

The Scantic Scribe

JULY 2020

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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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: John Shay

**COA BOARD MEETINGS ARE ON HOLD
UNTIL FURTHER NOTICE**



Greetings!

How are you doing? Are you holding up ok during this crazy time? All of the staff at the senior center hopes that you are doing well and that you are staying safe and healthy. We have a long road ahead of us before we can get into our new normal, but we know that day will come and we are looking forward to it as much as you are!

Please take advantage of the Grab and Go lunch program if you haven't already! This is a wonderful partnership with Greater Springfield Senior Services and the food is great! See details below about how you can sign up. Also, you don't want to miss our themed weeks during the month of July. Check out the calendar for more details. You never know what we will think of next! Don't miss out!

I know that reopening is on everyone's mind. We are following all state and local guidelines and taking things slow to ensure your safety when we are allowed to open our doors again. We are not likely to be open before the end of summer, but we are still here for you! If you have questions or concerns, please do not hesitate to call.

Our outdoor book and puzzle swap is still happening. If you need a book or a puzzle, stop by and pick up a few! We appreciate all who have donated books and puzzles to share with the community.

Are you interested in online Zoom programs? Please let us know by sending an email to coa@hampdenma.gov and let us know what you are interested in. Stay cool during these hot summer days!

Happy 4th of July! BECKY.....



THEME WEEKS - Join in the fun and see inside for our exciting theme weeks all month long!



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

We are pleased to announce the Grab 'n Go meals will continue on Tuesdays, Wednesdays, Thursdays and Fridays in July! This lunch time meal will be available for those people over the age of 60, as this is a Title IIIB, Older Americans Act funded program. Tuesday and Thursday will be a hot meal and Wednesday and Friday will be a cold sandwich or salad.

Reservations must be made by calling 566-5588 ANYTIME the week before you want lunch. The deadline for reservations is 2:00pm 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!

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.

Voluntary donations will be accepted at the time of pick up.

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.

We strongly encourage you to wear a mask when you pick up your meal. Please let us know if you need a mask.



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: Free bag of groceries once per month. In conjunction with the Food Bank of Western MA. Call Wendy for eligibility or to apply. **NEXT PICK-UP IS TUESDAY, JULY 21ST BETWEEN 1:30-2:30pm.** Please note, we will no longer be making reminder calls prior to the Brown Bag date. If you are not available on the date, please notify us 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.

SNAP/FOOD STAMPS: Participants must complete an application & meet the income guidelines below. Call Wendy to apply or ask any other questions about SNAP benefits. Income guidelines for 1 person household—\$2,082
Income guidelines for 2 person household—\$2,818

D.A.V. Michelle Barrett, Chapter Service Officer for the Disabled American Veterans of Chapter 11 in Westover can help answer questions on Veteran services. **Please call 573-355-6076 or email davveteran7@yahoo.com** and she will get back to you.

LOOKING FOR FRESH LOCALLY GROWN PRODUCE?

D & R FARM, 146 Thresher Rd in Hampden has it! Fresh produce is available at the farm stand and HIP is active!

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

Farm Shares will be available starting July 1-October 28. Free share with HIP. Shares are limited. Please call or email Wendy to sign up — outreach@hampdenma.gov or 566-5588.

Memory Café to meet via Zoom

We are excited to start our online Memory Café. Watch for details in the August newsletter on how you can connect remotely. Please call Wendy if you are interested in hearing more about a Zoom call. You don't need a computer to participate, you can call in and talk with everyone just by using your phone. Details to follow. This program is open for everyone who has been a part of the Memory Café or those who are interested in checking it out.

Wendy: 566-5588 or outreach@hampdenma.gov

HEALTH/Wellness CORNER

From the Alzheimer's Association

The Alzheimer's Association MA/NH Chapter team has been working hard to put together virtual programs! While we have to be physically apart, we can still join together virtually for support.

Go to: www.alzmassnh.org/virtual-programs to view and register for their programs. On the day of the program, you will receive a reminder email with the link to the program. The programs will be continuously updated as more programs are added.

