

The Scantic Scribe ***JUNE 2019***



HAMPDEN SENIOR CENTER **104 ALLEN STREET**

Monday-Friday 9:00am—3:00pm

413-566-5588 (phone)

413-566-2103 (fax)



FREE WI-FI



TRI TOWN TROLLEY (413) 525-5412 — The TRI Town Trolley is running for Hampden, East Longmeadow & Longmeadow residents. Mon-Fri, 9:00am-2:00pm. **Every Tuesday, Hampden Seniors can book rides for grocery, banking, etc. shopping at Allen & Cooley Street, Springfield or East Longmeadow stores.**

SENIOR CENTER STAFF

Rebecca Moriarty, Executive Director
coa@hampdenma.gov

Doreen Rauch, Administrative Clerk
scribe@hampdenma.gov

Wendy Turer, Outreach Coordinator
outreach@hampdenma.gov

Nan Hurlburt, Activities Coordinator
activities@hampdenma.gov

Holly Normoyle, Receptionist
receptionist@hampdenma.gov

Rudie Voight, Custodian

PLEASE NOTE: If for some reason or another you are not receiving the Scribe by mail, we will be happy to send the newsletter to you via email. Please call or stop in and leave your email address at the front desk.

Greetings!

Rain, rain go away..... It's nice to finally see the sun!

Now that the weather is warmer, we are enjoying the weekly walks at TWB with the walking club. If the rain stops, we encourage you to join the group and consider using the trail in the woods that connects the senior center to TWB. This trail was completed by the Scouts and is a great path to the school and adds steps to your day. The walking club meets at TWB every Wednesday morning at 9:30.

Everyone who comes into the senior center on a daily basis has an impact on us in one way or another. Here at the center, we are privileged to spend time with older adults and feel blessed when they share their life stories and history with us. It is an honor for us staff to create a space that people feel comfortable in and many refer to as their home away from home.

Every morning for as long as I can remember, Tiny Burt would come to the senior center and come into my office for a morning chat. She would update me on her life and the latest happenings. She shared her life stories with me and considered me a part of her family, and I considered her a part of mine. Tiny was a Senior Aide here as well as a long time volunteer and member of the Friends of Hampden Seniors. Tiny brought her warm personality and beautiful smile to us every day and we will miss her. My mornings will be different without her, but her spirit will always be with me. I know when I look up from my desk, I will always see her sitting across from me with a smile on her face. How blessed we are to have known and loved Tiny Burt.

Enjoy the beauty of each and every day. Becky.....

COA BOARD MEMBERS

Chairman: Marty Jacque

Vice Chairman: Deborah Mahoney

Treasurer: Nancy Willoughby

Secretary: Deanna Vermette

Cliff Bombard, Monique Downey,

Suzanna Haskins, Ed Norman

Rep to GSSSI: John Shay

NEXT COA BOARD MEETING:

Tuesday, June 11th @ 9:15am

The Hampden Lion's Club provides the paper for the SCRIBE and Friends of Hampden Seniors provide postage. Many thanks to both organizations!

***NEW* Walking Club**

Join us for some exercise! Every Wednesday from 9:30 A.M.—10:30 A.M. the walking club will meet in the Thornton Burgess Parking Lot (Wilbraham Road, Hampden). Call for more information. 566-5588



FARMSHARE PROGRAM

Sponsored by D & R Farm here in Hampden!
Starting Wednesday, JULY 3rd.

\$10/week shares of fresh fruits and veggies!
Application required. Cash, SNAP and HIP accepted.
Call Wendy for more information.

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 -TUESDAY, June 18th @ 1:00pm

FALLON INSURANCE- Tuesday, June 25th, 10am

SHINE (Serving Health Information Needs of Everyone)

Call for an Appointment with Becky if you need help navigating the Medicare maze!

RMV - Need help with your License or Registration. Call for Appt with Wendy.

The Hampden Senior Center is now a SNAP Outreach Partner!

What does that mean for you? Wendy Turer, Outreach Coordinator, is now able to assist you in more ways than before with your application and recertification for SNAP (formerly known as Food Stamps).

Applications can be processed online, your SNAP balance can be checked, documents can be directly uploaded to SNAP and so much more.

