

The Scantic Scribe

JULY 2021

HAMPDEN SENIOR CENTER

104 ALLEN STREET

413-566-5588 (phone); 413-566-2103 (fax)

Website: www.hampdenma.gov



FREE WI-FI

Welcome Back! We are open and most programs have returned!



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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Donna Richardson, Administrative Asst. & Volunteer Coordinator
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Wendy Cowles, Outreach Coordinator
outreach@hampdenma.gov

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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 GSSSI: Anne Thomas

Greetings!

It has been nice to see so many of you that stopped by in June when the doors reopened. We are thrilled to have made it to a point where we are able to offer in person programs and services again. We appreciate your understanding and ask for your continued patience as we slowly bring programs back to the center. Some of our larger group activities are still on hold, but we hope they will return in the fall.

Just a quick reminder about masks at the senior center. Masks are not required; however, we strongly recommend a mask for those that are not fully vaccinated or for those that feel more comfortable wearing one. We also ask that you stay home if you are not feeling well, for the safety of everyone in the building. Also, due to the health and safety of our staff, the door to the front office will remain closed during the day as we limit those entering the office to STAFF ONLY. We ask that you kindly go to the front window and a staff member will help you there or will gladly come out of the office to chat with you.

Grab and Go lunches will continue through the summer. Please remember that the traffic pattern is BACKWARDS in the parking lot during the lunch pick up, so PLEASE USE CAUTION when entering the parking lot from 11:00 – 12:00, Tuesday through Friday.

The Scribe is packed with great information and all the programs and services we are offering. Please let any staff member know if you are interested in a program, but do not see it listed.

We look forward to a great summer of being together. Enjoy the beautiful weather and the opportunities to spend time with family and friends.

BECKY.....



Tickets on Sale Now

Thursday July 22nd:

Outside Concert with Windjammer Band,

Senior Center Parking Lot. Celebrate National Hot Dog Day

2 time slots available / 1st 4-5:30, 2nd 5:30-7:00

Hot Dog, Chips and a Drink by the "DogFather" Food Truck

Ticket \$15.00 each. (Event is rain or shine, no refunds)

All proceeds benefit the building expansion fund. Call for Tickets 413-566-5588. Make checks payable to "Friends of Hampden Seniors" (to pay by mail, please send a self-addressed stamped envelope)



COA BOARD MEETING: Tuesday, July

13 at 9AM In Person or VIA ZOOM.

ZOOM Meeting ID: 95866401813

ZOOM Password: 639217

**WELCOME
BACK ❤️
WE MISSED YOU!**



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, JULY 20TH 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: (Disabled American Veterans) If you are looking for support, please contact department service officer Michelle Barrett at (573) 355-6076 or email her at davveteran7@yahoo.com.

D & R FARM SUMMER FARM SHARE

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 \$10 cash per week. Your shares will be available for pick up Wednesdays June 2nd to October 27th from 9:30-10:30 at the Hampden Senior Center. Please let us know if you need your share delivered. Shares are limited so call Wendy at 566-5588 or email outreach@hampdenma.gov to sign up.

D&R is located at 146 Thresher Rd.

Please call 413-244-3135 before visiting farm.



HEALTH/WELLNESS

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.



Caregiver Support Group via ZOOM or by PHONE Tuesday, July 20th at 6:00pm

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.



alzheimer's association®

Did you or someone in your family recently receive a diagnosis of Alzheimer's disease or another form of dementia? **The 24/7 Helpline is available at 1-800-272-3900** to anyone who needs to talk about the challenges. The helpline staff are available around the clock for any questions or concerns you might have.

notes from the NURSE

Despite being vaccinated many are suffering from a new syndrome that has been coined "FOGO" (fear of going out). As the COVID-19 vaccines roll out, restrictions lessen, and cases decline, we face new challenges. The pandemic showed us that "we are all in it together." Now our family, friends and even we, ourselves may face similar anxieties as we transition back. We love routines. However, we created new patterns in the first 30 days of quarantine, and we spent more than a year engraining them. Many people remain reluctant to send their children back to school, do not want to return to the office, and are still avoiding travel and social situations. Many people are feeling even more anxiety as restrictions are lifting and expectations are rising. Since the virus is still among us, we need to maintain caution, so some degree of FOGO is wise. But when we limit our activities too much, we create a whole new host of issues. The pandemic gave us all a taste of an isolating lifestyle. It continues to be difficult to know where exactly to draw the line right now between healthy anxiety and anxiety that becomes the disease for ourselves, our families, and friends.

