

# The Scantic Scribe

JUNE 2020

**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**

**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**

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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, Monique Downey,**

**Suzanna Haskins, Deanna Vermette**

**Rep to GSSSI: John Shay**

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

Greetings!

How are you holding up during this period of isolation, social distancing, masks and the complete shut down of our state and country?? It is a trying time for sure. I do hope you are finding ways to take care of yourself during this time and that you are staying safe and healthy.

Staff has been busy at the senior center and working from our homes. We are grateful to Greater Springfield Senior Services for the Grab and Go lunch program. Starting in June we will have 4 days of meals available right at our door. Please see the menu and below to find out how you can sign up for meals. Meals have been given rave reviews, so what's stopping you from trying them?

We do not have a reopening date at this time. The Governor is rolling out his plan for reopening and senior centers will not likely open until Phase 3 or 4 of that plan. We know you are anxious to get back, and we are too, but until we can do that safely, we are unable to open our doors. Please know that when we do open there will be many new safety precautions and perhaps some programs or classes that we are not able to hold for a period of time. Bear with us. We are making changes with you in mind! Your health and safety is our first priority.

Please do not hesitate to call with any questions or concerns you may have.

We encourage you to stay active. Even if that means walking around your house for 2-3 minutes every hour. The weather is sunny and warm these days. I hope you can sit outside for a little while each day and enjoy the beauty of what is around you.

We know this is not an easy time, but we will get through this!

Thank you to everyone who has made recent, very generous donations to the Friends of Hampden Seniors. Your donations are helping those in need during this very difficult time.

BECKY.....



**GRAB AND GO LUNCH PROGRAM provided by GREATER SPRINGFIELD SENIOR SERVICES**

We are pleased to announce that Grab and Go meals will continue on Tuesdays, Wednesdays, & Thursdays. **In addition, we are adding Fridays beginning in June!** 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 3:00pm 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 will be set up.

No one will get out of their car and 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...and 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, JUNE 16TH.**

**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.

**RMV NEAR ME:** Need help with your license or registration? Call for an appointment with Wendy. 566-5588.

**SHINE: (Serving Health Information Needs of Everyone)** If you need help navigating the Medicare maze, please 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 68 in Springfield 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](mailto:outreach@hampdenma.gov) or 566-5588.



Please take the time to complete your 2020 Federal Census that you will receive in the mail. 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 if you need help filling out the form.

## 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](http://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.

### Registry of Motor Vehicles Update

#### **Vehicle Registrations:**

All passenger plate registrations that have expired in March or April have been extended for 60 days. Registrations that expired in March have been extended until May 31st and registrations that expire in April have been extended until June 30th. Registration renewals can continue to be performed online at [mass.gov/rmv](http://mass.gov/rmv) or you can contact Wendy Cowles at [outreach@hampdenma.gov](mailto:outreach@hampdenma.gov) for assistance.

#### **Inspection Stickers:**

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

All commercial and non-commercial vehicle inspection stickers that expired on April 30, 2020 must be inspected by June 30, 2020

#### **Driver's Licenses, ID cards and Learner's Permits:**

All driver's licenses, ID cards and learner's permits, including commercial licenses and permits, that have expired between March 1, 2020 and April 30, 2020, have had a 60-day extension.

#### **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](mailto:outreach@hampdenma.gov). Wendy is available to help with processing RMV

# GET ACTIVE

## Keep Moving...

The World Health Organization advises us to Be Active during COVID-19 “During the COVID-19 pandemic, when so many of us are very restricted in our movements, it is even more important for people of all ages and abilities to be as active as possible.

Even a short break from sitting, by doing 3-5 minutes of physical movement, such as walking or stretching, will help ease muscle strain, relieve mental tension and improve blood circulation and muscle activity.” Most healthy adults can safely take up walking and light exercise.