Income guidelines for a household of 1—\$2,082

Income guidelines for a household of 2—\$2,818

Please call Wendy for more information

FREE Self-Management Workshop

To help deal with Chronic Pain

- Understand chronic pain and emotional challenges
 - Improve communication with your doctor
 - Problem solve
- Use the *Move Easy* Program (movement & flexibility)
 - And more!

Tuesdays from 9:30—12:00 noon.

July 2, 9, 16, 23, 30 & August 6

Please call 566-5588 to reserve your space in this class.

HEALTH/Wellness CORNER

BAYSTATE HEARING

1ST WEDNESDAY OF THE MONTH.

CALL FOR APPT



FOOTCARE: THURSDAY, June 27th, call for appt.

FREE BLOOD PRESSURE CLINIC

TUESDAY AND THURSDAY

10:00 AM—11:00 AM



“The Journey”: A memory café

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.

Every Friday from 10am to noon

Please call Wendy if you would like more information about the café. Sponsored in part by MCOA & Homewatch Caregivers



Disabled American Veterans

Michelle Barrett, Chapter Service Officer for the Disabled American Veterans of Chapter 68 in Springfield is here Wednesday 9-1pm, call for an appointment 566-5588

Stay Healthy and Hydrated this Summer June 12, 2019 from 9:30—10:30 A.M.

Come and learn...

- how to stay hydrated in the summer
 - Warm weather food safety
- Saving money on fruits and vegetables
- Making delicious recipes without heating up your kitchen

Please RSVP at 566-5588 for this **FREE** event sponsored by the Food Bank of Western Massachusetts.

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 **2019 MEMBERSHIP FEE \$5.00** _____

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



TRIPS WITH BOBBI GRANT

Call Bobbi @ 413-566-8271

email to bobbijg2@charter.net

Now Taking Deposits on the 6 Trips Listed Below;

Flyers Are Available at the Reception Desk.

Sun, July 14 – Old Rhinebeck Air Show: Museum of Vintage Aircraft, Biplane Ride (extra cost), Snack Bar, Exciting Afternoon Air Show, Dinner @ Buca di Beppo. Full Payment Deadline June 14th \$100/pp

Thurs/Fri, Aug 8/9–Lake George/Saratoga Races: 1 Night Stay @ Lakefront Georgian Resort, Lake George Cruise, Dinner Show @ the Resort with Entertainer Laura Roth, Buffet Breakfast, Reserved Seats @ Saratoga Race Track. Full Payment Deadline July 5th \$294/pp dbl, \$384/pp sngl

Thurs, Sept 19 – Red Sox/Giants Day Game @ Fenway: Interleague Game vs San Francisco Giants, Seats in Section 21 Behind Home Plate. Full Payment Deadline Aug 22nd \$131/pp

Fri, Sat & Sun, Sept 20, 21 & 22 – Adirondack Balloon Festival: 2 Nights Stay @ Lakefront Georgian Resort, 2 Brkfsts, Dinner Show @ Resort, Lake George Lunch Cruise, NY State Museum, Lake George Guided Tour/Prospect Mt. Full Payment Deadline Aug 23 \$390/pp dbl

Thurs, Nov 14 - Newport Playhouse: Delicious Buffet Lunch, Hilarious Play "Boeing Boeing" A Playboy Pilot Gets in Trouble, Cabaret (2nd Show). Full Payment Deadline Oct 25th \$93/pp

Wed, Dec 4– Big E Carriage House: Delicious Brunch (see Menu on Flyer), One Man Show "Christmas with Father Aloysius Misgivings", Comedy Growing Up Catholic. Full Payment Deadline Nov 8th \$80/pp

Please let Bobbi Know your Interests; Input Regarding the Trips Listed Below Will Determine the Final Selection for 2019

Wed, Aug 21 – The Log Cabin: Twin Lobsters or Delicious Prime Rib, Clam Chowder, Veggies, Dessert & Beverage, Entertained by the Great Riverboat Ramblers. Full Payment Deadline July 19th \$87/pp

Wed/Thurs, Aug 28/29 – Mt Washington/ Cog Railway: Shopping @ No. Conway Outlet, Dinner & 1 Night @ White Mt Hotel, Breakfast, Cog Railroad Ride. Full Payment Deadline July 26th \$334/pp dbl

Wed, Oct 23 – Rocky's Aqua Restaurant: Ocean-front Dining, Hot Lobster Roll, Broiled Seafood Combo, more; Mohegan Sun Casino, \$15 Meal & Slot Vouchers. Full Payment Deadline Sept 25 \$80/pp

Bus Seat Assigned as your \$20/pp Deposit is Received.