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

Services and Information



If you need Notary Services please call the Senior Center at 566-5588 for more information.

THE TRI TOWN TROLLEY 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.**



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.



Beginning **May 3, 2023**, Every air traveler 18 years of age and older will need a REAL ID compliant driver's license or identification card, state-issued enhanced driver's license, or another TSA-acceptable form of identification at airport security checkpoints for domestic air travel.



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.

THANK YOU FRIENDS OF HAMPDEN SENIORS...



For your support throughout the pandemic and also thanks to those that have made donations to The Senior Center to support essential programs and services during this difficult time.



FRIENDS OF HAMPDEN SENIORS 2021 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 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: _____

WHAT'S NEW...

SENIORS FARMERS MARKET COUPONS

Farmers Market Coupons will be available in mid-July. If you are interested in receiving a coupon booklet for local farmers' markets, please contact Wendy at 566.5588. Coupon booklets are limited and will be distributed through a lottery process.



To be eligible to receive Senior Farmers Market Coupons, you must be:

- A Hampden Resident
- 60 years of age or older, or
- Disabled and living in senior housing



SILVER LININGS FREE BLOOD PRESSURE CLINIC

Every Tuesday and Thursday from 9:30 to 11:00



TRIPS WITH BOBBI GRANT ARE BACK!

More information is coming soon on organized bus trips! If you would like information, please call Bobbi directly at 413-566-8271 or Email her at bobbijg2@charter.net.

WALK MASSACHUSETTS CHALLENGE

Grab a friend, lace up your sneakers, and earn money for the Hampden Senior Center and Possibly Win A Gift Card!

Sign up is easy at www.mcoaonline.com/walkma.

Call the Hampden Senior Center at 566-5588 if you don't have a computer and need help registering. The challenge runs now through September 30. So what are you waiting for?

Get healthy, have fun and join the challenge today!!



PUZZLE PAC'S ARE BACK!!

Summer time is here and so are some new puzzles to keep your brain healthy while having fun in the sun!

We have put together some puzzle games with a raffle and prizes for those who take on the challenge. Puzzle Pac's will be available starting July 6th at our "Grab N' Go Lunch" or for pick up inside the Senior Center.

Your completed Puzzle Pac needs to be returned to the center to the box marked "Puzzle Pac Drop Off" by July 30th.

Drawing will be August 5th. Winners will be notified.

Senior Center Activities

Welcome Back! We are very pleased to offer activities again and will be including additional activities as we are able.

If you would like to see any other activities, perhaps something you tried during shut down, I would be happy to try and accommodate.

We look forward to seeing everyone. If you have any questions or would like to sign up for an activity, don't hesitate to give us a call: 413-566-5588. Thanks Nan!

ACRYLIC PAINTING with Nan Thursdays,
\$20/per class, includes all materials. **New Time**
starting on July 8th, 10:00-noon.



BRIDGE Mondays, 9:30-noon. New players welcome, will teach.

BILLARD ROOM Tuesdays, 9:30-noon.
Women's lighthearted no rules play.



BILLARD ROOM Thursdays, 9:30-noon. **Men's play.**

BINGO Thursdays, noon-2:00. *Will resume in the Fall.*

BUNCO Tuesdays, 12:30-3:00, \$4/per week.

CHAIR YOGA with Sue Kent Tuesdays & Thursdays,
11:00-noon, \$5/per class.

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

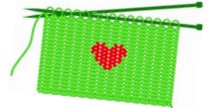


FOOTCARE Wednesday, July 28th or Thursday,
July 29th. Please call for appointment and pricing.

GENEALOGY/FAMILY HISTORY *Will resume in the Fall.*

JEWELRY *Will resume in the Fall.*

KNITTING/CROCHET Mondays, 9-noon.
New people welcome, will teach.



MAHJONG Fridays, 10:30-2:00.
New people welcome, will teach.

MANICURES with Cathy *Will resume in the Fall.*

MEMORY CAFÉ Fridays, 10:00-noon.



PITCH *Will resume in the Fall.*

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

TAI CHI with Heather Duncan Mondays, 9:00-10:30
\$5/per class.

TRIVIA Wednesdays, 10:00. Always looking for fresh minds!

WATERCOLOR with Chris Sterritt Wednesdays, 9:30-noon
or 12:30-3:00. \$100 for ten classes. **Classes begin**
September 8th.

