

# The Scantic Scribe



November 2019

## HAMPDEN SENIOR CENTER 104 ALLEN STREET

Monday-Friday 9:00am—3:00pm  
413-566-5588 (phone); 413-566-2103 (fax)  
Website: [www.hampdenma.gov](http://www.hampdenma.gov)



FREE WI-FI

E-mail!

Please let us know if you would like to receive this newsletter via email.  
Call us with your email address or leave it at the front desk!

### 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 Turer, Outreach Coordinator  
[outreach@hampdenma.gov](mailto:outreach@hampdenma.gov)  
Nan Hurlburt, Activities Coordinator  
[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, Monique Downey,  
Suzanna Haskins, Deanna Vermette  
Rep to GSSSI: John Shay

### NEXT COA BOARD MEETING:

Tuesday, November 12th @ 9:15am

Greetings!

Cool crisp air and beautiful fall colors have arrived! I hope you can take the time to enjoy the season.

Many thanks to those that participated in and/or supported our annual Go4Life walk that raised money for the Memory Café. With sponsorships and walk registrations we raised almost \$3,000 to keep the café up and running for the next year! Thank you for your continued support of this great program.

Look through this Scribe and make sure you save the dates for all the great programs we have to offer in November.

Enjoy the sun!

BECKY.....



## VETERANS DAY BREAKFAST

WEDNESDAY, NOVEMBER 13th, 9:00am

Cost \$3.00—Vet's eat FREE



### FALL BACK SUNDAY, NOVEMBER 3RD.

Set your clocks back one hour before bed  
Saturday night and change your fire alarm  
batteries!



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 2019 MEMBERSHIP FEE \$5.00: \_\_\_\_\_  
Mail to: 104 Allen Street, Hampden, MA 01036 or drop off at the front desk at the senior center

## 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: TUESDAY, NOVEMBER 19TH**

### **CAREGIVER SUPPORT GROUP: MONDAY, NOVEMBER 4TH**

Second Monday of every month from **1:00-2:00 PM**. For those caring for a loved one with dementia or other related memory impairment. Sponsored by Home Instead Senior Care, Suzanne McElroy, MSW. Facilitated by Brenda Labbe, Caregiver Support Specialist from Greater Springfield Senior Services. Other respite & caregiving options also available. **Call Hampden Senior Center at 566-5588 to sign up.**

**FALLON INSURANCE:** Tuesday, November 26th 10:00 AM  
**2020 MEDICARE ADVANTAGE PRESENTATION**

**SHINE: (Serving Health Information Needs of Everyone)**  
Call for an Appointment with Becky if you need help navigating the Medicare maze!

**SNAP:** Applications for Food Stamps can be processed here online! Call to make an appointment with Wendy to apply or ask any other questions about your SNAP benefits.  
Income guidelines for 1 person household—\$2,082  
Income guidelines for 2 person household—\$2,818

**RMV Near Me:** Need help with your license or registration? Call for an appointment with Wendy. 566-5588.

### **Santa Hat Cork Craft**

Tuesday, November 12th,  
12:30PM. Come make a Holiday Santa Hat using wine corks.  
Class is limited to 10 people.  
Please call HSC to sign up. Cost is \$5.00.



### **Joseph D'Amico, LICSW**

Joseph D'Amico is a clinical social worker with extensive experience working with older adults. He offers a variety of services included but not limited to supportive psychotherapy & friendly visits. Call to schedule a one on one appointment with Joe here at the senior center.

## HEALTH/Wellness CORNER



**BAYSTATE HEARING: 1ST WEDNESDAY OF THE MONTH. CALL FOR APPOINTMENT**



**FOOTCARE: WEDNESDAY, NOVEMBER 27th**  
**CALL FOR APPOINTMENT**



**FREE BLOOD PRESSURE CLINIC**  
**TUESDAY AND THURSDAY**  
**10:00 AM—11:00 AM**

### **"The Journey": A Memory Café**

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.

**Every Friday from 10am to noon**

Please call Wendy if you would like more information about the café.

