

The Scantic Scribe

October 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



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

Donna Richardson, Administrative Asst &
Volunteer Coordinator
scribe@hampdenma.gov

Wendy Turer, Outreach Coordinator
outreach@hampdenma.gov

Nan Hurlburt, Activities Coordinator
activities@hampdenma.gov

Holly Normoyle, Receptionist
receptionist@hampdenma.gov

Rudie Voight, Custodian

Greetings!

Chilly mornings and evenings are here. Enjoy the crisp cool days of this colorful season.

Please join me as we welcome our new Administrative Assistant & Volunteer Coordinator, Donna Richardson, to the senior center. Donna started on September 16th and is in the office Monday—Friday from 9-3. Please stop in to say hello and introduce yourself. We are happy that Donna has joined our team.

Our fantastic receptionist, Holly, recently became a Notary Public. She is available to provide notary services Monday—Friday between 10AM and 2PM. Please call before you come to make sure Holly is here.

BECKY.....



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, October 8th @ 9:15am

HELP! Now What!?!?



Thursday, October 17th from 6-8PM

Join us for our annual **Medicare Open Enrollment seminar** and meeting with Attorney Dave Carlson.

Health insurance companies have been invited to attend and share plan information and updates. Becky Moriarty, SHINE Counselor will provide information about Medicare, what to do when you turn 65, when you can change plans, and more. Attorney Dave Carlson will share information and answer your elder law questions. Refreshments will be served. Please call 566-5588 to sign up.

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, October 15th

CAREGIVER SUPPORT GROUP: MONDAY, OCTOBER 7th: Second Monday of every month from 1-2PM. For those caring for a loved one with dementia or other related memory impairment. Facilitated by Suzanne McElroy, MSW, Home Instead Senior Care. Respite options available for your loved ones.

FALLON INSURANCE: Tuesday, October 22, 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.

HEALTH/Wellness CORNER

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



FOOTCARE: THURSDAY, October 31st
Call for an 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

Family Size	Income Limit
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



LUNCH AND LEARN

"Bringing Back the House Call"

With Dispatch Health

Friday, October 11th at 11:30AM

Come and learn how you can benefit from medical services in the comfort of your own home!

Medical teams are dispatched right to your house when you are not feeling well. Most major insurances are accepted.

You don't want to miss this! Sign up today! If you want to come for lunch (donation of \$2.00), please let us know when you sign up.

Bring your questions.

October is Breast Cancer Awareness Month



Beacon Hospice will be here on Tuesday, October 22nd at 10:00 with an informational table to provide important information and resources pertaining to breast cancer.

Please stop in!



TRIPS WITH BOBBI GRANT

Call Bobbi @ 413-566-8271 ;

Email: bobbijg2@charter.net

**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 25th \$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 8th \$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. \$TBD Trip Flyer is Coming.

**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.**



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

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.

MONDAY MOVIES @ 12:15



October 7—LBJ

After taking the reins of state in the wake of President Kennedy's 1963 assassination, Lyndon Baines Johnson assumes leadership at one of the most tumultuous times in U.S. history. This engrossing biopic looks at the man behind the political mask.
Cast: Woody Harrelson, Michael Stahl-David

October 21—Yesterday

While he's still looking for his big break, musician Jack Malik gets hit by a bus during a global blackout. But when he wakes up to find he's the lone person on Earth who knows of the Beatles and their songbook, Jack has a huge chance at stardom. Cast: Himesh Patel, Lily James

October 28—Aladdin

In this live-action reimagining of the classic tale, disarming young scoundrel Aladdin falls in love with the Sultan of Agrabah's spirited daughter, Princess Jasmine who longs to escape the confines of the royal palace.
Cast: Will Smith, Mena Massoud



Dementia Friendly Hampden

The Town of Hampden is moving forward with a plan to make Hampden "Dementia Friendly". Together with our friends and partners at Home Instead Senior Care, we are bringing you two opportunities to learn more, to educate yourself, and to help those in the community who have dementia and their families.

Join us on **Tuesday, October 22nd at 1:00 PM**

Or **Wednesday, October 23rd at 6:00 PM**

These training sessions will address what Alzheimer's disease general is and isn't, potential signs of the disease, potential triggers to common behavioral issues that may arise from the disease, suggestions for handling such scenarios and suggestions for interacting with someone who has the disease.

