

The Scantic Scribe

APRIL 2021

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
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, Tina Doran, Monique

Downey, Suzanna Haskins, Deanna

Vermette

Rep to GSSI: Anne Thomas

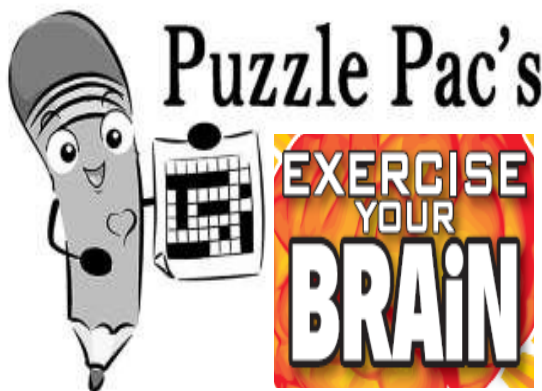
Greetings!

A few years after I started working here in Hampden, I met Joe Lawrence. Joe quickly became a permanent fixture at 104 Allen Street. Quiet at first, taking his time to get to know participants and staff, it did not take long for Joe to start quietly helping with tasks around the building. As the years went on, Joe became one of our most dedicated volunteers, always willing to do anything the staff asked of him. One of his favorite things to do was his work as a volunteer driver in his car decked out with American flags. So good at what he did, people would call and specifically request Joe as their driver. In his time at the senior center, Joe provided close to 1,000 rides! Joe scheduled his own medical appointments around the needs of others, making sure that his appointments did not conflict with his availability to provide a ride. Joe printed the Scribe, brought the newsletter to Palmer, helped set up rooms for programs, ran to the store when we ran out of something for lunch or a dinner, went to the post office, to the bank... anywhere we needed Joe to go, he went. Anything we asked Joe to do, he did. The other gift that Joe gave to us was simply the gift of his presence. Joe was here every day. He attended every event (unless he was traveling to see his children and cherished grandchildren). Joe was always in the crowd. He supported the staff of the senior center with his kind words and "Joe humor". Joe touched so many people in his time here at the senior center. Joe was quiet when it came to talking about himself. He was a proud Marine, a devoted Catholic, a loving husband, father, and proud grandfather and so much more. We know he enjoyed softball, coffee and refused to eat green Jell-O!! The staff is brokenhearted and will miss seeing Joe and hearing his voice every day. We send our deepest sympathies to Sharon and the entire family. We have been so blessed that Joe chose to spend his time with us, giving back to others whenever he could. Put a flag on your car and take a drive around town in honor and memory of Joe, who gave so much back to Hampden. Rest in Peace, Joe.

BECKY.....



NEXT COA BOARD MEETING: Tuesday, April 13 at 9AM via ZOOM - Meeting ID: 949 4686 2941 - Password: 108396



PUZZLE PAC'S ARE BACK!!

Spring time is all about getting out and staying fit and that includes not only exercising our body's but also our brains!

We have put together some fun puzzle games with a raffle and prizes for those who take on the challenge. Puzzle Pac's will be available starting April 6th at our "Grab N' Go Lunch" or for pick up by our front door. Your completed Puzzle Pac needs to be returned to the center to the box marked "Puzzle Pac Drop Off" by May 3rd.

Drawing will be May 6th. Winners will be notified.

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, APRIL 20TH BETWEEN 1:30-2:30pm.** If you are not available on this date, please notify Wendy 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.

NOTARY SERVICES: Call 566-5588 for more information.

D & R FARM SUMMER FARM SHARE

D & R FARM is offering fresh produce and it is **FREE with SNAP/HIP** if you qualify!



If you do not qualify for SNAP/HIP, you may purchase a share for \$10 cash per week. Your shares will be available for pick up Wednesdays June 2nd - October 27th from 9:30-10:30, at the Hampden Senior Center. Please let us know if you need your share delivered. Shares are limited so call Wendy at 566-5588 or email outreach@hampdenma.gov to sign up. D&R is located at 146 Thresher Rd, Call 413-244-3135 before visiting farm.

