

The Scantic Scribe

AUGUST 2019

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



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
Administrative Clerk/Volunteer Coord
scribe@hampdenma.gov
Wendy Turer, Outreach Coordinator
outreach@hampdenma.gov
Nan Hurlburt, Activities Coordinator
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Holly Normoyle, Receptionist
receptionist@hampdenma.gov
Rudie Voight, Custodian

COA BOARD MEMBERS

Chair: Deborah Mahoney
Vice Chair: Ed Norman
Treasurer: Nancy Willoughby
Secretary: Marty Jacque
Cliff Bombard, Monique Downey,
Suzanna Haskins, Deanna Vermette
Rep to GSSSI: John Shay

NEXT BOARD MEETING: Tuesday,
September 10th @ 9:15am

Greetings!

Are you staying cool? It's been so hot lately, please be careful in the extreme heat and check on your friends. Stay hydrated and keep cool!

We are so excited to announce our 20th anniversary Gala to be held on November 9th at the Starting Gate at Great Horse. More information inside this edition of the Scribe. We hope you will come celebrate with us as we reflect on the past 20 years in our Allen Street location and look forward to the next 20+ years!

This month we offer our thanks to our longtime watercolor class teacher, Joyce Emerle. Joyce has been teaching at the senior center for as long as I can remember and she has decided it's time to retire and do some traveling. Thank you Joyce for sharing your time and talent with all of us here in Hampden. We appreciate you and your years of dedication.

Watercolor classes will continue with a new instructor. Look for new class information inside this edition.

Have a great summer! Becky.....



TRI TOWN TROLLEY (413) 525-5412

The TRI Town Trolley operates 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.

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 2019 MEMBERSHIP FEE \$5.00 _____

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

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, August 20th @ 1:00pm

FALLON INSURANCE- Tuesday, August 27th, 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.



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

FARMSHARE PROGRAM

Sponsored by D & R Farm in Hampden!

\$10/week shares of fresh fruits and veggies!

Application required.

Cash, SNAP and HIP accepted.

Call Wendy for more information.



HEALTH/WELLNESS CORNER



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



FOOTCARE: THURSDAY, August 29th call for 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 Homewatch Caregivers



Caregiver Support Group

For those caring for a loved one with dementia or other related memory impairments.

Meets the **second Monday of every month from 1-2 P.M.**

Facilitated by Suzanne McElroy, MSW from Home Instead Senior Care.

Respite options are available for your loved ones.

Please call Wendy for more information.

FREE Technology Help Sessions are back!!



The Wilbraham & Monson Academy Service Team will be here

on the following Thursdays to help you with your technology questions. Bring your phone, iPad or tablet, or laptop computer.

August 29th, September 5th, September 12th
3:30—4:30 P.M.

Call to sign up to attend one or all sessions.

Carolyn Reed from the Assessors office will be at the Hampden Senior Center on **Tuesday, August 13th at 10:00 A.M.** to answer questions on Tax Breaks for Seniors in Hampden. Please call 566-5588 to RSVP for this event.

The following exemptions are available

- Elderly Exemption (Clause 41C), age 70, MA resident: 10 yrs, 5 yrs ownership/interest, income/asset qualification, \$750
- Veteran w/service connected disability (clause 22/22E), MA resident: 5 yrs, July 1st—ownership/interest. \$400 or \$1,000
- Blind Exemption (Clause 37), July 1st—ownership/interest, \$437.50
- Senior Tax Work-Off Abatement Program, age 60, MA resident: 5 yrs, Jan 1st—ownership/interest, up to \$1,500
- Property Tax Deferral (Clause 41A), age 65, MA resident: 10 yrs, 5 yrs ownership/interest, income/asset qualification, defer tax @ 8% interest.

• Note: All Exemption paperwork due in Assessors' office 3 months after Actual tax bills mailed (typically end of March)

Call the Assessors office for more information about these exemptions at 566-2151 x106 or come to this meeting with questions!

**TRIPS WITH BOBBI GRANT**

Call Bobbi @ 413-566-8271

email to bobbij2@charter.net

**Now Taking Deposits on the 4 Trips Listed Below;
Flyers Are Available at the Reception Desk.**

Thurs, Sept 19 – Red Sox/Giants Day Game @ Fenway: Interleague Game vs San Francisco Giants, Seats in Section 21 Behind Home Plate.