This is a FREE training. We hope you will join in our efforts to make Hampden a Dementia Friendly community. Thanks to Home Instead Senior Care for providing this important training.

Refreshments will be served.
Please call 566.5588 to RSVP.

Senior Center Activities

ACRYLIC PAINTING

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

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

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

BUNCO Tuesday, 12Noon, \$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. **OCTOBER 7th**

CHAIR MASSAGE Enjoy a chair massage with Vicki Finnegan on the 3rd Friday, 10:00am, 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 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 appt.

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 Thursdays at 2pm, \$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. 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

ADVANCED CLASS, Mondays, 10:00am. \$5.00

BEGINNER CLASS, 11:15am TO 12:00noon. \$5.

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

WATERCOLOR: 10 weeks for \$80.00. Call to register.

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.

Hampden Senior Center
104 Allen Street
Hampden, MA 01036

October 2019

Lunch served daily @11:30am,
RVSP before noon the day
before @ 566-5588.

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>1</p> <p>9:00 Ladies Pool 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Canasta/Pinochle 1:00 Yoga</p>	<p>2 <u>HEARING</u></p> <p>9:00 DAV 10:00 Trivia 12:00 Pitch</p>	<p>3 9:00 Men's Pool</p> <p>9:45 ART is 4 Every 1 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga 12:00 Bingo 12:30 Genealogy 1:00 Yoga 2:00 Line Dancing</p>	<p>4 9:00 Quilting</p> <p>10:00 MANICURES 10:00 Memory Café 11:00 Mahjongg</p>
<p>7</p> <p>9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie 12:30 Watercolor 1:00 Caregiver Support</p>	<p>8 9:00 Ladies Pool</p> <p>9:15 COA Board Meeting 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Funct. Fitness 12:00 Bunco 12:30 Canasta/Pinochle 1:00 Yoga</p>	<p>9</p> <p>9:00 DAV 10:00 Trivia 12:00 Pitch</p>	<p>10 <u>FACIALS</u></p> <p>9:00 Men's Pool 9:45 ART is 4 Every 1 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga 12:00 Bingo 1:00 Yoga 2:00 Line Dancing</p>	<p>11 9:00 Quilting</p> <p>10:00 Memory Café 11:00 Mahjongg 11:30 Lunch & Learn Dispatch Health</p>
<p>14</p> <p>CLOSED COLUMBUS DAY</p>	<p>15 9:00 Ladies Pool</p> <p>9:30 <u>JEWELRY</u> 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 11:30 Lunch & Learn 12:00 Functional Fitness 12:00 Bunco 12:30 Canasta/Pinochle 1:00 Yoga 1:00 BROWN BAG</p>	<p>16</p> <p>9:00 DAV 10:00 Trivia 12:00 Pitch</p>	<p>17</p> <p>9:00 Men's Pool 9:45 ART is 4 Every 1 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga 12:00 Bingo 12:30 Genealogy 1:00 Yoga 2:00 Line Dancing 6-8 Help! Now What?</p>	<p>18 <u>MASSAGE</u></p> <p>9:00 Quilting 10:00 MANICURES 10:00 Memory Café 11:00 Mahjongg</p> <hr/> <p>19-20 ART SHOW</p>
<p>21</p> <p>9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie 12:30 Watercolor</p>	<p>22 9:00 Ladies Pool</p> <p>10:00 FALLON INSURANCE 10:00 Weights 10:00 Blood Pressure 10:00 Breast Cancer Info 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Canasta/Pinochle 1:00 Yoga 1:00 Dementia Training</p>	<p>23</p> <p>MARATHON PITCH 9:00 DAV 10:00 Trivia 11:00 State Senator Representative</p> <p>6-8 Dementia Training</p>	<p>24 <u>Collate</u></p> <p>9:00 Men's Pool 9:45 ART is 4 Every 1 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga 12:00 Bingo 1:00 Yoga 2:00 Line Dancing</p>	<p>25</p> <p>9:00 Quilting</p> <p>10:00 MEMORY CAFÉ 11:00 Mahjongg</p>
<p>28</p> <p>9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie 12:30 Watercolor</p>	<p>29 9:00 Ladies Pool</p> <p>9:15 COA Board Meeting 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 11:45 Emotions Video 12:00 Funct. Fitness 12:00 Bunco 12:30 Canasta/Pinochle 1:00 Yoga</p>	<p>30</p> <p>9:00 DAV 10:00 Trivia 12:00 Pitch</p>	<p>31 <u>FOOTCARE</u></p> <p>9:00 Men's Pool 9:45 ART is 4 Every 1 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga 11:30 HALLOWEEN LUNCH 12:00 Bingo; 1:00 Yoga 2:00 Line Dancing</p>	<p>Volunteers are needed to help collate our monthly Newsletter (the Scantic Scribe) one day a month. Check calendar for date. Thanks!</p>

