

The Scantic Scribe



DECEMBER 2021

**HAMPDEN SENIOR CENTER
104 ALLEN STREET 01036**

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
Donna Richardson, Administrative Asst. & Volunteer Coordinator
scribe@hampdenma.gov
Wendy Cowles, Outreach Coordinator
outreach@hampdenma.gov
Nan Hurlburt, Activities Coordinator
activities@hampdenma.gov
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 GSSSI: Anne Thomas

**COA BOARD MEETING:
TUESDAY, DEC. 14 at 9AM
in PERSON or VIA ZOOM.**

**ZOOM Meeting ID: 95866401813
ZOOM Password: 639217**

Greetings!

I hope you had a nice Thanksgiving! The weather is getting colder and as we are preparing for snow and ice, please remember that any cancellations at the senior center will be posted on wwlp.com and will appear on TV on Channels 22 and 40. I know some of you really enjoy the cold weather and the snow, but I'm really not ready to dust off my snow shovel!

The Sand for Seniors program is up and running. Call to put your name on the list and the fire department will deliver a bucket of sand to your house. Thanks to Hampden Fire for this great program.

Tax work off applications are now available at the senior center. Please stop in to pick up an application and the current guidelines. Completed applications are due back to the senior center by December 15th. There are 7 positions available, and a lottery system will be used to select individuals for each spot. Please call with any questions.

December 30th marks the last workday for our amazing Program Coordinator, Nan Hurlburt. Nan has been a wonderful part of the senior center staff and we will miss her energy, enthusiasm, and party planning skills! Nan will still come in to teach her art class so you will see her around the building. Thank you, Nan, for your tireless dedication and for giving us your time and talents for so many years.

You will be missed!

I hope you have a wonderful holiday season. Stay warm and stay well.

Becky.....



**Please vote
for us!**

Please vote for Hampden Council on Aging!!

It's time to cast your vote for the 2022 Monson Savings Bank Community Giving Initiative. Each year, Monson Savings Bank asks the community to help plan the Bank's community giving activities by inviting people to vote for the non-profit organizations they would like the Bank to support during the upcoming year. Sign on www.monsonsavings.bank or we can help you at the Sr. Center. You only need to enter your email & vote for "Hampden Council on Aging". Thank you and we appreciate all your support!!

Monson Savings
Your Bank Forever



Hampden Senior Center SHOP TILL YOU DROP Annual "HOLIDAY FUND RAISER" is back in our lobby! Lots of great gifts for those special people in your life. Proceeds benefit activities at the Hampden Sr. Center. Sale ends Dec. 30TH.

OUTREACH



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. Please contact Wendy at 566-5588 or email outreach@hampdenma.gov for more information.

SNAP: Provides a monthly supplement for purchasing nutritious food. Participants must complete an application and meet the following monthly income guidelines:

Income guidelines for 1 person household—\$2,127

Income guidelines for 2 person household—\$2,873



BROWN BAG: 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:

Income guidelines for 1 person household—\$1,968

Income guidelines for 2 person household—\$2,658

NEXT PICK-UP IS TUESDAY, DEC 21ST 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 for more information or to find out if you qualify for assistance. All information provided is confidential.

REGISTRY OF MOTOR VEHICLES:

Please contact Wendy for RMV related questions or help with processing RMV applications online. Beginning **May 3, 2023**, 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 identification at airport security checkpoints for domestic air travel.



MEMORY CAFÉ - EVERY FRIDAY AT 10AM:

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



HEALTH/WELLNESS

Fuel Assistance

Income guidelines for 2021/2022 heating season

| Family Size | Income Limit |
|-------------|--------------|
| 1 | \$40,951 |
| 2 | \$53,551 |
| 3 | \$66,151 |
| 4 | \$78,751 |

The following documentation is also required:

-Proof of all income: Social Security, SSDI, SSI, Pensions, Annuities, IRA, Capital Gains, Stocks, Bonds, Interest, Dividends, Rental Income, Unemployment, or Wages

-Electric Bill - most recent

-Oil Statement or Gas Bill (or both) - most recent

-Property Tax and/or Homeowners Bill

-Water/Sewer 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, 4 previous pay stubs (must be the most recent)

Please contact Wendy with any questions.



free WINTER VEGETABLES

D & R FARM WINTER FARM SHARE

D & R FARM is offering fresh produce & it is FREE with HIP!

