

# The Scantic Scribe



**FEBRUARY 2023**  
**HAMPDEN SENIOR CENTER**  
**104 ALLEN STREET**  
**413-566-5588 (phone); 413-566-2103 (fax)**  
**Website: [www.hampdenma.gov](http://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](mailto:coa@hampdenma.gov)

Tina Doran, Administrative Assistant & Volunteer Coordinator  
[scribe@hampdenma.gov](mailto:scribe@hampdenma.gov)

Wendy Cowles, Outreach Coordinator  
[outreach@hampdenma.gov](mailto:outreach@hampdenma.gov)

Diane Marino, Activities Coordinator  
[activities@hampdenma.gov](mailto:activities@hampdenma.gov)

Sharon Woodin & Joi Giuggio,  
Receptionists

[receptionist@hampdenma.gov](mailto: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, February 14th at 9AM**  
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!

Please join me in welcoming Tina Doran, Administrative Assistant and Volunteer Coordinator. We are happy to have Tina join our staff. So much is happening here in February, be sure to sign up early for programs and events as space is limited.

Winter is a challenging time for so many. Be sure to check on your friends and neighbors as winter months can be cold and lonely.

Thanks to all who do so much for this senior center. We appreciate you. See you soon, Becky.....



**Superbowl Luncheon**

Staff Prepared Hot Dogs, Baked Beans, Potato Chips and Dessert  
**Friday, February 10th at 12:00noon**

Cost is \$3 per person. Please call 566-5588 to sign up.



**Valentine's Day Luncheon**

Come and enjoy a delicious lasagna luncheon with tossed salad and scrumptious dessert prepared by your senior center staff.

**Tuesday, February 14th at 12:00 noon**

Entertainment provided by Irv Lewis - Cost is \$5 per person.

Please call 566-5588 to reserve your seat. Space is limited.

**Sponsored by Cedarbrook Village at Ware and Polish National Credit Union**



**FEBRUARY BREAKFAST, Friday, February 17th at 9:00 AM**

Chocolate Chip French Toast Bake served with Sausage and Fruit.  
Cost is \$3.00 per person; Please call 566-5588 to reserve your seat.



**Celebrate Mardi Gras (Fat Tuesday) with us!**

Stop by for a free Donut Dip donut and coffee on  
Tuesday, February 21st from 9:00 to 10:00 am

**Grab and Go Dinner**



Becky and Wendy are cooking up a storm so you can enjoy a delicious dinner of Roasted Turkey, Mashed Potatoes, Vegetable, Stuffing, Cranberry Sauce and Dessert!!

**Thursday, February 23rd, pick up is 2:00 pm to 2:30 pm**

Cost is \$5 per person ; Please call 566-5588 to order your dinner.  
A limited number of dinners are available.

# 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](mailto:outreach@hampdenma.gov) for information.**

- **SNAP:**

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

**NEW INCOME GUIDELINES: 1 person household—\$2,265; 2 person household—\$3,052**



- **BROWN BAG:**

**NEW INCOME GUIDELINES:** 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—\$2,096; Income guidelines for 2 person household—\$2,823**

**NEXT PICK-UP IS TUESDAY, February 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 566-5588 for more information or, to find out if you qualify for assistance. All information provided is confidential.

- **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.



## **MEMORY CAFÉ - EVERY FRIDAY AT 10:00AM**

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.

**Help & Support**

## **CAREGIVER SUPPORT GROUP via ZOOM or PHONE, Tuesday, February 21st 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 help. Call Wendy for information.



## **D & R FARM WINTER FARM SHARE**

Twice a month, D & R FARM is offering fresh produce and it is **FREE with SNAP/HIP** if you qualify! If you do not qualify for SNAP/HIP you may purchase a share for \$40 cash per month. Please let us know if you need your share delivered. Shares are limited so call Wendy at 566-5588 or email [outreach@hampdenma.gov](mailto:outreach@hampdenma.gov) to sign up.

**PICK-UP is Wednesday, February 8th & 22nd at 9:30AM**

## **HELP US STOCK OUR SHELVES!!**

Thank you for those that donated paper towels 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.

**This month we are collecting laundry detergent.**

Due to space constraints, please refrain from purchasing warehouse size items. Once the shelves are stocked, items will be available by request on a monthly basis. Call Wendy for details.

