

The Scantic Scribe

MAY 2020

HAMPDEN SENIOR CENTER

104 ALLEN STREET

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

Website: 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

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Donna Richardson, Administrative Asst & Volunteer Coordinator

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Wendy Cowles, Outreach Coordinator

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Nan Hurlburt, Activities Coordinator

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Holly Normoyle, Receptionist

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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 GSSI: John Shay

COA BOARD MEETINGS ARE ON HOLD

UNTIL FURTHER NOTICE

Greetings!

I don't know about you, but I am very happy to see the sun shining and hear the birds singing as we enter into a new month. This has certainly been a very different and difficult time for so many people, but we hope you know that the senior center staff is still here and ready to help!

Many thanks to Wendy, Holly, Donna and Nan who have been working from home and to Rudie who is making sure the building is clean, sanitized and ready to welcome you back, whenever that may be.

UNFORTUNATLY, WE DO NOT HAVE A REOPENING DATE ...YET.

We know that this virus is not going away any time soon, so we still need to use a great deal of caution as we look toward the future and the reopening of the senior center. I know that you are all anxious to get back, we are too, but we have to make sure that we do the right, safe thing for everyone's health and safety. We will certainly let you know when we have a reopening date and what that will look like as far as programs and services are concerned.

Continue to stay healthy and well during this period of social distancing. Stay connected to family and friends through phone calls, emails, video chats and more. Making these connections helps to reduce the loneliness that I'm sure we all feel in some way. Continue to stay home as much as possible and wear a mask if you have to go out. If you find that you need help with something, please do not hesitate to call. We are still assisting with insurance questions, SNAP, fuel, brown bag groceries and so much more. Let us know what you need and we will do our best to help. Take a deep breath and know that we are all in this together and we will get through this. Enjoy the beautiful spring weather. Spend some time outside if you can and don't forget to wash your hands!

BECKY.....



GRAB AND GO LUNCH PROGRAM provided by GREATER SPRINGFIELD SENIOR SERVICES

We are pleased to announce that Grab and Go meals will start at the senior center on Tuesday, May 5, 2020. Meals will be available Tuesdays, Wednesdays and Thursdays. 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 will be a cold sandwich or salad. See inside for more details.

Reservations must be made by calling 566-5588 by 3:00 on Friday the WEEK BEFORE you want lunch.

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, and someone will get back to you. 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, MAY 19TH.**

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 — coa@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: Dementia & Coronavirus

Most likely, dementia does not increase risk for COVID-19, the respiratory illness caused by the new coronavirus, just like dementia does not increase risk for flu. However, dementia-related behaviors, increased age and common health conditions that often accompany dementia may increase risk.

For example, people with Alzheimer's disease and all other dementia may forget to wash their hands or take other recommended precautions to prevent illness. In addition, diseases like COVID-19 and the flu may worsen cognitive impairment due to dementia.

Tips for dementia caregivers at home

Caregivers of individuals living with Alzheimer's and all other dementia should follow guidelines from the Centers for Disease Control (CDC), and consider the following tips:

- For people living with dementia, increased confusion is often the first symptom of any illness. If a person living with dementia shows rapidly increased confusion, contact your health care provider for advice. Unless the person is having difficulty breathing or a very high fever, it is recommended that you call your health care provider instead of going directly to an emergency room. Your doctor may be able to treat the person without a visit to the hospital.
- People living with dementia may need extra and/or written reminders and support to remember important hygienic practices from one day to the next.
- Consider placing signs in the bathroom and elsewhere to remind people with dementia to wash their hands with soap for 20 seconds.
- Demonstrate thorough hand-washing.
- Alcohol-based hand sanitizer with at least 60% alcohol can be a quick alternative to hand-washing if the person with dementia cannot get to a sink or wash his/her hands easily.
- Ask your pharmacist or doctor about filling prescriptions for a greater number of days to reduce trips to the pharmacy.
- Think ahead and make alternative plans for the person with dementia should adult day care, respite, etc. be modified or cancelled in response to COVID-19.
- Think ahead and make alternative plans for care management if the primary caregiver should become sick.

