

The Scantic Scribe



MARCH 2023

HAMPDEN SENIOR CENTER

104 ALLEN STREET

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

Website: www.hampdenma.gov



FREE WI-FI



Please let us know if you would like to receive this newsletter via email.

Call us with your email address!

HOURS: Monday - Friday 9AM-3PM

SENIOR CENTER STAFF

Rebecca Moriarty, Executive Director
coa@hampdenma.gov

Tina Doran, Administrative Assistant & Volunteer Coordinator
scribe@hampdenma.gov

Wendy Cowles, Outreach Coordinator
outreach@hampdenma.gov

Diane Marino, Activities Coordinator
activities@hampdenma.gov

Sharon Woodin & Joi Giuggio, Receptionists

receptionist@hampdenma.gov
Rudie Voight, Custodian

COA BOARD MEMBERS

Chair: Deborah Mahoney

Vice Chairman:

Treasurer: Nancy Willoughby

Secretary: Marty Jacque

Cliff Bombard, Monique Downey, Suzanna Haskins, Deanna Vermette

Rep to GSSI: Cheryl Delviscio

COA BOARD MEETING:

Tuesday, March 14th at 9AM

in PERSON or VIA ZOOM

ZOOM Meeting ID: 95866401813 ZOOM

Password: 639217

Thank you for your support...

Thanks to those who have donated to the Friends of Hampden Seniors, the Building Fund and to our Senior Center.

We appreciate you supporting our essential programs and services.

Greetings!

I hope you are doing well and have found time to enjoy this mild winter.

The COA Board is seeking two new members. One to fill an over age 60 vacancy and the other an under 60 vacancy. If you are interested, please contact me. The Board meets the second Tuesday of every month.

The Commission on Disabilities is also seeking a new member. If you are interested in joining this group or have questions please contact me for information.

The Senior Center Building Committee is off to a great start exploring options for an addition to our current building to allow for more programs and services. Stay tuned for more exciting information about this project. Thank you for your continued support. Many thanks to Silver Linings Home Care for providing an RN to run blood pressure clinics at the senior center for several years. We appreciate your help with running this clinic and hope to continue to partner with you in the future.

Ann Maggio, a retired RN from Hampden will now be assisting with the blood pressure clinics on Tuesdays. Welcome Ann!

As always, we look forward to seeing you. Happy Spring! Becky.....



IMPORTANT CHANGE, PLEASE READ!

SIGN UPS START THE FIRST OF THE MONTH!!

Effective immediately, we will no longer take reservations for special events, new classes and Grab & Go dinners before the 1st day of each month.

Sign-ups are on a first come, first serve basis. Events have been so popular that they are filling up before the month starts so we feel it's necessary to make this change to make it fair for everyone.

Thank you for your understanding!



St Patrick's Day Luncheon

Friday, March 17th at 12:00 PM

Enjoy a Corned Beef and Cabbage Dinner provided by Greater Springfield Senior Services
Suggested Donation \$2 per person.



**Entertainment provided by Davis Bates.
Sponsored by Hampden Cultural Council.**

**Sign up starting on March 1st
and don't forget to wear green!!**

Outreach Updates

The Outreach Office is your resource center for 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 & Greater Springfield Senior Services. **Contact Wendy at 566-5588 or email outreach@hampdenma.gov for information.**

- **SNAP:**

NEW INCOME GUIDELINES a/o February 1st:

1 person household—\$2,430; 2 person household—\$3,287

Provides a monthly supplement for purchasing nutritious food. Participants must Complete an application and meet the following monthly income guidelines:



- **Brown Bag:**

INCOME GUIDELINES:

1 person household—\$2,096; 2 person household—\$2,823

Free bag of groceries once a month in conjunction with the Food Bank of Western MA. Participants must be 55 or older and meet the following monthly income guidelines:

Next pick-up is: Tuesday, March 21st, between 1:30—2:30pm



- **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 566-5588 for more information or, to find out if you qualify for assistance. All information provided is confidential.

