

# The Scantic Scribe



**MARCH 2021**  
**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

Rebecca Moriarty, Executive Director  
[coa@hampdenma.gov](mailto:coa@hampdenma.gov)  
Donna Richardson, Administrative Asst. & Volunteer Coordinator  
[scribe@hampdenma.gov](mailto:scribe@hampdenma.gov)  
Wendy Cowles, Outreach Coordinator  
[outreach@hampdenma.gov](mailto:outreach@hampdenma.gov)  
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[activities@hampdenma.gov](mailto:activities@hampdenma.gov)  
Holly Normoyle, Receptionist  
[receptionist@hampdenma.gov](mailto: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

Greetings!

We hope you are doing well and staying safe and healthy. This Scribe is packed with great things, so be sure to read it all!

The COVID vaccine is on our minds. Currently, the only group eligible to receive the vaccine is the 75 and older group (in addition to those eligible in Phase 1) and those caregivers that bring someone 75+ to their vaccine appointment at a mass vaccination site (locally this is Eastfield Mall).

Please know that senior center staff is available to assist anyone with the online registration for a vaccine. There are multiple vaccine locations and we will talk to you about what is best for your situation.

Hampden and Wilbraham have joined together to host a clinic, but dates for these clinics can only be released when the towns have been authorized to receive vaccine. This is determined on a week to week basis. You will be notified by a town wide call if vaccine becomes available.

We appreciate your patience and understanding. Please call us with any questions or concerns.

Spring is coming! Warmer days are ahead! We look forward to being able to see you as soon as it is safe to do so. Stay well and be safe.

BECKY.....

## **DAY LIGHT SAVINGS TIME IS SUNDAY, MARCH 14TH**

⇒ Remember to spring forward and set your clocks one hour ahead before going to bed on Saturday night, March 13th

⇒ Also, test the operation of your smoke detectors and replace the batteries.

⇒ The first day of Spring is Saturday, March 20th!



**NEXT COA BOARD MEETING: Tuesday, March 9 at 9AM via ZOOM - Meeting ID: 949 4686 2941 - Password: 108396**

## "March" Building Fund Raiser: "Window Cling"



(shown actual size)

Easy-Cling, place on Car or Home windows to show your support for our center.  
Suggested donation \$2.00 each.  
All donations are applied to our building fund. Call to place your order and for pick up details.  
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, MARCH 16TH 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:** If you are looking for Veteran Support, please call the Senior Center at 566-5588 for more information.

**NOTARY SERVICES:** Call 566-5588 for more information.

**free WINTER VEGETABLES**

### **D & R FARM WINTER FARM SHARE**

D & R FARM is offering fresh produce and it is **FREE with HIP!** Shares are limited so call Wendy at 566-5588 or email [outreach@hampdenma.gov](mailto:outreach@hampdenma.gov) to sign up.

**Next pick up dates are Wednesday, March 10th & 24th from 9:30-10:30am at the Senior Center.**

D&R is located at 146 Thresher Rd, Call 413-244-3135 before visiting farm.

## HEALTH/WELLNESS

**Memory Café meets via Zoom on Fridays at 10AM**



**March 5 - Rhythm and Motion with Sara**

**March 12 - St. Patrick's Day Celebration\*\***

**March 19 - Welcome Spring Craft\*\***

**March 26 - World Poetry Day and Scavenger Hunt\*\***

**\*\*Craft Kits can be picked up on March 2nd, 3rd, or 4th at the Senior Center from 9:30-2:30. Delivery is available.**

You don't need a computer to participate, you can call in & 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](mailto:Outreach@hampdenma.gov) to sign up and receive the ZOOM or Call In Information.

**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.

### **Fuel Assistance**

**Income guidelines for 2020/2021 heating season**

<b><u>Family Size</u></b>	<b><u>Income Limit</u></b>
1	\$39,102
2	\$51,137
3	\$63,169
4	\$75,201



**The following documentation is also required:**

-Proof of all income: Social Security, SSDI, Pensions, Annuities, IRA, Capital Gains, Stocks, Bonds, Interest, Dividends, Rental Income, Unemployment, Wages

-Electric Bill-most recent

-Oil Statement or Gas Bill (or both)-most recent

-Property Tax and/or Homeowners Bill

-Photo ID, Social Security Card or Birth Certificate

-Mortgage Statement if not paid in full or Monthly Rent

-Current Homeowners Insurance Bill

-If working, four previous pay stubs (must be the most recent)

**Please contact Wendy with any questions or to schedule an appointment at 566-5588.**

## notes from the **NURSE**

Communities are coordinating closely with hospital and healthcare partners, the State of MA, cities, and private partners to vaccinate members of our community against the coronavirus (COVID-19) as quickly, safely, and equitably as possible. Presently individuals 75 + and those who have direct patient contact are eligible to receive the vaccine. Gov. Baker wants to give current eligible groups more time to get the COVID vaccine before moving forward With Phase 1 Group 2 that includes: **Individuals age 65+, individuals with 2+ certain medical conditions** (only those conditions listed as *at increased risk* for severe illness), and/or residents and staff of low income and affordable senior housing.