There is also a **24/7 Helpline (800-272-3900)** for people living with dementia, caregivers, and professionals. They have information and resources regarding Covid-19 as well. Please reach out to the Helpline for support or a friendly voice to talk to.



PLASTIC BAGS NEEDED

The Senior Center is looking for plastic grocery store bags. If you would like to donate some, we would gladly accept.

Please drop them off anytime outside the Senior Center's door.

We will quarantine the bags before use.



Notes of Cheer

We are looking for cheerful notes, cards and drawings from you and your families to send to older adults in our community.

During this pandemic, we are finding a great deal of loneliness and isolation among the older adult population. We would like to mail and hand out friendly notes, written by people in the community, to our older adult population, to brighten some days and let people know they are not alone.

Please mail cards to the Hampden Senior Center, 104 Allen Street or we have a drop box outside the front door for your cards.

Please note that all cards will be quarantined prior to being handled or delivered.

This is a great way to get your whole family involved in a "feel-good" project!

Please sign cards with first names only.

Please call the senior center at 566-5588 if you have any questions or if you know of someone who could benefit from a cheerful note.



REGISTRY OF MOTOR VEHICLES UPDATE

RMV implements further credential extensions



The Massachusetts Registry of Motor Vehicles (RMV) has implemented further extensions to the renewal timelines for expiring motor vehicle inspection stickers, passenger plate registrations, professional credentials, and driver's licenses and learner's permits including Commercial Driver's Licenses and Commercial Permits (CDLs/CLPs)

Vehicle Registrations:

All passenger plate registrations that expired in March, April, May, or June 2020 have been extended until July 31st, 2020. Registration renewals can continue to be performed online at mass.gov/rmv

Inspection Stickers:

All commercial and non-commercial vehicle inspection stickers that expired in March, April, May, 2020 must be inspected by July 31, 2020.

Driver's Licenses & ID cards:

- Driver's licenses and ID cards that expired in **March, April, and May** have been extended until **September, 2020**
- Driver's licenses and ID cards that expired in **June** have been extended until **October, 2020**
- Driver's licenses and ID cards that will expire in **July** have been extended until **November, 2020**
- Driver's licenses and ID cards that will expire in **August** have been extended until **December, 2020**

EYE TEST - Many older drivers are able to self-determine if they should drive based on their mental and physical ability. There is no age at which driving privileges are revoked, however if you are 75 or older, you have to renew your drivers license in person at an RMV Service Center to take an eye test. You can also present a vision screening certificate rather than take an eye test.

Real ID's:

Americans will now have until October 21, 2021 to comply with the Real ID Act, pushing the original deadline back by a year. For questions with anything RMV related, 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.

NEW STICKER AND BAG PRICING FOR HAMPDEN TRANSFER STATION



The prices for stickers/permits for the Hampden Transfer Station have changed recently as follows:

- Seniors (anyone 65 years of age or older), the cost is \$25 for the first vehicle, \$10 for each additional vehicle
- Residents under the age of 65, the cost is \$50 for the first vehicle, \$25 for each additional vehicle within the same household

Stickers valid July 1, 2020 - June 30, 2021 are available for sale through the Board of Health office in the Town Hall and at the Transfer Station. Residents are encouraged to purchase by mail. To have your sticker mailed to you, you must mail ALL of the following to the Board of Health office at 625 Main Street, Hampden, MA 01036:

- Name, Address, Phone No., License Plate No. of your vehicle
- Checks made to the Town of Hampden; cash accepted but checks preferred
- Self-addressed and stamped envelope so we may mail it to you.

Bag cost increase - Starting July 1st, 2020



- Large Bags - A roll of ten (10) approximately 33 gallons - \$30
- Small Bags - A roll of ten (10) approximately 16 gallons - \$10



Call Jane at the Board of Health Office at 566-2151, Ext. 102 if you have any questions.

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.

