

The Scantic Scribe

JUNE 2021

**HAMPDEN SENIOR CENTER
104 ALLEN STREET**

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

Website: www.hampdenma.gov



FREE WI-FI

The Senior Center will open June 15th. Programs return July 6th!



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, Tina Doran, Monique

Downey, Suzanna Haskins, Deanna

Vermette

Rep to GSSI: Anne Thomas

COA BOARD MEETING: Tuesday, June 8 at 9AM In Person or VIA ZOOM.

ZOOM Meeting ID: 95866401813

ZOOM Password: 639217

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.

Greetings!

I hope you have been enjoying this beautiful weather and have been able to spend time outside with your friends and family.

As you probably already know, things are changing here in Massachusetts with regards to COVID-19 restrictions and guidelines.

The Senior Center will have a soft reopening on June 15th. Staff has been working hard to prepare the building and we are working on bringing back your favorite programs and activities. Please note that not all programs will be coming back right away. While there will not be any formally scheduled activities for June, there will be a full calendar of activities starting in July. You are welcome to stop in and say hello! We will not be serving coffee or snacks at this time and will continue with our Grab and Go lunch program. Please note there is a different traffic pattern in the parking lot from 11:00-12:00 for Grab and Go. Please use caution if you are coming to the senior center during that time. We ask for your patience and understanding as we slowly fill the schedule.

While the restrictions on masks and social distancing have been lifted, the senior center will still encourage those who have not been vaccinated to wear a mask. In addition, if you have been vaccinated and you feel more comfortable in a mask, please continue to wear one! Masks have become a part of our daily wardrobe, so please feel very welcome and very comfortable continuing to wear your mask.

The senior center has numerous stations of hand sanitizer around the building, and we encourage you to continue to use hand sanitizer and practice good hand hygiene. In between programs, staff will sanitize chairs and tables to the best of our ability. We will also have sanitizing wipes available for your use and will ask for your help in cleaning a chair or table if you are leaving.

We know that restrictions have been lifted, but we take everyone's health and safety very seriously and will do our best to provide you with the safest environment possible. COVID is still among us and we will work together to maintain a safe environment for all our participants, vaccinated or unvaccinated.

We will not ask you if you have been vaccinated. We understand that this is a personal choice, and we respect your decision to vaccinate or not to vaccinate. As has always been the case, everyone is welcome here.

We are excited to see you! Please call with any questions.
Becky.....



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!

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, JUNE 15TH 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 avveteran7@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 - 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, Call 413-244-3135 before visiting farm.

HEALTH/WELLNESS

Memory Café meets via Zoom every Friday at 10AM

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 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.



June 4th - Rhythm and Motion with Sara

June 11th - Outdoors and In Person at Hampden Sr Center

June 18th - Who's On First

June 25th - Beach Sensory Kits

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.

Caregiver Support Group via ZOOM or by PHONE

Tuesday, June 15th 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.

notes from the **NURSE**

People mingle, yet we are still slogging through a pandemic. We often think of the then and now. However, there is light at the end of the road. Federal mask rules were eased indoors and outdoors for people who are fully vaccinated, though proceeding cautiously Gov. Baker noted for now, there will not be any change to the Bay State's mask order, which was recently relaxed for people outdoors. Note the administration will update its restrictions soon. Stay tuned we might just turn the corner soon.

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

Services and Information



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 \$3.00 per class. You will need to have a computer/laptop/tablet, internet access & an email.



FOOT CARE - Please call 566-5588 to schedule an appointment for **Wednesday, June 23rd or Thursday, June 24th**. 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.

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.**



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.

REAL ID

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



Need A Notary?

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

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...

A Note from the Police Chief:

Hello from the Hampden Police Department. My name is Scott B. Trombly and I have been a member of the Hampden Police Department for over 26 years. I have been involved in many community policing events over the years and have been at several events, sponsored by the Hampden Senior Center, where I may have seen some of you. As of recent, I held the position of the first Detective for the Hampden Police Department.

On March 31, 2021, I was sworn in as Chief of Police for the Town of Hampden. I am excited to have been selected and look forward to providing Hampden residents with the best service possible in these challenging times.

You may have heard that Hampden's dispatch services are joining with the Wilbraham Communications Center. Please be assured that the level of services that you receive from the police department will not change. You will continue to receive the most professional services possible.

While the location of dispatch is changing, remember that all services will be provided in the same way. Hampden police officers will continue to patrol the streets of Hampden and respond to all calls as they have always done.