Overnight Trips Require a \$50/pp Deposit.

Full Payment Deadlines are 1 Month Before the Trip.

All Prices Include Transportation and our Driver's Tip.

HAMPDEN TRAVEL CLUB; Call NORA at 566-5796

****Limousine service from Hampden to the airport and back to Hampden. ** Tour guide stays with you for your trip.**

NATIONAL PARKS OF AMERICA; JUNE 17-28, 12 DAYS Wait list only!

BEST OF EASTERN CANADA; MONTREAL, QUEBEC,

TORONTO, NIAGARA FALLS & MORE, AUG 27-SEPT 3, 8 DAYS

CANADIAN ROCKIES BY TRAIN; SEPT 29-OCT 6TH

NEW LISTINGS: 2020

Dutch & Belgian River Cruise April 28 to May 6, 2020.

Bluegrass Country and Smoky Mountains June 4, 2020.

American Cowboy Country Sept 13-20, 2020

Coming: New Mexico Balloon Festival. 2020

Call NORA FOR FLIERS OR PICK UP AT SC.

MONDAY MOVIES @ 12:15



JUNE 3 - GREEN BOOK - When Tony Lip, a bouncer from an Italian-American neighborhood in the Bronx, is hired to drive Dr. Don Shirley, a world-class Black pianist, on a concert tour from Manhattan to the Deep South, they must rely on "The Green Book" to guide them to the few establishments that were then safe for African-Americans. Confronted with racism, danger as well as unexpected humanity and humor—they are forced to set aside differences to survive and thrive on the journey of a lifetime. Cast Viggo Mortensen, Mahershala Ali

JUNE 10 - TROUBLE - In this dramatic comedy, Maggie (Anjelica Huston) and Ben (Bill Pullman) are middle-aged siblings who were given equal halves of their father's land upon his death. Though perpetual screw-up Ben sold his half years ago to his more responsible sister, he is now doing everything he can to get back. And Maggie is doing everything she can to get him off her property. Cast Anjelica Huston, Bill Pullman, David Morse, Julia Stiles

JUNE 17 - A DOG'S WAY HOME - Based on the beloved bestselling novel, A Dog's Way Home chronicles the heartwarming adventure of Bella, a devoted dog who embarks on an epic 400-mile journey home after she is separated from her beloved human. Cast Ashley Judd, Bryce Dallas Howard, Jonah Hauer-King, Edward James Olmos, Alexandra Shipp

JUNE 24 - ADRIFT - Adrift is based on the inspiring true story of two free spirits whose chance encounter leads them first to love, and then to the adventure of a lifetime. As the two sailors set out on a journey across the ocean, Tami Oldham and Richard Sharp couldn't anticipate they would be sailing directly into one of the most catastrophic hurricanes in recorded history. In the aftermath of the storm, Tami awakens to find Richard badly injured and their boat in ruins. With no hope for rescue, Tami must find the strength and determination to save herself and the only man she has ever loved. Cast Shailene Woodley, Sam Claflin

GENEALOGY/FAMILY HISTORY

THE FIRST & THIRD THURSDAY OF THE MONTH

Are you new to looking for your ancestors and don't know where to start? We can help! Need ideas on how to organize all your information, we can offer a range of possibilities.

Come in and sit in on the discussion and stay to learn hands-on on-line searching.

Thursday, June 13th (Rain Date: June 14th)
9am Check In, 9:30 Start Time

MASS SENIOR SHUFFLEBOARD GAMES

104 ALLEN STREET, HAMPDEN, MA 413 566-5588



Two Levels of Singles & Open Doubles

Competition for men and women by

5 year age groups:

40-44, 45-49, 50-54, 55-59,

60-64, 65-69, 70-74, 75-79,

80-84, 84-89, 90 +

GAME ON!

Go to:

www.maseniorgames.org

Register \$30.00

Vet's are free!

When registering please indicate if you would lunch!



Senior Center Activities



ACRYLIC PAINTING

Thursdays, 9:45-11:45am, \$15.00 includes all materials.

BRIDGE Monday, 9:30am. Always looking for players.

BINGO Thursdays, 12:00 noon, \$.50 cents a card.