## **TRI TOWN TROLLEY TRANSPORTATION SERVICES**

Operates for Hampden, East Longmeadow & Longmeadow Seniors Mon-Fri, 9am-3pm. Grocery store trips will only be scheduled on Wednesdays & 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. Please call **525-5412** to schedule a ride as soon as you schedule a medical appointment.

**Call 525-5412 with any questions or information.**

# 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](mailto:activities@hampdenma.gov).

**ACRYLIC PAINTING with Nan** Thursdays, 10:00-noon and 12:30-2:30, \$20/per class, includes materials. Space is limited Call to sign up



## **BILLIARD ROOM**

Mondays, 12:00-3:30—Billiard League

Tuesdays, 9:00-noon—Women's lighthearted no rules play

Thursdays, 9:00-noon—Men's play

Wednesdays and Fridays—Open play

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

## **BLOOD PRESSURE SCREENING**

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

**BRIDGE** Mondays, 9:30-noon.

New experienced players welcome.



**BUNCO** Tuesdays, 12:00-3:00,

New people welcome, will teach.

**CANASTA** Wednesdays, 9:30-11:30.

New people welcome, will teach.

**CARD MAKING** with Ellie, February 6th, 1-3PM.

Advanced sign up required. \$3.00 per class

**CHAIR MASSAGE with JulieAnne** Every other Friday.

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

**CRIBBAGE** Fridays at 12:30PM

**DRUMMING CLASS** Mondays 1-2 pm **Class is full**

Stay tuned for more classes.

**FACIALS with Diane Neill** February 9th! 2nd Thursday of every month. Please call for appointment and pricing.

**FOOTCARE** Please call for appointment & 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/CROCHETING** Mondays, 9:00-11:00.

New people welcome, will teach.

**LINE DANCING:** Every Friday 1-2PM, \$5.00 per class

**MAHJONG** Fridays, 10:30-3:00.

New people welcome, will teach.

**MANICURES with CAT** Every other Friday. Please call CAT directly at 413-335-7422 for appointment & pricing.

**MEMORY CAFÉ** Fridays, 10:00-noon.

**MOVIES:** Monday's at 12:30 pm

2/6—Hidden Figures, PG, Biography, Drama, History

2/20—No Movie Today, Senior Center Closed

2/13—Under The Tuscan Sun, PG-13, Romance

2/27—RED (Retired and Extremely Dangerous),

PG13, Comedy, Action, Adventure

**PITCH** Wednesdays, Sign up is at noon. Play time is 12:30.

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

**READERS GROUP** - Last Tuesday of every month, February 28th at 12:30

**RUMMIKUB** Wednesdays, 12:30-2:30, New people welcome, will teach.

## **SENATOR/STATE REP OFFICE HOURS**

Wednesday, 2/22 11:00-12:00noon

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

Advanced Session - 9:15-10:15

Beginners Session - 10:30-11:30

**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** \$5/per class

**Chair:** Tuesdays and Thursdays, 11:00-noon

**Mat:** Tuesdays and Thursdays, 1:00-2:00



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

# Services and Information



## **Homeowners and Renters who do not file Massachusetts taxes because your income is low or moderate, You Need to Read This!**

On the Massachusetts income tax Form 1, there is a "Circuit Breaker Credit" for Seniors age 65+. The credit is a refundable credit which means that if you qualify by income and paid nothing into the state taxes, you still get the refund. People who most often qualify for this credit are those with low or moderate incomes (perhaps only Social Security). The concept is this: your total income (Social Security, pension, interest, dividends, etc.) is totaled and divided by ten (10%). If the real estate taxes you paid in the calendar year 2022 plus 50% of water/sewer (if applicable), is greater than 10% of your total income, the Circuit Breaker Credit applies—up to \$1,200 for the year 2022. Rent is also considered; if 25% of your rent is greater than 10% of your income, the circuit breaker credit applies.

**AARP Tax Appointments are all full here in Hampden.**

**Please call 566-5588 and we can provide contact information for other sites that are providing the AARP Tax Aide Program.**

## **STCC Dental Hygiene Students are back beginning in March!**



Did you know, by taking advantage of the services offered by the STCC Dental Student Program, a Dental Hygiene Diagnosis and Treatment appointment will cost only \$35.00? This includes a cleaning, diagnosis and treatment plan. For those who don't have dental insurance, this is a great opportunity to acquire adequate care at an affordable cost. 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 and dentists provide all treatment procedures.