Full Payment Deadline Aug 22nd \$131/pp

WAITLIST – NO DEPOSIT NECESSARY

Fri, Sat & Sun, Sept 20, 21 & 22 – Adirondack Balloon Festival: 2 Nights Stay @ Lakefront Georgian Resort, 2 Brkfst, Dinner Show @ Resort, Lake George Luncheon Cruise, NY State Museum, Lake George Guided Tour and Prospect Mt. \$50/pp Deposit Required

Full Payment Deadline Aug 23 \$390/pp dbl, \$360 triple

Thurs, Nov 14 - Newport Playhouse: Delicious Buffet Lunch, Hilarious Play "Boeing Boeing" - A Playboy Pilot Gets in Trouble, Cabaret (2nd Show).

Full Payment Deadline Oct 25th \$93/pp

Wed, Dec 4– Big E Carriage House: Delicious Brunch (see Menu on Flyer), One Man Show "Christmas with Father Aloysius Misgivings", Comedy Growing Up Catholic. Full Payment Deadline Nov 8th \$80/pp

LOOKING AHEAD to 2020

Tues, Wed & Thurs, Feb 18-20 – Atlantic City Getaway: 2 Nights Stay @ Caesars Resort Hotel, \$50 Slot and \$50 Meal Bonuses, 3 Fantastic Shows, Cancellation Protection and More! Deposit of \$75/pp Required by Nov 15, 2019. Full Payment Deadline Jan 11. \$247/pp dbl, \$237/pp triple, \$347/pp single

**Bus Seat Assigned as your \$20/pp Deposit is Received
Unless Otherwise Noted.**

Full Payment Deadlines approx 1 Month Before the Trip.

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.**

BEST OF EASTERN CANADA; Montreal, Quebec, Toronto, Niagara Falls & more, Aug 27-Sept 3, 8 DAYS

CANADIAN ROCKIES BY TRAIN; Sept 29-Oct 6th

NEW LISTINGS: 2020

Dutch & Belgian River Cruise April 28 to May 6, 2020.

Bluegrass Country and Smoky Mountains June 4, 2020.

American Cowboy Country Sept 13-20, 2020

New Mexico Balloon Festival Oct 9 - 14, 2020

Call NORA FOR FLIERS OR PICK UP AT SC.

MONDAY MOVIES @ 12:15**AUGUST 5th: AQUAMAN:**

An action-packed adventure that spans the vast, visually breathtaking underwater world of the seven seas, "Aquaman" reveals the origin story of half-human, half-Atlantean Arthur Curry and takes him on the journey of his lifetime—one that will not only force him to face who he really is, but to discover if he is worthy of who he was born to be...a king.

Cast: Jason Momoa, Amber Heard, Willem Dafoe

AUGUST 12th: MIRACLE SEASON:

When Caroline Found -- the undisputed star of West High School's volleyball team -- dies suddenly, the Iowa City squad is left floundering until her father and the team's tough but caring coach inspire them to pursue the state championship. Cast: Helen Hunt, Erin Moriarty

AUGUST 19th: BREAKTHROUGH:

In this fact-based drama, 14-year-old John Smith falls through a frozen lake and is pronounced dead after 27 minutes of CPR fail to revive him. But his mother is having none of it and prays loudly at John's bedside -- until his heart begins beating.

Cast: Chrissy Metz, Josh Lucas, Topher Grace

AUGUST 26th: SECOND ACT:

Maya is a 40-year-old woman struggling with frustrations of not having achieved more in life. As an experienced, quick-witted, perceptive employee, she is passed over for a promotion solely because she doesn't have a college degree. Until, that is, she gets the chance to prove that street smarts are as valuable as book smarts, and that it is never too late for a Second Act.

Cast: Jennifer Lopez, Leah Rimini

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

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, 12:00noon, \$2.00

CANASTA Tuesdays, 12:30pm



CAREGIVER SUPPORT GROUP for those caring for a loved one with dementia. Second Monday of every month at 1:00 P.M. Sponsored by Home Instead Senior Care.

CHAIR MASSAGE Enjoy a chair massage with Vicki Finnegan on the 3rd, Friday, 10:00am, 15 minutes for \$10.

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 Wednesday 9-1pm, call for an appointment

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, 12:30pm

HEARING First Wednesday of the month, Call for appt.

