

The Scantic Scribe



NOVEMBER 2021

**HAMPDEN SENIOR CENTER
104 ALLEN STREET 01036**

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!

SENIOR CENTER STAFF

Rebecca Moriarty, Executive Director
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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, Tina Doran, Monique Downey, Suzanna Haskins, Deanna Vermette
Rep to GSSSI: Anne Thomas

Greetings!

Hard to believe we are entering another season of colder weather. The year is flying by! This newsletter is packed with great information on our upcoming programs, be sure to sign up in advance!

We are looking for someone who would like to volunteer to help with the printing of this newsletter. Printing happens at the Town House on a high speed RISO copier. Training will be provided. It takes about 3 hours per month to print and some heavy lifting required. Please call if you are interested in helping in this area.

Sand for Seniors is back this month. Thanks to Hampden Fire for continuing this program.

Many thanks to all our Veteran's, we appreciate your service and hope to see you on November 10th for a Drive Thru Special Treat.

Thanks to our sponsors who are helping with the Thanksgiving Take Away Dinner on November 24th!

There's so much more included in this newsletter, don't miss it! Happy Thanksgiving!

BECKY.....



COA BOARD MEETING: TUESDAY, NOV. 9 at 9AM in PERSON or VIA ZOOM.
ZOOM Meeting ID: 95866401813 - ZOOM Password: 639217

Hampden Senior Center SHOP TILL YOU DROP Annual

"HOLIDAY FUND RAISER" is back in our lobby!

Lots of great gifts for those special people in your life.
Proceeds benefit activities at the Hampden Sr. Center.

Sale starts Tuesday, Nov. 9th and ends Dec. 31st.



WINTER WEATHER ADVISORY and SAND FOR SENIORS

Remember to watch channels 22 & 40 for information about cancellations.

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



Now through April, 2022 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 on property where you would like the bucket dropped off. If we need additional information we will call you back, otherwise you're all set!

OUTREACH



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. Please contact Wendy at 566-5588 or email outreach@hampdenma.gov for more information.

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

Income guidelines for 1 person household—\$2,127

Income guidelines for 2 person household—\$2,873



BROWN BAG: 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:

Income guidelines for 1 person household—\$1,968

Income guidelines for 2 person household—\$2,658

NEXT PICK-UP IS TUESDAY, NOV. 16TH 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 for more information or to find out if you qualify for assistance. All information provided is confidential.

REGISTRY OF MOTOR VEHICLES:

Please contact Wendy for RMV related questions or help with processing RMV applications online. Beginning **May 3, 2023**, 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 identification at airport security checkpoints for domestic air travel.



MEMORY CAFÉ - EVERY FRIDAY AT 10AM:

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.



HEALTH/WELLNESS

Fuel Assistance

Income guidelines for 2021/2022 heating season

Family Size	Income Limit
1	\$40,951
2	\$53,551
3	\$66,151
4	\$78,751

The following documentation is also required:

-Proof of all income: Social Security, SSDI, SSI, Pensions, Annuities, IRA, 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)

Please contact Wendy with any questions.



free WINTER VEGETABLES

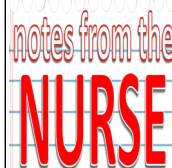
D & R FARM WINTER FARM SHARE

D & R FARM is offering fresh produce and it is FREE with HIP! Shares are limited so contact Wendy to sign up or for more information.

MEDICARE

Open Enrollment is Now through December 7

If you have questions about your insurance or need to make a change to your current plan, please call Becky at 566-5588



As we anticipate the upcoming holidays and the possibility of celebrating with family, we cannot let our guard down. The Coronavirus has been with us for two years & the numbers are dropping but we still cannot live without some degree of vigilance. Get immunized. Keep your holiday gatherings small. Only mingle with those who have been vaccinated. Cherish the time spent with family & friends but stay safe. Have we learned the lessons taught by hardships experienced by many during the pandemic? We are looking forward to a brighter future...if we stay the course.

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

Services and Information



DAV (Disabled American Veterans)

If you are looking for support, please contact our local Veteran Service Director Michelle Barrett at (O) 413-525-5436, (C) 573-355-6076 or email her at michelle.barrett@eastlongmeadowma.gov for an appointment.

Michelle is at the Hampden Senior Center on Tuesday mornings by appointment only.



FREE TECHNOLOGY HELP SESSIONS!



The Wilbraham and Monson Academy Service Team will be at the Hampden Senior Center on **Thursday Nov. 4th and Nov. 18th from 3:30-4:30.** They will 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.**



Caregiver Support Group via ZOOM or by PHONE Tuesday, November 16th at 6:00pm

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.

