon the day
before @ 566-5588.



Mon	Tue	Wed	Thu	Fri
<p>Volunteers are needed to help collate our monthly Newsletter (the Scantic Scribe) one day a month. Check calendar for date. Thanks!</p>	<p>The <u>Hampden Lion's Club</u> provides the paper for the SCRIBE and <u>Friends of Hampden Seniors</u> provide postage. Many thanks to both organizations!</p>	<p>1 HEARING 9:00 DAV 9:30 Line Dancing 10:00 Trivia 12:00 Pitch</p>	<p>2 9:00 Men's Pool 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga 12:00 Bingo 1:00 ART is 4 Every 1 1:00 Yoga</p>	<p>3 MANICURES 9:00 Quilting 10:00 MEMORY CAFÉ 11:00 Mahjongg</p>
<p>6 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 MOVIE 11:30 Watercolor Class 2:00 Watercolor Class</p>	<p>7 9:00 Ladies Pool 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Pinochle 1:00 Yoga</p>	<p>8 9:00 DAV 9:30 Line Dancing 10:00 Trivia 12:00 Pitch</p>	<p>9 FACIALS 9:00 Men's Pool 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga 12:00 Bingo 1:00 ART is 4 Every 1 1:00 Yoga</p>	<p>10 CLOSED  GOOD FRIDAY</p>
<p>13 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 MOVIE 11:30 Watercolor Class 1:00 Caregiver Support 2:00 Watercolor Class</p>	<p>14 8:30 COA Meeting 9:00 Ladies Pool 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Pinochle 1:00 Yoga</p>	<p>15 9:00 DAV 9:30 Line Dancing 10:00 Trivia 12:00 Pitch</p>	<p>16 9:00 Men's Pool 9:30 ART is 4 Every 1 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga 12:00 Bingo 12:30 Genealogy Begins 1:00 Yoga</p>	<p>17 CHAIR MASSAGE MANICURES 9:00 Quilting 10:00 MEMORY CAFÉ 11:00 Mahjongg 11:30 Lunch & Learn on Fire Safety/File of Life</p>
<p>20 CLOSED  PATRIOTS DAY</p>	<p>21 9:00 Ladies Pool 9:30 JEWELRY CLASS 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Pinochle 1:00 Yoga 1:00 BROWN BAG</p>	<p>22 9:00 DAV 9:30 Line Dancing 10:00 Trivia 11:00 State Senator Representative 12:00 Pitch</p>	<p>23 9:00 Men's Pool 9:30 ART is 4 Every 1 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga 12:00 Bingo 1:00 Yoga</p>	<p>24 9:00 Quilting 10:00 MEMORY CAFÉ 11:00 Mahjongg</p>
<p>27 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 MOVIE 11:30 Watercolor Class 2:00 Watercolor Class</p>	<p>28 9:00 Ladies Pool 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 11:30 Lunch & Learn 12:00 Functional Fitness 12:00 Bunco 12:30 Pinochle 1:00 Yoga</p>	<p>29 9:00 DAV 9:30 Line Dancing 10:00 Trivia 12:00 Pitch</p>	<p>30 FOOTCARE 9:00 Men's Pool 9:30 ART is 4 Every 1 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga 12:00 Bingo 1:00 Yoga</p>	<p> Spring FEVER!</p>