Before starting any new activity call your doctor, especially if you have not been active recently or if you have any injuries or a chronic or unstable health conditions. Stop exercising if you have been experiencing any troublesome symptoms, such as chest pain, shortness of breath, or dizziness, etc.

Benefits of being active when you are an older adult include but are not limited to improved strength, balance & flexibility, increased energy and better mood, better physical and mental functionality while staying independent longer.

## Taking Care of your Emotional Health: Tips from the CDC

### Take the following steps to cope with a disaster:

**Take care of your body**– Try to eat healthy well-balanced meals, exercise regularly, and get plenty of sleep. Avoid alcohol, tobacco, and other drugs. **Connect with others**– Share your concerns and how you are feeling with a friend or family member. Maintain healthy relationships, and build a strong support system.

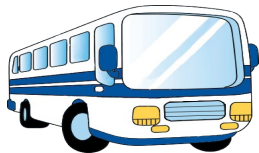
**Take breaks**– Make time to unwind and remind yourself that strong feelings will fade. Try taking in deep breaths. Try to do activities you usually enjoy.

**Stay informed**– When you feel that you are missing information, you may become more stressed or nervous. Watch, listen to, or read the news for updates from officials. Be aware that there may be rumors during a crisis, especially on social media. Always check your sources and turn to reliable sources of information like your local government authorities.

**Avoid too much exposure to news**– Take breaks from watching, reading, or listening to news stories. It can be upsetting to hear about the crisis and see images repeatedly. Try to do enjoyable activities and return to normal life as much as possible and check for updates between breaks.

**Seek help when needed**– If distress impacts activities of your daily life for several days or weeks, talk to a clergy member, counselor, or doctor SAMHSA (Substance Abuse and Mental Health Services Administration) helpline at **1-800-985-5990**.

“IF YOU CAN’T FLY THEN RUN, IF YOU CAN’T RUN THEN WALK, IF YOU CAN’T WALK THEN CRAWL, BUT WHATEVER YOU DO, YOU HAVE TO KEEP MOVING FORWARD.” ~Martin Luther King Jr.



## 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.  
Please see the information below about contacting PVTA if you need transportation.  
As always, call the senior center at 566-5588 with any questions.

### Do you need a prescription? Want to get your groceries at 6AM for Senior Shopping?

During this time of crisis, PVTA is committed to keeping their buses and vans moving to ensure seniors who need to access the community are able to do so! Dial A Ride service is now scheduled for one person per vehicle with hours of service extended from 6AM to 9PM (Subject to change).

Sandra Sheehan, PVTA Administrator asks those over 60 who have needs for transportation to call Paul Burns (413) 732-6248, Ext. 2230. During this time of crisis PVTA requirements are "less strict." If you have a need not mentioned here— PLEASE CALL! It never hurts to ask!



### Do you need help in your home? Would you benefit from having Meals on Wheels delivered?

If you answered yes to either of these questions,  
Greater Springfield Senior Services may be able to help!

Greater Springfield Senior Services is the place to turn for  
resources that support older adults and younger  
individuals with disabilities so that they can maintain their  
well-being and independence in the community.

GSSSI connects older adults, caregivers and  
professionals with the resources and services needed to  
help address their issues and concerns. From case  
management to home care services to housing  
information & more, their staff of caring eldercare  
experts is ready to offer help tailored to an individual's need.

**Greater Springfield Senior Services can be reached at  
781-8800.**

### BROWN BAG MONTHLY FOOD PROGRAM

Shelf stable foods are provided by the Food Bank of  
Western MA on a monthly basis. Bags are put together at  
the senior center and are available for pick up or delivery.

If you could benefit from this program or have questions  
about how it works, please call the senior center at  
566-5588 and leave your name and number and Outreach  
Coordinator, Wendy Cowles, will get back to you.

Many thanks to those who participated in the delivery of  
grocery bags this month. We appreciate your assistance.



**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: \_\_\_\_\_

JUNE

**June 2020 Grab and Go Lunch Program: Tuesday, Wednesday, Thursday & Friday at 11:30 A.M.**

JUNE

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 by 3:00PM. 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!