Emergency 911 calls that are placed by you as a town resident will be handled by the Wilbraham Communications Center. Your call will be answered by their professional and compassionate staff, the same way your calls were always answered here in Hampden.

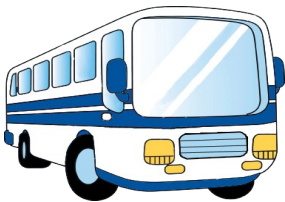
Any non-emergency phone calls to the Hampden Police Department will come in on the same phone number, 413-566-8011. A new phone system will allow you to get information by selecting a prompt from a menu of options.

As we move forward, if there are any concerns that you may have, please do not hesitate to contact me at the Hampden Police Department at 566-8011 or via email at strombly@hampdenpolice.com.

Thank You and Stay Safe,

Sincerely,

Chief of Police Scott B. Trombly



TRIPS WITH BOBBI GRANT ARE BACK!

More information is coming soon on organized bus trips! Stay tuned!

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 from May 1 to September 30. So what are you waiting for?
Get healthy, have fun and join the challenge today!!



Relax and Enjoy

Word Search

COUNTRYSIDE



Word Search - June is the perfect month to get outdoors & enjoy a walk. Whether or not you can get out & about to enjoy the outdoors, you can still enjoy this word search.

See how many nature inspired words you can find and how many bring up a fun memory.

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

Rural

Rustic

Outdoors

Pastoral

Woodland

Grassland

Barn

Tor

Fenland

Moorland

Hillside

Highlands

Lowlands

Fields

Bracken

Mountains

Fells

Moorlands

Shoreline

Hedgerows

Riverbanks

Valley

Hamlet

Meadows

How about a good laugh...

- ⇒ I've reached an age where my train of thought often leaves the station without me.
- ⇒ Frustration is trying to find your glasses without your glasses.
- ⇒ The irony of life is that, by the time you're old enough to know your way around, you're not going anywhere.
- ⇒ Aspire to inspire before you expire.
- ⇒ Always find a reason to laugh - it may not add years to your life but will surely add life to your years.



Congrats

The winners of the Quilt Raffle- ELLIE & JEAN-GUY BELISLE

The winners of the Puzzle Pac's- SHEILA BENNETT, LOU SCUNGIO, JOHN & LINDA MUMPER

Thank you to all who participated!

Thank you **GREATHORSE** and **MONSON SAVINGS BANK** who donated so generously to our Memorial Day Baked Potato giveaway that served around 100 people!

Thank You

****JUNE 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. Please continue to wear a mask. We have extras if you need one. 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!**