Shares are limited and the deadline to sign up is December 31st.. Contact Wendy for more information.

notes from the NURSE As we prepare for the holiday season perhaps in a different way, please take a minute to enjoy the **Irish Christmas Blessing** that follows:

The light of the Christmas star to you
The warmth of a home and hearth to you
The cheer and good will of friends to you
The hope of a childlike heart to you
The joy of a thousand angels to you
The love of the Son and God's peace to you

My warmest wishes for a peaceful and joyous holiday...

Hampden's Public Health Nurse -Sheila Rucki PhD, PCNS, BC



Caregiver Support Group via ZOOM or by PHONE Tuesday, December 21st at 6pm

Are you caring for a loved one with dementia or other related memory impairments?

This support group is a great way to help.

Please call Wendy at 566-5588 for more information.

Services and Information

Weather Alert

Please Read

WINTER WEATHER ADVISORY and SAND FOR SENIORS

Watch channels 22 & 40 or sign on wwlp.com for information about cancellations.

Watch for HAMPDEN SENIOR CENTER and
GREATER SPRINGFIELD SENIOR SERVICES for information.



Now through April, 2022 the Fire Department and Senior Center will work together to manage the Sand for Seniors program. This program is available for anyone over the age of 60 living in Hampden. The Fire Department will deliver a FREE 5-gallon bucket of sand to your home for you to use on your steps & walkways. If you wish to have a bucket of sand delivered, please call the Hampden Senior Center at 566-5588 & leave a message with your name, address, phone #, & the location on property where you would like the bucket dropped off. If we need additional information we will call you back, otherwise you're all set!



THE TRI TOWN 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.**

EASTERN HAMPDEN COUNTY VETERANS SERVICES

If you are looking for support, please contact our local Veteran Service Director Michelle Barrett at (O) 413-525-5436, (C) 573-355-6076 or email michelle.barrett@eastlongmeadowma.gov for an appointment.

Michelle is at the Hampden Senior Center on Tuesday mornings by appointment only.



Thank you for your support... Thanks to those who have donated to the Friends of Hampden Seniors, the Building Fund & to our Senior Center. **We appreciate you supporting our essential programs & services.**



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.

FRIENDS OF HAMPDEN SENIORS 2022 YEARLY / MEMBERSHIP 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 2022 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

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: _____

Senior Center Activities

Please remember the traffic pattern is **BACKWARDS** in the parking lot during our **Grab N' Go** lunch program Tuesday through Friday from 11:00 - 12:00. **PLEASE USE CAUTION** when entering the parking lot.

Please drop in or call us if noted below to sign up!

ACRYLIC PAINTING with Nan Thursdays, 10:00-noon, \$20/per class, includes all materials.



BILLARD ROOM

Mondays, Wednesdays, and Fridays - **Open play**.
Tuesdays, 9:00-noon - **Women's lighthearted no rules play**.
Thursdays, 9:00-noon - **Men's play**.

BINGO Thursdays, 12:30-2:00, \$.50 cents a card.



BRIDGE Mondays, 9:30-noon.

New experienced players welcome.

BUNCO Tuesdays, 12:00-3:00, \$5/per week.

New people welcome, will teach.

CHAIR MASSAGE with JulieAnne Every other Friday starting on Friday, December 10th.

\$10 for ten minutes. **Please call for appointment.**



FACIALS with Diane Neill 2nd Thursday of every month.
Please call for appointment and pricing.

FOOTCARE Please call for appointment and pricing.

FUNCTIONAL FITNESS with Sue Kent Tuesdays and Thursdays, noon-1:00, \$5/per class.



HEARING CLINIC BY BAYSTATE HEARING

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

KNITTING/CROCHET Mondays, 9:00-11:00.

New people welcome, will teach.

LINE DANCING WITH MIKKI Will resume in the spring.

MAHJONG Fridays, 10:30-2:00.

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, 10:00-noon.

MOVIES Mondays, 12:15. Please sign up.