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

October 2019

LUNCH MENU

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

Mon	Tue	Wed	Thu	Fri
<p>*High Sodium Entrée Suggested Voluntary Donation \$2.00 Puree Meals available <u>Call GSSSI</u></p>	<p>1 Asian Chicken Meatballs Shredded Cabbage Mixed Vegetables White Rice Mandarin Oranges</p>	<p>2 Alaskan Pollack Lemon Sauce Mixed Vegetables Red Potatoes Roll Birthday Cake</p>	<p>3 Whole Grain Lasagna Meat Sauce Spinach Whole Wheat Bread Fresh Fruit</p>	<p>4 Beef Chili Baked Potato Cauliflower Corn Bread Pears</p>
<p>7 BBQ Pork Pattie Mashed Potatoes Glazed Carrots Hamburger Bun Oatmeal Cookie</p>	<p>8 Lazy Pierogis Kielbasa Zucchini 12 Grain Bread Peaches</p>	<p>9 Chicken Marsala Buttered Ziti Tossed Salad Italian Bread Fresh Fruit</p>	<p>10 Potato Crunch Filet Broccoli Rice Pilaf Whole Wheat Roll Pears</p>	<p>11 Macaroni & Cheese Peas & Carrots Wheat Bread Strawberries with Whipped Topping</p>
<p>14 Southwest Chicken Casserole White Rice Wheat Bread Peaches</p>	<p>15 Roast Pork w/ Gravy Roasted Potatoes Ginger Carrots Whole Wheat Roll Applesauce</p>	<p>16 Shepherd's Pie Mashed Potato/Peas 12 Grain Bread Fresh Fruit</p>	<p>17 Chicken Cacciatore Buttered Ziti Cauliflower Italian Bread Butterscotch Pudding</p>	<p>18 Beef Stroganoff Egg Noodles Butternut Squash Dinner Roll Mandarin Orange</p>
<p>21 Pollock w/ Dill Sauce Mixed Vegetables Roasted Potatoes Dinner Roll Brownie</p>	<p>22 Eggplant Rollatinis Ziti w/ Marinara Sauce 3 Bean Salad Italian Bread Strawberries with Whipped Topping</p>	<p>23 Chicken Fajitas Peppers/Onions/ Tomatoes Tortillas Rice Pilaf Mixed Fruit</p>	<p>24 Pot Roast w/Gravy Baked Potato Broccoli Bake Whole Wheat Roll Pineapple</p>	<p>25 Glazed Drumsticks BBQ Sauce Brussels Sprouts 12 Grain Bread Lemon Pudding</p>
<p>28 Grilled Chicken Breast w/ Balsamic Glaze Rice Pilaf Stewed Tomatoes Apple Crisp</p>	<p>29 Tuna Noodle Casserole Minestrone Soup Green Peas Rye Bread Mandarin Oranges</p>	<p>30 Hot Dog w/ Bun Baked Beans Cole Slaw Pears</p>	<p>31 Meatloaf with Mushroom Gravy Mashed Potatoes Glazed Carrots 12 Grain Bread Jell-O</p>	<p>Sod=Sodium CAL=Calories *Item over 500mg Sodium Total Sodium & Calories Based on Regular Dessert</p>

LUNCH & LEARN October 15th
Barbara Giammarino will be teaching us:
“How to plan ahead for winter immune
season”. Come and have lunch (\$2.00)
and stay to learn how to protect yourself
during this free session.