Thank You



Thanks to everyone who filled out their Census!
The response rate as of June 18th for Hampden is 81.1%.
 The Senior Center formula grant (as well as many other areas of funding) are based on the census, so we strongly encourage everyone to participate.
 Please call us at 566-5588 if you need help filling out the form.

GREETINGS FROM OUR LEGISLATORS...



Greetings from State Senator Eric P. Lesser, 1st Hampden Hampshire District

July is a welcome sign that summer is here. I send greetings and an update as the work of the State Senate continues. We have missed you during the spring stay-at-home advisory and hope you and your families are well. As the State begins to re-open we will stay vigilant in the wearing of masks in public and social distancing to keep our communities healthy. Our Fourth of July celebrations will be different and smaller this year. Our Independence and Constitution are no less important, perhaps more important than ever. It is a good time to highlight the Census and this years' elections.

The Census is an important to complete as we celebrate our Independence this July 4. Resources for communities are decided for the next 10 years with your 10 minutes of time to complete. We need your count and your voice. Go to my2020census.gov, to complete your household census.

2020 Elections

In June, I joined my colleagues in the Senate to unanimously pass legislation to expand voter access and address safety for all remaining 2020 elections, including the September 1, 2020 state primary and November 3, 2020 general election, in light of the ongoing COVID-19 pandemic.

Through wars, pandemics, and natural disasters, the American people and the people of Massachusetts vote. That is a sacred right and it is the foundational right on which every right depends. This legislation lays out a clear process for making sure the 2020 elections are conducted safely and with maximum participation.

Thrive After 55 Senior Fair

We also recently hosted our Thrive After 55 Senior Fair as a broadcast event on Mass Appeal. Although we missed seeing you all in person, we hope that you tuned in for some helpful resources and information. If you missed it, you can always re-watch on massappeal.com or visit senatorlesser.com/thrive for highlights!

As always, please reach out to my office if there is anything that we can do for you and visit senatorlesser.com/covid19 for updates and resources that may be of help during this time.



Greetings from State Representative Brian Ashe

Over the past couple months we've all had some time to reflect, to wonder, to be happy, to be sad, to have self doubt, to have unfound confidence and to have a million other thoughts, questions and concerns. What's struck me most is the ability that so many of us have to rise above and to do and be more than we ever could have imagined. Probably the most difficult part of this pandemic has been the social isolation as we are all social by nature. Through social media and other creative ways people have been able to interact more and more and that has been the best medicine of all.

Recently I had the opportunity to help pass out lunches at the Hampden Senior Center with their new Grab N' Go drive through line. This simple process brought more smiles and kind words that I ever could have imagined. I know that I felt much better by just seeing and sharing a few words with each senior that passed through. I also realized that it really is the simple things in life that are the most precious. Money, fame and fortune are all nice but you can never put a price tag on kind human interaction. I want to thank Becky Moriarty and the staff and volunteers at the Hampden Senior Center for adapting and prioritizing the needs of ours seniors always but especially now when we all need each other. I look forward to volunteering again in the coming weeks as your State Rep. but more so as a neighbor and friend as we all need each other during these times.



DO YOU NEED A RIDE? PVTA IS ON THE ROAD AND HERE TO HELP!

The Tri-Town Trolley is currently not operating due to the Coronavirus. If you are over 60 and need transportation, please contact PVTA - Paul Burns at (413) 732-6248, Ext. 2230.

This Dial A Ride service is now scheduled for one person per vehicle with hours of service extended from 6AM to 9PM (Subject to change). During this time of crisis PVTA requirements are "less strict." If you have a need, PLEASE CALL...it never hurts to ask! As always, call the senior center at 566-5588 with any questions.

JULY

JULY 2020 Grab 'n Go Lunch Program: Tuesday, Wednesday, Thursday & Friday at 11:30 A.M.

JULY

Please call the senior center at 566-5588 ANYTIME the WEEK before you want lunch to make your reservation.
The deadline for reservations is the Friday before 2:00PM. This does not mean you have to wait until Friday to call!