12/6~ **Little Women**, PG Sentimental Drama 2h, 15m

12/13~ **Queen Bees**, PG -13 Heartfelt Comedy 1h, 41m

12/20~ **Last Christmas**, PG-13 Romantic Comedy 1h, 43m

12/27~ **I Can Only Imagine**, PG Inspiring Drama 1h, 50m

PITCH Wednesdays, Sign up is at 12:15.

Play time is 12:30.

No snacks or beverages will be served.



QUILTING Fridays, 9:00-3:00. **New people welcome.**

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

Advanced Session - 9:15-10:15

Beginners Session - 10:30-11:30

TECHNOLOGY TRAINING Thursdays, 3:30-4:30.

STARTING JANUARY 6TH. FREE

TRIVIA Wednesdays, 10:00. **Lighthearted no rules play.** Always looking for fresh minds!



WEIGHT TRAINING with YMCA Tuesdays and Thursdays, 9:30-10:30. 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

Chair: Tuesdays and Thursdays, 11:00-noon, \$5/per class

Mat: Tuesdays and Thursdays, 1:00-2:00, \$5/per class

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

Please call
413.566.5588 for
additional information




DECEMBER 2021

Hampden Senior Center
104 Allen Street
Hampden, MA 01036

| Mon | Tue | Wed | Thu | Fri |
|---|---|--|--|---|
| | | 1 <u>HEARING CLINIC by appt.</u> 9:30 Watercolors 10:00 Trivia 11:30 Grab N' Go Lunch 12:30 Watercolors 12:30 Pitch | 2 9:00 Men's Billiards 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 11:30 Grab N' Go Lunch 12:00 Functional Fitness 12:30 Bingo 1:00 Mat Yoga | 3 <u>MANICURES by appt</u> 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 11:30 Grab N' Go Lunch |
| 6 9:00 Knitting/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 12:15 Movie | 7 9:00 Ladies Billiards 9:30 Weights w/YMCA 11:00 Chair Yoga 11:30 Grab N' Go Lunch 12:00 Functional Fitness 12:30 Bunco 1:00 Mat Yoga | 8 10:00 Trivia 11:30 Grab N' Go Lunch 12:30 Pitch | 9 <u>FACIALS by appt.</u> 9:00 Men's Billiards 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 11:30 Grab N' Go Lunch 12:00 Functional Fitness 12:30 Bingo 1:00 Mat Yoga | 10 <u>CHAIR MASSAGE by appt.</u> 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 11:30 Grab N' Go Lunch |
| 13 9:00 Knitting/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 12:15 Movie | 14 <u>9:00 COA Board Meeting</u> 9:00 Ladies Billiards 9:30 Weights w/YMCA 11:00 Chair Yoga 11:30 Grab N' Go Lunch 12:00 Functional Fitness 12:30 Bunco 1:00 Mat Yoga | 15 10:00 Trivia 11:30 Grab N' Go Lunch <u>NO PITCH</u> | 16 9:00 Men's Billiards 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 11:30 Grab N' Go Lunch 12:00 Functional Fitness 12:30 Bingo 1:00 Mat Yoga | 17 <u>MANICURES by appt</u> 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 11:30 Grab N' Go Lunch |
| 20 9:00 Knitting/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi-Beginner 12:15 Movie | 21 9:00 Ladies Billiards 9:30 Weights w/YMCA 11:00 Chair Yoga 11:30 Grab N' Go Lunch 12:00 Functional Fitness 12:30 Bunco 1:00 Mat Yoga 1:30 BROWN BAG 6:PM Caregiver Support | 22 10:00 Trivia 11:30 Grab N' Go Lunch 12:30 Pitch | 23 9:00 Men's Billiards 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 NO CHAIR YOGA 11:30 Grab N' Go Lunch <u>CLOSING AT NOON</u> | 24 <u>CLOSED</u>  |
| 27 9:00 Knitting/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi-Beginner 12:15 Movie | 28 <u>FOOTCARE by appt</u> 9:00 Ladies Billiards 9:30 Weights w/YMCA 11:00 NO CHAIR YOGA 11:30 Grab N' Go Lunch 12:00 NO FUNC. FITNESS 12:30 Bunco 1:00 NO MAT YOGA | 29 <u>FOOTCARE by appt</u> 10:00 Trivia 11:30 Grab N' Go Lunch 12:30 Pitch | 30 9:00 Men's Billiards 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 NO CHAIR YOGA 11:30 Grab N' Go Lunch <u>CLOSING AT NOON</u> | 31 <u>CLOSED</u>  |

