

The Scantic Scribe

APRIL 2023

HAMPDEN SENIOR CENTER

104 ALLEN STREET

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

Website: www.hampdenma.gov



FREE WI-FI



Please let us know if you would like to receive this newsletter via email.

Call us with your email address!

HOURS: Monday - Friday 9AM-3PM

SENIOR CENTER STAFF

Rebecca Moriarty, Executive Director
coa@hampdenma.gov

Wendy Cowles, Outreach Coordinator
outreach@hampdenma.gov

Tina Doran, Administrative Assistant & Volunteer Coordinator
scribe@hampdenma.gov

Diane Marino, Activities Coordinator
activities@hampdenma.gov

Sharon Woodin & Joi Giuggio,
Receptionists

receptionist@hampdenma.gov
Rudie Voight, Custodian

COA BOARD MEMBERS

Chair: Deborah Mahoney

Vice Chairman:

Treasurer: Nancy Willoughby

Secretary: Marty Jacque

Cliff Bombard, Monique Downey, Suzanna Haskins, Deanna Vermette
Rep to GSSSI: Cheryl Delviscio

COA BOARD MEETING:

Tuesday, April 11th at 9:00 am
in PERSON or VIA ZOOM

ZOOM Meeting ID: 95866401813
ZOOM Password: 639217

Thank you for your support...

Thanks to those who have donated to the Friends of Hampden Seniors, the Building Fund and to our Senior Center.

We appreciate you supporting our essential programs and services.

Greetings and Happy Spring!

I hope you are enjoying the warmer weather and signs of Spring all around us. So much is happening at the senior center this month, we hope you will take advantage of all the great programs and services that are available.

This month we are excited to bring Magic Wings Butterfly Conservatory into our building as well as welcome our friends from Green Valley Preschool. Please be sure to sign up for this great program sponsored by the Hampden Cultural Council. Thanks to the Friends of Hampden Seniors for sponsoring a fundraiser event on April 29th with Hartsprings, Gold Circuit E-Cycling and ProShred. Spring is a great time to clean out your closets and support the Hampden Senior Center Building Fund.

April is Volunteer Recognition Month and the staff of the senior center is grateful for the volunteers that give of their time and talents to help make the Hampden Senior Center what it is today. We could not do all that we do without our dedicated volunteers. THANK YOU to all the amazing volunteers, we appreciate you!

BECKY.....



Reservations for special events, new classes and Grab & Go Dinners will be taken on the first day of the month, on a first come, first serve basis.

Printed copies of the Scribe will be available on the last Thursday of the month.



Magic Wings

Intergenerational Event

Wednesday, April 26th at 9:30 am

Students from Green Valley Preschool have been working hard to create beautiful art projects to share with the senior center. Join us for this event to thank the students and to enjoy the beauty of Magic Wings during a 1 hour educational program full of butterfly information including the life cycle, anatomy, habitats, migration, etc. There will be live butterflies and flowers on display for you to enjoy during the program. Please call 566-5588 to sign up.



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.

Outreach Updates

The Outreach Office is your resource center for 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 & Greater Springfield Senior Services. **Contact Wendy at 566-5588 or email outreach@hampdenma.gov for information.**

- **Brown Bag:**

INCOME GUIDELINES:

1 person household—\$2,096; 2 person household—\$2,823

Free bag of groceries once a month in conjunction with the Food Bank of Western MA.

Participants must be 55 or older and meet the following monthly income guidelines:

Next pick-up is: **Tuesday, April 18th, between 1:30—2:30pm**



- **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 566-5588 for more information or, to find out if you qualify for assistance. All information provided is confidential.

- **Fuel Assistance:** **Last chance to apply. Deadline is April 30th.**

If you qualify based on income guidelines, contact Wendy for more information at 566-5588.

INCOME GUIDELINES:

for 2022/2023 Heating Season:

<u>Family Size</u>	<u>Income Limit</u>
1	\$42,411
2	\$55,462
3	\$68,512
4	\$81,562

- **REGISTRY OF MOTOR VEHICLES:** RMV related questions or help with processing RMV applications online.

Beginning May 7, 2025, every air traveler 18 years of age and older will need a REAL ID compliant driver's license or ID card, state-issued enhanced driver's license, or another TSA acceptable form of ID at airport security checkpoints for domestic air travel.