Sponsored in part by Homewatch  
Caregivers, Friends of Hampden Seniors and private donations.



### **Fuel Assistance**

**Income guidelines for 2019/2020 heating season**

<u>Family Size</u>	<u>Income Limit</u>
1	\$37,360
2	\$48,855
3	\$60,351
4	\$71,846

The following documentation is also required:

-Copy of Social Security check or bank statement showing deposits of all income (not more than 30 days old)

-2019 Electric Bill

-Oil Statement or Gas Bill (or both)

-2019 Telephone Bill

-Property Tax and/or Homeowners Bill

-Photo ID, Social Security Card or Birth Certificate

-Mortgage statement if not paid in full

-Current Homeowners Insurance Bill

-If working, 4 previous pay stubs (the most recent)

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

**Free Oral & Throat Cancer Screenings**  
**Tuesday, November 12, 9:30-11:30 by Does**  
**Dental (Sponsored by The Oral Cancer Foundation)**



**Walk in, get checked and find out what to watch for and how to protect yourself.**





## TRIPS WITH BOBBI GRANT

Call Bobbi @ 413-566-8271 ;

**Now Taking Deposits on the Trips Listed Below;  
Flyers Are Available at the Reception Desk.**

**Thurs, Nov 14 - Newport Playhouse:** Delicious Buffet Lunch, Hilarious Play "Boeing Boeing" - A Playboy Pilot Gets in Trouble, Cabaret (2nd Show). Full Payment Deadline Oct 25<sup>th</sup> \$93/pp

**Wed, Dec 4- Big E Carriage House:** Delicious Lunch (Choices on Flyer), One Man Show "Christmas with Father Aloysius Misgivings", Comedy Growing Up Catholic. Full Paymnt Deadline Nov 8<sup>th</sup> \$80/pp

### LOOKING AHEAD to 2020

**Tues, Wed & Thurs, Feb 18-20 - Atlantic City Getaway:** 2 Nights Stay @ Caesars Resort Hotel, \$50 Slot and \$50 Meal Bonuses, 3 Fantastic Shows, Cancellation Protection and More! Deposit of \$75/pp Required by Nov 15, 2019. Full Payment Deadline Jan 11. \$247/pp dbl, \$237/pp triple, \$347/pp single

**Wed, Sept 9 - High Meadow, Granby, CT:** BBQ, Bingo, Bocce, Swimming Pool, Mini Golf, Shuffleboard, Basketball, Volleyball, Horseshoes, Badminton, Ping Pong, Afternoon Country Music Show, All-You-Can-Eat Buffet from 10AM - 2:30PM. Cash Bar. Full Payment Deadline Aug 14. \$86/pp

**Bus Seat Assigned as your \$20/pp Deposit is Received  
Unless Otherwise Noted.**

**Full Payment Deadlines approx. 1 Month Before the Trip.  
All Prices Include Transportation and our Driver's Tip.**

## MONDAY MOVIES @ 12:15



### November 4- DUMBO

Circus owner Max Medici enlists former star Holt Farrier and his children to care for a newborn elephant whose oversized ears make him a laughingstock in an already struggling circus. But when they discover that Dumbo can fly, the circus makes an incredible comeback, attracting persuasive entrepreneur V. A. Vandevere, who recruits the peculiar pachyderm for his newest, larger-than-life entertainment venture, Dreamland. Dumbo soars to new heights alongside the charming and spectacular aerial artist Colette Marchant until Holt learns that beneath its shiny veneer, Dreamland is full of dark secrets. (PG)

Cast: Colin Farrell, Michael Keaton, Danny DeVito

### Nov. 18- AN OLD FASHIONED THANKSGIVING

In this moving Hallmark Channel drama based on a short story by Louisa May Alcott, struggling widow Mary Bassett is trying to support three children, but money is so tight that they can't even afford a Thanksgiving turkey. An unexpected visit from her estranged and moneyed mother means Mary can prepare a proper holiday meal. However, it will take more than a feast to heal this family's emotional wounds. (Sentimental Drama/NR)

