

The Scantic Scribe



FEBRUARY 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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Wendy Cowles, Outreach Coordinator
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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!

It is my hope that you are staying safe & healthy as we continue to deal with COVID-19. Many thanks for your continued support of the Senior Center staff and programs. We miss being able to open our doors, but hope that day is coming soon. We know that you have questions about the COVID-19 vaccine and when and where you will be able to receive the vaccination. As of right now, we do not have any information for you, but we are keeping in close contact with the local Board of Health and the state to get answers. Once we know something, we will be sure to get the word out in as many ways as possible. Have patience. The vaccines are coming and we will assist you in any way once we have more information. There are a lot of great programs to participate in this month so be sure to read through this newsletter to find out how you can join in. The Grab and Go lunch program will continue for the foreseeable future and we thank Greater Springfield Senior Services for their hard work in making this program available. Stay safe and healthy and please call if there is anything we can do to help you. Enjoy the crisp cool air and know that spring is just around the corner.
BECKY.....



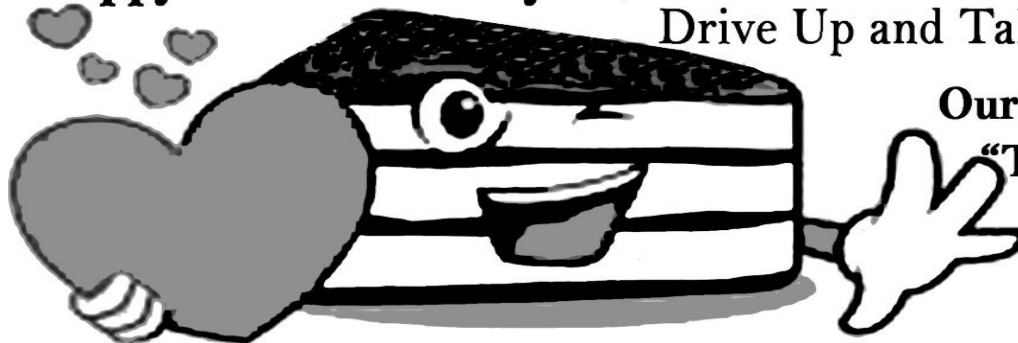
Warm your HEART by helping warm the HEARTS of others...



Do you know a Senior in Hampden who is homebound and could use a little cheering up? We would love to send a little gift to show we care and help put a smile on their face. If you know someone who could use this gift of cheer please contact the Senior Center.

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

Happy Valentine's Day  **February 12th @ 1pm**  **FREE Drive Up and Take Away Goodie!**



Our special way to say "Thanks for being so sweet".



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, FEBRUARY 16TH 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.

free WINTER VEGETABLES

D & R FARM WINTER FARM SHARE

D & R FARM is offering fresh produce and it is **FREE with HIP!** Shares are limited so call Wendy at 566-5588 or email outreach@hampdenma.gov to sign up.

Next pick up dates are Wednesday, February 10th & 24th from 9:30-10:30am at the Senior Center.

D&R is located at 146 Thresher Rd, Call 413-244-3135 before visiting farm.

HEALTH/WELLNESS

Memory Café meets via Zoom



Friday, Feb. 5th, 10am - Valentine Wreath - This kit can be picked up at the Center Feb. 2nd - 4th from 9:30-2:30. Delivery is available.

Friday, Feb. 12th, 10am - Juke Box Days - International Music Reminiscence Program

Friday, Feb. 19th, 10am - Music with Renee

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 a 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 & 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

<u>Family Size</u>	<u>Income Limit</u>
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.

notes from the **NURSE**

There have been many challenges related to the launch of the COVID vaccine. Priority groups in Phase 1 include: health care workers, those living in long term care facilities, home base care workers, congregate care centers, & first responders. Police and fire departments are presently being immunized. Governor Baker indicates he will move state residents age 75 & older to the front of the line in Phase 2. Others included in this phase include individuals with 2 or more comorbidities (health conditions that put them at greater risk), Early education K-12, public health workers, workers who directly work with the public like grocery store workers. Individuals with 1 or more comorbidities will be immunized at the end of Phase 2. In Phase 3 which hopefully will begin in April, is when the general public will be immunized. Additional sites and personnel for administration of the vaccine are being planned. Specific Information about scheduling to receive the vaccine will be shared by the Hampden Health Department as soon as it becomes available. I know you are all waiting patiently to receive news as to when you can be immunized. It should be soon. In the meanwhile, keep up the good work; socially distance, avoid large gatherings, wear a mask and wash your hands. There is a bright light at the end of the tunnel. Be well.

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 **Thursday, February 25th**. 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.



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.**



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.

