

The Scantic Scribe



MAY 2021
HAMPDEN SENIOR CENTER
104 ALLEN STREET



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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Rudie Voight, Custodian

Please remember to pay your \$5.00 yearly Friends dues below.

Greetings!

I hope the snow stops falling by the time you are reading this newsletter! We are anxious to reopen the senior center and are working closely with the local board of health and the state to make sure everything is done safely. Until that happens, be sure to check out this SCRIBE for information about some exciting outdoor programs coming up! Stay Safe and Healthy, BECKY.....

Friends of Hampden Seniors Annual Meeting

MAY 6, 2021 at 1:00 PM at the Hampden Senior Center

Please join the Friends of Hampden Seniors for the Annual Meeting. The agenda includes the Election of Officers & By-Law Changes. Due to COVID, if you are planning to attend this meeting, please RSVP by calling the Senior Center at 566-5588. The number of people in attendance will determine if this meeting will be in the building or in the parking lot. Masks and social distancing required.

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 and Representative for GSSI: Anne Thomas

COA BOARD MEETING:

**Tuesday, May 11 at 9AM
VIA ZOOM.
Meeting ID: 95866401813
Password: 639217**



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: _____

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, MAY 18TH 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.

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.



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 Starting in May!

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.



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.

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!!

SERVICES AND INFORMATION

notes from the NURSE

During this season of rebirth, it is especially painful to think of all that has been lost during the pandemic. We have learned just how precious life is. We are slowly and cautiously emerging from the past dark seasons where life was different. It has been a long wait. Perhaps this summer we will make up for lost times and missed milestones, family get togethers, holiday celebrations, weddings and graduations while observing COVID safety protocols along the way. It has been a long wait. Spring is the season that makes you want to run out and hug someone. But hold on! Soon there will be time as more are vaccinated and the return to a new normal becomes clearer.

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, May 26th or Thursday, May 27th**. 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.



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.



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.**



Thank you to the following people who donated so generously to our Grab N' Go Easter Meal that served 150 people! We had wonderful feedback that it was a very tasty meal and the wonderful cards and special touches were greatly appreciated.

THANK YOU: Rick Green Ins., Great Horse Country Club, Chestnut Hill of East Longmeadow, St. Mary's Church, and all the cards created by Cal Blanchard of Hampden, The MOM's Club of East Longmeadow, and Bellamy Middle School Students of Chicopee.

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.



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.

MAY 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
THANK YOU FOR WEARING YOUR MASK 	4 Golden BBQ Chicken Thigh Tossed Salad Red Bliss Potatoes 12 Grain Bread Fresh Fruit	5 <u>Cinco De Mayo</u> Dilly Egg Salad Ziti Broccoli Salad Chickpea Salad Whole Wheat Roll Diet Pudding	6 Salami and Swiss Lettuce/Tomato Carrot Raisin Salad Sandwich Bun Chilled Pears	7 <u>Mom's Day Dessert</u> Salmon Salad Citrus Carrot Salad Gr Bean Tomato Salad Oatnut Bread Diet Pudding
**Nutrition Info not available at time of printing. Please call 566-5588 for full menu with calorie, carb and sodium counts.	11 Turkey w/Dijon Herb Sauce California Veggies Scalloped Potatoes Whole Wheat Bread Birthday Cake	12 Tortellini Ham Salad Broccoli Raisin Salad Blueberry Snack Loaf Chilled Apples	13 Turkey & Munster Cheese Celery Salad Pasta Salad Hamburger Bun Fresh Fruit	14 Grilled Chicken Sandwich Lettuce/Tomato/Mayo Coleslaw Whole Wheat Bread Blueberry Parfait
If you have any special concerns regarding the menu, contact the GSSI Dietitian at 781-8806, EXT. 136 for more information.	18 Meatloaf w/Gravy Steamed Cauliflower Yams Whole Wheat Roll Chilled Pineapple	19 Roast Beef and Swiss Beet Salad Marinated Calif Blend Rye Bread Strawberry Parfait	20 Ham Salad Country Tomato Salad Orzo Spinach Salad Whole Wheat Bread Chilled Peaches	21 Spinach Salad Cucumber Onion Salad Three Bean Salad Whole Wheat Bread Mandarin Oranges
 Suggested Voluntary Donation — \$2.00	25 Broccoli Alfredo Pasta Tossed Salad Garlic Breadstick Oatmeal Raisin Cookie	26 Cape Cod Tuna Salad Lettuce/Tomato Cucumber Salad 12 Grain Bread Mixed Berry Parfait	27 Traditional Egg Salad Tossed Salad Bowtie Pasta Salad 12 Grain Bread Diet Chocolate Chip Cookie	28 Turkey Club Lettuce/Tomato/Mayo Marinated Veggie Blend 12 Grain Bread Spiced Apples



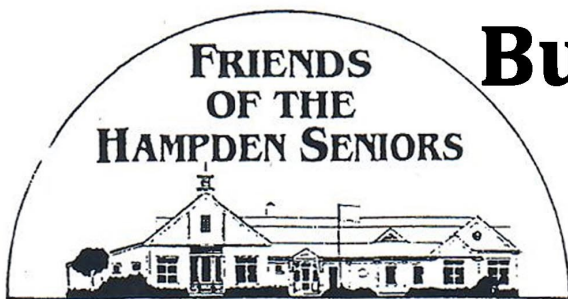
*May 7th from 11:30-Noon. Sign up for our
Grab & Go Lunch program (before May 4th)
and receive a delicious Mother's Day Dessert
as our Thank you 413-566-5588*



The Hampden Senior Center
together with our generous sponsors,
will provide our older adults with
a delicious "Loaded Baked Potato".

(Baked Potato, Butter, Cheese, Broccoli, Sour Cream, Bacon Bits...
sides served individually in a microwave safe container.)

Call 413-566-5588 to reserve your FREE meal by May 18th
"Meals are limited"



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.**



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!

Ends May 31st!



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!

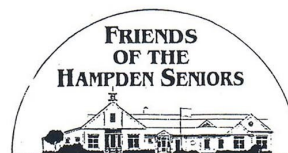


**Mark Your
Calendar**

*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*

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)