- **Fuel Assistance:** **INCOME GUIDE-**
LINES for 2022/2023 Heating Season:

The following documentation is also required:

<u>Family Size</u>	<u>Income Limit</u>
1	\$42,411
2	\$55,462
3	\$68,512
4	\$81,562

- Proof of all income: Social Security, SSDI, SSI, Pensions, Annuities, IRA's, Capital Gains, Stocks, Bonds, Interest, Dividends, Rental Income, Unemployment, or Wages
- Electric Bill - most recent
- Oil Statement or Gas Bill (or both) - most recent
- Property Tax and/or Homeowners Bill
- Water/Sewer 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, 4 previous pay stubs (must be the most recent)

- **REGISTRY OF MOTOR VEHICLES:** RMV related questions or help with processing RMV applications online. **Beginning May 7, 2025**, every air traveler 18 years of age and older will need a REAL ID compliant driver's license or ID card, state-issued enhanced driver's license, or another TSA acceptable form of ID at airport security checkpoints for domestic air travel.



MEMORY CAFÉ - EVERY FRIDAY AT 10:00AM

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 PHONE

Tuesday, March 21st at 6:00 PM

Are you caring for a loved one with dementia or other related memory impairments? This support group is a great way to help. Call Wendy for information.

Senior Center Activities

Please drop in or call 566-5588 if noted below to sign up. If you have any questions or suggestions on new activities, please call Diane or email her at activities@hampdenma.gov.

ACRYLIC PAINTING with Nan Thursdays, 10:00am-noon and 12:30-2:30pm, \$20/per class, includes materials. Space is limited Call to sign up



BILLIARD ROOM

Mondays, 12:00-3:30pm - **Billiard League**

Tuesdays, 9:00am-noon - **Women's lighthearted no rules play**

Thursdays, 9:00am-noon - **Men's play**

Wednesdays and Fridays - **Open play**

BINGO Thursdays, 12:30-2:30pm, \$.50 cents a card.

BLOOD PRESSURE SCREENING

Tuesdays and Thursdays, 9:15-10:45am.

BRIDGE Mondays, 9:30am-12:00pm.

New **experienced** players welcome.



BUNCO Tuesdays, 12:00pm-3:00pm.

New people welcome, will teach.

CARD MAKING with Ellie, Monday, March 6th, 1:00pm-3:00pm. Advanced sign up required. \$3.00 per class

CHAIR MASSAGE on hold until further notice.

FACIALS with Diane Neill Thursday, March 9th
2nd Thursday of every month. Please call for appt and pricing.

FOOTCARE Please call for appointment & pricing.

FUNCTIONAL FITNESS with Sue Kent Tuesdays and Thursdays, 12:00pm-1:00pm, \$5/per class.

HEARING CLINIC BY BAYSTATE HEARING
1st Wednesday of the month. **Please call for appointment.**

KNITTING/CROCHETING Mondays, 9:00am-11:00am.
New people welcome, will teach.

LINE DANCING Every Friday 1:00pm-2:00pm, \$5.00 per class

MAHJONG Fridays, 10:30am-3:00pm.,
New people welcome, will teach.

MANICURES with Cat every other Friday.
Please call Cat directly at 413-335-7422 for ap-
pointment and pricing.



MEMORY CAFÉ Fridays, 10:00am-12:00pm.

MOVIES: Mondays at 12:30pm

3/6 - **Eight Below**, PG, Family/Adventure

3/13 - **P.S. I Love You**, PG-13, Romance/Drama

3/20 - **A Man Called Otto**, PG-13, Drama/Comedy

3/27 - **Dog Gone**, PG, Family Film

PITCH Wednesdays, Sign up is at 12:00pm.
Play time is 12:30pm.

QUILTING Fridays, 9:00am-3:00pm. **New people welcome.**

READERS GROUP *Will NOT meet in March*
Last Tuesday of every month.

RUMMIKUB Wednesdays, 12:30pm-2:30pm.
New people welcome, will teach.

SENATOR/STATE REP OFFICE HOURS
Wednesday, 2/22 11:00am-12:00pm.