JEWELRY ON HIATUS JULY & AUGUST

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



LINE DANCING Thursdays at 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 in part by: 

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

POOL ROOM

LADIES (Tuesday); MEN (Thursday)



PINOCHLE Tuesdays, 12:30pm

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

SHUFFLEBOARD Tuesdays, 9am

SOCIAL DANCING Call for information

TAI CHI

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

BEGINNER CLASS, 11:15am TO 12:00noon. \$5.00

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

WALKING CLUB Wednesdays @ 9:30 A.M. at the Thornton Burgess Middle School, Wilbraham Rd.

WATERCOLOR BACK IN THE FALL

WEIGHT TRAINING Join the YMCA Tuesdays & Thursdays, 10AM, \$3.50/Class

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



Please check our monthly events calendar for any CANCELLED classes.

AUGUST 2019 EVENTS

Mon	Tue	Wed	Thu	Fri
<div> <p>Volunteers are needed to help collate our monthly Newsletter (the Scantic Scribe) one day a month. Check calendar for date.</p> <p>Thanks!</p> </div>			<p>1</p> <p>9:00 Men's Pool 9:45 ART IS 4 Every 1 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga 12:00 Bingo 12:30 Genealogy 1:00 Yoga 2:00 Line Dancing</p>	<p>2</p> <p>9:00 Quilting</p> <p>10:00 MEMORY CAFÉ</p> <p>11:00 Mahjongg</p>
<p>5</p> <p>9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie</p>	<p>6 <u>SHUFFLEBOARD</u></p> <p>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/ Pinochle 1:00 Yoga</p>	<p>7 <u>HEARING</u></p> <p>9:00 DAV 9:30 HSC Walking Club 10:00 Trivia 12:00 Pitch</p>	<p>8 <u>FACIALS</u></p> <p>9:00 Men's Pool 9:45 ART IS 4 Every 1 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga 12:00 Bingo 1:00 Yoga 2:00 Line Dancing</p>	<p>9</p> <p>9:00 Quilting</p> <p>10:00 Manicures</p> <p>10:00 MEMORY CAFÉ</p> <p>11:00 Mahjongg</p>
<p>12</p> <p>9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie 1:00 Caregiver Support</p>	<p>13 <u>SHUFFLEBOARD</u></p> <p>9:00 Ladies Pool 10:00 Weights 10:00 Blood Pressure 10:00 ASSESSORS 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Canasta 12:30 Pinochle 1:00 Yoga</p>	<p>14</p> <p>9:00 DAV 9:30 HSC Walking Club 10:00 Trivia 12:00 Pitch</p>	<p>15</p> <p>9:00 Men's Pool 9:45 ART is 4 Every 1 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga 12:00 Bingo 12:30 Genealogy 1:00 Yoga 2:00 Line Dancing</p>	<p>16 <u>MASSAGE</u></p> <p>9:00 Quilting</p> <p>10:00 MEMORY CAFÉ</p> <p>11:00 Mahjongg</p>
<p>19</p> <p>9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie</p>	<p>20 <u>SHUFFLEBOARD</u></p> <p>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 12:30 Pinochle 1:00 Yoga 1:00 Brown Bag</p>	<p>21</p> <p>9:00 DAV 9:30 HSC Walking Club 10:00 Trivia 11:00 State Senator Representative 12:00 Pitch</p>	<p>22 <u>COLLATE</u></p> <p>9:00 Men's Pool 9:45 ART is 4 Every 1 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga 12:00 Bingo 1:00 Yoga 2:00 Line Dancing</p>	<p>23</p> <p>9:00 Quilting</p> <p>10:00 Manicures</p> <p>10:00 MEMORY CAFÉ</p> <p>11:00 Mahjongg</p>
<p>26</p> <p>9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie</p>	<p>27 <u>SHUFFLEBOARD</u></p> <p>9:00 Ladies Pool 10:00 FALLON INSURANCE 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Canasta 12:30 Pinochle 1:00 Yoga</p>	<p>28 9:00 DAV</p> <p>9:30 HSC Walking Club 10:00 Trivia 12:00 Pitch</p>	<p>29 <u>FOOT CARE</u></p> <p>9:00 Men's Pool 9:45 ART is 4 Every 1 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga 12:00 Bingo 1:00 Yoga 2:00 Line Dancing 3:30 Tech Help</p>	<p>30</p> <p>9:00 Quilting</p> <p>10:00 MEMORY CAFÉ</p> <p>11:00 Mahjongg</p>