Many new sites developed in partnership with the U.S. Department of Health & Human Services are now available. Check with your city or town to locate a site convenient to you. In order to ensure vaccines are equitably distributed across all communities and no one is left behind the Baker-Polito Administration announced a new multilingual public awareness campaign, **"Trust the Facts. Get the Vax."** The research-driven, \$2.5 million campaign promotes the safety and efficacy of the COVID-19 vaccine and urges residents to get vaccinated when it is their turn, as vaccines continue to be distributed across the Commonwealth. The ads feature a diverse group of medical professionals who highlight the importance of the vaccine and aim to build trust with communities that are disproportionately impacted by COVID-19. Please access information on the web site [www.mass.gov/COVIDvaccine](http://www.mass.gov/COVIDvaccine). Here residents can learn more about the safety and efficacy of the vaccine when and where they will be able to get vaccinated.

In addition, the Administration created a new call center to help residents 75 and older who are unable to access the vaccine appointment website to schedule vaccine appointments. The line can be accessed by dialing 2-1-1 and selecting the prompt for "Help Scheduling a Vaccine Appointment." Residents may have to wait on the line, given expected high call volume. Stay on the line your call will be answered.

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



### 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, March 24th or Thursday, March 25th**. 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 Hampden Senior Center is a Social Service Agency for Hampden residents who need assistance regardless of age. We can help with Fuel Assistance, Emergency Fuel, Supplemental Nutrition Assistance Program (SNAP), Brown Bag Service, Insurance and more. We have a food pantry on site with non perishable items. If you need assistance or know someone who does, please call the Senior Center at 413-566-5588.



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



### 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.**



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.



NUTRITION MONTH

MARCH



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

SERVING

FIBER

SODIUM

NUTRIENTS

UNSATURATED

SATURATED

CALCIUM

CALORIES

INGREDIENTS

VEGETABLES

FRUITS

DAIRY

GRAINS

FATS

WATER

MINERALS

VITAMINS

CARBOHYDRATES

PROTEIN

MYPYRAMID

MYPLATE

FOODS

NUTRITION



**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.

# HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

HEALTHY OILS

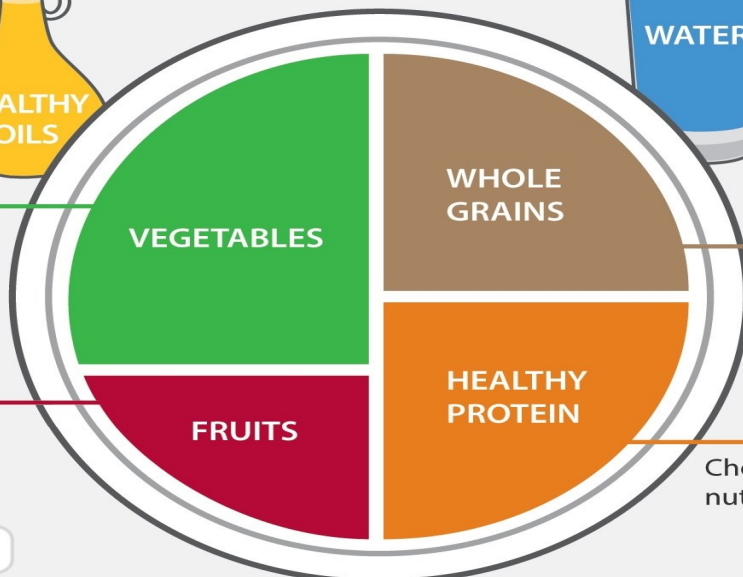
The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



**STAY ACTIVE!**

© Harvard University



WATER

Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



**WINTER WEATHER ADVISORY-** Remember to watch channels 22 & 40 for information about cancellations.

Watch for **HAMPDEN SENIOR CENTER** and **GREATER SPRINGFIELD SENIOR SERVICES** for information.

**SAND FOR SENIORS** - Now through Thursday April 15, 2021 the Fire Department and Senior Center will work together to manage the Sand for Seniors program. This program is available for anyone over the age of 60 living in Hampden. The Fire Department will deliver a FREE 5-gallon bucket of sand to your home for you to use on your steps & walkways. If you wish to have a bucket of sand delivered, please call the Hampden Senior Center at 566-5588 & leave a message with your name, address, phone #, and the location on property where you would like the bucket dropped off. If we need additional information we will call you back, otherwise you're all set!