WEIGHT TRAINING with YMCA Tuesdays and Thursdays,
9:30-10:30. Purchase a \$40 punch card at the Senior Center.
Please pay cash or make checks payable
to: YMCA of Greater Springfield and
place A.O.A. in memo section.




Please check our events calendar monthly for any CANCELLED classes.

Please call
413.566.5588 for
additional information

JULY 2021

Hampden Senior Center
104 Allen Street
Hampden, MA 01036

Mon	Tue	Wed	Thu	Fri
WELCOME BACK YOU WERE MISSED	Please note: Not all activities have returned and some have new times.		1 NO ACTIVITIES	2 NO ACTIVITIES
5 CLOSED  WE WILL BE CLOSED FOR INDEPENDENCE DAY MONDAY, JULY 5TH	6 9:30 Ladies Billiards 9:30 Weights w/YMCA 9:30 Blood Pressure 11:00 Chair Yoga 11:30 Grab N' Go Lunch 12:30 Bunco	7 9:30 FARM SHARE 10:00 Trivia 11:30 Grab N' Go Lunch	8 <u>FACIALS by appt only</u> 9:30 Weights w/YMCA 9:30 Blood Pressure 9:30 Men's Billiards 10:00 Acrylic Painting 11:00 Chair Yoga 11:30 Grab N' Go Lunch	9 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 11:30 Grab N' Go Lunch
12 9:00 Knitting/Crochet 9:30 Bridge 9:00 Tai Chi	13 9:00 COA Meeting 9:30 Ladies Billiards 9:30 Weights w/YMCA 9:30 Blood Pressure 11:00 Chair Yoga 11:30 Grab N' Go Lunch 12:30 Bunco	14 9:30 FARM SHARE 10:00 Trivia 11:30 Grab N' Go Lunch	15 9:30 Weights w/YMCA 9:30 Blood Pressure 9:30 Men's Billiards 10:00 Acrylic Painting 11:00 Chair Yoga 11:30 Grab N' Go Lunch	16 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 11:30 Grab N' Go Lunch
19 9:00 Knitting/Crochet 9:30 Bridge 9:00 Tai Chi	20 9:30 Ladies Billiards 9:30 Weights w/YMCA 9:30 Blood Pressure 11:00 Chair Yoga 11:30 Grab N' Go Lunch 12:30 Bunco 1:30 BROWN BAG 6:PM Caregiver Support	21 9:30 FARM SHARE 10:00 Trivia 11:30 Grab N' Go Lunch	22 9:30 Weights w/YMCA 9:30 Blood Pressure 9:30 Men's Billiards 10:00 Acrylic Painting 11:00 Chair Yoga 11:30 Grab N' Go Lunch	23 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 11:30 Grab N' Go Lunch
26 9:00 Knitting/Crochet 9:30 Bridge 9:00 Tai Chi	27 9:30 Ladies Billiards 9:30 Weights w/YMCA 9:30 Blood Pressure 11:00 Chair Yoga 11:30 Grab N' Go Lunch 12:30 Bunco	28 <u>Footcare by appt only</u> 9:30 FARM SHARE 10:00 Trivia 11:30 Grab N' Go Lunch	29 <u>Footcare by appt only</u> 9:30 Weights w/YMCA 9:30 Blood Pressure 9:30 Men's Billiards 10:00 Acrylic Painting 11:00 Chair Yoga 11:30 Grab N' Go Lunch	30 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 11:30 Grab N' Go Lunch