TRIPS WITH BOBBI GRANT... Log Cabin, Tues, Nov 23: Celebrate country music w Johnny Cash, Patsy Cline, Merle Haggard & others. \$92/pp, w/ 35+ people \$87/pp, self-drive \$65/pp; incl: bus, lunch, show, taxes & tips. Menu: appetizers, bread, garden salad, spring chicken and baked scrod, potato & veggie, dessert, coffee/tea. Payment deadline Nov 15. If you would like information, please call Bobbi directly at 413-566-8271.



Thank you for your support... Thanks to those who have donated to the Friends of Hampden Seniors, the Building Fund & to our Senior Center. **We appreciate you supporting our essential programs & services.**



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.

FRIENDS OF HAMPDEN SENIORS 2022 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 2022 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

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: _____

Senior Center Activities

Please remember the traffic pattern is **BACKWARDS** in the parking lot during our Grab N' Go lunch program Tuesday through Friday from 11:00 - 12:00. **PLEASE USE CAUTION** when entering the parking lot.

Please drop in or call us if noted below to sign up!

ACRYLIC PAINTING with Nan Thursdays,
10:00-noon, \$20/per class, includes all materials.



BILLARD ROOM

Mondays, Wednesdays, and Fridays - **Open play**.
Tuesdays, 9:00-noon - **Women's lighthearted no rules play**.
Thursdays, 9:00-noon - **Men's play**.

BINGO Thursdays, 12:30-2:00, \$.50 cents a card.

B I N G O				
14	24	44	53	68
7	28	31	54	73
2	26	★	51	67
3	22	39	57	75
9	20	37	50	71

BRIDGE Mondays, 9:30-noon.

New experienced players welcome.

BUNCO Tuesdays, 12:30-3:00, \$5/per week.

New people welcome, will teach.

CHAIR MASSAGE with JulieAnne Twice a month
starting on Friday, December 10th. \$10 for fifteen
minutes. **Please call for appointment.**



FACIALS with Diane Neill Friday, November 12th.

Please call for appointment and pricing.

FOOTCARE Please call for appointment and pricing.

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

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



KNITTING/CROCHET Mondays, 9:00-11:00.

New people welcome, will teach.

LINE DANCING WITH MIKKI

Fridays, 1:00, \$3/per class.



MAHJONG Fridays, 10:30-2:00.

New people welcome, will teach.



MANICURES with CAT Twice a month.
Please call CAT directly at 413-335-7422
for appointment and pricing.

MEMORY CAFÉ Fridays, 10:00-noon.

MOVIES Mondays, 12:15. **Starting on November 8th.**
Please sign up.

PITCH Wednesdays, Sign up is at 12:15.
Play time is 12:30.

No snacks or beverages will be served.



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

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

TECHNOLOGY TRAINING Thursdays, 3:30-4:30. **FREE!**
Please call weekly to sign up.

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



WEIGHT TRAINING with YMCA Tuesdays and Thursdays,
9:30-10:30. 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