BUNCO Tuesday, 12Noon, \$2.00

CANASTA Tuesdays, 12:30pm



CHAIR MASSAGE Enjoy a chair massage with Vicki Finnegan on the 3rd, Friday, 10:00am, 15 minutes for \$10.

CHAIR YOGA

Join Sue Kent on Tuesday & Thursday, 11am \$5/Class

FACIALS

2nd Thursday of every month. 1 hour for \$30.00. Call for Appointment.

FUNCTIONAL FITNESS — Tuesday, 12:00 noon, with Sue Kent, \$5/Class

GENEALOGY/FAMILY HISTORY — 1st and 3rd Thursday of the month, 12:30pm

HEARING First Wednesday of the month, Call for appt.

JEWELRY

The third Tuesday of the Month, 9:30am, \$3 plus beads

KNITTING/CROCHET Join Barbara Dunwoody and class in learning different patterns Mondays 9:00 am



LINE DANCING THURSDAY - 2pm, \$5.00

MAHJONGG

Fridays, 11am, will teach anyone interested

MANICURES

Cathy is here twice a month, call her at 335-7422

MEMORY CAFÉ: Fridays from 10-12 noon

Sponsored by:



PITCH Wednesdays, \$2.00. SIGN UP 11:45am, PLAY 12:00. Come join all the fun!

POOL ROOM

LADIES (Tuesday); MEN (Thursday)



PINOCHLE Tuesdays, 12:30pm

QUILTING Fridays, 9:00am-3:00pm

SHUFFLEBOARD Tuesdays, 9am

SOCIAL DANCING - Call for information

TAI CHI

ADVANCED CLASS, Mondays, 10:00am. \$5.00

EGINNER CLASS, 11:15am TO 12:00noon. \$5.

TRIVIA Wednesdays @ 10AM. Always looking for fresh minds!

WATERCOLOR BACK IN THE FALL

WEIGHT TRAINING Join Vicky from the YMCA - Tuesdays & Thursdays, 10AM, \$3.50

YOGA Join Sue Kent on Tuesday & Thursday, 1:00pm, \$5.00/Class



Caregiver Support Group

For those caring for a loved one with dementia or other related memory impairments.

Meets the second Monday of every month from 1-2 P.M.

Facilitated by Suzanne McElroy, MSW from Home Instead Senior Care.

Respite options are available for your loved ones.

Please call Wendy for more information.



Cork Flag Craft

Tuesday, June 18th at 12:00 P.M.
Come and make a decorative cork flag decoration.



Sample on display at the senior center.

Class is limited to 10 people. Please call to sign up.

Cost is \$5.00

Please check our events calendar monthly for any CANCELLED classes.