# Important News for SNAP Recipients

During the COVID pandemic, SNAP beneficiaries/households were given the maximum monthly SNAP benefit called an Emergency Allotment (EA). This program is now ending and the final maximum emergency allotment benefit will be issued on March 2, 2023. Going forward, households will receive their standard award benefit.

## **What does this mean for you and how can you maximize your benefit:**

- **Get in touch with Wendy** by calling her at 566-5588 or emailing her at [outreach@hampdenma.gov](mailto:outreach@hampdenma.gov). The Hampden Senior Center is a DTA partner which means, Wendy is able, with your permission and a signed document, access your SNAP account to help you upload documents, manage your SNAP benefits and help you maximize your 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.** Save your receipts. Medical costs include co-pays at the doctor, prescription co-pays or over the counter medication costs and so much more. Talk to Wendy about submitting your medical costs to SNAP.
- **Increased housing costs** should be reported to SNAP
- **Use your HIP benefits:** HIP benefits are added to your SNAP EBT card on a monthly basis. Call Wendy to find out more about this FREE benefit and how best to utilize it.

## **OTHER PROGRAMS THAT CAN HELP:**




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

Want to find out if you are eligible? Call Wendy at 566-5588 and schedule an appointment to talk about ways to help you maximize your SNAP benefit and your budget.

Please call  
413.566.5588 for  
additional information

# FEBRUARY 2023

Hampden Senior Center  
104 Allen Street  
Hampden, MA 01036

Mon	Tue	Wed	Thu	Fri
		<b>1</b> <u>HEARING by appt</u> 9:30 Canasta 10:00 Trivia <b>12:00 Lunch</b> 12:30 Pitch 12:30 Rummikub 12:30 Watercolors	<b>2</b> 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga <b>12:00 Lunch</b> 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga	<b>3</b> <u>CHAIR MASSAGE by appt</u> 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong <b>12:00 Lunch</b> 12:30 Cribbage 1:00 Line Dancing
<b>6</b> 9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner <b>12:00 Lunch</b> 12:00 Billiard League 12:30 Movie- 1:00 Card Making 1:00 Drum Exercise	<b>7</b> <u>FOOTCARE by appt</u> 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga <b>12:00 Lunch</b> 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga 3:30 Tech Help	<b>8</b> <u>FOOTCARE by appt</u> 9:30 Canasta 9:30 <b>Farm Share</b> 9:30 Watercolors 10:00 Trivia <b>12:00 Lunch</b> 12:30 Pitch 12:30 Watercolors 12:30 Rummikub	<b>9</b> <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 <b>12:00 Lunch</b> 12:00 Functional Fitness 12:30 Acrylic Painting; 12:30 Bingo 1:00 Mat Yoga	<b>10</b>  <u>MANICURES by appt</u> 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong <b>12:00 Lunch</b> 12:30 Cribbage 1:00 Line Dancing
<b>13</b> 9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 11:00 Bldg Comm Mtg <b>12:00 Lunch</b> 12:00 Billiard League 12:30 Movie - 1:00 Drum Exercise	<b>14</b> <u>9:00 COA BOARD</u>  9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga <b>12:00 Lunch</b> 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga 3:30 Tech Help	<b>15</b> 9:30 Canasta 9:30 Watercolors 10:00 Trivia <b>12:00 Lunch</b> 12:30 Pitch 12:30 Watercolors 12:30 Rummikub	<b>16</b> 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga <b>12:00 Lunch</b> 12:00 Functional Fitness 12:30 Acrylic Painting, 12:30 Bingo 1:00 Mat Yoga	<b>17</b> <u>CHAIR MASSAGE by appt</u> <b>9:00 Breakfast</b> 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong <b>12:00 Lunch</b> 12:30 Cribbage 1:00 Line Dancing
<b>20</b>  <b>CLOSED</b>	<b>21</b> 9-10 Donuts  9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga <b>12:00 Lunch</b> 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga <b>1:30 Brown Bag</b> 3:30 Tech Help <b>6:00 ZOOM Support Group</b>	<b>22</b> 9:30 Canasta 9:30 <b>Farm Share</b> 9:30 Water Colors 10:00 Trivia 11:00 Senator/State Rep <b>12:00 Lunch</b> 12:30 Pitch 12:30 Water Colors 12:30 Rummikub	<b>23</b> 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga <b>12:00 Lunch</b> 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga <b>2:00 Grab &amp; Go Dinner</b>	<b>24</b> <u>MANICURES by appt</u> 9:00 Quilting 10:00 Memory Cafe 10:30 Mahjong <b>12:00 Lunch</b> 12:30 Cribbage 1:00 Line Dancing
<b>27</b> 9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 11:00 Bldg Comm Mtg <b>12:00 Lunch</b> 12:00 Billiard League 12:30 Movie -	<b>28</b> 9:00 Ladies Biliards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga <b>12:00 Lunch</b> 12:00 Functional Fitness 12:00 Bunco 12:30 Readers Group 1:00 Mat Yoga 3:30 Tech Help	<b>ELMS COLLEGE NURSING STUDENTS ARE BACK!</b> Every Thursday from 9:30 am —12:00 noon  <b>STCC Dental Hygiene Students are back!</b> Beginning in March! See our Services and Information page.		