Cast: Jacqueline Bisset, Helene Joy, Tatiana Maslany

### Nov. 25- PLANES, TRAINS, & AUTOMOBILES

While trying to get home to his family in Chicago for Thanksgiving, marketing executive Neal Page runs into one disaster after another - which includes being stuck with insufferable salesman Del Griffith as his unshakable traveling companion. (Sentimental Comedy/R)

Cast: Steve Martin, John Candy, Laila Robins, Kevin Bacon



## HAMPDEN TRAVEL CLUB

Call NORA at 566-5796

\*\*Limousine service from Hampden to the airport and back to Hampden. \*\* Tour guide stays with you for your trip.

### NEW LISTINGS:2020

Dutch & Belgian River Cruise April 28-May 6, 2020

Bluegrass Country and Smoky Mountains June 4-12, 2020

American Cowboy Country September 13-20, 2020

New Mexico Balloon Festival Oct 9-14, 2020

## STOCKINGS FOR SENIORS

Please join us as we share the Holiday spirit with the residents at Vero Health & Rehab of Hampden. We need your help to fill holiday gift bags with items from the list below.

### Some suggested items are:

Cheese or Peanut Butter Crackers

Fruit Snacks

Toothbrushes

Mini Toothpaste

Mini Hand Lotions

Mini Tissue Packs

Unisex White Socks

8 Pack Crayons

Playing Cards



Your donations will help to bring joy and happiness to our friends during the Holiday Season. Please bring all items to the Hampden Senior Center **BY DECEMBER 2ND**. Contact Wendy at 566-5588 if you have any questions.



**Starting November 4th - Shop till you drop at our annual "Holiday Fund Raiser" located in our lobby!** Lots of great gifts for those special people in your life. Proceeds benefit many programs and activities at the Hampden Senior Center.



# Senior Center Activities

## ACRYLIC PAINTING

Thursdays, 9:45-11:45am, \$15.00 includes all materials.

BRIDGE Mondays, 9:30am. Always looking for players.

BINGO Thursdays, 12:00 noon, \$.50 cents a card.

BUNCO Tuesday, 12:00 noon, \$4.00



CANASTA Tuesdays, 12:30pm

CAREGIVER SUPPORT GROUP for those caring for a loved one with dementia. Second Monday of every month at 1:00 PM. Sponsored by Home Instead Senior Care. **NOVEMBER 4TH**

CHAIR MASSAGE Enjoy a chair massage with Vicki Finnegan on the 3rd Friday, 10am, 15 minutes for \$10.00

## CHAIR YOGA

Join Sue Kent on Tuesday & Thursday, 11am \$5/Class

D.A.V. Michelle Barrett, Chapter Service Officer for the Disabled American Veterans of Chapter 68 in Springfield will be here Wednesdays from 9am-1pm. Call for an appointment.

FACIALS 2nd Thursday of every month. 1 hour for \$30.00. Call for an appointment

## FUNCTIONAL FITNESS

Tuesday, 12:00 noon, with Sue Kent., \$5/Class



## GENEALOGY/FAMILY HISTORY

1st and 3rd Thursday of the month, 12:30pm

HEARING First Wednesday of the month. Call for appointment

## JEWELRY

The third Tuesday of the Month, 9:30am, \$3 plus beads

KNITTING/CROCHET Join Barbara Dunwoody and class in learning different patterns Mondays 9:00 am



LINE DANCING Wednesdays 9:30-10:30am, \$5.00

MAHJONGG Fridays, 11am, will teach anyone interested

MANICURES Twice a month. Call Cathy at 335-7422

MEMORY CAFÉ Fridays from 10-12 noon



NOTARY SERVICES Monday—Friday 10-2. Call and speak to Holly for an appointment.

PITCH Wednesdays, \$2.00. SIGN UP 11:45am, PLAY at 12:00 noon. Come join all the fun!