TAI CHI with Heather Duncan Mondays, \$5/per class
Advanced Session - 9:15am-10:15am
Beginners Session - 10:30am-11:30am

TRIVIA Wednesdays, 10:00am.
Lighthearted no rules play.
Always looking for fresh minds!

TRIVIA

WEIGHT TRAINING with YMCA Tuesdays and Thursdays,
9:30am-10:30am. Purchase a \$40 punch card at the Senior
Center or \$5/per class. Please pay cash or make checks
payable to: **YMCA of Greater Springfield.**

YOGA with Sue Kent \$5/per class
Chair: Tuesdays and Thursdays, 11:00-noon
Mat: Tuesdays and Thursdays, 1:00-2:00pm



Please note new times for some activities. Check our calendar monthly for any **CANCELLED** classes.

Services and Information



Homeowners and Renters who do not file Massachusetts taxes because your income is low or moderate, You Need to Read This!

On the Massachusetts income tax Form 1, there is a "Circuit Breaker Credit" for Seniors age 65+. The credit is a refundable credit which means that if you qualify by income and paid nothing into the state taxes, you still get the refund. People who most often qualify for this credit are those with low or moderate incomes (perhaps only Social Security). The concept is this: your total income (Social Security, pension, interest, dividends, etc.) is totaled and divided by ten (10%). If the real estate taxes you paid in the calendar year 2022 plus 50% of water/sewer (if applicable), is greater than 10% of your total income, the Circuit Breaker Credit applies—up to \$1,200 for the year 2022. Rent is also considered; if 25% of your rent is greater than 10% of your income, the circuit breaker credit applies. **AARP Tax Appointments are all full here in Hampden. Please call 566-5588 and we can provide contact information for other sites that are providing the AARP Tax Aide Program.**



Elms College Nursing Students are back!!

Every Thursday from 9:30 am to 12:00 noon



FREE Technology Help Sessions Are Back! NEW DAY

The Wilbraham & Monson Academy Service Team will be here on **Thursday's, March 23rd & 30th from 3:30 to 4:30 pm**

Students will meet with you one on one and assist you with all your technology questions.

Bring your phone, iPad, tablet, or laptop computer and your questions! Please call 566-5588 to sign up.



STCC Dental Hygiene Students will be here March 23rd, 28th & 30th at 1:00 pm

STCC Dental is offering the following procedures FREE for the month of March and April:
Regular Cleanings with X-rays, Deep Cleanings, Dental Exams, Full Mouth X-Rays, and Panoramic X-rays
Call 413-755-4900 to make an appointment

A full menu of procedures and cost is available. Wendy has all the information and you can contact her with any additional questions. Springfield Technical Community College dental hygiene students are under the direct supervision of licensed dental hygienists. Dentists provide all treatment procedures.

Important News for SNAP Recipients

**** SCAM ALERT: The DTA (Department of Transitional Assistance/SNAP Program) will NOT call you for information unless you have an scheduled telephone appointment. Do not give out personal information to anyone that calls representing DTA, unless you have an appointment. ****

Emergency Allotments from SNAP are ending and the final maximum emergency allotment benefit will be issued on March 2, 2023. Going forward, households will receive their standard award benefit.

What does this mean for you and how can you maximize your benefit:

- **Get in touch with Wendy** by calling her at 566-5588 or emailing her at outreach@hampdenma.gov. The Hampden Senior Center is a DTA partner which means, Wendy is able, with your permission and a signed document, to access your SNAP account to help you upload documents, manage your SNAP benefits and help you maximize your benefits. Wendy has direct access to DTA/SNAP staff and can readily access answers to any questions you may have.
- **Report all medical costs to SNAP for those 60 and older or disabled.** Save your receipts. Medical costs include co-pays at the doctor, prescription co-pays or over the counter medication costs and so much more. Talk to Wendy about submitting your medical costs to SNAP.
- **Increased housing costs** should be reported to SNAP
- **Use your HIP benefits:** HIP benefits are added to your SNAP EBT card on a monthly basis. Call Wendy to find out more about this FREE benefit and how best to utilize it.