****JULY 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 2pm on Friday the WEEK BEFORE you want lunch. You do not have to wait until Friday to call! **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
			1 Roast Beef Reuben with Coleslaw & Thousand Island Dressing on Marble Rye Bread Diet Pudding Cal:903 Carb:95 Na:1177	2 Ham Salad w/ Lettuce & Tomato on Wheat Bread Spinach Orzo Side Salad Chilled Peaches Cal:752 Carb:124 Na:1109
	6 Turkey Club Wrap w/ Lettuce & Tomato on an Herbed Wrap Side of Broccoli Slaw Cinnamon Apples Cal:654 Carb:97 Na:1164	7 Classic Chicken Salad w/ Lettuce & Tomato on Wheat Bread Side Potato & Egg Salad Fresh Fruit Cal:857 Carb:94 Na:960	8 Cape Cod Tuna Salad w/ Lettuce & Tomato on 12 Grain Bread Side of Beet Salad Diet Cookies Cal:796 Carb:120 Na:1215	9 Egg Salad Ziti Broccoli Salad Three Bean Salad Wheat Crackers Diet Cookie Cal:872 Carb:77 Na:716
Menu subject to change without notice.  Suggested voluntary donation - \$2.00.	13 Turkey & Swiss w/ Lettuce & Tomato on Wheat Bread Side of Pasta Salad Fresh Fruit Cal:794 Carb:103 Na:868	14 Chef's Salad with Cheddar, Turkey, & Egg with French Dressing Italian Bread Mixed Fruit Cal:500 Carb:56 Na:979	15 Chicken Caesar in a Spinach Wrap with White Bean Cucumber Salad Diet Pudding Cal: 640 Carb:61 Na: 828	16 Southwestern Chicken Salad w/ Lettuce, Tomato, Onion, Black Beans, Corn, Cheddar, & Crispy Tortilla Chips Fruit Yogurt Cal:647 Carb:68 Na: 719
Key for Symbols: Cal = Total Calories Carb = Total Carbohydrates Na = Total Sodium * High Sodium Day <u>Tot Sodium & Cal include regular dessert, milk (100mg NA) & margarine (15mg Na)</u>	20 Tuna Pasta Salad Marinated Summer Blend Oat Nut Bread Diet Pudding Cal:817 Carb:91 Na:730	21 Cape Cod Chicken Salad Pickled Beets Potato Salad Whole Grain Crackers Tropical Fruit Cal:639 Carb:69 Na:870	22 Cottage Cheese w/ Lettuce & Tomato Three Bean Salad Whole Wheat Roll Chilled Peaches Cal:537 Carb:88 Na:983	23 Roast Beef & Munster w/ Lettuce, Tomato, & Onion on Wheat Bread Marinated Green Beans Diet Cookies Cal:770 Carb:85 Na:1169
If you have any special concerns regarding the menu, contact the GSSI Dietitian at 781-8806, EXT. 136 for more information.	27 6 Layer Chicken Salad Tomato White Bean Salad Wheat Pita Diet Cookies Cal:795 Carb:86 Na:992	28 Dilly Egg Salad w/ Lettuce & Tomato on Oat Nut Bread Side of Ziti Broccoli Salad Fruit Yogurt Cal:960 Carb:96 Na:661	29 Salami and Swiss w/ Lettuce & Tomato on a Hamburger Bun Side of Potato Salad Chilled Pears Cal:728 Carb:90 Na:1108	30 Salmon Salad over Salad w/ Balsamic & Tomatoes and Cucumbers Multigrain Bread Chilled Pineapple Cal:552 Carb:59 Na:644

Relax and Enjoy

4th OF JULY FIREWORKS

WORD SEARCH PUZZLE

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.

R W G N A B S O P R O G R A M
M F L A R E S P K E U L B D C
K M S Y A Y R R I Z D C E H R
L O W T F R A E R N S R T C O
B O Q E E D E T M Q D H S T W
L B O F J K V T E M U V M A D
A I D A C S T W T K I K N W S
S H P S R S H Y J I C H V C D
T N D O R I K P K F L O S P N
X R L U T I J Y A M I G R G U
L O B E D D L J B R U Z U M O
C F U S Q V L I G H T S Z H S
Y A L P S I D U O C C Y I Z X
B Y S E C I L B U P E B W C O
S R E L K R A P S F N B V R E



BANG	DARK	MUSIC	SHIMMER
BLAST	DISPLAY	PARTY	SKY
BLUE	FIZZ	PROGRAM	SOUND
BOOM	FLARES	PUBLIC	SPARKLERS
BURST	GLITTER	RED	SPIN
COLORS	KIDS	ROCKET	WATCH
CROWDS	LIGHT	SAFETY	WHITE

Happy 4th of July!

How about a good laugh...



⇒ What was the most popular dance in 1776?

Indepen-dance

⇒ What does the Statue of Liberty stand for?

It can't sit down

⇒ If you crossed a Patriot with a curly haired dog, what would you get?

Yankee Poodle

⇒ What do you get when you cross a dinosaur with fireworks?

Dino-Mite

⇒ What did one flag say to the other flag?

Nothing, it just waved

⇒ Why did the duck say bang? **Because he was a FireQuacker**



I pledge of the United
allegiance States of America
to the flag and to the republic
for which it
stands one nation under God
indivisible with liberty
and justice for all