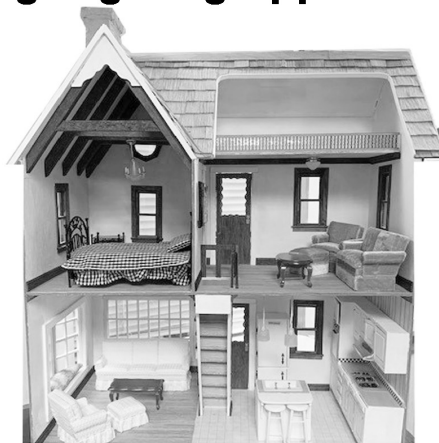
****DECEMBER 2021 Grab 'n Go Lunch Program: Tuesday, Wednesday, Thursday & Friday at 11:30 A.M.****

You must be 60 or older as this is a Title IIIB, Older Americans Act funded program. Reservations must be made. The deadline is 10AM the day BEFORE you want lunch. **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. 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 |
|---|--|---|---|---|
|  | **Nutrition Info not available at time of printing. Please call 566-5588 for full menu with calorie, and sodium counts. | 1 BBQ Pulled Pork Glazed Carrots Steamed Corn Hamburger Bun Tropical Fruit | 2 Fish Tacos Cilantro Coleslaw Yellow Rice Flour Tortilla Lemon/Diet Cookie | 3 Chicken Paprikash Steamed Spinach Egg Noodles Whole Wheat Bread Mandarin Oranges |
| Menu subject to change without notice.  Suggested voluntary donation - \$2.00. | 7 Turkey Chili Mixed Vegetables ½ Baked Potato Sour Cream Cornbread Fresh Fruit | 8 Fish Sticks Brussels Sprouts Tartar Rice Pilaf Whole Wheat Roll Chilled Peaches | 9 Chicken Picatta Tuscan Blend Veg Bowtie Pasta Whole Wheat Bread Red Velvet Cake | 10 Cheese Lasagna w/Marinara Tossed Salad w/Italian California Blend Veg Whole Wheat Roll Mixed Fruit |
| If you have any special concerns regarding the menu, contact the GSSI Dietitian at 781-8806, EXT. 136 for more information. | 14 Dijon Herb Turkey Dill Carrots Parslied Rice 12 Grain Bread Chilled Pineapple | 15 Baked Fish w/Crumb Topping Stewed Tomatoes Lemon Rice Tartar Whole Wheat Bread Chilled Pears | 16 Pot Roast/Gravy Steamed Spinach Roasted Butternut Apple Medley Whole Wheat Bread Fresh Fruit | 17 International Meal Chicken Tikka Masala Cauliflower & Potatoes White Rice Pita Bread Mango Ambrosia |
|  | 21 Fish Stew Steamed Corn White Rice Rye Bread Fresh Fruit | 22 Chicken Pot Pie Steamed Green Beans Biscuit Topping Chilled Spiced Pears | 23 CLOSING AT NOON Ham w/Pineapple Sauce Herb Roasted Carrots Scalloped Potatoes Whole Wheat Bread Chocolate Pie | 24 CLOSED Happy Holidays! |
|  | 28 Turkey w/Gravy Steamed Peas Stuffing Mashed Potatoes Wheat Bread Chilled Mixed Fruit | 29 Chicken Fajita Steamed Corn Yellow Rice Sour Cream Flour Tortilla Reg/Diet Cookies | 30 CLOSING AT NOON Stuffed Rigatoni w/Sauce Italian Blend Veg Steamed Peas Whole Wheat Bread Fresh Fruit | 31 CLOSED HAPPY NEW YEAR 2022 |

FUNDRAISING RAFFLE

Doll House Raffle, tickets \$1 each or 6 for \$5.00, available through December 21st. The perfect gift giving opportunity!