OTHER PROGRAMS THAT CAN HELP: Fuel Assistance, Brown Bag Monthly Grocery Program, Cable Discount, Food 4 Vets, Senior Center Non-Food Closet and more. Want to find out if you are eligible? Call Wendy at 566-5588 and schedule an appointment to talk about ways to help you maximize your SNAP benefit and your budget.

Please call
413.566.5588 for
additional information

MARCH 2023

Hampden Senior Center
104 Allen Street
Hampden, MA 01036

Mon	Tue	Wed	Thu	Fri
		1 <u>HEARING by appt</u> 9:30 Watercolors 10:00 Vets Coffee Hour 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors	2 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga	3 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Cribbage 1:00 Line Dancing
6 9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 12:00 Lunch 12:00 Billiard League 12:30 Movie 1:00 Card Making	7 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga	8 <u>FOOTCARE by appt</u> 9:30 Farm Share 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Watercolors 12:30 Rummikub	9 <u>FACIALS by appt</u> 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga 4:00 Friends Mtg	10 <u>MANICURES by appt</u> 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Cribbage 1:00 Line Dancing
13 9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 11:00 Bldg Comm Mtg 12:00 Lunch 12:00 Billiard League 12:30 Movie	14 <u>FOOTCARE by appt</u> 9:00 COA BOARD Mtg 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:00 Bunco 12:30 Author, Kevin O'Hara 1:00 Mat Yoga	15 9:00 Breakfast 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Watercolors 12:30 Rummikub	16 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga 1:00 Mat Yoga	17 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 St Patty's Lunch 12:30 Cribbage 1:00 Line Dancing
20 9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 12:00 Lunch 12:00 Billiard League 12:30 Movie	21 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga 1:30 Brown Bag 6:00 ZOOM Support Group	22 9:30 Farm Share 9:30 Water Colors 10:00 Trivia 11:00 Senator/State Rep 12:00 Lunch 12:30 NO PITCH TODAY 12:30 Watercolors 12:30 Rummikub	23 <u>8:30 Collate Scribe</u> 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga 2:00 Grab & Go Dinner 3:30 Tech Help	24 <u>MANICURES by appt</u> 9:00 Quilting 10:00 Memory Cafe 10:30 Mahjong 12:00 Lunch 12:30 Cribbage 1:00 Line Dancing
27 9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 11:00 Bldg Comm Mtg 12:00 Lunch 12:00 Billiard League 12:30 Movie	28 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:00 Bunco 12:30 NO Readers Group Today 1:00 Mat Yoga	29 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Watercolors 12:30 Rummikub	30 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:30 Acrylic Painting, 12:30 Bingo 1:00 Mat Yoga 3:30 Tech Help	31 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Cribbage 1:00 Line Dancing