HEALTH/WELLNESS

Memory Café meets via Zoom on Fridays at 10AM

April 9 - Music Reminiscence Jukebox Days

April 16 - Garden Sensory Boxes

April 23 - World Book Day

April 30 - Arbor Day

You don't need a computer to participate, you can call in & connect with everyone just by using your phone. This program is open for everyone who has been part of the Memory Café or those who are interested in checking it out. Please call Wendy at 566-5588 or email her at Outreach@hampdenma.gov to sign up and receive the ZOOM or Call In Information.

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?

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.

Fuel Assistance

Income guidelines for 2020/2021 heating season

| Family Size | Income Limit |
|-------------|--------------|
| 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, four previous pay stubs (must be the most recent)

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

SERVICES AND INFORMATION

notes from the NURSE

Almost a year after the Covid-19 Pandemic, many things have changed with respect to health, work, meeting friends and family and day to day life in general. We got through the dark side of the pandemic and now we see the light at the end of the tunnel. We cannot let our guard down, but it is time to get excited and happy we are all getting there together.

Looking back on the last year, what good things have you seen come out of this challenging time & what things can you work on to improve moving forward day to day? There are absolutely no wrong answers & I challenge you to think big! We are at a pivotable moment in our lives. We all can make large impacts giving the willingness of all to better our life, relationships, & the world we live in. *Hampden's Public Health Nurse -Sheila Rucki PhD, PCNS, BC*

EXERCISING WITH THE YMCA ON ZOOM!



The YMCA is offering an online ZOOM exercise class through the Hampden Senior Center. If you are interested in a ZOOM exercise class and would like more details, please call the Hampden Senior Center at 566-5588. Cost \$3.00 per class. You will need to have a computer/laptop/tablet, internet access & an email.



FOOT CARE



Please call 566-5588 to schedule an appointment for **Wednesday, April 21st or Thursday, April 22nd**. 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.



SOCIAL SERVICES

The Hampden Senior Center is a Social Service Agency for Hampden residents who need assistance regardless of age. We can help with Fuel Assistance, Emergency Fuel, Supplemental Nutrition Assistance Program (SNAP), Brown Bag Service, Insurance and more. We have a food pantry on site with non perishable items. If you need assistance or know someone who does, please call the Senior Center at 413-566-5588.



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.

Wendy is available to help with processing RMV applications online.



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.**



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.

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.

The Walk Massachusetts Challenge is back!



Grab a friend, lace up your sneakers, and earn money for the Hampden Senior Center and possibly win a \$50/ \$25/ \$10 Gift Card!

The first 500 people to sign up will receive a nifty, lightweight backpack and reflective slap bracelet. We all know the drill by now... practice safety with masks and social distancing, walk in good lighting and on even surfaces. So what are you waiting for? Join the challenge today!!

Walk Massachusetts FAQs

Where do I sign up and when does it start? Sign up is easy at www.mcoaonline.com/walkma. Call the Hampden Senior Center at 566-5588 if you don't have a computer and need help registering. The challenge runs from May 1 to September 30.

Where do I walk? Anywhere you want! Indoors, outdoors, on a treadmill, at a mall, around the senior center, at a park or nature reserve, or with your local walking club.

How do I track my walking? You can either track on the online tracking form, or use the walk journal. Download both from www.mcoaonline.com/walkma or get copies from the Senior Center.

How do you track who's walked how much? By using the tracker or journal forms. At the end of the walk you submit your online tracker, or drop off your journal to the Hampden Senior Center or mail it to MCOA, 116 Pleasant Street, Suite 306, Easthampton, MA 01027.

How many people will win a gift card? The MCOA will choose 10 people from those who complete the challenge to win a \$50 Visa gift card, then 25 more to win a \$25 Amazon card, and then 50 additional for a \$10 Dunkin' gift card.