## POOL ROOM

LADIES (Tuesday); MEN (Thursday)



PINOCHLE Tuesdays, 12:30pm

QUILTING Fridays, 9:00am-3:00pm

SOCIAL DANCING Call for information

TAI CHI Mondays

ADVANCED CLASS - 10:00am TO 10:45 \$5.00

BEGINNER CLASS - 11:15am TO 12:00 \$5.00

TRIVIA Wednesdays @ 10am. Always looking for fresh minds!

WATERCOLOR Mondays 12:30-2:30



## WEIGHT TRAINING

Join the YMCA - Tuesdays & Thursdays, 10am, \$3.50

YOGA Join Sue Kent on Tuesday & Thursday, 1:00pm, \$5.00/Class





**Please check our events calendar monthly for any CANCELLED classes.**

## TRI TOWN TROLLEY (413) 525-5412



The TRI Town Trolley operates for Hampden, East Longmeadow & Longmeadow residents. Mon-Fri, 9:00am-3:00pm. **Tuesdays, Hampden Seniors can book rides for grocery, banking, shopping at Allen & Cooley Street, Springfield or East Longmeadow stores.**

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.

Mon	Tue	Wed	Thu	Fri
<p>The Hampden Lion's Club provides the paper for the SCRIBE and Friends of Hampden Seniors provide postage. Many thanks to both organizations!</p>	<p>Volunteers are needed to help collate our monthly Newsletter (the Scantic Scribe) one day a month. Check calendar for date. Thanks!</p>	<p><b>REMEMBER TO SET YOUR CLOCKS BACK!</b></p>  <p><b>DAYLIGHT SAVINGS TIME ENDS Set Your Clocks Back</b></p> <p><b>NOV. 3rd</b></p>		<p><b>1</b></p> <p>9:00 Quilting</p> <p>10:00 MANICURES</p> <p>10:00 Memory Café</p> <p>11:00 Mahjongg</p>
<p><b>4 Holiday Fund Raiser Begins</b></p> <p>9:00 Knitting</p> <p>9:30 Bridge</p> <p>10:00 Tai Chi</p> <p>11:15 Beginner Tai Chi</p> <p>12:15 Movie</p> <p>12:30 Watercolor</p> <p>1:00 Caregiver Support</p>	<p><b>5</b></p> <p>9:00 Ladies Pool</p> <p>10:00 Weights</p> <p>10:00 Blood Pressure</p> <p>11:00 Chair Yoga</p> <p>12:00 Funct. Fitness</p> <p>12:00 Bunco</p> <p>12:30 Pinochle</p> <p>1:00 Yoga</p>	<p><b>6 HEARING</b></p> <p>9:00 DAV</p> <p>9:30 LINE DANCING</p> <p>10:00 Trivia</p> <p>12:00 Pitch</p>	<p><b>7</b></p> <p>9:00 Men's Pool</p> <p>9:45 ART is 4 Every 1</p> <p>10:00 Blood Pressure</p> <p>10:00 Weights</p> <p>11:00 Chair Yoga</p> <p>12:00 Bingo</p> <p>12:30 Genealogy</p> <p>1:00 Yoga</p>	<p><b>8</b></p> <p>9:00 Quilting</p> <p>10:00 MEMORY CAFÉ</p> <p>11:00 Mahjongg</p>