Hampden Senior Center
104 Allen Street
Hampden, MA 01036

MARCH 2023

LUNCH MENU

Lunch served daily @
NOON. RSVP By 10AM
the day before by calling
566-5588

Mon	Tue	Wed	Thu	Fri
<p>Key for Symbols: Cal = Total Calories Carb = Total Carbs Na = Total Sodium *Higher Sodium content (>500mg)</p> <p>Tot Sodium & Cal include regular dessert, milk (100mg Na) & margarine (15mg Na)</p>	<p>Special concerns regarding sodium, call GSSSI at 781-8806, EXT. 136</p> <p>Suggested Donation \$2.00 per meal. Menu subject to change without notice.</p>	<p>1</p> <p>Jamaican Jerk Chicken Green Beans Coconut Rice Oatnut Bread Mixed Fruit Cal:774 Carb:90 Na:597</p>	<p>2</p> <p>Korean Meatballs Pacific Blend Vegetables White Rice Oatnut Bread Chilled Applesauce Cal:696 Carb:106 Na:1087</p>	<p>3</p> <p>Creamy Sundried Tomato Tortellini* Steamed Broccoli Whole Wheat Bread Reg/Diet Cookie Cal:689 Carb:102 Na:1195</p>
<p>6</p> <p>Penne Bake w/Meat Sauce Apple Juice California Blend Veg Whole Wheat Bread Chilled Peaches Cal:718 Carb:113 Na: 706</p>	<p>7</p> <p>Breakfast Sausage Cheese Omelet w/Maple Syrup Potatoes O'Brien Snack Loaf Warmed Applesauce Cal:631 Carb:94 Na:713</p>	<p>8 <u>March B-day Celebration</u></p> <p>Chicken w/Sausage Gravy Green Beans Mashed Potatoes Buttermilk Biscuit Cupcake/Diet Cake Cal:807 Carb:85 Na:1183</p>	<p>9</p> <p>Turkey w/Dijon Sauce Parslied Carrots Rice Pilaf Whole Wheat Bread Reg/Diet Cookie Cal:518 Carb:70 Na:783</p>	<p>10 <u>Cooking Demo</u></p> <p>Shrimp Scampi Steamed Peas Spaghetti Noodles Whole Wheat Bun Fresh Fruit Cal:890 Carb:94 Na:709</p>
<p>13</p> <p>Hamburger w/Cheese Mushrooms & Onions Oven Roasted Potatoes Wheat Burger Bun Cal:719 Carb:87 Na:1078</p>	<p>14</p> <p>Ham w/Pineapple Sauce* Herbed Green Beans 1/2 Baked Sweet Potato Dinner Roll Applesauce Cal:502 Carb:74 Na:910</p>	<p>15</p> <p>Crab Cake w/Tartar Sauce Steamed Corn Coleslaw Whole Wheat Bread Fresh Fruit (1) Cal:687 Carb:100 Na:1095</p>	<p>16</p> <p>Chicken Teriyaki* Steamed Broccoli Brown Rice Whole Wheat Roll Reg/SF Jello w/Topping Cal:617 Carb:83 Na:940</p>	<p>17 <u>St Patrick's Day/</u> <u>High Sodium Day*</u> Corned Beef*/Mustard Cabbage and Carrots Red Bliss Potatoes Rye Bread Diet Pistachio Pudding w/Topping Cal:552 Carb:68 Na:1494</p>
<p>20</p> <p>Mac and Cheese Stewed Tomatoes Whole Wheat Bread Cranberry Juice Reg/Diet Cookie Cal:716 Carb:110 Na:924</p>	<p>21</p> <p>Shepherd's Pie Steamed Peas Mashed Potato Topping 12 Grain Bread Spiced Peaches Cal:653 Carb:83 Na:586</p>	<p>22</p> <p>BBQ Pulled Pork Spinach 1/2 Baked Sweet Potato Whole Wheat Burger Bun Pound Cake/Diet Cookie Cal:707 Carb:74 Na:1090</p>	<p>23</p> <p>Cranberry Glazed Chicken California Blend Veg Roasted Red Potatoes Whole Wheat Bread Fresh Fruit (1) Cal:555 Carb:89 Na:709</p>	<p>24</p> <p>New England Fish Chowder Green Beans Cornbread Mini Loaf Chilled Pears Cal:516 Carb:68 Na:525</p>
<p>27</p> <p>American Chop Suey Roman Blend Veg Wheat Roll Rice Krispie Treat Cal:712 Carb:106 Na:702</p>	<p>28</p> <p>Braised Pork w/Apple Gravy Steamed Peas Mashed Potatoes Whole Wheat Bread Fresh Fruit (1) Cal:744 Carb:91 Na:508</p>	<p>29</p> <p>Turkey Divan Steamed Broccoli Egg Noodles Dinner Roll Peach Crisp Cal:667 Carb:79 Na:890</p>	<p>30 <u>MLB Opening Day/</u> <u>High Sodium Day*</u> Hot Dog w/Bun* Potato Salad Baked Beans Ketchup/Mustard/Relish Fruit Ambrosia Cal:876 Carb:80 Na:1314</p>	<p>31</p> <p>Eggplant Parmesan* Tossed Salad w/Italian Dressing Penne w/Sauce Italian Bread Reg/SF Jello w/Topping Cal:773 Carb:104 Na:1180</p>

Notes and Thoughts from Diane Marino,
Program Coordinator

A "Sneak Preview" of some exciting crafts
we'll be announcing soon!