You may also feel free to call to make reservations for the entire month!

Please call with ANY questions.




We are excited about this new opportunity and look forward to providing meals in a new way. Voluntary donations will be accepted.

Please remember: DO NOT get out of your car when you pick up lunch.

Thanks to Greater Springfield Senior Services for making this program a reality!

JULY

JULY

| Mon | Tue | Wed | Thu | Fri |
|--|--|---|---|---|
| <p>If you have a special concern regarding the sodium, contact the GSSSI Dietitian @ 781-8806 Ext.136 for more information.</p> | <p>July 1st - 3rd 4th Of July Week Wear your Red, White & Blue to Celebrate </p> | <p>1 Roast Beef & Cheddar on Rye Bread Chocolate Brownie Tot Cal:760 Sod:1100</p> | <p>2 Rose' Chicken w/ Artichokes/Mushrooms Herbed Pasta Fresh Strawberries Tot Cal:501 Sod:461</p> | <p>3 Garden Salad Egg Salad Fresh Fruit Tot Cal:627 Sod:825</p> |
| <p>July 7th - 10th Sports Week Show your Team Spirit & wear your favorite team shirts & hats! </p> | <p>7 Turkey Burger on Wheat Steamed Carrots Steak Fries Fresh Fruit Tot Cal:517 Sod: 462</p> | <p>8 Santa Fe Style Salad Fresh Fruit Tot Cal:687 Sod:1082</p> | <p>9 Orange Chicken Stir Fry Vegetables Coconut Rice Mandarin Oranges Tot Cal: 553 Sod: 268</p> | <p>10 Chicken Salad on Wheat Fresh Fruit Tot Cal: 617 Sod:1002</p> |
| <p>July 14th - 17th Beach Party Grab your shades sunscreen & play your summer songs as you drive thru! </p> | <p>14 "Lazy" Golompkis Over White Rice Roasted Sweet Potato Fresh Fruit Tot Cal:484 Sod: 326</p> | <p>15 Veggie Hummus Wrap Mixed Berry Parfait Tot Cal:835 Sod:1045</p> | <p>16 Cheese Quesadilla Peppers & Onions Brown Rice Pilaf Cinnamon Applesauce Tot Cal:507 Sod:539</p> | <p>17 Italian Style Chicken Wrap Blueberry Parfait Tot Cal:630 Sod:1050</p> |
| <p>July 21st - 26th Christmas in July Pull out your Santa hats & Flip Flops! </p> | <p>21 Seasoned Tilapia Steamed Peas Orzo Fresh Fruit Tot Cal:535 Sod: 276</p> | <p>22 Garden Salad Tuna Salad Fresh Fruit Tot Cal:650 Sod:955</p> | <p>23 California Pork Chop Wax Beans Brown Rice Chilled Pineapple Tot Cal: 490 Sod:246</p> | <p>24 <u>HIGH SODIUM DAY</u> Turkey and Cheddar On Rye Bread Mixed Berry Parfait Tot Cal:600 Sod:1315</p> |
| <p>July 28th - 31st 50's Drive 'N' Diner Let's go to the hop & bring back the good old days! </p> | <p>28 Oven Baked Chicken Steamed Broccoli Tossed Salad w/House Peach Crisp Tot Cal: 550 Sod: 271</p> | <p>29 Egg Salad Sandwich on White Bread Chocolate Brownie Tot Cal:890 Sod:1110</p> | <p>30 Beef Fajita w/Onions, Peppers, Tomatoes, Wild Rice & Tortilla Fresh Fruit Tot Cal:583 Sod:378</p> | <p>31 <u>HIGH SODIUM DAY</u> Grilled Chicken Caesar Salad Fresh Fruit Tot Cal:647 Sod:1270</p> |

RELAX & ENJOY

THEME WEEKS

Summertime is meant for fun!
Come celebrate with us all month
long during our Grab 'n Go
lunches! If you are not signed up,
please make sure you do!