Hampden Senior
Center
104 Allen Street
Hampden, MA
01036

August 2019 Lunch Menu

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

Mon	Tue	Wed	Thu	Fri
<p>*High Sodium Entrée Suggested Voluntary Donation \$2.00 Puree Meals available Call GSSSI 781-8800</p>			<p>1 Pot Roast/Gravy Mashed Potatoes Cabbage Rye Bread Mixed Fruit</p>	<p>2 Potato Pollack Filet Scalloped Potatoes Peas 12 Grain Bread Pineapple</p>
<p>5 Beef Stew (Peas/Carrots) Diced Boiled Potatoes Wheat Bread Fruit Crunch Bar</p>	<p>6 Taco Bowl Shredded Cheese Shredded Lettuce Tortilla Chips/ Salsa Yellow Rice Apple</p>	<p>7 Baked Chicken Sweet Yams Winter Mixed Vegetables 12 Grain Bread Lemon Pudding Diet Vanilla Pudding</p>	<p>8 Italian Sausage Bites with onion, peppers, tomatoes Buttered Ziti Italian Blend Veg Pumpnickel Bread</p>	<p>9 Chicken Teriyaki Strips White Rice Green Beans Oat Nut Bread Pears</p>
<p>12 Baked Chicken Latino Garlic Sauce Taco Potato Wedges Peas 12 Grain Bread</p>	<p>13 Stuffed Shells Chicken Meatballs Tomato Sauce Broccoli Pumpnickel Bread</p>	<p>14 Hot Open Face Turkey Sandwich/Wheat Bread Mashed Potatoes Green Bean Casserole Cranberry Sauce</p>	<p>15 Hot Dog/Bun Baked Beans Cole Slaw Fresh Fruit</p>	<p>16 Tuna Salad Chick Pea/Kidney Bean Salad Pickled Beets Hot Dog Bun Peaches</p>
<p>19 Macaroni & Cheese Italian Blend Veg Oat Nut Bread Pears</p>	<p>20 Italian Wedding Soup Chicken Drumsticks BBQ Sauce Sweet Yams Oat Nut Bread Fruited Jell-O</p>	<p>21 Salisbury Steak Latino Meatloaf Sauce Mashed Potatoes Peas 12 Grain Bread Birthday Cake</p>	<p>22 Breaded Chicken Tomato Sauce Mozz Cheese Buttered Rotini Spinach/ Bread Vanilla Pudding</p>	<p>23 Breaded Fish Filet Tartar Sauce Au Gratin Potatoes Mixed Vegetables Out Nut Bread Chef's Choice Dessert</p>
<p>26 "Not" Stuffed Cabbage White Rice Carrots 12 Grain Bread Butterscotch Pudding</p>	<p>27 Roast Pork/Gravy Oven Brown Potatoes Butternut Squash Rye Bread Applesauce</p>	<p>28 American Chop Suey Winter Mix Vegetables Wheat Bread Fig Bar</p>	<p>29 Beef Steak Mashed Potatoes Corn Pumpnickel Bread Peaches</p>	<p>30 Build A Burger Bar Beef Burger on a bun Lettuce/Tomato American Cheese/Sliced Onion/Pickles Tater Tots Watermelon</p>

Saturday Night Dinner Dances

104 Allen St., Hampden, MA 01036

Cost \$25.00 PREPAID, PER PERSON. 413-566-5588

Place your reservation and purchase your tickets early.

Appetizers, Dinner with delicious sides,
Complimentary Cocktail and Dessert. Cash Bar. 50/50 Raffle.
Doors open at 5:30 pm. The Bands will play for your listening
and dancing pleasure from 6-9. Themed Apparel suggested!

Pretty
IN PINK

September 21st "Decades Band"

Beef Stroganoff and Noodles with Sides.

Proceeds from this event to benefit the "Memory Cafe" held at our center to support
people with alzheimer's and their care givers.

October 26th "Sharades Band" **Spooky Spirit Party**

Meatballs with Pasta and Sides.

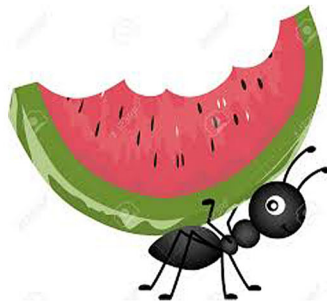
These Events Sell Out
Fast...Make your reservation
Early. 413-566-5588.
Checks made out to
Town of Hampden...Thanks.