A Diamond Art Introductory Class;
also to Welcome Spring, with decorating your own
Birdhouse: (Isn't that a wonderful thought!)
I welcome any suggestions for a reason to make
your day a "Happy One!", just by being here with us
to have fun...and learn something new!
"Rise up, start fresh, see the bright opportunity
in each day"



2023 Trips with Bobbi

Bus seat secured upon receipt of \$20 deposit
(includes tip to driver)

Call 413-566-8271 or Email bobbijg2@charter.net

The Aqua Turf Club, Tuesday, April 11
Shake, Rattle 'n' Roll Dueling Pianos Mixing music, comedy and
audience interaction. Includes: coffee/donuts, free drink, lunch, show
and door prizes, \$119/pp—Full payment deadline March 28

The Log Cabin, Wednesday, May 24
America's Sweethearts, The Andrews Sisters Tribute
Includes: Family Style Lunch, tax & tip, Show \$79/pp - Full payment
deadline May 5th - SELF DRIVE ONLY

Cape Cod Canal Cruise, Tuesday, June 13
Includes: Narrated Cruise with Lunch, \$116/pp - Full payment
deadline May 31

The Log Cabin, Wednesday, July 12
Garth Brooks Tribute. Includes: Twin Lobster or Prime Rib, Show
\$85/pp - Full payment deadline June 28 - SELF DRIVE ONLY

The Aqua Turf Club, Tuesday, August 15
Come Fly with Me—Dance to music from Frank Sinatra,
Kenny Rogers, Tim McGraw and more Includes: coffee/donuts,
free drink, lunch, show and door prizes, \$119/pp - Full payment
deadline August 1

Boston's Duck Boats, Tuesday, September 12
Includes: Lunch at Maggiano's, Tour and Free Time at Quincy Market,
\$140/pp - Full payment deadline August 29

Newport Playhouse, Thursday, September 28
Includes: All-You-Can-Eat Buffet, Show & Cabaret, \$142/pp - Full
payment deadline September 14

Atlantic City Getaway, Tuesday-Thursday, October 10-12
Caesars Casino Resort Hotel, \$50 bonus in slot & food, 2 fantastic
shows; \$295/pp dbl, \$285/pp trip, \$395/pp single. \$50 deposit at
signup - Full payment deadline Sept 8. Cancellation Insurance Avail.

Vermont Fall Foliage Trip, Wednesday, October 18
Stop at Honora Winery for lunch and tour Grafton Village Cheese Co.
Includes: Lunch and Tour, \$ TBD

Lake Webster Cruise, Date TBD
Cruise Lake Webster on a Stern Wheeler
Includes: Lunch at Foppema's Farm, \$ TBD



March Puzzle Packs

Keep your brain healthy and sharp!

New puzzle packs will be available March 1st!

Be sure to put your name on your completed puzzle
pack and return it to the Senior Center by **March 31st**
for a chance to win a prize. Drawing will be held
Monday, April 3rd and one lucky winner will be notified.

HELP US STOCK OUR SHELVES with DISH SOAP!!

Thank you for those that donated laundry detergent last
month. Every month we will target a different item to fill our
shelves. People who qualify for SNAP are unable to use their
benefits on non food items, so we hope this collection will help
those most in need. Once the shelves are stocked, items will
be available by request on a monthly basis. Call Wendy for
details. ***Due to space constraints, please refrain from
purchasing warehouse size items.***



D & R FARM WINTER FARM SHARE

Twice a month, D & R FARM is offering free 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 \$40 cash per month.
Please let us know if you need your shares delivered. Shares
are limited so call Wendy at 566-5588 or
email outreach@hampdenma.gov to sign up.