<p><b>11</b></p> <p><b>CLOSED VETERANS DAY</b></p> 	<p><b>12</b></p> <p>9:00 Ladies Pool</p> <p>9:15 COA Board Meeting</p> <p>9:30 Oral Screening</p> <p>10:00 Weights</p> <p>10:00 Blood Pressure</p> <p>11:00 Chair Yoga</p> <p>11:30 Lunch &amp; Learn</p> <p>12:00 Functional Fitness</p> <p>12:00 Bunco</p> <p>12:30 Pinochle</p> <p>12:30 Cork Craft Making</p> <p>1:00 Yoga</p>	<p><b>13 VETERANS BREAKFAST</b></p> <p>9:00 DAV</p> <p>9:30 LINE DANCING</p> <p>10:00 Trivia</p> <p>12:00 Pitch</p>	<p><b>14 FACIALS</b></p> <p>9:00 Men's Pool</p> <p>9:45 ART is 4 Every 1</p> <p>10:00 Blood Pressure</p> <p>10:00 Weights</p> <p>11:00 Chair Yoga</p> <p><b>11:00-1:00 Free Memory Screening (RSVP ONLY)</b></p> <p>12:00 Bingo</p> <p>1:00 Yoga</p>	<p><b>15 MASSAGE</b></p> <p>9:00 Quilting</p> <p>10:00 MANICURES</p> <p>10:00 Memory Café</p> <p>11:00 Mahjongg</p>
<p><b>18</b></p> <p>9:00 Knitting</p> <p>9:30 Bridge</p> <p>10:00 Tai Chi</p> <p>11:15 Beginner Tai Chi</p> <p>12:15 Movie</p> <p>12:30 Watercolor</p>	<p><b>19</b></p> <p>9:00 Ladies Pool</p> <p>9:30 JEWELRY CLASS</p> <p>10:00 Weights</p> <p>10:00 Blood Pressure</p> <p>11:00 Chair Yoga</p> <p>11:30 Lunch &amp; Learn</p> <p>12:00 Functional Fitness</p> <p>12:00 Bunco</p> <p>12:30 Pinochle</p> <p>1:00 Yoga</p> <p><b>BROWN BAG</b></p>	<p><b>20 THANKSGIVING LUNCH</b></p> <p>9:00 DAV</p> <p>9:30 LINE DANCING</p> <p>10:00 Trivia</p> <p>12:00 Pitch</p>	<p><b>21 COLLATE</b></p> <p>9:00 Men's Pool</p> <p>9:45 ART is 4 Every 1</p> <p>10:00 Blood Pressure</p> <p>10:00 Weights</p> <p>11:00 Chair Yoga</p> <p><b>11:30 Lunch &amp; Learn</b></p> <p>12:00 Bingo</p> <p>12:30 Genealogy</p> <p>1:00 Yoga</p>	<p><b>22</b></p> <p>9:00 Quilting</p> <p>10:00 MEMORY CAFÉ</p> <p>11:00 Mahjongg</p>
<p><b>25</b></p> <p>9:00 Knitting</p> <p>9:30 Bridge</p> <p>10:00 Tai Chi</p> <p>11:15 Beginner Tai Chi</p> <p>12:15 Movie</p> <p>12:30 Watercolor</p>	<p><b>26</b></p> <p>9:00 Ladies Pool</p> <p><b>10:00 FALLON INSURANCE</b></p> <p>10:00 Weights</p> <p>10:00 Blood Pressure</p> <p>11:00 Chair Yoga</p> <p><b>11:45 Conquering Diabetes</b></p> <p>12:00 Functional Fitness</p> <p>12:00 Bunco</p> <p>12:30 Pinochle</p> <p>1:00 Yoga</p>	<p><b>27 FOOTCARE</b></p> <p>9:00 DAV</p> <p>9:30 LINE DANCING</p> <p>10:00 Trivia</p> <p><b>11:00 State Senator Representative</b></p> <p>12:00 Pitch</p>	<p><b>28 CLOSED</b></p>	<p><b>29 CLOSED</b></p>



Hampden Senior Center  
104 Allen Street  
Hampden, MA 01036  
413-566-5588

# November 2019

## LUNCH MENU

Lunch served  
daily @ 11:30am,  
RSVP before  
noon the day  
before.