JUNE 2019 EVENTS

Mon	Tue	Wed	Thu	Fri
<p>Volunteers are needed to help collate our monthly Newsletter (the Scantic Scribe) one day a month. Check calendar for date. Thanks!</p>		<p>June 17—21 Alzheimer Disease Awareness Week</p>		
<p>3</p> <p>9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie</p>	<p>4 <u>SHUFFLEBOARD</u></p> <p>9:00 Ladies Pool 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Canasta 12:30 Pinochle 1:00 Yoga</p>	<p>5 <u>HEARING</u></p> <p>9:00 DAV 9:30 HSC Walking Club 10:00 Trivia 12:00 Pitch</p>	<p>6 9:00 Men's Pool</p> <p>9:45 ART (cancelled) 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga 12:00 Bingo 12:30 Genealogy 1:00 Yoga 2:00 Line Dancing</p>	<p>7</p> <p>9:00 Quilting 10:00 MEMORY CAFÉ 11:00 Mahjongg 12:00 THEATRE GUILD</p>
<p>10</p> <p>9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie 1:00 Caregiver Support</p>	<p>11 <u>COA BOARD</u> <u>SHUFFLEBOARD</u></p> <p>9:00 Ladies Pool 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Canasta 12:30 Pinochle 1:00 Yoga</p>	<p>12</p> <p>9:00 DAV 9:30 HSC Walking Club 9:30 Stay Hydrated 10:00 Trivia 12:00 Pitch</p>	<p>13 <u>FACIALS</u></p> <p>9:00 FATHERS DAY BREAKFAST 9:00 Men's Pool 9:45 ART is 4 Every 1 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga 12:00 Bingo 1:00 Yoga 2:00 Line Dancing <u>9-4 SHUFFLEBOARD</u></p>	<p>14 9:00 Quilting</p> <p>10:00 MEMORY CAFÉ 10:00 Manicures 11:00 Mahjongg</p>
<p>17</p> <p>9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie</p>	<p>18 <u>SHUFFLEBOARD</u></p> <p>9:00 Ladies Pool 9:30 Jewelry 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Functional Fitness 12:00 WINE CORK CRAFT 12:00 Bunco 12:30 Canasta 12:30 Pinochle 1:00 Yoga 1:00 Brown Bag</p>	<p>19 9:00 DAV</p> <p>9:30 HSC Walking Club 10:00 Trivia 11:00 State Senator Representative 12:00 Pitch</p>	<p>20 <u>COLLATE</u></p> <p>9:00 Men's Pool 9:45 ART is 4 Every 1 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga 11:30 LUNCH/LEARN 12:00 Bingo 12:30 Genealogy 1:00 Yoga 2:00 Line Dancing</p>	<p>21 <u>MASSAGE</u></p> <p>9:00 Quilting 10:00 MEMORY CAFÉ 11:00 Mahjongg</p>
<p>24</p> <p>9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie</p>	<p>25 <u>SHUFFLEBOARD</u></p> <p>9:00 Ladies Pool 10:00 FALLON INSURANCE 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Canasta 12:30 Pinochle 1:00 Yoga</p>	<p>26 9:00 DAV</p> <p>9:30 HSC Walking Club 10:00 Trivia 12:00 Pitch</p>	<p>27 <u>FOOTCARE</u></p> <p>9:00 Men's Pool 9:45 ART is 4 Every 1 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga 12:00 Bingo 1:00 Yoga 2:00 Line Dancing</p>	<p>28 9:00 Quilting</p> <p>10:00 MEMORY CAFÉ 10:00 Manicures 11:00 Mahjongg</p>

Hampden Senior Center
104 Allen Street
Hampden, MA 01036
413-566-5588

JUNE 2019

LUNCH MENU



Lunch served daily @
11:30am, RSVP by
noon the day before.

Mon	Tue	Wed	Thu	Fri
<p>*High Sodium Entrée Suggested Voluntary Donation \$2.00 Puree Meals available Call GSSSI 781-8800</p>	<p>Sod=Sodium CAL=Calories *Item over 500mg Sodium Total Sodium & Calories Based on Regular Dessert</p>			
<p>3 Vegetable Pasta Bake Spinach Tossed Salad Wheat Bread Peaches</p> <p>Cal: 659 Sod: 778</p>	<p>4 BBQ Baked Chicken Baked Potato Carrots Oat But Bread Pears</p> <p>Cal: 725 Sod: 611</p>	<p>5 <u>COLD PLATE</u> Lasagna Soup/Crackers Veg Pinwheel Sandwich Tomato/Onion Salad Hot Dog Bun Birthday Cake</p> <p>Cal: 848 Sod: 1232</p>	<p>6 Meatloaf/Gravy Mashed Potatoes Roman Blend Veggies Rye Bread Tapioca Pudding</p> <p>Cal: 646 Sod: 807</p>	<p>7 Pollock Fish Loin Latino Red Pepper Sauce Scalloped Potatoes Green Beans 12 Grain Bread Orange</p> <p>Cal: 770 Sod: 591</p>
<p>10 Baked Chicken Curried Chick Pea Rice Broccoli Rye Bread Apple</p> <p>Cal: 846 Sod: 769</p>	<p>11 American Chop Suey Italian Blend Vegetables 12 Grain Bread Fruit Compote</p> <p>Cal: 744 Sod: 533</p>	<p>12 <u>FATHER'S DAY LUNCH</u> Pot Roast/Gravy Red Roasted Oven Potatoes Carrots Dinner Roll Peach Shortcake/Topping</p> <p>Cal: 820 Sod: 1055</p>	<p>13 Potato Pollock Au gratin Potatoes Cucumber Salad Oat Nut Bread Applesauce</p> <p>Cal: 1012 Sod: 1005</p>	<p>14 Salisbury Steak Beef Gravy Mashed Potatoes Summer Blend Vegetables Wheat Bread Butterscotch Pudding</p> <p>Cal: 622 Sod: 1064</p>
<p>17 Seasoned Beef Steak/Beef Gravy Delmonico Potatoes Tuscan Blend Vegetables 12 Grain Bread Mixed Fruit</p> <p>Cal: 737 Sod: 915</p>	<p>18 Cabbage Chicken Soup and crackers *Mediterranean Chicken Salad/Bun Celery Salad Banana</p> <p>Cal: 671 Sod: 1095</p>	<p>19 <u>CATCH OF THE DAY</u> Haddock/Dill Sauce Rice Pilaf Genoa Blend Vegetables Oat Nut Bread Chocolate Pudding</p> <p>Cal: 636 Sod: 875</p>	<p>20 Lasagna Tomato Sauce Cauliflower Supreme Tossed Salad Dinner Roll Ambrosia</p> <p>Cal: 628 Sod: 842</p>	<p>21 Hamburger/Bun Ketchup Potato Salad Cole Slaw Frozen Strawberries</p> <p>Cal: 953 Sod: 1071</p>
<p>24 Minestrone Soup/Crackers Chicken Meatball Stroganoff Buttered Noodles Rye Bread Lemon Pudding</p> <p>Cal: 838 Sod: 988</p>	<p>25 Taco Bowl/Salsa Shredded Lettuce Shredded Cheese Yellow Rice Tortilla Chips Chocolate Chip Cookies</p> <p>Cal: 763 Sod: 816</p>	<p>26 Glazed Chicken Leg Honey Mustard Sauce Oven Brown Potatoes Broccoli Wheat Bread Pineapple</p> <p>Cal: 558 Sod: 812</p>	<p>27 *Hot Dog/Bun Mustard/Relish Baked Beans Cole Slaw Orange</p> <p>Cal: 858 Sod: 1255</p>	<p>28 Shredded Turkey/Gr Cranberry Sauce Mashed Potato Peas/Carrots Dinner Roll Mixed Fruit</p> <p>Cal: 564 Sod: 904</p>