PICK-UP is Wednesday, March 8th & 22nd at 9:30AM

Save The Date:

Easter Breakfast will be April 6th at 9:00 AM

Egg Bake, Breakfast Potatoes, Fruit and Juice

Health and Wellness



FREE Baystate Hearing: Please call for an appointment.
1st Wednesday of the month



FREE Blood Pressure Clinic: Walk in 9:15 - 10:45am
Tuesdays with Ann Maggio, RN
Thursdays with Ashley Boudreau, RN, Public Health Nurse



FOOTCARE: Please call for an appointment and cost
Wednesday, March 8th and Tuesday, March 14th



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

Good To Know



**Don't Forget To Set Your Clocks Ahead!!!
....end of Daylight Savings, Sunday, March 12th**

“SPRING AHEAD!!!”



World Poetry Day Breakfast

Wednesday, March 15th at 9:00 AM

Egg Sandwich, Hash Browns, Fruit and Juice

Bring your favorite poem, one that you've read or written and share them with your friends at breakfast.

Cost is \$3.00 per person. Please call 566-5588, after March 1st, to reserve your seat.



Grab and Go Dinner

Becky and Wendy are making a delicious dinner of Chicken Broccoli Alfredo, Salad and Dessert.

Thursday, March 30th, pick up is 2:00 pm to 2:30 pm

Cost is \$5 per person. Please call 566-5588 to order your dinner.

Please call to sign up after March 1st.



Avoiding Scams and Fraud for Older Adults

Several people have contacted the senior center recently to express concerns about scams and fraudulent phone calls. Please remember to always be on high alert if someone calls you asking for personal information, money, or credit card information. Reach out to the senior center or police department with questions or concerns.

Key Takeaways:

- Scammers who steal seniors' money aren't always strangers—many are trusted loved ones and friends.
- Guard your credit card information to stay safe from fraudulent charges.
- Don't be afraid to say no to solicitors and telemarketers.

Millions of older adults fall prey to financial scams every year. Use these tips from NCOA and the Women's Institute for a Secure Retirement to protect yourself or an older adult you know. For more information and tips on how to identify scams and fraudulent schemes, the following website is an excellent source: <https://www.ncoa.org/article/protection-from-senior-scams>.



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 April, 2023 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.

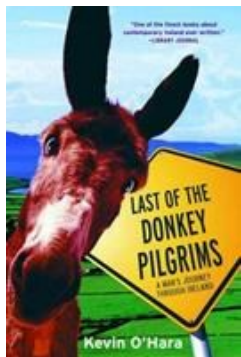
If you wish to have a bucket of sand delivered, please call the Hampden Senior Center at 566-5588

and leave a message with your name, address, phone #, and the location of property where you would like the bucket delivered.

If we need additional information we will call you back, otherwise you're all set!

Thanks to the Hampden Fire Department for continuing this great program!

News from the Friends of Hampden Seniors



Welcome Author Kevin O'Hara

Tuesday, March 14th at 12:30 pm

Join us for an awe inspiring book presentation of

Last of the Donkey Pilgrims

from award winning author, Kevin O'Hara, otherwise known as "The Donkeyman".

Kevin has written four books which will be available for purchase with cash or check only.

If you decide to purchase a book, Kevin will personally sign your copy.

Please call 566-5588 to reserve a seat.

Sponsored by the Friends of Hampden Seniors

SAVE THE DATE: Saturday, April 29, 2023 from 10:00 am - 1:00 pm

E-Cycle/Recycle/Shred Event

The Friends of Hampden Seniors are hosting a Shredding and E-Cycle/Recycle event at the Hampden Senior Center. Stay tuned for more information regarding fees for disposal of certain electronic items and a list of what can and cannot be donated. All proceeds from this event will benefit the Hampden Senior Center Building Fund.



Friends of Hampden Seniors Hartsprings Fundraiser

Have you seen the new purple bin in the Senior Center Parking Lot? Bring your unwanted clothing, shoes, housewares, and more!