Mon	Tue	Wed	Thu	Fri
<p><b>*High Sodium*</b> Entrée Puree Meals available Call GSSSI at 781-8800 Ext. 136</p>	<p>Suggested Voluntary Donation \$2.00 per meal. Menu subject to change without notice.</p>			<p><b>1</b> Chicken Pot Pie Mash Winter Squash Collard Greens Biscuit Topping Applesauce</p>
<p><b>4</b> *Hot Dog* with Bun Baked Beans Grilled Onions &amp; Peppers Mixed Fruit</p>	<p><b>5</b> Chicken Paprikash Mixed Vegetables Egg Noodles 12 Grain Bread Lemon Pudding</p>	<p><b>6</b> Crispy Fish Sandwich Hamburger Bun Steamed Corn Minestrone Soup Pineapple Tidbits</p>	<p><b>7</b> Butternut Mac &amp; Cheese Brussel Sprouts Whole Wheat Bread Spiced Pears</p>	<p><b>8</b> Beef Stew Green Beans Creamy Rutabaga Wheat Roll Fresh Fruit</p>
<p><b>11 CLOSED</b> <b>VETERANS</b> <b>DAY</b></p> 	<p><b>12</b> American Chop Suey Steamed Cauliflower Oatmeal Bread Spiced Peaches</p>	<p><b>13</b> Cranberry Orange Chicken Ginger Carrots Au Gratin Potatoes Whole Wheat Bread Fresh Fruit</p>	<p><b>14</b> *Tuna Noodle Casserole* Stewed Tomatoes Whole Wheat Roll Carrot Cake</p>	<p><b>15</b> Pork Roast Apple Onion Gravy Roasted Beets Rice Pilaf Cranberry Loaf Mandarin Oranges</p>
<p><b>18</b> *Sweet &amp; Sour Pork* Oriental Vegetables White Rice 12 Grain Bread Tapioca Pudding</p>	<p><b>19</b> *Pepperoni Pinwheel* Creamy Tomato Soup 3 Bean Salad Italian Bread Fresh Fruit</p>	<p><b>20</b> Roast Turkey &amp; Gravy Cranberry Stuffing Mashed Potatoes Dinner Roll Pumpkin Pie</p>	<p><b>21</b> Brunswick Stew Broccoli Rice Pilaf Whole Wheat Roll Spiced Apples</p>	<p><b>22</b> Lemon Dill Pollock Seasoned Couscous Roasted Carrots Wheat Bread Pineapple Tidbits</p>
<p><b>25</b> Chicken Marsala Ziti Noodles Mixed Vegetables Whole Wheat Bread Raisins</p>	<p><b>26</b> Breaded Fish Sticks Broccoli &amp; Cauliflower Oven Baked Potatoes Blueberry Snack Loaf Applesauce</p>	<p><b>27</b> Vegetable Primavera Shells Steamed Spinach Italian Bread Fresh Fruit</p>	<p><b>28 CLOSED</b></p> 	<p><b>29 CLOSED</b></p>
			<p><b>Happy Thanksgiving</b></p>	



## Tuesday, November 12th Lunch & Learn

Join us for lunch at 11:30 (\$2.00) with this informative free program to follow.

Hampden County Register of Deeds Cheryl Coakley-Rivera, Esq. will host an out-reach program to inform the public about the Homestead Act and the

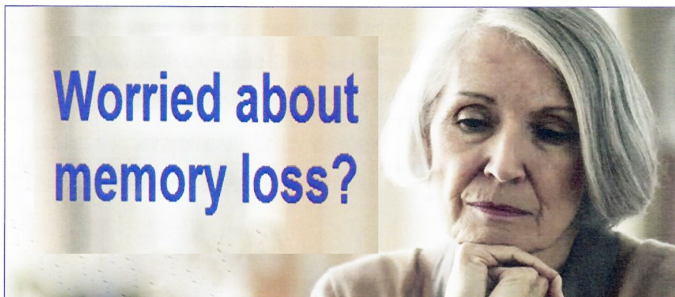
Consumer Notification System (CNS).

Receive a **FREE COPY** of your **DEED**!

## Wednesday, Veterans Breakfast 9am

**Cost \$3.00 - Vet's eat FREE**

A hearty meal of Scrambled Eggs, Potatoes, Sausage and breads with a Red, White & Blue Parfait.