Sponsored in part by:
Friends of Hampden Seniors and
generous donations from
area businesses.



**The Hampden Senior Center
is pleased to present our
Senior Picnic Luncheon**

**Thursday
8/15 @
11:30
Cost:
\$5.00**



A lovely lunch will be served
and we will be entertained by
"Chuck & Ron"

singing all your summer favorites

Sign up early for all the fun and games. Wear your
favorite summer duds. Door prizes!



Thursday August 8th @ 11:45 FREE Seminar

Protect Yourself From Medicare Fraud!

Did you know that \$60 to \$90 billion of our tax dollars are lost to Medicare fraud each year?

Come meet a representative of the Massachusetts Senior Medicare Patrol (MA SMP) Program and participate in a discussion on how to prevent, detect, and report healthcare errors, fraud and abuse. We all can have an active role in protecting Medicare for ourselves and future generations.

This free information workshop will provide you with the tools to become a more informed and engaged health care consumer including information about the new Medicare cards with random numbers rather than Social Security numbers.

If you cannot attend this workshop but have questions about your healthcare bills, Medicare Summary Notices, or other health insurance explanation of benefits statements, please call the MA SMP Program office at 800-892-0890.

This event is jointly sponsored by the Hampden Council on Aging and the Massachusetts Senior Medicare Patrol Program. The Massachusetts Senior Medicare Patrol Program is funded in part by grant number 90-MP 0226-03-01 from the U.S. Department of Health and Human Services' Administration for Community Living, Washington, DC 20201.

Sign up early for lunch (\$2.00) prior to this informative session

The Massachusetts Senior Medicare Patrol (SMP)

Program works in partnership with government, non-governmental and "grassroots" community based organizations across the state to raise awareness about protecting, detecting and reporting healthcare errors, fraud and abuse.

- According to the Centers for Medicare and Medicaid Services, healthcare errors, fraud and abuse cost American tax payers billions of dollars annually.

The MA SMP Program encourages consumers to keep a personal healthcare journal and use these journals to record their medications, prescribed and over the counter; all medical appointments, radiology appointments, home health services, lab tests, prescribed durable medical equipment, such as a wheelchair, CPAP machine etc. Consumers should use these journals to record all questions they may have for their physician/s or other health professionals as well as responses to their questions.

The MA SMP Program conducts outreach and free educational sessions across the state to empower Medicare and Medicaid beneficiaries, family members, caregivers and professionals on the importance of being an engaged healthcare consumers. Only through consumer engagement can we prevent, detect and report healthcare errors, fraud and abuse which are costly, but too often have health related consequences.

- According to the Institute of Medicine's report, TO ERR IS HUMAN: BUILDING A SAFER HEALTH SYSTEM, approximately 98,000 lives are lost annually due to medical errors.

Healthcare Fraud is intentional deception or misrepresentation which can have an impact on the health and lives of beneficiaries and are costly in financial terms to the healthcare system and insurance industry.

Healthcare Errors and Abuses are typically unintentional incidents, practices or procedures that are inconsistent with sound medical, business or fiscal practices. Healthcare Errors and Abuses often result in payment for services that fail to meet professionally recognized standards of care or are medically unnecessary. These can be just as costly in terms of health and financial cost.

Consumers should protect all personal information including their Medicare, Mass Health/Medicaid card and Social Security cards as they would protect their credit card. Carry these cards only when needed.



Saturday, August 10th Learn the Art of Pastel Painting with Jeff Kern time: 10am-3pm cost: \$35.00

Supplies available or bring your own, please sign up early as space is limited.

Water Color Classes - 10 Weeks

Monday's September 5th and

Wednesday's September 11th

time: 12:30-2:30 Cost: \$80.00

Watercolor is a key fundamental of ART.

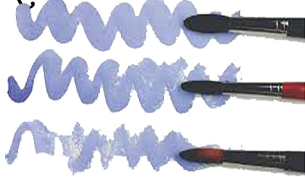
We will explore illustration and conceptual layouts to final works of art.

Techniques are vital with the right use of selected tools.

The use of line with the Pencil is key. Colors, layouts, blending and all kinds of brushes and even Figure Prints plus Markers each have their own vitality. All art is 'Image Making'.

The use of the HD number two and six pencil is elementary!

