

The Scantic Scribe

JANUARY 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
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

Holly Normoyle, 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, Monique Downey,

Suzanna Haskins, Deanna Vermette

Rep to GSSI: Anne Thomas

NEXT COA BOARD MEETING:

**Tuesday, January 12th at 9AM via
ZOOM - Meeting ID: 949 4686 2941**

Password: 108396

Happy New Year!

We made it to 2021! I hope you had a wonderful holiday season and that you are safe and healthy. Many, many thanks to everyone who continued to support the senior center throughout 2020. It was a difficult year for so many reasons but support from the community was tremendous and we would not have been able to continue our programs and services without such support. The staff and I appreciate your willingness to give during these very difficult times.

We hope to be able to open the doors to the building this year but know that there are still so many things to do before that happens. Please continue to bear with us as we strive to do what is safest for everyone. Continue to wear your mask and practice social distancing, wash your hands often and use hand sanitizer. And now that it is colder outside, check on your friends and neighbors and call us if we can help in any way.

Senior Center staff misses you! We miss seeing you and being able to offer programs and services like we have in the past. We appreciate seeing so many of you in Grab and Go, talking with you on the phone and the notes of encouragement and support that you sent to the center.

We continue to provide programs and services as best we can and will continue to be available to you to answer your calls, help with benefit programs, refer for services, loan equipment, hand out lunches and more. Watch the scribe and our Facebook page and town website for information on all the programs and services we continue to offer.

We hope this year is a great year for everyone. We wish you all the best in 2021. Good health and happiness and the reopening of the Hampden Senior Center! **BECKY.....**



GRAB 'N GO LUNCH PROGRAM provided by GREATER SPRINGFIELD SENIOR SERVICES



Please see the January Menu & information on how to sign up for this Awesome Lunch Program! This is Tuesday thru Friday & you must be 60 or older as this is a Title IIIB, Older Americans Act funded program.



WINTER WEATHER ADVISORY and SAND FOR SENIORS

Remember to watch channels 22 & 40 for information about cancellations.

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



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 and 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!

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. **Please note, we have a new pick up day/time and we will no longer be making reminder calls prior to the Brown Bag date. If you are not available on this date, please notify us at 566-5588. NEXT PICK-UP IS TUESDAY, JANUARY 19TH BETWEEN 1:30-2:30am.**

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.

free WINTER VEGETABLES

D & R FARM WINTER FARM SHARE

Twice a month 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.

They are located on 146 Thresher Rd in Hampden.

Please call 413-244-3135 before visiting the farm.

HEALTH/WELLNESS



Memory Café meets via Zoom

Friday, Jan. 8th, 10am - Snowman Bingo

This kit can be picked up at the Center on January 5th, 6th, or 7th from 9:30-2:30. Delivery is available if needed.

Fri., Jan. 22nd, 10am - Rhythm/Motion w/Sara

You don't need a computer to participate, you can call in and 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 and 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.



The Senior Center will sponsor the AARP Curbside Tax-Aide Program for 2021 **by appointment only**. Our center will **not** be open to the public. You will need to drop your information off at the door. You can choose to wait in your car or leave & we will call when they are done. Please be sure to bring all pertinent documents such as: Forms 1099-R, 1099-SSA, W-2's (if applicable), Real Estate Taxes, Social Security Cards & Picture ID. **Appointments are limited and will not be taken before January.**

Attention: Homeowners & renters who do not file Massachusetts taxes because your income is low or moderate!

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 2020 plus 50% of water/sewer (if applicable), is greater than 10% of your total income, the Circuit Breaker Credit applies—up to \$1,150 for the year 2020. (Rent also is considered if 25% of your rent is greater than 10% of your income, the circuit breaker credit applies).



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.

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.**



FOOT CARE



The Board of Health has given the green light for this important service to be provided at the senior center. **Appointments are being scheduled for January 27th & 28th.** 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. Please call 566-5588 to schedule an appointment.



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.



Sign up to be a Phone Pal with a Springfield College Occupational Therapy Student today!

Possible Conversation Topics: • Share life stories and adventures • Get advice on using cell phone, tablet, and computers • Share each others' topics of interest • Talk about anything that is meaningful & purposeful to you! Communication Options Available via: Phone Call, FaceTime or Zoom visits. If interested, please call Wendy at 566-5588.



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.

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

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! You may also make reservations for the entire month! 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 closely and strictly adhered to. **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. Thanks to Greater Springfield Senior Services for making this program a reality!