Friday, June 7th
The Theatre Guild of Hampden
 will perform a sneak peek of their upcoming show following lunch.



Thursday, June 13th 9am
FREE Breakfast
Fruit, Ham & Egg Sandwich,
Home Fries

Join us for the fun and a few door prizes

Please call or sign up at the front desk for this event.

The Hampden Senior Center Goes Purple

The Week of June 17 to 21st



Alzheimer's Disease is the most common form of dementia accounting for 50 to 80 percent of the diagnosed cases of dementia. It is a progressive disease affecting a person's memory and ability to perform day to day tasks. While there is currently no cure for Alzheimer's Disease, there are many treatments that target the symptoms of the disease

Tuesday, June 18th 9:30 to 11:30
In the Lobby...Find out more about
"Dementia Friendly Hampden"
and ways you can be involved?



LUNCH 11:30 COST \$2.00

Please join us for lunch & celebrate this important day. We will be entertained by Rick Gilday.

Hamburger Bar, Potato Salad, Cole Slaw and "Purple Dessert"

The Center and Staff will be collecting donations through out the week to support the cause. Look for our "Purple Cart" and help us reach our goal.

June 20th Polish National Credit Union...Lunch & Learn: Financial Wellness

Please call or sign up at front desk for this week long event...Remember to wear your purple!

Saturday Night Dinner Dances

104 Allen St., Hampden, MA 01036

Cost \$25.00 PREPAID, PER PERSON. 413-566-5588

Place your reservation and purchase your tickets early.

Appetizers, Dinner with delicious sides,
Complimentary Cocktail and Dessert. Cash Bar. 50/50 Raffle.
Doors open at 5:30 pm. The Bands will play for your listening
and dancing pleasure from 6-9. Themed Apparel suggested!



June 29th "Shaking All Over Band"
Blue Plate Special Open Face Turkey,
Stuffing, Potatoes and Sides.

July 27th "Good Acoustic Band"
Teriyaki Chicken, Dirty Rice and Glazed Carrots.



September 21st "Decades Band"
Beef Stroganoff and Noodles with Sides.

Proceeds from this event to benefit the "Memory Cafe" held at our center to support people with alzheimer's and their care givers.

October 26th "Charades Band" Spooky Spirit Party
Meatballs with Pasta and Sides.