Important News for SNAP Recipients

Emergency allotments from SNAP ended March 2nd, 2023. To maximize your benefit:

- **Get in touch with Wendy by calling 566-5588 or emailing outreach@hampdenma.gov.**

The Hampden Senior Center is a DTA partner. With a signed document giving your permission, we can access your SNAP account to upload documents, manage and help you maximize your SNAP benefits. Wendy has direct access to DTA/SNAP staff and can readily access answers to any questions you may have.

- **Report all medical costs to SNAP for those 60 and older or disabled.**
- **Report increased housing costs.**
- **Use your HIP benefits:** HIP benefits are added to your SNAP EBT card on a monthly basis.

OTHER PROGRAMS THAT CAN HELP:

Fuel Assistance, Brown Bag Monthly Grocery Program, Cable Discount, Food 4 Vets, Senior Center Non-Food Closet and more.

**** SCAM ALERT:** The DTA (Department of Transitional Assistance/SNAP Program) will NOT call you for information unless you have a scheduled telephone appointment. Do not give out personal information to anyone that calls representing DTA, unless you have an appointment. **

Services and Information

The Scantic Scribe

If you're interested in receiving The Scantic Scribe via email, please email us at:

scribe@hampdenma.gov

If you're from out of town and prefer to have The Scantic Scribe mailed to you, please stop by the front office and let the front desk know you want to be put on our mailing list.

There is a cost of \$5 per year to offset the cost of postage.



Elms College Nursing Students

will be here **Thursday's,**

April 6th, 13th & 20th
from 9:30 am to 12:00 pm.

A big thank to the Nursing Students for sharing their knowledge with us. We hope to see them again next year.



FREE Technology Help Sessions Available

The Wilbraham & Monson Academy Service Team will be here **Tuesdays and Thursdays** on the following dates:

Tuesday, April 4th, 18th & 25th and Thursday, April 6th & 20th
from 3:30 pm to 4:30 pm.

Students will meet with you one on one to assist you with all your technology questions. Bring your phone, iPad, laptop computer, or tablet and your questions! Please call 566-5588 to sign up.



STCC Dental Hygiene Students will be here April 6th at 1:00 pm to play BINGO!!

There will be prizes!!

STCC Dental is offering the following procedures **FREE** for the month of April: **Regular Cleanings with X-rays, Deep Cleanings, Dental Exams, Full Mouth X-Rays, and Panoramic X-rays.** Call 413-755-4900 to make an appt.

A full menu of procedures and cost is available. Wendy has all the information and you can contact her with any additional questions. Springfield Technical Community College dental hygiene students are under the direct supervision of licensed dental hygienists. Dentists provide all treatment procedures.



CAREGIVER SUPPORT GROUP via ZOOM or PHONE

Tuesday, April 18th at 6:00 PM

Are you caring for a loved one with dementia or other related memory impairments? This support group is a great way to get help. Call Wendy for information.



MEMORY CAFÉ - EVERY FRIDAY AT 10:00 AM

The Memory Café is a welcoming place for individuals with memory challenges along with their caregivers, family and/or friends to gather in a safe, supportive and engaging environment. Please call Wendy at 566-5588 if you would like more information about the café.

Sponsored in part by Friends of Hampden Seniors and private donations.



D & R FARM WINTER FARM SHARE

PICK-UP is Wednesday, April 12th & 26th at 9:30AM



COMING SOON...

D & R FARM SUMMER FARM SHARE

D & R FARM is offering fresh produce twice a month, **FREE with SNAP/HIP** if you qualify! If you do not qualify for SNAP/HIP you may purchase a share for \$40 cash per month.

New applications for Summer Farm Share must be completed and submitted to Wendy by May 31st.

Please let us know if you need your shares delivered. Shares are limited. Please call Wendy at 566-5588, or email outreach@hampdenma.gov to sign up.

Senior Center Activities

Please drop in or call 566-5588 if noted below to sign up. If you have any questions or suggestions on new activities, please call Diane or email her at activities@hampdenma.gov.

ACRYLIC PAINTING with Nan

Thursdays, 10:00am-12:00pm & 12:30pm -2:30pm
\$20/per class, includes materials.
Space is limited. Call to sign up.



BILLIARD ROOM

Mondays, 12:00pm-3:30pm - **Billiards League**
Tuesdays, 9:00am-12:00pm - **Women's no rules play**
Thursdays, 9:00am-12:00pm - **Men's play**
Wednesdays and Fridays - **Open play**

BINGO Thursdays, 12:30pm-2:30pm, \$.50 cents a card.