Call the Alzheimer's Association for more information at 413-787-1113

Scam Alerts!

CENSUS SCAM

Individuals posing as U.S. Census workers have been contacting households in the area and demanding payment in return for assistance filling out the census form. Please be aware that a registered census worker will only visit your home if you did not fill out and return a census form. Paper census forms will be mailed to those households who do not respond by phone or online. If you do not respond to the census at all, you may be visited by someone from the United States Census Bureau. Here are some tips to look for when checking identity:

- Must present an ID badge which contains a photograph of the representative, the Department of Commerce watermark and expiration date
- Will provide you with contact information of a supervisor or regional office phone number for verification if asked
- Will provide a letter from the director of the Census Bureau on US Census Letterhead
- May be carrying a laptop and/or bag with a Census Bureau logo

Please remember that the census representative will NEVER ask for:

- your social security number
- your bank account or credit card number
- money or donations
- entrance into your home

COVID-19 SCAM from the Senior Medicare Patrol

As the number of people and communities affected by the COVID-19 pandemic grows, so do the scams associated with it. Scammers use public health emergencies as opportunities for new fraud schemes, and because older adults are at greater risk for serious illness from COVID-19, they may target older populations.

There is currently no FDA-approved vaccine for COVID-19 and although there may be treatments for symptoms, there is no "cure." However, scammers often use fear-based tactics to convince people that a vaccine or cure is now being offered.

It's also important to remember that although the Centers for Disease Control and Prevention (CDC) and other public health officials may contact you if they believe you may have been exposed to the virus, they will not need to ask you for insurance or financial information.

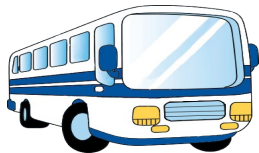
The Senior Medicare Patrol (SMP) recommends that Medicare beneficiaries:

- Contact your own doctor if you are experiencing potential symptoms of COVID-19.
- Do not give out your Medicare number, Social Security number, or personal information in response to unsolicited calls, texts, emails, home visits, or booths at health fairs and other public venues. If your personal information is compromised, it may be used in other fraud schemes as well.
- Be suspicious of anyone going door-to-door to offer free coronavirus or COVID-19 testing, supplies, or treatments.
- Carefully review your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB), looking for errors or claims for products or services that weren't received.
- Follow the instructions of your state or local government for other actions you should be taking in response to COVID-19.

SOCIAL SECURITY SCAM

Scammers are pretending to be government employees. Scammers will try to scare and trick you into giving them your personal information and money. They may threaten you or your family and may demand immediate payment to avoid arrest or other legal action. Social Security may call you in some situations but **will never** threaten you, suspend your social security number, demand immediate payment from you, require payment by cash, gift card, pre-paid debit card, or wire transfer, ask for gift card numbers over the phone or to wire or mail cash.

DON'T BE FOOLED! If you receive a suspicious call, HANG UP & REPORT THE SCAM TO: OIG.SSA.GOV.



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. 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 and 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.

THANK YOU FRIENDS OF HAMPDEN SENIORS!

The Friends Board of Directors recently voted to support the Brown Bag program and authorized funds that were used to purchase toilet paper, paper towels and facial tissue for Brown Bag recipients.

96 Brown Bags were put together and delivered/picked up at the senior center last month.

**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: _____

May 2020 Grab and Go Lunch Program: Tuesday, Wednesday, Thursday at 11:30 A.M.

Please call the senior center at 566-5588 the Friday before you want lunch, to make your reservation.

For example, if you want lunch on May 12th, 13th or 14th, we need your reservation by Friday, May 8th at 3:00 P.M.

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!