**These Events Sell Out
Fast...Make your reservation
Early. 413-566-5588.
Checks made out to
Town of Hampden...Thanks.**

Sponsored in part by:
Friends of Hampden Seniors and
generous donations from
area businesses.



Town of Hampden Newsletter

June 2019



A Selectmen's Initiative to provide timely information and governmental transparency

"Making a Difference"

The position of selectman is steeped in nearly 400 years of tradition. Though they earn only a small stipend, if anything, for their work on behalf of their hometowns, selectmen have played significant roles over the years in shaping the future of their communities. They are looked to—by citizens and local government employees alike—for leadership and integrity, particularly in difficult times. Local government has changed dramatically since colonial times, but selectmen continue to be seen as the leaders of an increasingly complex enterprise."

Source: Ouellette, John, ed. (2014). "Government by Committee", Handbook for Massachusetts Selectmen, (4th ed.). Boston, MA: Massachusetts Municipal Association, p6.

MA drinking age & Educational Info re: Alcohol & Other drugs

"Questions & Answers About the Social Host Law" flyer, provided by the Hampden-Wilbraham Partner for Youth [HWP4Y.org], is available in the free section, upper hallway, Town House.

"The law in Massachusetts is clear:

Whoever furnishes* alcohol to a person under 21 years of age shall be punished by: Fine up to \$2,000 or Imprisonment for up to a year or Both. *'FURNISH' shall mean to knowingly or intentionally Supply, Give, Provide to, or Allow to possess alcoholic beverages on premises or property owned or controlled by the person charged. M.G.L. c.38, s 34" The flyer lists five questions and answers about the Social Host Law, along with brief sections entitled "Alcohol and Your Child's Future", and "Alcohol and the Brain."

With graduations, and summer parties approaching, everyone age 21 and older has a legal responsibility to know and understand the Social Host Law.

Links to Related Info: <https://www.hwp4y.org/stop-act-grant.html> - a 5 minute video for parents about talking to their children about alcohol.

The following link is also for parents or guardians: <https://www.hwp4y.org/parents.html> a variety of educational items ranging from digital booklets [Marijuana Talk Kit; 7 Ways to Protect Your Teen from Alcohol and Other Drugs; Growing up Drug Free, and Vaping]; a section for 'Grandparents Raising Grandchildren', plus Allies in Recovery, free for MA residents.

Ruth A. Potee M.D. spoke about Understanding Adolescent Brain Development and Risk Taking at MRHS on Feb 28th earlier this year. A video produced by the Wilbraham Public Access is available by scrolling to through the previous link. There's a sampling of videos on her website: <https://ruthpotee.com/videos> .

There's a lot of information, not just for parents, but for any interested community families dealing with addiction of a family member. "Addiction is a brain disease"

Library Listings:

For more info, call (413)566-3047.

- 6/5** *From Jazz to Hip Hop* (rescheduled from May] Wed., 3:30 pm
Talented musicians & refreshments, just show up.
- 6/20** *A Universe of Stories:* Kick off of our Summer Reading Program with our Bubble Buddies! Party outside, weather permitting, with a D.J., Bubbles & games! Thurs, 6 pm No registration required ~ Sponsored by Monson Bank~
- 6/22** *Summer Reading Kick off for Adults:* Join us for a foraging workshop @ noon w/Rich from All Hill Farm.
- 6/22** *Summer Reading Sign up for Tweens & Teens.*
- 6/26** *The Night Sky:* presented by the Boston Science Museum, 11 am

REGISTRATION REQUIRED for children & adults. A giant inflatable planetarium!

This program is supported in part by a grant from the Hampden Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council.

~ Check out the Seed Library...various vegetable seeds are still available! ~

~ Ask about our library & other types of passes ~

Note: Due to the early deadline for this issue, there may be other June programs; please check with the library.

What type of information would you like to see in this Newsletter?

Or on the town's website?

Any questions about any of the public bodies (committees, boards, etc)?

This June issue meets the 18 month mark. Is it worth it?

Please send comments, questions, suggestions: Selectmen@hampdenma.gov

The 2018 Town Report is available; paper copies at both the Selectmen's Office, and the Senior Center. Digital copy available: <https://www.hampdenma.gov/about-us/town-reports>

"The capacity to learn is a gift; the ability to learn is a skill: the willingness to learn is a choice."

Brian Herbert, author

Thanks go to all who contributed to this newsletter edition.

Nancy Zebert, Volunteer Editor