BLOOD PRESSURE SCREENING

Tuesdays and Thursdays, 9:15am-10:45am.

BRIDGE Mondays, 9:30am-12:00pm.

New experienced players welcome.

BUNCO Tuesdays, 12:00pm-3:00pm.

New people welcome, will teach.



CARD MAKING with Ellie Monday, April 3rd
1:00pm-3:00pm.

Advanced sign up required. \$3.00 per class.

CHAIR MASSAGE on hold until further notice.

CRIBBAGE Fridays, 12:30 pm.

FACIALS with Diane Neill Thursday, April 13th
2nd Thursday of every month. Please call for appt and pricing.

FOOTCARE Please call for appointment & pricing.

FUNCTIONAL FITNESS with Sue Kent

Tuesdays and Thursdays, 12:00pm-1:00pm, \$5/per class.

HEARING CLINIC BY BAYSTATE HEARING

1st Wednesday of the month. **Please call for appointment.**

KNITTING/CROCHETING Mondays, 9:00am-11:00am.

New people welcome, will teach.

LINE DANCING Fridays 1:00pm-2:00pm, \$5.00 per class

MAHJONG Fridays, 10:30am-3:00pm,.

New people welcome, will teach.

MANICURES with Cat every other Friday.

Please call Cat directly at 413-335-7422 for appointment and pricing.

MEMORY CAFÉ Fridays, 10:00am-12:00pm.

MOVIES: Mondays at 12:30pm.

4/3 - **RED 2**, PG-13, Action/Comedy/Crime

4/10 - **In Good Hands**, TV-MA, Comedy/Drama/ Romance

4/17 - **No Movie - Senior Center Closed**

4/24 - **Secretariat**, PG, Biography/Drama/Family



PITCH Wednesdays, Sign up is at 12:00pm.

Play time begins promptly at 12:30pm.

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

New people welcome.

READERS GROUP Tuesday, April 25th at 12:30pm.

Last Tuesday of every month.

RUMMIKUB Wednesdays, 12:30pm-2:30pm.

New people welcome, will teach.

SENATOR/STATE REP OFFICE HOURS

Wednesday, April 26th, 11:00am-12:00pm.

2nd Wednesday of every month.

TAI CHI with Heather Duncan Mondays, \$5/per class.

Advanced Session - 9:15am-10:15am.

Beginners Session - 10:30am-11:30am.

TRIVIA Wednesdays, 10:00am.

Lighthearted no rules play.

Always looking for fresh minds!

TRIVIA

WATERCOLORS with Chris Wednesdays

8 week session, beginning March 15th through May 3rd.

Morning Session, 9:30am- 12:00pm

Afternoon Session, 12:30pm-3:00pm

Please call for availability. Space is limited.

WEIGHT TRAINING with YMCA

Tuesdays and Thursdays, 9:30am-10:30am.

Purchase a \$40 punch card at the Senior Center,

or \$5/per class. Please pay cash, or make

checks payable to: YMCA of Greater Springfield.

YOGA with Sue Kent \$5/per class

Chair: Tuesdays and Thursdays, 11:00am-12:00pm.

Mondays in April, 1:00pm-2:00pm.

Mat: Tuesdays and Thursdays, 1:00pm-2:00pm.



Please note new times for some activities. Check our calendar monthly for any **CANCELLED** classes.

Notes & Thoughts...

from Diane Marino, Program Coordinator

Need a Creative lift to inspire you? In May we'll be introducing the best new hand crafting craze called "Diamond Dotz."

We will have "Butterfly" templets to color in the lobby for anyone interested in helping to decorate our center to celebrate "Spring", and "Magic Wings" on April 26th.

As always, if there is an activity you would like to see offered, please let me know.

"Be present in all things and thankful for all things."

— Maya Angelou



"Between the Lines" Reader's Group

Theme this month is *"Love is in the air"*

Join us and share your favorite Love story...a book, poem, letter, words to a song or whatever warms your heart.

Tuesday, April 25th at 12:30 pm

Please call 566-5588 to reserve a seat

"Words on paper can be just as powerful as any image or artwork."—Anonymous

HELP US STOCK OUR SHELVES with Disinfecting Wipes!!