JUNE

JUNE

Mon	Tue	Wed	Thu	Fri
<b>1</b> <b>NO MEAL SERVICE</b>	<b>2</b> Balsamic Chicken Mixed Vegetables Baked Sweet Potato Mixed Fruit Tot Cal:572 Sod:479	<b>3</b> Roast Beef & Cheddar on Rye Bread Chocolate Brownie Tot Cal:760 Sod:1100	<b>4</b> Meatloaf Brussels Sprouts Mashed Potatoes Fresh Fruit Tot Cal:515 Sod:455	<b>5</b> Garden Salad Egg Salad Fresh Fruit Tot Cal:627 Sod:825
<b>8</b> <b>NO MEAL SERVICE</b>	<b>9</b> 3 Cheese Tortellini Steamed Spinach Tossed Salad w/ House Watermelon Tot Cal:559 Sod:511	<b>10</b> Chicken Salad on Wheat Bread Fresh Fruit Tot Cal:617 Sod:1002	<b>11</b> Beef Stroganoff Garden Salad w/ Italian Egg Noodles Fresh Fruit Tot Cal:562 Sod:268	<b>12</b> Tuna & Cucumber Sandwich Chocolate Brownie Tot Cal:820 Sod:800
<b>15</b> <b>NO MEAL SERVICE</b>	<b>16</b> Roasted Red Pepper Pasta w/ Spaghetti Butternut Squash Fresh Strawberries Tot Cal:454 Sod:145	<b>17</b> Italian Style Chicken Wrap Blueberry Parfait Tot Cal:630 Sod:1050	<b>18</b> Turkey Chili Savory Green Beans 1/2 Baked Potato Sugar free Shortbread Tot Cal:455 Sod:454	<b>19</b> Garden Salad Tuna Salad Fresh Fruit Tot Cal:650 Sod:955
<b>22</b> <b>NO MEAL SERVICE</b>	<b>23</b> Herb Crusted Beef Tossed Salad w/ Caesar Mashed Yams Pear Crisp Tot Cal:613 Sod:512	<b>24</b> HIGH SODIUM DAY Turkey & Cheddar on Rye Bread Mixed Berry Parfait Tot Cal:600 Sod:1315	<b>25</b> Herbed Fish Steamed Peas Roast Red Potatoes Fresh Fruit Tot Cal:510 Sod:422	<b>26</b> Egg Salad Sandwich on White Bread Chocolate Brownie Tot Cal:890 Sod:1110
<b>29</b> <b>NO MEAL SERVICE</b>	<b>30</b> Pork Roast w/ Gravy Cauliflower Florets 1/2 Baked Potato Diet Cookies Tot Cal:504 Sod:319			If you have a special concern regarding the sodium, contact the GSSSI Dietitian @ 781-8806 Ext.136 for more information.



# RELAX & ENJOY



We missed having the Memorial Day Parade this year. We remember with gratitude, the men and women who served, fought and died for our freedom and for our country.

*Hello Summer*

Summer Solstice is on Saturday, June 20, 2020 which is the longest day of the year. Enjoy it!



## **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.

## **THANK YOU TO ALL THE HEROES AND HELPERS OF THE CORONAVIRUS PANDEMIC!**



## **THANK YOU BOBBI!**

We would like to thank our volunteer Bobbi Grant for all the face masks she has made and donated to the Senior Center. Thanks for helping to keep us safe and healthy!



# SUMMER!

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

CAMPING  
FRISBEE  
OUTDOORS  
PLAY  
SHORTS  
SUN  
SWIMSUIT

DIVING  
GRASS  
PARK  
POPSICLE  
SPRINKLER  
SUNSCREEN  
TAN

FLOWERS  
HOT  
PICNIC  
SANDALS  
SUMMER  
SWIMMING  
WATERMELON

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.