**Hampden Senior Center**  
**104 Allen Street**  
**Hampden, MA 01036**

# FEBRUARY 2023

## LUNCH MENU

**Lunch served daily @**  
**NOON. RSVP By 10AM**  
**the day before by calling**  
**566-5588**

Mon	Tue	Wed	Thu	Fri
		<b>1</b> Braised Pork w/Apple Gravy Steamed Peas Mashed Potatoes Whole Wheat Bread Fresh Fruit Cal:744 Carb:91 Na:508	<b>2</b> Turkey Divan Steamed Broccoli White Rice Dinner Roll Peach Crisp Cal:796 Carb:113 Na:684	<b>3</b> Jamaican Jerk Chicken Green Beans Coconut Rice Oatnut Bread Mixed Fruit Cal:774 Carb:90 Na:597
<b>6</b> Chicken a la King* Roast Butternut Squash Egg Noodles Whole Wheat Bread Fresh Fruit Cal:758 Carb:104 Na: 1053	<b>7</b> Salmon Piccata Steamed Broccoli Lemon Rice Whole Wheat Bread Chilled Pears Cal:592 Carb:65 Na:493	<b>8</b> Chicken Parmesan Tossed Salad w/Italian Penne w/Sauce Whole Wheat Bread Chilled Peaches Cal:639 Carb:90 Na:731	<b>9</b> Meatloaf w/Mushroom Gravy Mashed Potatoes Whole Wheat Bread Reg/Diet Cookies Cal:674 Carb:77 Na:853	<b>10</b>  <b>Superbowl Lunch</b> Hot Dog Baked Beans Potato Chips Dessert
<b>13</b> Spaghetti w/Meat Sauce Italian Blend Vegetables Italian Bread Reg/Diet Cookies Cal:757 Carb:103 Na:529	<b>14 Valentine's</b> <b>Day Luncheon</b> Staff Prepared Lasagna Tossed Salad Dessert 	<b>15</b> Pot Roast w/Gravy Brussel Sprouts Garlic Mashed Potatoes Whole Wheat Bread Fresh Fruit Cal:604 Carb:80 Na:402	<b>16</b> Turkey Sloppy Joe* Coleslaw Oven Roasted Potatoes WW Hamburger Bun Mixed Fruit Cal:761 Carb:94 Na:1070	<b>17</b> Broccoli Alfredo Pasta Steamed Spinach Orange Juice Whole Wheat Roll Chilled Peaches Cal:646 Carb:100 Na:927
<b>20</b> <b>CLOSED</b>	<b>21</b> Chicken Pot Pie Steamed Green Beans Biscuit Topping Pear Crisp Cal:518 Carb:49 Na:542	<b>22</b> Pierogis Sautéed Red Cabbage Parslied Carrots Rye Bread Fresh Fruit Cal:518 Carb:84 Na:829	<b>23</b> Turkey Taco Plate Mexican Corn Yellow Rice Sour Cream Tortilla Chips Reg/Diet Cookies Cal:1017 Carb:115 Na:960	<b>24</b> Potato Pollock Filet Tartar Sauce Tossed Salad w/Ranch Rice Pilaf Wheat Roll Chilled Apricots Cal:754 Carb:92 Na:873
<b>27</b> Steak & Cheese Sandwich Peppers & Onions Sun Chips Whole Wheat Bun Peach Crisp Cal:809 Carb:100 Na:1283	<b>28</b> Turkey w/Gravy Pearl Onions & Peas Mashed Potatoes Cranberry Stuffing Birthday Cupcake/Diet Cake Cal:806 Carb:114 Na:1086	<div>             *High Sodium              Entrée                Puree Meals              available              Call GSSSI at              781-8800 Ext. 136           </div>	<div>             Special concerns              regarding the menu?              Contact the GSSSI              Dietitian, Mary, at 781-8806,              EXT. 136                Suggested Voluntary              Donation \$2.00 per meal.              Menu subject to change              without notice.           </div>	<div>             Key for Symbols:              Cal = Total Calories              Carb = Total Carbs              Na = Total Sodium              * Sodium mg content              (&gt;500mg)              Tot Sodium &amp; Cal include              regular dessert, milk              (100mg NA) &amp; margarine              (15mg Na)           </div>