When will I know if I won a gift card? The MCOA needs a little time to gather all the journals. Winners will be notified no later than November 15th, 2021.

How many Councils on Aging will win? 16 Councils on Aging will win prizes, with the first prize (1) being \$1000, 2nd prize (5) \$500 and third prize (10) \$250, all for future programming!

How many entries can each Council on Aging get? Councils may receive as many entries as individuals who complete the challenge. The more entries, the more chances a Council has to win!

Can a Council on Aging win multiple prizes? No. Each Council can only be drawn once.

Can staff and Board members participate? Yes! COA staff and board members are welcome to participate

APRIL 2021 Grab 'n Go Lunch Program: Tuesday, Wednesday, Thursday & Friday at 11:30 A.M.

You must be 60 or older as this is a Title IIIB, Older Americans Act funded program. Reservations must be made and the deadline is 2pm on Friday the WEEK BEFORE you want lunch. You do not have to wait until Friday to call! **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. **YOUR NAME MUST BE ON THE LIST IN ORDER TO PICK UP A MEAL.** A suggested voluntary donation of \$2.00/meal will be accepted and a mask must be worn. Please let us know if you need a mask. 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. **Thank You to Greater Springfield Senior Services for this program!**

| Mon | Tue | Wed | Thu | Fri |
|---|---|---|--|--|
|  | <p>If you have a special concern regarding the sodium, contact the GSSSI Dietitian at 781-8806, EXT. 136 for more information.</p> | <p>Key for Symbols: Cal = Total Calories Carb = Total Carbohydrates Na = Total Sodium <u>Suggested Voluntary Donation — \$2.00</u></p> | <p>1 Chicken Paprikash Garlic Spinach Egg Noodles Apple Crisp Cal:598 Carb:75 Na:354</p> | <p>2 <u>CLOSED</u>  GOOD FRIDAY</p> |
|  | <p>6 Herbed Tilapia Tuscan Blend Veggies Rice Pilaf Oat-Nut Bread Cal:457 Carb:69 Na:419</p> | <p>7 Tuna & Cucumber Sandwich Chocolate Brownie Cal:820 Carb:107 Na:800</p> | <p>8 Veggie Tetrazzini Green Beans Caesar Salad Fresh Strawberries Cal:483 Carb:51 Na:332</p> | <p>9 <u>HIGH SODIUM DAY</u> Virginia Ham and Cheddar on Multigrain Vanilla Pudding Cal:680 Carb:93 Na:1350</p> |
|  | <p>13 Lemon Chicken Mixed Vegetables Brown Rice Fresh Cantaloupe Cal:488 Carb:62 Na:304</p> | <p>14 <u>HIGH SODIUM DAY</u> Buffalo Chicken Salad Bleu Cheese Dressing Strawberry Parfait Cal:720 Carb:62 Na:1365</p> | <p>15 Beef Barley Stew Cauliflower Buttermilk Biscuit Sugar Free Jell-O Cal:607 Carb:64 Na:409</p> | <p>16 Garden Salad with a side of Tuna Salad Fresh Fruit Cal:650 Carb:33 Na:955</p> |
| <p><u>Please Note: Due to Patriots Day Holiday on April 19th, we will need to call in the counts by 1PM on Friday, April 16th.</u></p> | <p>20 Veggie Fried Rice Ginger Carrots Stir Fry Blend Veggies Sugar Free Cookies Cal:436 Carb:62 Na:465</p> | <p>21 Cranberry Walnut Salad Strawberry Parfait Cal:650 Carb:82 Na:690</p> | <p>22 Peppercorn Pork Chop Brussel Sprouts Mashed Potatoes Fruit Crisp Cal:553 Carb:50 Na:318</p> | <p>23 Fresh Smoked Turkey and Brie on Cranberry Orange Bread Mixed Berry Parfait Cal:500 Carb:72 Na:915</p> |
| <p>THANK YOU for wearing your FACE MASK </p> | <p>27 Pot Roast with Gravy Green Beans 1/2 Baked Potato Sugar Free Jell-O Cal:458 Carb:58 Na:309</p> | <p>28 Garden Salad with a side of Egg Salad Fresh Fruit Cal:627 Carb:96 Na:825</p> | <p>29 Fish Tacos with Cilantro Coleslaw Tomato Corn Salad Chilled Pineapple Cal:626 Carb:71 Na:493</p> | <p>30 Tripleta Cold Cut Sandwich on Onion roll Mixed Berry Parfait Cal:470 Carb:72 Na:925</p> |



IN EARLY SPRING TIME YOU SHOULD...