We all as individuals use them!! Color wet on wet, dry on wet and dry on dry on any paper surface from cardboard to Arches are only part of visual communication. You are the driving image maker force!!!



Donald E. Munson, Artist

Born in New York, his professional Certificate for

Design and a BFA in Painting

are from Parsons School of Design/New School.

Teaching: Parsons School of Design,

NY - Advertising, Promotion and Design.

Pratt University, NY - Illustration and Promotion.

CUNY, Brooklyn & Bronx, NY - Design, Art History

and Illustration.

Westfield State University, MA - Art Survey I & II,

Art Foundation, Graphic Design I & II,

Typography with lectures on Drawing and Painting.

Exhibited thirteen solo shows and over thirty group shows.

Works are in multiple museums including the

Museum of Modern Art, New York,

ANNIVERSARY
CELEBRATION

20th

November 9, 2019

November 9, 2019

Commemorative Keepsake Book

The Hampden Senior Center, in existence since 1977, is celebrating 20 years in our beautiful facility. Our services to older adults began in a modest way in the Town House. Plans to build our current facility followed and 20 years ago we opened our doors at 104 Allen St. The Gala will be an evening to reflect on the past 20 years and honor the accomplishments of the dedicated and committed volunteers, board members, staff, and community partners who helped mold the Senior Center into the active facility it is today. We are counting on community partners like you to help maximize the success of this event by purchasing advertising space in our keepsake program book. This book will include a Forward and Historical Timeline by the Director Rebecca Moriarty, Resource Guide of local senior service agencies, and a Business Index of all sponsors and advertisers that people will want to keep and use throughout the year. Event sponsors will receive an ad in the program book and special recognition at the event. In addition, full and ½ page sponsors may purchase a table of 10 tickets for the price of 9. You will also receive significant exposure for your business; the “Commemorative Keepsake Book” will also be distributed at the center events throughout our 20th Anniversary year. If you have any questions, please call us at 413-566-5588 to speak to our Activity Coordinator, Nan Hurlburt. Thank you for your consideration. I hope that you will share in the success of our 20th Anniversary Gala and help promote The Hampden Senior Center.

What am I buying? As a business, you are buying advertising space in our full color keepsake book. As a community member, you may buy any size space to relay your own personal message. Available spaces are: 1 Premium Inside front cover \$750.00, 1 Premium Outside back cover: \$750.00, full page: \$500.00, half page: \$250.00, ¼ page: \$150.00 and business card size: \$50.00.

Why should I buy? The Hampden Senior Center's mission is to provide a safe and nurturing environment to support the social, physical, and health needs of older adults. Over 100 volunteers and 6 staff assist in the Center's daily programs and activities throughout the year. The warmth and laughter within the Center's walls attest to the pleasure and health provided by the Senior Center to our community.

According to the American Journal of Gerontology, older adults are 89 percent more likely to be physically and mentally active if they have a safe and attractive place to get together, and if they receive at least one nutritious meal daily.

How do I buy? Select ad size. Make check out to Town of Hampden, mail to Hampden Senior Center, 104 Allen St., Hampden, MA 01036. Send all artwork via email to activities@hampdenma.gov. Or drop off payment and artwork at the Senior Center.

Some important details: Full Page: 5 ½" x 8 ½", ½ Page: 5 ½" x 4", ¼ Page: 2 ½ x 4" and Standard Business Card: 2" x 3 ½".

In order to meet our mission and provide services in our community, we rely on the generosity of individuals and businesses for support. Without the assistance of community-minded individuals just like you, we wouldn't be able to serve those in our community each year. We ask that you make a commitment of sponsorship by purchasing an advertising space in our “Commemorative Keepsake Book”. Remember that every donation makes a difference, regardless of size. Thank you in advance for your support!

Hampden Senior Center

A N N I V E R S A R Y

C E L E B R A T I O N

Gala



Date: November 9, 2019

Time: Doors open @ 5:30 pm

Serving: Appetizers, Statler Chicken, Dessert, Cash Bar

Place: The Starting Gate at GreatHorse, 128 Wilbraham Rd. Hampden, MA

Cost: \$35.00 per person prepaid (Reserved Seating)

Entertainment: Jeff Gavoli's Bad News Jazz and Blues Orchestra

Contact: Hampden Senior Center 413-566-5588

(Please make checks payable to Town of Hampden)



Town of Hampden Newsletter

August 2019



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

From Selectman Donald Davenport:

I appreciate this opportunity to report to you on my first 60 days since being elected Selectman. First, I must say it's been a real busy time for me personally having to get up to speed on a whole range of issues and at the same time moving certain agenda items. I would certainly be remiss if I did not mention how appreciative I am of the support, responsiveness and willingness of the Department heads and other Town employees to help get me up to speed on procedures and issues and patiently answer my many questions.