Thank you for those that donated dish soap last month. Every month we will target a different item to fill our shelves. People who qualify for SNAP are unable to use their benefits on non food items, so we hope this collection will help those most in need. Once the shelves are stocked, items will be available by request on a monthly basis. Call Wendy for details.

Due to space constraints, please refrain from purchasing warehouse size items.



April Puzzle Pacs

Keep your brain healthy and sharp!

New puzzle packs will be available April 3rd!

Be sure to put your name on your completed puzzle pack and return it to the Senior Center by April 28th for a chance to win a prize. Drawing will be held Monday, May 1st and one lucky winner will be notified.

Congratulations to Patti Burnett, who is our lucky winner for February!!



2023 Trips with Bobbi

Bus seat secured upon receipt of \$20 deposit
(includes tip to driver)

Call 413-566-8271 or Email bobbijg2@charter.net

The Aqua Turf Club, Tuesday, April 11

Shake, Rattle 'n' Roll Dueling Pianos Mixing music, comedy and audience interaction. Includes: coffee/donuts, free drink, lunch, show and door prizes, \$119/pp—Full payment deadline March 28

The Log Cabin, Wednesday, May 24

America's Sweethearts, The Andrews Sisters Tribute
Includes: Family Style Lunch, tax & tip, Show \$79/pp - Full payment deadline May 5th - SELF DRIVE ONLY

Cape Cod Canal Cruise, Tuesday, June 13

Includes: Lunch at Mezza Luna, Narrated Cruise, Wright's Farm & Bakery, \$125/pp - Full payment deadline May 31

The Log Cabin, Wednesday, July 12

Garth Brooks Tribute. Includes: Twin Lobster or Prime Rib, Show \$85/pp - Full payment deadline June 28 - SELF DRIVE ONLY

The Aqua Turf Club, Tuesday, August 15

Come Fly with Me—Dance to music from Frank Sinatra, Kenny Rogers, Tim McGraw and more Includes: coffee/donuts, free drink, lunch, show and door prizes, \$119/pp - Full payment deadline August 1

Boston's Duck Boats, Tuesday, September 12

Includes: Lunch at Maggiano's, Duck Tour and Free Time at Quincy Market, \$140/pp - Full payment deadline August 29

Newport Playhouse, Thursday, September 28

Includes: All-You-Can-Eat Buffet, Show & Cabaret, \$142/pp - Full payment deadline September 14

Atlantic City Getaway, Tuesday-Thursday, October 10-12

Caesars Casino Resort Hotel, \$50 bonus in slot & food, 2 fantastic shows; \$295/pp dbl, \$285/pp trip, \$395/pp single. \$50 deposit at signup - Full payment deadline Sept 8. Cancellation Insurance Avail.

Vermont Fall Foliage Trip, Wednesday, October 18

Stop at Honora Winery for lunch and tour Grafton Village Cheese Co. Includes: Lunch and Tour, \$ TBD

Lake Webster Cruise, Date TBD

Cruise Lake Webster on a Stern Wheeler
Includes: Lunch at Foppema's Farm, \$ TBD

Health and Wellness



FREE Baystate Hearing: Please call for an appointment.
1st Wednesday of the month



FREE Blood Pressure Clinic: Walk in 9:15 - 10:45am
Tuesdays with Ann Maggio, RN
Thursdays with Ashley Boudreau, RN, Public Health Nurse



FOOTCARE: Please call for an appointment and cost
Tuesday, April 11th and Wednesday, April 12th



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.

Good To Know



Create your own Greeting Card with Ellie!

Monday, April 3rd, 1:00 pm to 3:00 pm

Cost is \$3.00 per person, all materials are provided. Please call 566-5588 to reserve your spot, space is limited. *Future dates scheduled for Mondays, May 1st and June 5th.*



Join Us For
Breakfast

Easter Breakfast

Wednesday, April 5th at 9:00 am

Egg Bake, Breakfast Potatoes, Fruit and Juice. Cost is \$3 per person.

Please Call 566-5588 starting on April 1st to reserve your seat.

Entertainment provided by Rick Gilday



Design your own Handmade Birdhouse with Sheree

Tuesday, April 18th at 1:00 pm

Cost is \$20 per person. Cost includes one birdhouse, paint and various other supplies. If you have any supplies you would like to bring that are special to the design of your birdhouse, feel free to bring it in. Diane will be sharing some designs ideas.

A special thank you to our very own Rudie Voight for building the handmade Birdhouses from scratch!!



Farmer's Market Is Back!