Mon	Tue	Wed	Thu	Fri
4 NO MEAL SERVICE	5 Beef Fajita w/ Onions, Peppers, Tomatoes, Wild Rice Tortilla Jell-O Tot Cal:542 Sod:560	6 Garden Salad Egg Salad Fresh Fruit Tot Cal:627 Sod:825	7 Baked Fish Stewed Tomatoes Rice Pilaf Vanilla Wafers Tot Cal:730 Sod:502	8 NO MEAL SERVICE
11 NO MEAL SERVICE	12 Pork Roast w/ Gravy Cauliflower Florets 1/2 Baked Potato Diet Cookies Tot Cal: 503 Sod: 343	13 High Sodium Day Turkey and Cheese Snack Pack Strawberry Parfait Tot Cal: 617 Sod: 1255	14 Lemon Pepper Chicken Steamed Broccoli Brown Rice Mixed Fruit Tot Cal: 458 Sod: 174	15 NO MEAL SERVICE
18 NO MEAL SERVICE	19 Dill Salmon Tuscan Blend Vegetables Scalloped Potatoes Wheat Roll Diet Pudding Tot Cal: 516 Sod: 457	20 Garden Salad Tuna Salad Fresh Fruit Tot Cal: 650 Sod: 955	21 Butternut Mac and Cheese Sautéed Kale Whole Wheat Bread Pear Crisp Tot Cal: 450 Sod: 412	22 NO MEAL SERVICE
25 NO MEAL SERVICE	26 Crispy Fish Sautéed Zucchini Lemon Herb Potatoes Whole Wheat Bread Chilled Pineapple Tot Cal: 461 Sod: 509	27 Egg Salad Sandwich On White Bread Chocolate Brownie Tot Cal: 890 Sod: 1110	28 Eggplant Parmesan California Blend Vegetables Spaghetti Noodles Chilled Peaches Tot Cal: 449 Sod: 174	29 NO MEAL SERVICE

RELAX & ENJOY

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

STAY SAFE & HEALTHY

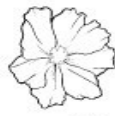


THANK YOU VOLUNTEERS!

The annual volunteer recognition dinner was postponed due to the Coronavirus, but you should know that Senior Center volunteers worked over 2600 hours during the past year!!! The Senior Center would not be able to provide programs and services without all of you, dedicated, hard working volunteers. Thank you from the entire senior center staff!

When it rains, it pours...
but soon,
**the sun
shines again.**

Stay positive.
Better days are on their way.



Spring



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



BIRDS
BLOSSOM
BUGS
BUNNY
BUTTERFLY

CALF
CATERPILLAR
CHICKS
FLOWERS
FROG

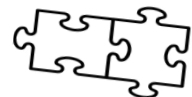
GARDEN
GRASS
HATCH
INSECTS
LADYBUG

LAMB
NATURE
NEST
RABBIT
ROBIN

SNAIL
SPRING
SPROUT
TULIP
WORM



A SHORT STORY - HEALING PIECE BY PIECE



"Aunt Erna greeted me at her door. 'I've got it all setup,' she smiled. As my mom always said, when life goes to pieces, you need to do a puzzle.' "Her silly saying never made much sense, especially now. After being laid off, I'd fallen behind on my mortgage and was over-whelmed with worry. I needed advice...but Aunt Erna just wanted us to sit and do a jigsaw puzzle. After an hour of slowly putting together a farm scene, I finally asked, 'Why did Grandma teach you to do a puzzle when life gets tough?' "She grinned. 'When troubles happen, we often can't solve them all at once,' she explained. 'But, piece by piece, we can slowly put things back together. And one day, we can see the whole beautiful picture.' "Something shifted inside me as I realized that my life would be lovely again one day. I gave Aunt Erna a grateful hug and said, 'Thank you for helping me piece things back together.'" - Sue Qi, 58 Aberdeen, MS

IF YOU NEED A PUZZLE TO DO OR A BOOK TO READ - The Senior Center has them located outside for you to take and enjoy. Please stop by and remember to practice social distancing if someone is already here.

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.