Chair: Tuesdays and Thursdays, 11:00-noon, \$5/per class





Mat: Tuesdays and Thursdays, 1:00-2:00, \$5/per class

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

Please call
413.566.5588 for
additional information

NOVEMBER 2021

Hampden Senior Center
104 Allen Street
Hampden, MA 01036

Mon	Tue	Wed	Thu	Fri
1 9:00 Knitting/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner	2 9:00 Ladies Billiards 9:30 Weights w/YMCA 11:00 Chair Yoga 11:30 Grab N' Go Lunch 12:00 Functional Fitness 12:30 Bunco 1:00 Mat Yoga	3 <u>HEARING CLINIC by appt.</u> 9:30 Watercolors 10:00 Trivia 11:30 Grab N' Go Lunch 12:30 Watercolors 12:30 Pitch	4 9:00 Men's Billiards 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 11:30 Grab N' Go Lunch 12:00 Functional Fitness 12:30 Bingo 1:00 Mat Yoga 3:30 Technology Training	5 <u>MANICURES by appt</u> 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 11:30 Grab N' Go Lunch 1:00 Line Dancing
Nov. 6th & 7th Scantic River Artisans Exhibit 8 9:00 Knitting/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 12:15 Movie	9 <u>9:00 COA Meeting</u> 9:00 Ladies Billiards 9:30 Weights w/YMCA 11:00 Chair Yoga 11:30 Grab N' Go Lunch 12:00 Functional Fitness 12:30 Bunco 1:00 Mat Yoga	10 9:30 Watercolors 10:00 Trivia 11:30 Grab N' Go Lunch 12:30 Watercolors 12:30 Pitch 1:00-1:30 Veterans Day Drive-Thru Special Treat	11 CLOSED 	12 <u>FACIALS by appt.</u> 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 11:30 Grab N' Go Lunch 1:00 Line Dancing
15 9:00 Knitting/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 12:15 Movie	16 9:00 Ladies Billiards 9:30 Weights w/YMCA 11:00 Chair Yoga 11:30 Grab N' Go Lunch 12:00 Functional Fitness 12:30 Bunco 1:00 Mat Yoga 1:30 BROWN BAG 6:PM Caregiver Support	17 9:30 Watercolors 10:00 Trivia 11:30 Grab N' Go Lunch 12:30 Watercolors 12:30 Pitch	18 9:00 Men's Billiards 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 11:30 Grab N' Go Lunch 12:00 Functional Fitness 12:30 Bingo 1:00 Mat Yoga 3:30 Technology Training	19 <u>MANICURES by appt</u> 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 11:30 Grab N' Go Lunch 1:00 Line Dancing
22 9:00 Knitting/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi-Beginner 12:15 Movie	23 <u>FOOTCARE by appt</u> 9:00 Ladies Billiards 9:30 Weights w/YMCA 11:00 Chair Yoga 11:30 Grab N' Go Lunch 12:00 Functional Fitness 12:30 Bunco 1:00 Mat Yoga	24 <u>FOOTCARE by appt</u> 9:30 Watercolors 10:00 Trivia 11:30 Grab N' Go Lunch 12:30 Watercolors 2:00-2:30 Thanksgiving Drive-thru take away meal NO PITCH	25 CLOSED 	26 CLOSED 
29 9:00 Knitting/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 12:15 Movie	30 9:00 Ladies Billiards 9:30 Weights w/YMCA 11:00 Chair Yoga 11:30 Grab N' Go Lunch 12:00 Functional Fitness 12:30 Bunco 1:00 Mat Yoga	 <div>Daylight Saving Time Ends Sunday, November 7th. Don't forget to turn clocks back one hour before you go to bed on Saturday night, November 6th!</div>		

****NOVEMBER 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. The deadline is 10AM the day BEFORE you want lunch. **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. 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
1 	2 Veggie Lasagna (485) Italian Blend Veg(26) Steamed Peas(7) Whole Wheat Bread(124) Fresh Fruit(1) Cal:638 Carb:101 Na:741	3 Ham w/Pineapple*(597) Steamed Broccoli(15) Scalloped Potatoes(234) Whole Wheat Bread(124) Mixed Fruit(6) Cal:523 Carb:82 Na:1076	4 <u>HIGH SODIUM DAY</u> Turkey Harvest Stew*(875) Herbed Cauliflower(45) Cornbread(165) Chilled Peaches(4) Cal:555 Carb:67 Na:1290	5 Fish w/ Sauce (124) Tuscan Blend Veg(59) Oven Roasted Potatoes(5) Whole Wheat Roll(222) Birthday Cake 249) Cal:571 Carb:87 Na:758
8	9 <u>HIGH SODIUM DAY</u> Hot Dog w/Bun(803) Baked Beans(80) Potato Salad(106) Tropical Fruit(3) Ketch(82)Must(61)Rel(81) Cal:834 Carb:126 Na:1316	10 Spaghetti & Chicken Meatballs(540) Tossed Salad (122) Wheat Bread(144) Reg/Diet Cookie(83) Cal:721 Carb:75 Na:990	11 <u>CLOSED</u> 	12 Crispy Drumstick(178) Steamed Green Beans(5) Butternut Squash(29) Cornbread(266) Fresh Fruit(0) Cal:518 Carb:65 Na:578
15	16 <u>HIGH SODIUM DAY</u> Turkey w/Gravy* (536) Peas & Carrots(35) Stuffing(160)Potatoes(75) LS Wheat Bread(65) Pumpkin Pie(390) Cal:1250Carb:185 Na:1500	17 Potato Pollock(443) Tuscan Blend Veg(49) Rice Pilaf (59) Tartar (70) Whole Wheat Roll (222) Sugar Cookie (93) Cal:811 Carb:101 Na:1035	18 Thai Basil Pork(193) Asian Blend Veg(22) Coconut Rice(152) Whole Wheat Bread(144) Tapioca Pudding(198) Cal:779 Carb:90 Na:811	19 Roast Red Pep Chx(127) Sweet Potatoes(42) Penne Pasta(9) Italian Bread(145) Chilled Pineapple(2) Cal:596 Carb:88 Na:424
22	23 Meatball Calzone *(789) w/Red Sauce(29) Tossed Salad w/Italian(49) Whole Wheat Bread(144) Oatmeal Raisin Cookie(83) Cal:609 Carb:81 Na:1173	24 Blueberry Fr. Toast (261) Turkey Sausage(260) Hashbrown Patty(250) Orange Juice(2) Cheesecake(330)/ Cookie Cal:616 Carb:74 Na:876	25 <u>CLOSED</u> 	26 <u>CLOSED</u> Give thanks with a grateful heart
29	30 Shepherd's Pie(359) Steamed Peas(7) Mashed Potato Topping 12 Grain Bread(199) Apple Crisp(9)/Sp Apples Cal:924 Carb:79 Na:675	Menu subject to change without notice.  Suggested voluntary donation - \$2.00.	Key for Symbols: Cal = Total Calories Carb = Total Carbs Na = Total Sodium * Sodium mg content (>500mg) Tot Sodium & Cal include regular dessert, milk (100mg NA) & margarine (15mg Na)	If you have any special concerns regarding the menu, contact the GSSSI Dietitian at 781-8806, EXT. 136 for more information.