## FRIENDS OF HAMPDEN SENIORS 2021 MEMBERSHIP/ YEARLY 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: \_\_\_\_\_

**MARCH 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 and 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 and a mask must be worn. Please let us know if you need a mask. 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
	<b>2</b> Baked Fish Roasted Veggie Quinoa Whole Wheat Bread Chilled Pineapple Cal:543 Carb:74 Na:375	<b>3</b> Roast Beef and Bleu Cheese on Rye Bread Chocolate Brownie Cal:830 Carb:107 Na:1350	<b>4</b> Cranberry Roast Turkey w/ Carrots Butternut Quinoa Salad Chilled Pears Cal:583 Carb:71 Na:582	<b>5</b> Garden Salad w/ a side of Egg Salad Fresh Fruit Cal:627 Carb:96 Na:825
<b>THANK YOU for wearing your FACE MASK</b> 	<b>9</b> Rose` Chicken Artichokes/Mushrooms Herbed Pasta Fresh Strawberries Cal:501 Carb:69 Na:461	<b>10</b> Chicken Salad on Wheat Fresh Fruit Cal:617 Carb:60 Na:1002	<b>11</b> Chimichurri Roast Beef Blended Vegetables Wild Rice Cookies/Pudding Cal:473 Carb:71 Na:582	<b>12</b> Tuna & Cucumber Sandwich Chocolate Brownie Cal:820 Carb:107 Na:800
<b>WEAR GREEN</b>  Everyone's Irish On March 17th.	<b>16</b> Pumpkin Alfredo Pasta Steamed Cauliflower Sautéed Zucchini Spiced Peaches Cal:507 Carb:74 Na:589	<b>17</b> ST. PATS DAY  <b>HIGH SODIUM DAY</b> Corned Beef and Swiss on Marble Rye Mixed Berry Parfait Cal:590 Carb:72 Na:1085	<b>18</b> Oven Roasted Chicken Collard Greens Mashed Potatoes Pudding/Watermelon Cal:508 Carb:36 Na:545	<b>19</b> Garden Salad with a side of Tuna Salad Fresh Fruit Cal:650 Carb:33 Na:955
If you have a special concern regarding the sodium, contact the Dietitian at <b>GSSI @ 781- 8806, EXT. 136</b> for more information.	<b>23</b> Broccoli Beef Stir Fry with Vegetables Brown Rice Mandarin Oranges Cal:488 Carb:64 Na:496	<b>24</b> Turkey and Swiss on Pretzel Roll Blueberry Parfait Cal:470 Carb:73 Na:875	<b>25</b> Jamaican Jerk Chicken Corn and Peppers Coconut Rice Mixed Fruit Cal:554 Carb:67 Na:336	<b>26</b> Egg Salad Sandwich On White Bread Chocolate Brownie Cal:890 Carb:102 Na:1110
<b>Key for Symbols:</b> Cal = Total Calories Carb = Total Carbohydrates Na = Total Sodium Suggested Voluntary Donation \$2.00	<b>30</b> Turkey Burger/Lettuce on Wheat Burger Bun Sweet Potato Wedges Fresh Watermelon Cal:501 Carb:64 Na:556	<b>31</b> Fresh Smoked Turkey and Brie on Cranberry Orange Bread Mixed Berry Parfait Cal:500 Carb:72 Na:915		



# Free: Easy Fun Craft Kits

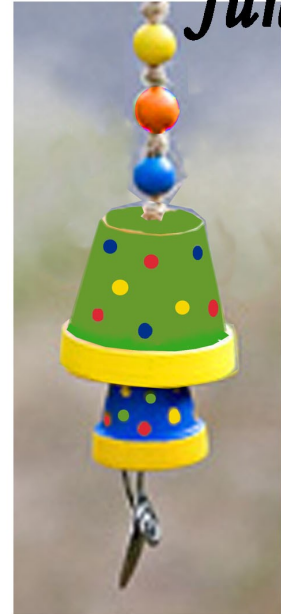
*April*



*May*



*June*



We are thinking spring with these fun to make crafts.

Directions and materials included. Be sure to save a plastic liter bottle to recycle into a cute May herb planter!

Call to sign up by March 19th, 413 566 5588. Kits will be available for pick-up April 1st and 2nd.

## Happy Easter



## Prepared-Take Away Meal

Thursday April 1st @ 1pm-1:30pm

The Hampden Senior Center together with our generous sponsors, will provide our older adults a well prepared delicious Easter meal.

Call 413-566-5588 to reserve your free meal by Friday, March 19th. "Meals are limited".

# **Donate Your Gently Worn, Used and New Shoes to The Hampden Senior Center**



Help us raise funds for our expansion by donating your gently worn, used and new shoes!



Collection of shoes will begin April 1st and Continue to May 31st.

Help us make this fund raiser a success with the added benefit of cleaning out your closets!

Donations are sent around the world, improving peoples lives and giving your shoes a second chance.



We have drop boxes available at our address to collect your donated shoes.

104 Allen St., Hampden, Ma 01036



Contact the Senior Center 413-566-5588 for more information



**All Gently Worn, Used and New Shoes are Needed!**  
**Any size, children & Adult, Any Style!**