## Notes and Thoughts from Diane Marino, Program Coordinator

Come and join in our Classic Game Gatherings!  
We play **Rummikub** on Wednesdays @12:30  
and **Cribbage** on Fridays @12:30

We are happy to add other favorites such as Othello, Checkers,  
Five Crowns, puzzle making as well as new suggestions!

The more the merrier!

We are happy to teach those not familiar, just give us a call and we  
will arrange to meet with you!

Please sign up to reserve a seat

**"It's so much more friendly with two." ~Piglet**



### FREE Technology Help Sessions Are Back! **NEW DAY**

The Wilbraham & Monson Academy  
Service Team will be here on **Tuesday's**,

**February 7th, 14th, 21st & 28th from 3:30 to 4:30 pm**

They will assist you with all your technology questions.

**Students will meet with you one on one.**

Bring your phone, iPad, tablet, or laptop computer and your  
questions! Please call 566-5588 to sign up



### "Between the Lines" Reader's Group

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

**Tuesday, February 28th at 12:30 pm**

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

Please call 566-5588 to reserve a seat

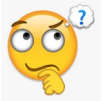
*The best and most beautiful things in this world cannot be  
seen or even heard but must be felt with the heart." Helen Keller*



Come join us for a St Patrick's Day Craft  
**Make your very own "Patty" Gnome**

**Thursday, March 2nd at 1:00 pm**

Cost is \$5 per person. All materials will be provided  
Please call 566-5588 to reserve you spot! Space is limited.



### **February Puzzle Packs**

**Keep your brain healthy and sharp!**

New puzzle packs will be available February 1st!  
Be sure to put your name on your completed puzzle pack  
and return it to the Senior Center by **February 28th** for a  
chance to win a prize. Drawing will be held Wednesday,  
March 1st and one lucky winner will be notified.



## 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](mailto: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

**The Log Cabin**, Wednesday, May 24

America's Sweethearts, The Andrews Sisters Tribute  
Includes: Family Style Lunch, tax & tip, Show \$79/pp  
SELF DRIVE ONLY

**Cape Cod Canal Cruise**, Tuesday, June 13

Includes: Narrated Cruise with Lunch at Lindsey's, \$116/pp

**Boston's Duck Boats**, Tuesday, September 12

Includes: Lunch and Tour, \$ TBD

**The Log Cabin**, Wednesday, July 12

Garth Brooks Tribute

Includes: Twin Lobster or Prime Rib, Show \$85/pp  
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

**Newport Playhouse**, Date TBD

Includes: Lobsterfest, Show & Cabaret, \$ TBD

**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**: 1st Wednesday of the month

Please call for an appointment.

**FREE Blood Pressure Clinic**: Tuesdays with Silver Linings

Thursdays with Ashley Boudreau, RN, Public Health Nurse

Walk in 9:15 - 10:45am



**FOOTCARE**: Tuesday, February 7th and

Wednesday, February 8th

Please call for an appointment and cost.



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.



# GET READY FOR WINTER



## 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 April, 2023 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**

and leave a message with your name, address, phone #, and the location of property where you would like the bucket delivered.

If we need additional information we will call you back, otherwise you're all set!

***Thanks to the Hampden Fire Department for continuing this great program!***

## Fuel Assistance

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

**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.**



## HAMPDEN EMERGENCY FUEL FUND

The Hampden Emergency Fuel Fund is made available through private donations throughout the year and is supported by the Friends of Hampden Seniors. We are grateful for the support of this valuable program. The Fuel Fund is 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.