Thursday, April 6th, 9:00 am to 1:00 pm

Fresh fruits, vegetables, eggs, homemade canned items, breads, cookies and more!

SNAP Accepted



Grab and Go Dinner

Becky and Wendy are making a delicious dinner of Pork tenderloin, Rice, Carrots and Dessert.

Thursday, April 27th, pick up is 2:00 pm to 2:30 pm

Cost is \$5 per person. Please call 566-5588 starting on April 1st to order your dinner.



May is Older Americans Month - Save these Dates:

Monday, 5/8 at 12:00 pm

Lunch and First Aid and hands on CPR Training with Ashley Boudreau, BSN, RN

Wednesday, 5/10 at 9:00 am

Free Breakfast and Interactive presentation entitled "Should I Stay or Should I Go"

Friday, 5/12 at 1:00 pm

Chair Volleyball Demonstration by East Longmeadow Council On Aging

Mondays, 5/15, 5/22, 6/5, 6/12

UCLA Memory Training Program - 4 week session, 1:00 - 3:00 pm

Wednesday, 5/17 - 6:00 pm

Estate Planning with Attorney David Carlson

Friday, 5/19 at 12:00 pm

Lunch and Springfield College Life Long Learning with Sara Namazi, PhD

Tuesday, 5/23 at 12:00 pm

Free Lunch and Pre Planning 101 with Forastiere Family Funeral & Cremation

Wednesday, 5/24 at 11:30 am

Legislation 101 and Updates on Gaming with Robin Frechette from State Representative Brian Ashe's office and Jennifer Pickering from Senator Jacob Oliveira's office

More details to come in May!!

Please call
413.566.5588 for
additional information

APRIL 2023

Hampden Senior Center
104 Allen Street
Hampden, MA 01036

Mon	Tue	Wed	Thu	Fri
3 9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 12:00 Lunch 12:00 Billiard League 12:30 Movie 1:00 Card Making 1:00 Chair Yoga	4 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga 3:30 Tech Help	5 <u>HEARING by appt</u> 9:00 Easter Breakfast 9:30 Watercolors 10:00 Vets Coffee Hour 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors	6 9:00 Farmers Market 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo w/STCC 1:00 Mat Yoga 3:30 Tech Help	7 CLOSED  Good Friday
10 9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 12:00 Lunch 12:00 Billiard League 12:30 Movie 1:00 Chair Yoga	11 9:00 COA BOARD Mtg FOOTCARE by appt 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:00 Bunco 12:30 Author, Kevin O'Hara 1:00 Mat Yoga	12 FOOTCARE by appt 9:30 Farm Share 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors	13 <u>FACIALS by appt</u> 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga	14 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Cribbage 1:00 Line Dancing
17 CLOSED 	18 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:00 Bunco 1:00 Birdhouse Decorating 1:00 Mat Yoga 1:30 Brown Bag 3:30 Tech Help 6:00 ZOOM Support Group	19 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors	20 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga 3:30 Tech Help	21 <u>MANICURES by appt</u> 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Cribbage 1:00 Line Dancing
24 9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 12:00 Lunch 12:00 Billiard League 12:30 Movie 1:00 Chair Yoga	25 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:00 Bunco 12:30 Readers Group 1:00 Mat Yoga 3:30 Tech Help	26 9:30 Farm Share 9:30 Water Colors 10:00 Trivia 11:00 Senator/State Rep 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors	27 8:30 Collate Scribe 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga 2:00 Grab & Go Dinner	28 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Cribbage 1:00 Line Dancing
April Birthstone is diamond April Flower is Daisy and Sweet Pea April showers bring May flowers		<u>For National Poetry Month</u> A good day isn't always Perfect. It challenges you to Release your potential and Inspires you to appreciate the Little, amazing things in life		<u>Autism Awareness Month</u> In a world where you can be anything, Be Kind