**Thursday, November 14th**

**11am – 1PM**

**Reserve your Free  
Memory Screening  
today**

**RSVP to 413-566-5588 to reserve your confidential appointment.**

**Orchard Valley at Wilbraham is proud to partner with the Alzheimer's Foundation of America to promote successful aging through education, early detection and intervention.**

Reserve a free screening for yourself or someone you love, offered in a relaxing, comfortable setting and meet our Benchmark memory care team.

Complimentary boxed lunches provided for all who register.



[WWW.ORCHARDVALLEYATWILBRAHAM.COM](http://WWW.ORCHARDVALLEYATWILBRAHAM.COM)



## NEW DAY - NEW TIME

**WEDNESDAYS AT 9:30 AM**

**ALL LEVELS WELCOME,**

**LOTS OF DANCING AND FUN!**

## Lunch & Learn Tuesday, Nov 19th

Barbara Giammarino will be teaching us about the "Importance of Vitamin B" in your life. Come and have lunch (\$2.00) and stay to learn about the power of this most important vitamin.



## Wednesday, November 20th @ 11:30 Cost \$2.00



Join us for a delicious lunch of Roast Turkey, Cranberry Stuffing, Potatoes and a piece of Pumpkin Pie!

**Fun, Games and Door Prizes!**

## Lunch & Learn Thursday, Nov 21st @ 11:45



Carol Sikora will prepare, sip & share her recipe for Russian Tea. It tastes amazing, makes the house smell great, and contains a ton of cancer-fighting antioxidants like Vitamin C. What could be better to drink during cold and flu season?



*Assisted Living and Memory Care services in Springfield. Our community is near Forest Park and offers One- and two bedroom apartments with homelike amenities including full-size kitchens and spacious bathrooms. Enjoy our outdoor gazebo, waterfall and fountain!*



Episode: **Conquering Diabetes**

Viewing will be followed by discussions, RAFFLE PRIZES and GIVE AWAYS!!

**Lunch & Learn...Come and have lunch (\$2.00) and stay to watch this free informative program.**

**Right at Home** is a proud sponsor of this new PBS health series hosted by Jane Seymour. The program is focused on the best ways seniors can continue to live healthy and feel grand.

### VIEWING PARTY

Date: **Tuesday, November 26th**

Time: **11:45 am**



# Town of Hampden Newsletter

## November 2019



---

### ***From the Interim Town Administrator Robert Markel:***

It is a busy time in Hampden. The Selectmen, the Planning Board and the Advisory Committee are holding hearings to review the Warrant for the October 28 Special Town Meeting. There are twenty articles ranging from a by-law to regulate solar projects to financial articles that will impact the tax rate. The warrant articles with explanations and motions is available on the Town website: <https://www.hampdenma.gov>. I hope that you will all make the effort to attend.

Town officials have been grappling with two critical issues this month: 1) ambulance services; and 2) dead and hazardous trees. The Town currently uses AMR Ambulance services. Our dilemma is that East Longmeadow is dropping its contract with AMR in favor of a municipally run service. This has resulted in AMR relocating their ambulances to a greater distance from the Town of Hampden with negative effects on response time. The Selectmen and I are working to find ambulance services with far better response times.

Lastly, the problem with dead and hazardous trees is a priority. Tree Warden Dana Pixley has estimated that there are 350-60 trees in the public right-of-way that threaten homes and roadways that must be removed. Over the past two years, the gypsy moth infestation has decimated the Town's oak trees. Taking down these dead trees will be very costly. The Selectmen are exploring ways to fund tree removal with reserve funds instead of raising taxes. The total cost could exceed \$300,000.

***Editor's Note:*** Per an Oct 10<sup>th</sup> phone conversation with Dana Pixley, he emphasized safety as a priority so that no large branches, and trees would fall on electric wires, and/or the roadways or block roads with no exit. He has contracted with a tree service. There were about 35 trees removed by the 10<sup>th</sup>.