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

APRIL 2020

LUNCH MENU

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

Mon	Tue	Wed	Thu	Fri
<p>CAL=Calories SOD=Sodium *Item over 500mg Sodium Total Sodium & Calories Based on Regular Dessert</p>	<p>*High Sodium Entrée Suggested Voluntary Donation \$2.00 Puree Meals available Call GSSSI 781-8800 Ext. 136</p>	<p>1 Chicken Broccoli* Alfredo w/ Ziti Tossed Salad Whole Wheat Bread Spiced Peaches Tot Cal:916 Sod:971</p>	<p>2 American chop suey Mixed Vegetables Oat Nut Bread Mixed Fruit Tot Cal:645 Sod: 497</p>	<p>3 Crispy Fish Sandwich Dill Carrots Steamed Corn Burger Bun Fresh Fruit Tot Cal:707 Sod: 923</p>
<p>6 Jambalaya Mixed Vegetables Yellow Rice Cornbread Mandarin Oranges Tot Cal:823 Sod: 696</p>	<p>7 Turkey Pesto Pasta Italian Vegetables Whole Wheat Roll Pear Crisp Tot Cal: 652 Sod: 456</p>	<p>8 Meatball Stroganoff Brussels Sprouts Egg Noodle Whole Wheat Bread Brownie Tot Cal: 919 Sod:824</p>	<p>9 Chicken Fajitas Pepper, Onion, Tomato Yellow Rice Tortilla Butterscotch Pudding Tot Cal:680 Sod: 992</p>	<p>10 CLOSED  Good Friday</p>
<p>13 HIGH SODIUM Hot Dog* with Bun Mustard Relish Ketchup Potato Salad Baked Beans Mixed Fruit Tot Cal: 802 Sod: 1267</p>	<p>14 Beef Stew Garlic Mash Potatoes Oat Nut Bread Spiced Peaches Tot Cal: 721 Sod:539</p>	<p>15 Chicken Cordon Bleu* Steamed Spinach Mashed Yams Dinner Roll Mandarin Oranges Tot Cal: 614 Sod:990</p>	<p>16 Florentine Shells* Mixed Vegetables Whole Wheat Bread Spice Birthday Cake Tot Cal:716 Sod: 1042</p>	<p>17 Teriyaki Pork Stir Fry Vegetables Fried Rice Blueberry Snack Chilled Pineapple Tot Cal:671 Sod: 839</p>
<p>20 CLOSED  Patriot Day</p>	<p>21 Cran/Orange Chicken Ginger Carrots Au Gratin Potatoes Whole Wheat Bread Fresh Fruit Tot Cal:845 Sod:635</p>	<p>22 Eggplant Rollatini Ziti w/ Marinara Steamed Broccoli Italian Bread Citrus Gelatin Tot Cal: 637 Sod: 822</p>	<p>23 White Bean Turkey Chili Garlic Green Beans 1/2 Baked Potato Whole Wheat Roll Cookies Tot Cal:749 Sod:809</p>	<p>24 Crispy Fish Filet* Coleslaw & Tarter Tater Tots 12 Grain Bread Spiced Pears Tot Cal:932od:1003</p>
<p>27 Chicken Marsala Ziti Noodles Mixed Vegetables Whole Wheat Bread Oatmeal Cookies Tot Cal:738 Sod:746</p>	<p>28 BBQ Pork Slider Steamed Corn Sweet Potatoes Club Roll Fresh Fruit Tot Cal:724 Sod: 845</p>	<p>29 Meatloaf w/Mushroom Steamed Peas Garlic Mash Potatoes 12 Grain Bread Chilled Mixed Fruit Tot Cal:627 Sod:721</p>	<p>30 Fish Tacos Confetti Slaw Yellow Rice Flour Tortillas Fresh Fruit Tot Cal:899 Sod:942</p>	



Scantic River
ARTISANS
Exhibiting Local Creativity

Showered in Art

Annual Scantic River Artisans
Spring Art Show and Sale.

April 18 (10:00 - 4:00)

April 19 (noon - 4:00)

Reception both days (noon - 2)

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

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

Live
Demonstrations

Book Signing by
Local Author

Saturday Night Dinner Dances

HAMPDEN SENIOR CENTER
104 ALLEN ST. HAMPDEN, MA 01036 413 566 5588



Cost \$25. PREPAID, PER PERSON. Appetizers, Dinner with delicious sides, Complimentary Cocktail and Dessert. Cash Bar. Doors Open at 5:30 pm. The Bands will play for your listening and dancing pleasure from 6-9 pm. Themed Apparel suggested!