Contact Wendy for information.

566-5588

## WARMING HEARTS PROGRAM for Homebound Older Adults in Hampden



Do you know an older adult in Hampden who is homebound and could use some mid-winter cheer? Please call 566-5588 and let us know. Our warming hearts deliveries are a small way for us to let people know we are thinking of them and



that we are here should they need anything. Gift bags will include soups, treats, games and more.

Deliveries will take place during the month of February. Interested in delivering? Call Wendy.

# News from the Friends of Hampden Seniors

thank you!

The Friends of Hampden Seniors offer their sincere thanks to the sponsors of the January 2023 Calendar Raffle Fundraiser. Because of their generous donations, 100% of proceeds will go towards the building expansion plan for the Hampden Senior Center.

The calendar was such a great success and we raised approximately \$3,000.00!

Please consider supporting these local businesses whenever possible; they are our rock stars!

**Gio's Pizzeria, Rick Green Insurance, John Flynn, Bilton's Mountainside Orchard, LaCucina di Hampden House, Lou's Bagel Nook, The Mane Event, Reid's Corner, Rosewood Gift Shop, Architecture Environment Life, Inc., Atty. Jeffrey Bohnet, Brodeur Campbell Fence Company, Chet & Son Painting, Cindy O'Sullivan.**

**Also thanks to those sponsors who wish to remain Anonymous.**

THANK YOU to those that purchased calendars and supported the Friends of Hampden Seniors and the Hampden Senior Center and CONGRATULATIONS to all the Calendar Raffle Winners. All winners have been notified.



The Friends of Hampden Seniors, Inc. sincerely thanks all the great folks who so generously donated and those who purchased items during our Christmas Sale of 2022.

You were instrumental in our sale's success and we couldn't have done it without you.

We will start accepting donations for our 2023 Sale in September.



## Friends of Hampden Seniors Hartsprings Fundraiser

Have you seen the new purple bin in the Senior Center Parking Lot? Bring your unwanted clothing, shoes, housewares, and more! The Hampden Senior Center is one of Hartsprings newest Community Partnership Bin locations, which means your donation not only helps kids succeed through Big Brothers Big Sisters youth mentoring programs, but also helps to fund all the amazing programs at the Hampden Senior Center! Call or stop by the senior center if you have questions about what can be donated.

## FRIENDS OF HAMPDEN SENIORS 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 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.



Please check this box if you are paying your annual FRIENDS OF HAMPDEN SENIORS 2023 MEMBERSHIP DUES of \$5.00

\*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

A Scantic River Artisans Exhibit

# BIG ART SHOW

of Small  
Works

We invite you to experience, explore and purchase the  
"small" diverse hanging art and fine artisans work on display.

**February 25 (10-4) & February 26 (11-3)**

**Reception: February 26 (12 - 2) 104 Allen St. Hampden, MA**

Scantic River  
ARTISANS

Exhibiting Local Creativity

[www.scanticriverartisans.com](http://www.scanticriverartisans.com)

or Call: 413-205-7985



## SPOTLIGHT YOUR ARTWORK!

Learn how to use your smartphone to take photographs for your website or add to your portfolio. Artist Nan Hurlburt and Gemstone and Jewelry expert Heather Black demonstrate how to take photos and show your art to its best advantage.

Each participant is allowed two pieces to photograph.

**Criteria:** Paintings, drawings and sculptural work. Hanging work must not be framed.

The files will be emailed to each participant.

**Presented by: The Scantic River Artisans**

**Where:** The Community Room at the Hampden Senior Center, 104 Allen Street, Hampden, MA  
**When:** March 2nd (Thursday) at 6:00 PM.  
**Cost:** FREE to Scantic River Artisans members. \$5.00 donation for non-members

## FOOD 4 VETS



Veteran's Food Security Resource at the Eastfield Mall Springfield Empowerment Center:  
The purpose of the Empowerment Center is to provide well-balanced, shelf-stable food to help alleviate food and nutritional insecurity for Veterans, active-duty Military and their families. This service is free of charge to Military, Veterans and their families.

**Open Tuesday, Wednesday, and Thursday 12:00pm - 5:00pm.**

**Eastfield Mall (Near the Old Navy Store) 1655 Boston Road Springfield, MA 01129**

To make a reservation to shop please visit [www.mmsfi.org/empowerment-centers](http://www.mmsfi.org/empowerment-centers)