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

APRIL 2023

LUNCH MENU

Lunch served daily at
12pm. RSVP by 10am
the day before by
calling 566-5588

Mon	Tue	Wed	Thu	Fri
3 Sweet & Sour Pork Pacific Blend Veg White Rice Mini Cornbread Fresh Fruit Cal:769 Carb:98 Na:352	4 Salmon Piccata Broccoli Penne Pasta Whole Wheat Bread Chilled Pears Cal:574 Carb:77 Na:485	5 <u>Springtime Holiday Meal</u> Broccoli Cheddar Stuffed Chicken Herbed Green Beans 1/2 Sweet Potato Dinner Roll Fudge Round Cookie Cal:669 Carb:82 Na:774	6 Meatloaf w/Mushroom Gravy Steamed Peas Mashed Potatoes Whole Wheat Bread Reg/Diet Cookie Cal:674 Carb:77 Na:853	7 Closed  Good Friday
10 Roasted Red Pepper Ravioli Italian Blend Veg Italian Bread Oreo Cookie Cal:537 Carb:76 Na: 725	11 Lemon Chicken Steamed Broccoli Rice Pilaf Whole Wheat Bread Reg/SF Jello w/Topping Cal:557 Carb:60 Na:575	12 Turkey Sloppy Joe* Coleslaw Multigrain Sun Chips Hamburger Bun Mixed Fruit Cal:767 Carb:92 Na:1151	13 Pot Roast w/Gravy Brussel Sprouts Garlic Mashed Potatoes Whole Wheat Bread Fresh Fruit Cal:606 Carb:77 Na:413	14 Butter Crumb Fish Dill Carrots Lemon Rice Tartar Sauce Whole Wheat Roll Mandarin Oranges Cal:620 Carb:72 Na:743
17 Closed  PATRIOT DAY	18 Chicken Pot Pie Steamed Green Beans Biscuit Topping Pear Crisp Cal:641 Carb:66 Na:657	19 Turkey Taco Plate Zesty Corn Salad Yellow Rice Sour Cream Tortilla Chips Chilled Peaches Cal:888 Carb:104 Na:941	20 <u>High Sodium Day*</u> Steak and Cheese Sandwich* Onions and Peppers Potato Salad Whole Wheat Bun Reg/Diet Cookies Cal:746 Carb:69 Na:1299	21 <u>April Birthday Celebration</u> Chicken Marsala* Tossed Salad w/Italian Dressing Penne w/Sauce Whole Wheat Roll Birthday Cupcake Cal:657 Carb:91 Na:1161
24 Creamy Pesto Tortellini* Broccoli Whole Wheat Bread Reg/Diet Cookie Cal:711 Carb:92 Na:1062	25 Korean Meatballs Pacific Blend Veg White Rice Oatnut Bread Chilled Applesauce Cal:662 Carb:106 Na:905	26 <u>Cold Plate</u> Turkey BLT* Lettuce/Tomato Coleslaw Whole Wheat Bread Fresh Fruit Cal:516 Carb:69 Na:1086	27 <u>High Sodium Day*</u> Hot Dog w/Bun* Italian Pasta Salad Baked Beans Ketchup/Mustard Fruit Ambrosia Cal:881 Carb:105 Na:1426	28 "Lazy" Stuffed Peppers Peas and Onions Italian Bread Reg/SF Jello w/Topping Cal:630 Carb:72 Na:588
<div style="border: 1px dashed red; padding: 5px;"> <p>Key for Symbols: Cal = Total Calories Carb = Total Carbs Na = Total Sodium *Higher Sodium content (>500mg)</p> <p>Tot Sodium & Cal include regular dessert, milk (100mg NA) & margarine (15mg Na)</p> </div>	<div style="border: 1px dashed red; padding: 5px;"> <p>Total Sodium and Calories include regular dessert, milk and margarine.</p> <p>Special concerns regarding sodium, call GSSSI at 781-8806, EXT. 136</p> </div>	<div style="border: 1px dashed red; padding: 5px;"> <p>Suggested Donation \$2.00 per meal. Menu subject to change without notice.</p> </div>		

News from the Friends of Hampden Seniors



The Friends of Hampden Seniors are hosting a Three Truck Event

Saturday, April 29, 2023 from 10:00 am - 1:00 pm

HARTSPRINGS FOUNDATION:

Will accept all cloth items, such as clothing, bedding, linens or towels, shoes, and purses. Books, kitchenware, breakable knickknacks, small appliances, small speakers, sporting goods, toys must be boxed to be accepted. **NO** encyclopedias or textbooks, or baby items such as strollers, cribs or carriages, stuffed animals or pillows. *There is no charge to drop off these items, however all monetary donations will be accepted and appreciated.*

Gold Circuit E-Cycling: Fees for specific items are listed below.