July 1st - 3rd - Patriotic Week

Wear your Red, White
& Blue to celebrate
Independence Day!



July 7th - 10th - Sports Week Show
your Team Spirit &
wear your favorite
team shirts & hats!



July 14th - 17th - Beach Party

Grab your shades
sunscreen, & play
your summer songs
as you drive thru!



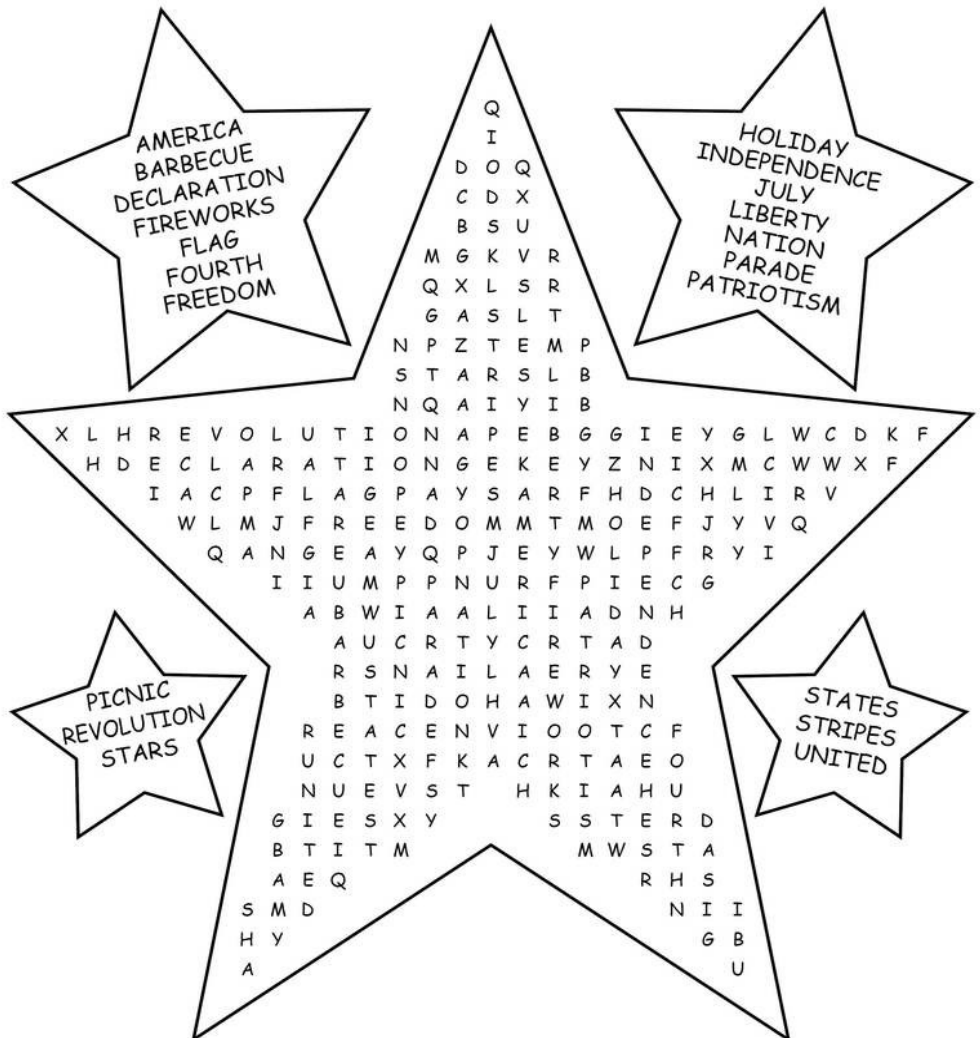
July 21st - 26th - Christmas in July
HoHoHo! Pull out your
Santa hats & tinsel!



July 28th - July 31st - 50's Drive 'N' Diner Let's go
to the hop & bring
back the good old
days!



FOURTH OF JULY!



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 2020 MEMBERSHIP FEE \$5.00: _____

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

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

Email: _____

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.