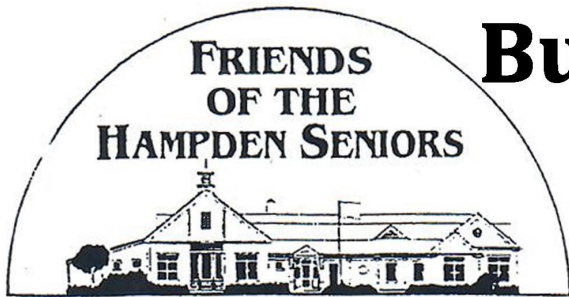
Mon	Tue	Wed	Thu	Fri
<div></div> <div>Menu subject to change without notice.</div> <div>Suggested Voluntary Donation - \$2.00.</div>	<div>1</div> <div>*Seafood Salad on Bun Marinated Veggies Chilled Peaches Diet Cookies</div> <div>Cal: 574 Carb:98 Na: 1250</div>	<div>2</div> <div>Chef Salad w/ Cucumbers, Tomato & Italian Dressing Gr Bean Pimento Salad Whole Wheat Roll Fresh Fruit</div> <div>Cal:570 Carb:65 Na:999</div>	<div>3</div> <div>Chicken Caesar in Spinach Wrap Macaroni Salad Mandarin Oranges</div> <div>Cal:699 Carb:63 Na:1157</div>	<div>4</div> <div>Turkey Waldorf Salad Summer Zucchini Salad Celery Salad Whole Grain Crackers Strawberry Parfait</div> <div>Cal:866 Carb:125 Na:991</div>
<div><div>JUNE</div><div></div><div>Alzheimer's & Brain Awareness Month</div></div>	<div>8</div> <div>Tuna Noodle Salad Marinated Summer Blend Oat Nut Bread Mixed Fruit</div> <div>Cal:888 Carb:127 Na:1115</div>	<div>9</div> <div>Cottage Cheese on Lettuce & Tomato 3 Bean Salad Whole Wheat Roll Diet Peaches</div> <div>Cal:510 Carb:101 Na:1026</div>	<div>10</div> <div>Cape Cod Chicken Salad; Grain & Veggie Salad; Potato Salad Whole Grain Crackers Fruit Parfait</div> <div>Cal:961 Carb:148 Na:1035</div>	<div>11</div> <div>Roast Beef & Munster; 12 Grain Bread White Bean Cucumber Salad Diet Cookie</div> <div>Cal:743 Carb:125 Na:991</div>
<div>Wear purple to show your support!</div>	<div>15</div> <div>6 Layer Chicken Salad Tomato White Bean Salad Whole Wheat Pita Chilled Pineapple</div> <div>Cal:506 Carb:79 Na:854</div>	<div>16</div> <div>Dilly Egg Salad on Oat Nut Ziti Broccoli Salad Mixed Berry Parfait</div> <div>Cal:941 Carb:121 Na:971</div>	<div>17</div> <div>Salami & Swiss w/ Lettuce, Tomato on Bun Bowtie Pasta Salad Chilled Pears</div> <div>Cal: 680 Carb:69 Na: 1179</div>	<div>18</div> <div>DAD'S DAY Dessert! Salmon on Tossed Salad w/Tomato, Cucumber & Balsamic Dressing Multigrain Bread; pudding</div> <div>Cal:553 Carb:48 Na: 496</div>
<div>The Longest Day THE DAY WITH THE MOST LIGHT IS THE DAY WE FIGHT! June 20th is the first day of summer - people from across the world will fight the darkness of Alzheimer's!</div>	<div>22</div> <div>Pesto Tortellini Salad Tossed Salad Marinated Country Veg Blueberry Snack Loaf</div> <div>Cal:643 Carb:93 Na:755</div>	<div>23</div> <div>Curry Chicken Salad w/Mixed Greens in a Whole Wheat Pita Broccoli Slaw Tropical Fruit</div> <div>Cal:530 Carb:74 Na:821</div>	<div>24</div> <div>Asian Chicken Salad on Spinach Crispy Chow Mein Noodles Whole Wheat Pita Diet Cookie</div> <div>Cal:551 Carb:54 Na:969</div>	<div>25</div> <div>Turkey & Munster w/lettuce and tomato on a bun Venetian Pasta Salad Mixed Berry Parfait</div> <div>Cal:748 Carb:90 Na:898</div>
<div></div>	<div>29</div> <div>*Mediterranean Pasta Sal Chickpea Tomato Salad Cucumber Salad Whole Wheat Pita Fresh Fruit</div> <div>Cal:816 Carb:133 Na:1442</div>	<div>30</div> <div>Tarragon Tuna Salad Lettuce, Tomato 12 Grain Bread English Pea Salad Diet Cookie</div> <div>Cal:679 Carb:80 Na:1163</div>	<div>Key for Symbols: Cal = Total Calories Carb = Total Carbohydrates Na = Total Sodium * High Sodium Day Tot Sodium & Cal include regular dessert, milk (100mg NA) & margarine (15mg Na)</div>	
<div>If you have any special concerns regarding the menu, contact the GSSSI Dietitian at 781-8806, EXT. 136 for more information.</div>				

*Happy
Father's
Day*

June 18th from 11:30-Noon.

Sign up for our

*Grab & Go Lunch program (before June 11th)
and receive a delicious Father's Day Dessert
with every meal. 413-566-5588*



Building Fund-Raiser

**Saturday, June 26th from 2-4
Outside Concert featuring the
"Union Jack Band"**

**The Concert will be held in the Bethlehem Church Parking Lot,
Social Distancing and all safety measures observed. Lawn
chairs and umbrellas suggested, concert is rain or shine, no refunds.**

**Ticket Price: \$15.00 each, make check payable to
"Friends of Hampden Seniors" (to pay by mail, please send
a self-addressed stamped envelope.)**

Call 413-566-5588 for Tickets



**Please no outside food or drink...
A FREE ice cream and bottle of
water included with each ticket.**



The Friends of Hampden Seniors and the Staff at Hampden Senior Center want to say a very special THANK YOU to everyone who so generously contributed to make our Building Expansion Shoe Drive a huge success and our wonderful volunteers for their tireless time and effort.



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)**