**fully furnished
a little girls
dream!**

Hand Crafted by Hampden resident, Ray Duquette

Thankful

We could not do what we do without you and want to give a big shout out to all our generous sponsors and volunteers who helped make our Thanksgiving Take Away Meal a success! We were able to prepare 200 meals!!

Bluebird Estates, East Village Place, Orchard Valley, Polish National Credit Union, Providence Place, Great Horse, Monson Savings Bank, Village Food Mart, St Mary's Church, and Cher Joley



PLANNING ON MORE TRIPS FOR 2022 WITH BOBBI GRANT... suggestions appreciated.

Please call Bobbi directly at 413-566-8271 or email bobbijg2@charter.net.

FREE Technology Help Sessions Starting Back on January 6th, 2022!

The Wilbraham & Monson Academy Service Team will be here again on Thursdays from 3:30-4:30.

Friends of Hampden Senior's Fundraiser

FRIENDS OF HAMPDEN SENIORS JANUARY 2022 FUNDRAISER CALENDAR

| | | | | | | |
|--|---|---|---|--|---|---|
| | | | | | | 1 \$100 CASH! John Rynn |
| 2 \$50 La Cudna Gift Card | 3 \$25 CASH! Rick Green Insurance | 4 \$25 Reid's Gift Card | 5 \$20 Daniel Craig Barber Gift Card | 6 \$25 Bilton's Gift Card | 7 \$50 CASH! Gio's Pizzeria | 8 \$50 The Mane Event Gift Card |
| 9 \$50 CASH! Hampden Wilbraham Rotary | 10 \$50 CASH! Atty. Geoffrey Farrington | 11 \$25 Rosewood Gift Shop Gift Card | 12 \$25 CASH! Gio's Pizzeria | 13 \$25 CASH! Architecture E.L. | 14 \$50 CASH! Bradeur Campbell Fence | 15 \$50 CASH! Hampden Wilbraham Rotary |
| 16 \$50 CASH! Bobbi Grant | 17 \$100 CASH! Rick Green Insurance | 18 \$25 Rosewood Gift Shop Gift Card | 19 \$20 Daniel Craig Barber Gift Card | 20 \$20 Koffee Tyme Gift Card | 21 \$50 CASH! Gio's Pizzeria | 22 \$50 CASH! Bobbi Grant |
| 23 \$50 CASH! Rick Green Insurance | 24 \$60 Daniel Craig Barber Gift Card | 25 \$25 Casa Bella Gift Card | 26 \$25 CASH! Gio's Pizzeria | 27 \$25 CASH! Rick Green Insurance | 28 \$50 CASH! Bradeur Campbell Fence | 29 \$50 CASH! Rick Green Insurance |
| 30 \$50 CASH! Gio's Pizzeria | 31 \$350 for a Will, POA and Health Care Proxy from Atty. Jeffery Bahnet | <p>THANK YOU TO ALL OUR GENEROUS SPONSORS!</p> <p>WE APPRECIATE YOUR SUPPORT!</p> | | | | |



Back by popular demand, the Friends of Hampden Seniors, are selling a one-month lottery calendar for \$10.00 each to support

the Senior Center Building Fund.

Calendar Sales will end December 30th. For each day of January 2022 one lucky winner will be drawn.

These calendars make great holiday gifts and stocking stuffers!!

One name will be drawn daily in the month of January. Holiday and weekend winners will be drawn the Friday before they occur.

We will call you if you win & you can choose to pick up your prize or we can mail you the check or gift card.



Remember you can win more than once!

Use this calendar or we can mail to you once payment is received or you can pick up at the senior center.

Thank you for your support of the Friends of Hampden Seniors!

Make checks payable to Friends of Hampden Seniors with "Calendar Raffle" in the Memo line.

**** Please use the form to the left to purchase a calendar and drop off or mail to the Senior Center.**



Please fill out & return with your check for \$10 made out to: Friends of Hampden Seniors. Each calendar holder is eligible to win every day!

Winners will be notified by phone.

Good Luck and Thank You for your support.

Name: _____

Address: _____

Phone Number: _____

Return to: Hampden Senior Center, 104 Allen Street, Hampden, MA 01036