- \$15.00 LCD monitors, printers, copiers, Fax machines, projectors, receivers, amplifiers, radios, toasters, coffee makers, etc.
- \$25.00 CRT tube tv's no matter the size, monitors, rear projection tv's, refrigerators, freezers, dishwashers, standing office printer/copiers, exercise equipment, lawn mowers, tables, chairs, small desk, nightstand, end tables or small bookshelf.
- \$50.00 Mattress, box spring, recliner, futon, dresser, large desk, table and 4 chairs, and large bookcase.
- \$100.00 3 cushion sofa, 2 cushion loveseat or sectional.

PROSHRED SECURITY:

Will be here to shred all your important documents that you no longer need. This is the perfect time to take advantage of cleaning out all your files. The fee is \$10.00 per copy size paper box.

All proceeds from this event will benefit the Hampden Senior Center Building Fund.



Gold Circuit E-Cycling



FRIENDS OF HAMPDEN SENIOR CITIZENS 2023 ANNUAL MEMBERSHIP DUES & DONATION FORM

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. All "FRIENDS" are volunteers, including the directors. Membership is open to persons of 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 SENIOR CITIZENS**" and mail to:
Friends of Hampden Senior Citizens, Inc., 104 Allen Street, Hampden, MA 01036 or drop off at the senior center.

Please check this box if you are paying your annual **FRIENDS OF HAMPDEN SENIOR CITIZENS 2023** membership dues of \$5.00. *Membership Dues payments are not tax deductible and will not be acknowledged with a receipt of payment.

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 _____ Building Fund _____ Other (Specify) _____

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

Email: _____

We appreciate your support!

Community News

Sand for Seniors: Pick-up after April 15th

Please leave the 5-gallon bucket where it was dropped off. The Fire Department will be picking buckets up after the 15th of the month.

If you have any questions, please call the Hampden Senior Center at 566-5588
Thanks to the Hampden Fire Department for continuing this great program!



The Hampden Garden Club will be holding its April meeting on

Thursday, April 20th at 7:00 pm
Academy Hall, 616 Main Street, Hampden

Please join us for a presentation on Bluebirds with guest speaker, Robin Desrochers.

New members are welcome!



Healing Touch Spiritual Ministry
On Wednesday evenings, 7:00 pm - 8:00 pm
will offer healing touch sessions at

Federated Community Church
590 Main Street, Hampden

It will be first come, first served, and will have a free will donation. Any questions, please call 566-3711 or email hampdenfederated@gmail.com.

TRI TOWN TROLLEY TRANSPORTATION SERVICES

Operates for Hampden, East Longmeadow & Longmeadow seniors Monday-Friday, 9:00 am-3:00 pm. Grocery store trips will only be scheduled on Wednesdays and Thursdays with a 3 bag limit on the van. Out of town rides are \$3 each way, in town trips are \$1 each way.

A 72 hour notice is required for scheduling rides.
As soon as you schedule a medical appointment, please call 525-5412 to schedule a ride.

SAVE THESE DATES:

Monday, April 10th at 7:00 pm

Advisory Public Hearing – in the Hampden Town House Auditorium

Monday, May 8th at 7:00 PM

Annual Town Meeting – at Thornton Burgess Middle School

Monday, May 15th, 7:00 am - 8:00 pm

Annual Town Elections – at the Hampden Town House

MassHealth UPDATES

In March 2020, the federal government declared a public health emergency (PHE) due to COVID-19. Because of this, MassHealth put protections in place preventing MassHealth members from losing coverage. These protections will end on April 1, 2023, and MassHealth will return to its standard eligibility processes. Over the next year, MassHealth members will need to renew their health coverage to ensure they still qualify for their current benefit. If MassHealth determines that you need to fill out a renewal application, one will be mailed to you in a large BLUE envelope. If you have questions about any mailings that you receive from MassHealth or need assistance with your renewal application, please call the senior center at 566-5588 and request a SHINE appointment.



On May 11th the Covid emergency ends. This means the emergency orders one of which the mandate to wear a mask in some health care and congregate group settings. However, the practices many engage in to manage the virus should still continue. We have become good at managing the virus.

Many have become vaccinated. Many make important decisions related to their level of comfort attending events that may be crowded. As with other illness people stay home, call their primary care provider and follow CDC guidelines until they recover. Some modifications regarding the vaccination mandate will be reviewed and adjusted. Many continue to test if signs of COVID are present. We do not need to be frightened about widespread infection. We need to be smart about our personal choice and activity.