Mon	Tue	Wed	Thu	Fri
Happy New Year 2021	5 Turkey Burger Lettuce Sweet Potato Wedges Wheat Burger Bun Fresh Watermelon Cal:501 Carb:64 Na:556	6 Tuna & Cucumber Sandwich Chocolate Brownie Cal:820 Carb:107 Na:800	7 Chicken Paprikash Garlic Spinach Egg Noodles Apple Crisp Cal:583 Carb:71 Na:581	8 HIGH SODIUM DAY Ham & Cheddar on Multigrain Vanilla Pudding Cal:680 Carb:93 Na:1350
THANK YOU FOR WEARING YOUR MASK 	12 Herbed Tilapia Blended Vegetables Rice Pilaf Fresh Fruit Cal:457 Carb:69 Na:419	13 Garden Salad Tuna Salad Fresh Fruit Cal:650 Carb:33 Na:955	14 Veggie Tetrizzini Caesar Salad Green Beans Fresh Strawberries Cal:576 Carb:65 Na:260	15 Italian Style Chicken Wrap Blueberry Parfait Cal:630 Carb:86 Na:1050
<div style="border: 1px dashed red; padding: 5px;"> If you have a special concern regarding the sodium, contact the Dietitian at GSSSI @ 781-8806, EXT. 136 for more information. </div>	19 Baked Fish Veggie Quinoa Whole Wheat Bread Chilled Pineapple Cal:543 Carb:68 Na:375	20 Tripleta Cold Cut Sandwich on Onion Roll Mixed Berry Parfait Cal:470 Carb:72 Na:925	21 Mediterranean Pasta Roasted Eggplant Angel Hair Pasta Spiced Peaches Cal:513 Carb:75 Na:157	22 Cranberry Walnut Salad with Chicken Salad Strawberry Parfait Cal:650 Carb:82 Na:690
<div style="border: 1px dashed red; padding: 5px;"> Key for Symbols: Cal = Total Calories Carb = Total Carbohydrates Na = Total Sodium Suggested Voluntary Donation \$2.00 </div>	26 Rose` Chicken Artichokes & Mushrooms Herbed Pasta Fresh Strawberries Cal:501 Carb:69 Na:461	27 Egg Salad Sandwich on White Bread Chocolate Brownie Cal:890Carb:103Na:1110	28 Chimichurri Beef Blended Vegetables Wild Rice Sugar Free Cookies Cal:473 Carb:47Na:209	29 HIGH SODIUM DAY Grilled Chicken Caesar Salad Fresh Fruit Cal:647 Carb:30 Na:1270

Wednesday, January 13th at 1pm



Drive Up - Take Away
Free
Hot Cocoa



The Hampden Senior Center invites all Hampden Families,
Grams and Pa's to bring the kids to share a delicious hot cocoa.

The best Winter Warm Up!

(snow date Thursday, January 14th, 1pm)



START THE YEAR WITH 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 \$2.00 per class. You will need to have a computer/laptop/tablet, internet access and an email.



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 Need ☐ Other (Specify) _____

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

Email: _____

Thank You!
♡

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.

CALLING ALL SENIORS....

Wednesday, January 20th at 1pm



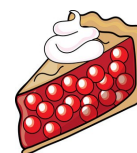
*Join us in celebrating
National Pie Day*

*Drive Up - Take Away
a Free Slice of Pie!*

(Snow Date: Thursday, January 21st, 1pm)

Random & Fun Pie Facts

- Pumpkin Pie was first served as a Holiday treat at the Pilgrim's second Thanksgiving in 1623
- At one time it was against the law to serve ice cream with cherry pie in Kansas
- In the 19th Century, fruit pie was a common breakfast item eaten at the start of the day
- 1 in 5 Americans have eaten an entire pie by themselves
- 32% of Americans prefer no crust on their pie
- The 5 most popular pies in the US are apple, pumpkin, chocolate, lemon meringue & cherry
- 47% Americans associate the word "comforting" when they think of pies
- The world's most expensive pie is worth \$9,500 - It's made at Lord Dudley Hotel in Sydney. Prime ingredients include two cuts of premium beef, two whole rock lobsters, rare winter black truffles, two bottles off Penfolds Grange Reserve & pastry with a 24 karat German Gold Leaf



What Pie Personality are you?

Apple Pie – Independent, realistic and compassionate / **Pecan Pie** – Thoughtful & analytical

Chocolate Pie – Loving / **Pumpkin Pie** – Funny and independent



So, whether you're chowing down on a \$9,500 pie or a classic apple pie, let's take a second to appreciate the delicious creation of pies. **Happy Pie Day!**



**Thank
You!!!**

**A BIG THANK YOU to our generous sponsors who helped us provide Holiday meals to 150 people!
We couldn't do it without your support!**

The Reserve at East Longmeadow, East Village Place, Village Mart, GIO's, St. Mary's Church, & Big Y!