*Pink & Black
Days*



May 16th
The Charades Band
Chicken Parm Dinner



July 25th
Union Jack Band
Pulled Pork Dinner



Sept 19th

**TIKI
PARTY**
The Flamingo's
Band
Baked Ham
Dinner



June 20th
60's Experience Band
BBQ Chicken Dinner



August 22nd
Good Acoustic Band
Bratwurst Dinner

Board of Selectmen

Newsletter



Items Under Active Discussion

Ambulance Services

Town Capital Plan

Fire Department facility, equipment & staffing (TM2019)

Highway Department renovations (TM2019)

Senior Center Planning (TM2019)

Tax payment agreements on solar projects

Acquiring grants through PVPC

Establishing ADA Committee

Policy & Procedure Manual

Working Together For Hampden

To keep residents informed and foster dialogue

It is our desire to promote a more informed public, greater awareness of topics under our consideration, and increased participation by citizens in the decision making process for our town. To that end, the Board of Selectmen has decided to, once again, produce a newsletter.

WHERE DO YOUR TAX DOLLARS GO?

BUDGET OF APPROX. \$14M

Schools:	\$8M
Benefits:	\$1M
Bonds:	\$428K
Health/Safety:	\$2M
Highway:	\$1M
Gov. & Services	\$1.6M

See Town Budget & Warrant For Full Details

HOW DO YOU PARTICIPATE IN TOWN GOVERNMENT?

TOWN MEETING

May 11, 2020
Town House

Please check with the Town Clerk to be sure you are registered to vote in Hampden.

HOW DOES SPENDING EFFECT YOUR TAXES?

1. \$600,000 in new spending = \$1 in taxes
2. On a \$250,000 home, that would be a tax of \$250.
3. Spending is usually determined by voting at the Town Meeting.

Emergency Dispatch

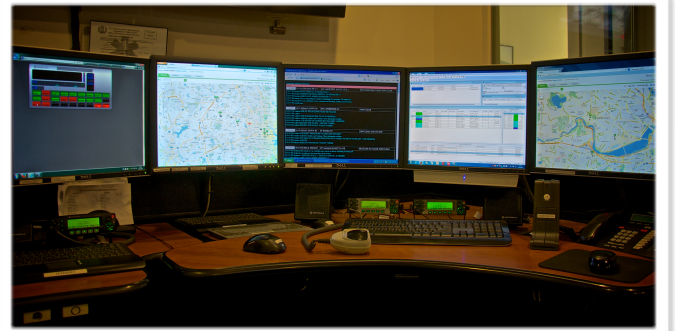
A letter of interest has been submitted

According to the latest statistics, Hampden's emergency dispatch receives approximately 600 calls per year - the 4th lowest call volume in the state. We currently spend roughly \$400,000 for these services.

If we choose to regionalize, the state will pay 100% of dispatch expenses for the next three years. In year 4 the cost to Hampden will be \$50,000, and in year 5 it will be \$75,000. Beyond that, the charge will be \$100,000 per year, a significant savings of \$300,000 per year. Unlike school regionalization, where promised monies depend on annual appropriations, these funds are placed in a special account derived from a \$1.50 charge already on your phone bill.

A locally based ambulance and crew, familiar with our town, would deliver services to Hampden.

Since the regional center will have a number of dispatchers, it will be able to provide a greater variety of expertise to triage calls. The Board



continues to investigate all aspects of this potential opportunity.

Transfer Station

Changes effective July 1, 2020

Following a Community Forum, the Board approved a solution to the problem of trash disposal. Hampden will remain with the Springfield Materials Recycling Facility (MRF), maintaining our recycling program. To address the increasing costs, we've established permit fees for use of the transfer station of \$50 for the first car and \$25 for each additional car (\$25/\$10 for seniors). The bag fee is \$30 for large bags \$10 for small bags. We are also developing a new contract for hauling with McNamara Waste, a local company. Working cooperatively with residents, we have reached a positive solution with no tax increase.

A WORD FROM THE TOWN ADMINISTRATOR, ROBERT MARKEL

I am thoroughly enjoying my time as interim part-time Town Administrator in Hampden. My days are busy, and I am regularly impressed with the many volunteers that serve to enrich the Town. My time as Mayor of Springfield and years as an administrator at several Massachusetts towns have given me broad experiences that I bring to Hampden. Stop by any Monday, Tuesday or Wednesday, when you have a minute, and introduce yourself. I look forward to meeting you and working together to make Hampden the best it can be.