- Clean up flower beds. Clear away dead leaves or any other debris from winter storms from the soil surface where you are planning to plant annual flowers and veggies.
- Divide perennials.
- Add fresh mulch around perennials.
- Prune trees and shrubs.
- Perform basic maintenance of hardscaping.
- Plant veggies.

Easter Season reminds us that hope must never be lost, for as dark as the road may seem, there always lies light at the end of it. May you feel blessed and fulfilled during this time...



FRIENDS OF HAMPDEN SENIORS 2021 MEMBERSHIP/ YEARLY DUES

Use this form to JOIN THE FRIENDS, PAY ANNUAL DUES, OR MAKE A DONATION! The Friends is a non-profit organization established to assist in the funding of programs and activities to promote the dignity and well being of Hampden Seniors. Everyone who works for the "FRIENDS" is a volunteer, including the directors. Membership is open to persons any age from any location. If you desire to become a member, wish to renew your membership, or make a donation please complete this form. Please make checks payable to "Friends of Hampden Seniors" and mail to Friends of Hampden Seniors, Inc., 104 Allen Street, Hampden, MA 01036 or drop off at the senior center. We appreciate your support!

FRIENDS OF HAMPDEN SENIORS 2021 MEMBERSHIP FEE \$5.00:

Donation From: _____ Address: _____ Donation Amount: \$ _____

In Honor Of: _____ In Memory Of: _____

Send acknowledgement to: _____ Address: _____

Use donation for: Memory Café Food Pantry Emergency Fuel Fund Programs & Activities General Needs

Other (Specify) _____

____ Please check here if you would like a donation receipt for your taxes and provide your email address (if applicable)

Email: _____



Mothers Day Fund-Raiser Quilt Raffle

\$5.00 each or 3 for \$10.00

Tickets can be purchased during
Grab & Go Lunch or by calling 413-566-5588
to arrange a pick up time

Tuesdays - Fridays-from 10-2 pm
Winner will be notified May 5th

Hand made Quilt generously
donated by Russ Bressette.



Hampden Senior Center Fund-Raiser's
Saturday June 26th from 2-4: Outside Concert with Union Jack
held in the Bethlehem Church Parking Lot.

Social Distancing Parking and all safety measures observed.

Ticket \$15.00 each. (Concert is rain or shine, no refunds)

Ice Cream Truck and bottle of water included with ticket.

Thursday July 22nd: Outside Concert with Windjammer Band,
Senior Center Parking Lot. Celebrate National Hot Dog Day
2 time slots available / 1st 4-5:30, 2nd 5:30-7:00

Hot Dog, Chips and a Drink by the "DogFather" Food Truck

Ticket \$15.00 each. (Event is rain or shine, no refunds)

All proceeds benefit the building expansion fund. Call for tickets
413-566-5588

Donate Your Gently Worn, Used and New Shoes to The Hampden Senior Center



Help us raise funds for our expansion by donating your gently worn, used and new shoes!



Collection of shoes will begin April 1st and Continue to May 31st.

Help us make this fund raiser a success with the added benefit of cleaning out your closets!

Donations are sent around the world, improving peoples lives and giving your shoes a second chance.



We have drop boxes available at our address to collect your donated shoes.

104 Allen St., Hampden, Ma 01036



Contact the Senior Center 413-566-5588 for more information



**All Gently Worn, Used and New Shoes are Needed!
Any size, children & Adult, Any Style!**