Veterans Day

Wednesday, November 10th from 1 to 1:30pm

Stop in or drive up to receive
our special treat!

"Thank you for your service"



Happy Thanksgiving Prepared - Take Away Meal

Wednesday November 24th, pick-up 2 to 2:30pm

The Hampden Senior Center together with our generous sponsors, want to
provide our older adults a well prepared, delicious Thanksgiving meal.

Call 413-566-5588 to reserve your free meal by
Wednesday, November 17th, Meals are Limited

Holiday Luncheon

Wednesday, December 15th @ 11:30 (snow date 12/16)

The Staff will be preparing a delicious meal of Roast Pork with all the fixings.

We are very pleased to present "The Ted Wirt Bavarian Band" to entertain us with
seasonal and traditional music. Sign up early for this
great program 413-566-5588



We are pleased to offer Chair Massage by Appointment with:

JulieAnne Homans

Reiki Master – Massage Therapist

Graduated from Connecticut Center of Massage therapy in 2004 with a degree in Wellness massage.

JulieAnne has developed many skills throughout her journey which include Swedish, Deep Tissue
Therapeutic, Sports and Relaxation Massages. Specializing in Fibromyalgia, Arthritis, MS, Migraine relief
and more. Julie Anne is looking forward to meeting with everyone to design a massage to fit your
specific goals, and muscle needs.

Starts on Friday, December 10th.
Price is \$10 for fifteen minutes.
Please call for an appointment.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1 \$25	2 \$50
3 \$50	4 \$25	5 \$25	6 Big Y \$25	7 \$25	8	
10 \$50	11 \$25	12 \$25	13 \$25			16 \$50
17 \$50	18 \$25			21 \$25	22 \$25	23 \$50
24 \$50			27 Big Y \$25	28 \$25	29 \$25	30 \$50

Friends of Hampden Senior's Fundraiser

Back by popular demand, the Friends of Hampden Seniors, are selling a one-month lottery calendar for \$10.00 each to support the Senior Center Building Fund. Calendar Sales will begin on November 15th and end December 30th. For each day of January 2022 one lucky winner will be drawn. These calendars make great holiday gifts or stocking stuffers!

One name will be drawn daily in the month of January. Holiday & weekend winners will be drawn the Friday before they occur.

We will call you if you win and you can choose to pick up your prize or we can mail you the check or gift card.

Remember you can win more than once!

Calendars can be mailed to you once payment is received or you can pick up at the senior center.

Please fill out & return with your check for \$10 made out to: Friends of Hampden Seniors. Each calendar holder is eligible to win every day!

Winners will be notified by phone.

Good Luck and Thank You for your support.

Name: _____

Address: _____

Phone Number: _____

Return to: Hampden Senior Center, 104 Allen Street, Hampden, MA 01036

Thank you for your support of the Friends of Hampden Seniors!

Make checks payable to Friends of Hampden Seniors with "Calendar Raffle" in the Memo line.

**** Please use the form to the left to purchase a calendar and drop off or mail to the Senior Center.**



MOVIES ARE BACK ON MONDAY AFTERNOONS AT 12:15 STARTING NOVEMBER 8TH

PLEASE CALL 566-5588 TO SIGN UP!

NOV. 8th ~ POMS ~ PG-13 - Comedy, Dance, Feel-good • 1h 31m

NOV. 15th ~ A BEAUTIFUL DAY IN THE NEIGHBORHOOD ~ PG • Drama based on real life, Heartfelt, Inspiring • 1h 48m

NOV. 22nd ~ THE PEANUT BUTTER FALCON ~ PG-13 • Inspiring Action and Adventure • 1h 33m

NOV. 29th ~ KNIVES OUT ~ PG-13 • Suspenseful Mystery Thriller • 2h 10m