The Hampden Senior Center is one of Hartsprings newest Community Partnership Bin locations, which means your donation not only helps kids succeed through Big Brothers Big Sisters youth mentoring programs, but also helps to fund all the amazing programs at the Hampden Senior Center! Call the senior center if you have questions about what can be donated.

FRIENDS OF HAMPDEN SENIOR CITIZENS 2023 ANNUAL MEMBERSHIP DUES & DONATION FORM

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. All "FRIENDS" are volunteers, including the directors. Membership is open to persons of 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 SENIOR CITIZENS" and mail to:

Friends of Hampden Senior Citizens, Inc., 104 Allen Street, Hampden, MA 01036 or drop off at the senior center.

☐ Please check this box if you are paying your annual **FRIENDS OF HAMPDEN SENIOR CITIZENS 2023** membership dues of \$5.00. *Membership Dues payments are not tax deductible and will not be acknowledged with a receipt of payment.

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 _____ Building Fund _____ Other (Specify) _____

_____ Please check here if you would like a donation receipt for your taxes and provide your email address (if applicable)

Email: _____

We appreciate your support!

Community News



New Veterans Service Officer: Gerard "Jerry" Rathe

Meet your new VSO (Veterans Service Officer) at the Veterans Coffee Hour the **first Wednesday of every month at 10:00 AM** at the Hampden Senior Center.

Coffee and light refreshments will be provided.

Hampden Office Hours at Thornton Burgess Middle School: Wednesdays 9AM-5PM.

Please call 413.525.5436 ext:1416 to schedule an appointment.



FOOD 4 VETS

Veterans Food Security Resource at the Eastfield Mall Springfield Empowerment Center:

The purpose of the Empowerment Center is to provide well-balanced, shelf-stable food to help alleviate food and nutritional insecurity for Veterans, active-duty military and their families.

This service is free of charge to Military, Veterans and their families.

Open Tuesday, Wednesday, and Thursday, 12:00pm - 5:00pm.

Eastfield Mall (Near the Old Navy Store) 1655 Boston Road Springfield, MA 01129

To make a reservation to shop please visit www.mmsfi.org/empowerment-centers



SPOTLIGHT YOUR ARTWORK!

Learn how to use your smartphone to take photographs for your website or add to your portfolio.

Artist Nan Hurlburt and Gemstone and Jewelry expert Heather Black demonstrate how to take photos and show your art to its best advantage. Each participant is allowed two pieces to photograph.

Criteria: Paintings, drawings and sculptural work. **Hanging work must not be framed.** Files will be emailed to each participant

Presented by: The Scantic River Artisans

Where: The Community Room at the Hampden Senior Center, 104 Allen Street, Hampden, MA

When: March 2nd (Thursday) at 6:00 PM.

Cost: FREE to Scantic River Artisans members \$5.00 donation for non-members



You can remove the term "tripledeemic" from your vocabulary—for now. As respiratory viruses ticked upward in late November, health officials braced for what they called a "tripledeemic" of RSV, flu and COVID-19 cases leading to widespread infection, causing a flood of patients to hospitals and leading to hours long wait times. There is some good news. That winter surge represented a respiratory virus peak, and experts say cases are now declining. Between the extremes of masking to limit transmission and doing nothing there is a middle ground. .Note we still need to be concerned and vigilant. For many older Americans the pandemic is far from over, A regimen of three doses of COVID-19 vaccine, compared with two doses, is associated with a greater than 90% decrease in COVID-19-related deaths among individuals with multiple chronic conditions, Booster vaccination can play a crucial role in protecting vulnerable groups as the pandemic continues to evolve.

~Sheila Ruckli PhD, PCNS, BS

TRI TOWN TROLLEY TRANSPORTATION SERVICES

Operates for Hampden, East Longmeadow & Longmeadow Seniors Mon-Fri, 9am-3pm. Grocery store trips will only be scheduled on Wednesdays and Thursdays with a 3 bag limit on the van. Out of town rides are \$3 each way, in town trips are \$1 each way.

A 72 hour notice is required for scheduling rides.

As soon as you schedule a medical appointment, please call 525-5412 to schedule a ride.