In terms of transparency and encouraging involvement we've been experimenting with a citizen's comment period, we've moved our meeting location to the auditorium and set up a procedure for periodically reviewing the executive sessions minutes that no longer need to be confidential for release. We are working on getting more detail on our agenda and at the suggestion of the Chairman we have an open items section in the agenda to help us keep on top of important items. There have been active discussions regarding recording meetings of Town Boards.

We've finalized the job description for the Fire Chief, appointed an interim Chief and appointed a committee to recommend whether the position should remain volunteer, be part time or full time. We are also reviewing the job description for the Fire Department administrative assistant position. As of this writing we still have not signed an ambulance contract but service will continue.

We, as a Town face a number of challenges in the coming months. First will be the election of a new Selectman at a special election September 30th. Secondly the Town Administrator has resigned effective August 23. Many decisions have to be made as to how we move forward regarding that position. Third decisions on the Fire Chief and Administrative Assistant position have to be made. Fourth there are several vacancies in Town employee positions and on important Boards and we are looking for people to serve. Please contact the Board if you are interested or for more details.

Our Fall Town Meeting will be held October 28 and there is a potential for several but necessary pricy items to be on the agenda. The most pressing in my view is the emergency dispatch system. We may see requests for a police cruiser, addition to the fire station and expansion of the Senior Center. Plus the Solar Bylaw Committee will be presenting important Bylaw changes.

It's your Town, your input and active participation are needed. We encourage everyone to get involved and stay involved. It's your Town and your tax dollars.

Interested in helping with this Newsletter? If so, contact the Selectmen's Office Mon-Thurs, 9-3 pm - 566-2151 x100, or send an email to: selectmen@hampdenma.gov

Just a reminder: This stapled packet of pages consists of two newsletters in one for cost savings, and convenience. The first part, The Scantic Scribe, comes from the Council on Aging. "The Scribe" has been around since the late 1970s, while this two-sided back page, Town of Hampden Newsletter is from the Selectmen's Office. Its first issue was January 2018.

You can find the current, and the previous year of the combined issues by following this link:

<https://www.hampdenma.gov/council-aging/pages/scantic-scribe-newsletter>

Interested in conservation matters? Have some free time?

The Hampden Conservation Commission is in need of new members. We are looking for individuals who are interested in preserving the natural resources in Hampden, especially the wetland resource areas, riverfront area and flood plains. Most important is a desire to preserve these resources while working with proponents to achieve a positive outcome for all involved. The state of Massachusetts offers courses for new members to help you gain knowledge of the Massachusetts Wetland Protection Act and Regulations as well as the Riverfront and Wildlife protection.

We meet the third Wednesday of every month as well as special meetings when necessary. Site inspections are also conducted on an as-needed basis.

If interested, kindly contact the conservation office at 413-566-2151 ext. 110. Please leave a message and our clerk or a commission member will contact you. Thank you.

- submitted by Bonnie Geromini, Chair

You're invited to meet the new Young Adult Librarian Maxine Girard on Thursday, Aug 22nd, at 6 pm at the Hampden Public Library! Stop by, enjoy light refreshments, AND make your own custom word twist bracelet! Young adults can sign up for the Tween/Teen Advisory Board. Fifth and sixth graders can sign up for the Book Club starting In October.

"...civic engagement means working to make a difference in the civic life of our communities and developing the combination of knowledge, skills, values and motivation to make that difference. It means promoting the quality of life in a community, through both political and non-political processes..."

- Thomas Ehrlich- scholar & educator (*Civic Responsibility and Higher Education*, Thomas Ehrlich, editor; preface, vi; American Council on Education, Oryx Press Imprint of Greenwood Pub.; Westport, CT, c2000.)

Watch for information on the town's website, *The Wilbraham-Hampden Times*, *The Reminder*, and Facebook's "566: Hampden Matters" page.

Thanks to all the volunteers who collate these two newsletters; those who proofread, plus Hampden Engineering for the printing, and Katy Noes, their graphics guru.

Nancy R. Zebert, Volunteer Editor