*A priority was streets with no egress such as Mountain Road, Sessions Dr at the intersection of Baldwin Dr (before the culvert 'bridge'), and Pondview Dr. Next on his list will be trees along primary roads.*

---

### ***"History of the Gypsy Moth in MA***

The gypsy moth, *Lymantria dispar*, has been a costly and persistent problem in Massachusetts since its introduction in 1869. This invasive pest causes tree defoliation through its spring feeding in the caterpillar life stage. The first major defoliation in event in Massachusetts occurred in 1889. It is at this point Massachusetts state agencies became involved and began efforts to control gypsy moths. Gypsy moth management began as a labor intensive process, including removing egg mass and applying treatments by hand. As technology advanced, the use of spray trucks and eventually aerial pesticide applications (including the use of DDT) were used. Despite continued efforts of control, they (sic) gypsy moth spread to every city and town in Massachusetts by 1922 and has remained a major threat to forest health in the state."

From the intro to the DCR (Dept. of Conservation & Recreation) Bureau of Forest Fire Control and Forestry guide found at <https://www.mass.gov/guides/gypsy-moth-in-massachusetts>

**Tax Collector Eva Wiseman has this reminder for taxpayers:** Check that you've paid your 3<sup>rd</sup> quarter tax bill(s) by Nov 1<sup>st</sup>. The tax form states: "If your payments are not made by their due dates, interest at the rate of 14% per annum will be charged on the unpaid and overdue amount."

---

**Library Listings:**

413-566-3047

www.hampden-library.org

- **Nov 2<sup>nd</sup> - Sat: Grow, Play & Learn group, 10:30 am- Special Weekend Edition + the weekly Tuesdays @10:30 am continue.** This is a Pathway for Parents Coordinated Family Community Engagement Program (birth – 4 years) No registration required. Stories, songs & skill building- resources & more to fit your child's needs.
- **Wednesdays: Story Time, 11am** - ages 2 ½ - preschool. No registration required.
- **Nov 7<sup>th</sup> - Yoga for Every-Body @6 pm:** plus Thursdays the 14<sup>th</sup> & 21<sup>st</sup>
- **Nov 21<sup>st</sup> - Senior Book Club, Thursday @1 pm:** (Refer to the Sat, 11/23 1:30 pm event) *The Mistletoe Matchmaker* by Felicity Hayes-McCoy
- **Nov 23<sup>rd</sup> - Saturday Book Club, 11 am:** Same book as 11/21
- **Nov 23<sup>rd</sup> - Sat: A Transatlantic Book Club discussion with Felicity Hayes-McCoy - \***  
**Note Location:**\* John Boyle O'Reilly Club, 33 Progress Ave., Springfield – Doors open @1:30 pm, Skype @ 2 pm prompt. Event will be facilitated by Ellen Moriarty, Hampden Public Library Director, at the above venue, and by Bernard MacBradaigh in Dingle (Irish time w/be 7 pm) as part of the First Annual Dingle Library Festival: The Creativity of the Landscape. Visit: [dingelilit.ie](http://dingelilit.ie) for more info.
- **Nov 27<sup>th</sup>, Wednesday- Closing @ 1 pm,** and closed Thanksgiving Day, Nov 28<sup>th</sup>

---

**Happy Thanksgiving to all of our patrons!**

---

"Ends are not bad things, they just mean that something else is about to begin. And there are many things that don't really end, anyway, they just begin again in a new way. Ends are not bad and many ends aren't really an ending; some things are never-ending."

— C. JoyBell C. Author

<https://www.goodreads.com/quotes/tag/endings>

---

This is my last issue as Volunteer Editor; I have other projects to finish. Thanks go to all who have contributed articles, and residents who commented about enjoying the newsletter. Thanks to John D. Flynn for asking me, Pam Courtney for providing information in the first months, and Katy Noes for jazzing up the Newsletter with graphics, and Hampden Engineering for the paper and printing.

Happy Turkey Day to all, and watch out for the real wild turkeys meandering across the roads! They take their time!

*Nancy R. Zebert, Volunteer Editor*

---

Many thanks to Nancy Zebert for her efforts and time spent on bringing timely and valuable information to all of Hampden!!

John