FEBRUARY 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 reservation deadline is 2pm on Friday the WEEK BEFORE you want lunch. You do not have to wait until Friday to call! A suggested voluntary donation of \$2.00/meal will be accepted. Please remember: DO NOT get out of your car when you pick up lunch and a mask must be worn to pick up a meal. Please let us know if you need a mask. **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. Safe social distancing practices will be followed. **YOUR NAME MUST BE ON THE LIST IN ORDER TO PICK UP A MEAL.** 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
THANK YOU FOR WEARING YOUR MASK 	2 Pumpkin Alfredo Steamed Cauliflower Sautéed Zucchini Spiced Peaches Cal: 507 Carb: 74 Na: 589	3 Roast Beef and Blue Cheese On Rye Bread Chocolate Brownie Cal:830 Carb:107 Na:1350	4 Cranberry Roast Turkey with Carrots Butternut Quinoa Salad Chilled Pears Cal: 583 Carb: 71 Na: 582	5 Garden Salad Egg Salad Fresh Fruit Cal: 627 Carb: 96 Na: 825
If you have a special concern regarding the sodium, contact the Dietitian at GSSI @ 781-8806, EXT. 136 for more information.	9 Herb Crusted Salmon Spinach Salad w/Dijon Rice Pilaf Sugar Free Cookies Cal:610 Carb:64 Na:411	10 Chicken Salad on Wheat Fresh Fruit Cal:617 Carb:60 Na:1002	11 Raspberry Chicken Salad w/ Vinaigrette Green Beans Cornbread Chocolate Pudding Cal:532 Carb:60 Na:519	12 Tuna & Cucumber Sandwich Chocolate Brownie Cal:820 Carb:107 Na:800
<u>Please Note:</u> <u>Due to Presidents Day Holiday on Feb. 15th, we will need to call in the counts by 1:00pm on Friday, Feb. 12th.</u>	16 Jamaican Jerk Chicken Corn and Peppers Coconut Rice Mixed Fruit Cal:554 Carb:67 Na:336	17 Veggie Hummus Wrap Mixed Berry Parfait Cal:835 Carb:112 Na:1045	18 Turkey Burger Lettuce Sweet Potato Wedges Wheat Burger Bun Fresh Watermelon Cal:501 Carb:64 Na:556	19 Garden Salad Tuna Salad Fresh Fruit Cal:650 Carb:33 Na:955
Key for Symbols: Cal = Total Calories Carb = Total Carbohydrates Na = Total Sodium Suggested Voluntary Donation \$2.00	23 Apricot Chicken Thighs Salad w/ Italian Steamed Peas Sugar Free Jell-O Cal:520 Carb:41 Na:484	24 Turkey & Swiss on Pretzel Roll Blueberry Parfait Cal:470 Carb:73 Na:875	25 Herbed Tilapia Tuscan Blend Veggies Rice Pilaf Fresh Fruit Cal:457 Carb:69 Na:419	26 Egg Salad Sandwich on White Bread Chocolate Brownie Cal:890 Carb:102 Na:1110

Happy Mardi Gras

The Hampden Senior Center's "Grab and Go Lunch" program, Tuesday's through Friday's, pick-up from 11:30 - noon, with a suggested donation of \$2.00, serves a healthy lunch to our older adults.

This program is provided by Greater Springfield Senior Services.

To schedule your "Grab and Go Lunch" please call the center 413 566 5588 by the prior week, no later than Friday @ 11am.



As part of your "Grab and Go", on February 16th, celebrate Mardi Gras! We will be showing our colors and passing out tasty treats as you drive up, join us...

Top 5 Foods For Your

+ 3 BENEFITS OF EACH.



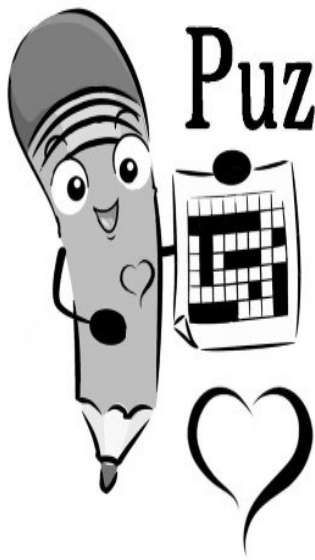
FISH~ High in good protein, essential fats, and improves brain, heart, and eye health

ALMONDS~ They alkalize the body, provide healthy fats, and aid in weight loss

RED WINE~ Keeps the heart healthy, contains antioxidants, and prevents tooth decay

BANANAS~ Makes you happier, protects against muscle cramps, and acts as a prebiotic

BLUEBERRIES~ Help your immune system, banishes belly fat, and preserves vision



Puzzle Pac's February is Heart Health Month

We have put together 4 fun puzzle games, with a raffle and prizes for those who take up the challenge. Puzzle Pac's will be available starting February 2nd at "Grab and Go Lunch" or for pick up by front door in box marked "Puzzle Pac Pick-Up". Your completed Puzzle Pac needs to be returned to the center to box marked "Puzzle Pac Drop Off" by February 26th. Drawing will be March 5th. Winners will be notified.



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.



"March" Building Fund Raiser: "Window Cling"



(shown actual size)

Easy-Cling, place on Car or Home windows to show your support for our center. Suggested donation \$2.00 each. All donations are applied to our building fund. Call to place your order and for pick up details. Thank you.

WINTER WEATHER ADVISORY- Remember to watch channels 22 & 40 for information about cancellations. Watch for **HAMPDEN SENIOR CENTER** and **GREATER SPRINGFIELD SENIOR SERVICES** for information.



SAND FOR SENIORS - Now through Thursday April 15, 2021 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 #, and 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!

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: _____