Wednesday, October 23rd



Cost \$5.00
Continental Breakfast,
Lunch Chicken Fajitas,
Afternoon Dessert,
Nibbles, Soft Drinks,
Coffee & Tea.

PITCH MARATHON

Hampden Senior Center
104 Allen St.,
Hampden, MA



Pre-registration required
call or sign up at front desk.



Episode: **Emotions of Aging**

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, Oct 29**

Time: **11:45am**

Thursday, October 31st

**Break out your best Roaring 20's Look
and join us for a “Great Gatsby”
inspired meatloaf luncheon with
all the fixings. Fun & Games and
a Prize for best costume! Cost \$2.00
Be sure to call 566-5588 or sign up
at front desk.**





Fall into Art

2019-3rd Annual Scantic River Artisans Juried Art Show

October 19 (10-4) & October 20 (12-4)

Receptions: October 19 & 20 (12-2) - Awards at 2 pm October 20

- REFRESHMENTS • ART AUCTION
- DEMONSTRATIONS

104 Allen St., Hampden, MA 01036
(Hampden Senior Center)

For more information,
visit: www.scanticriverartisans.org
or leave a message at:
413-205-7985

ScanticRiver
ARTISANS
Exhibiting Local Creativity

OPEN TO ALL ARTISTS!

For Information and Entry Form,
visit: www.scanticriverartisans.org
or leave a message at:
413-205-7985



Town of Hampden Newsletter

October 2019



Greetings All!

I am pleased to serve as interim Town Administrator in Hampden while the Board of Selectmen are recruiting a new, full time Town Administrator. I will normally be in the office 20 hours per week, on Mondays and Tuesdays from 8:30 a.m. to 3:30 p.m. and Wednesdays until 2:30 p.m. My door is open, and all residents of Hampden are welcome to drop in to discuss a problem or to just say hello.

I retired as the Town Manager in Ipswich in 2012 and have been doing part time, interim assignments in recent years. I may know some of you who attended AIC or Westfield State where I taught for 21 years. And I may have met others during my tenure as a City Councilor and Mayor of Springfield.

Perhaps the most important issue facing the Town this fall will be the state of ambulance services. As many of you know, the renewal of the Town's contract with AMR Ambulance is pending. Their ambulance stationed in East Longmeadow will be moved to Allen and Cooley Streets in Springfield as East Longmeadow launches their own ambulance service through the Fire Department. My goal will be to work with the Board of Selectmen to find the best option for ambulance services with the shortest response time for residents in need of the service.

My tenure in Hampden will extend for approximately six months, depending on the length of time required for the Selectmen to recruit a full time Administrator who is a "good fit."

I welcome this short-term assignment and will do my best to serve the Selectmen and the residents of Hampden.

Bob Markel

"Eastern equine encephalitis (EEE) is a rare but serious disease caused by a virus" per this state link - <https://www.mass.gov/service-details/eee-eastern-equine-encephalitis>.

This mosquito borne virus may still be active into the first part of October.

Take precautions. Here's the link to daily updated risk map:

<https://www.mass.gov/info-details/massachusetts-arbovirus-daily-update#eee-risk-map->

Detoxing Your Home Saturday, October 26th 12noon – 1 pm
Hampden Free Library Class Make
(Thieves Scrub Lemongrass Room Spray) & Take...
with Essential Oil Educator – *Kerri Mahan*

Please call to register: 413/566-3047

Class limited to 20 participants

Library Listings:

413-566-3047

www.hampden-library.org

- **Oct 3rd: Yoga for Every-Body:** plus the 10th, & 17th –Thursdays, **6-7 pm**

Class is free & open to the public. Wear comfortable clothing! Bring a mat, but if you don't have one, yoga mats are available for use during class.

- **Oct 17th: Senior Book Club,** Thursday @ 1 pm: *The Book Woman of Troublesome Creek* by Kim Michelle Richardson.
- **Oct 26th: Saturday Book Club,** 11 am, *Before We Were Yours* by Lisa Wingate.

For Young Adult's, or Children's programs,
please check the website or call the library.

Public Safety Night Out Friday, Oct. 11th 4:30pm – 8 pm TWB school grounds **Free**
Hosted by the Hampden Police Department **Fireworks!**

Reminder from Tax Collector Eva Wiseman:

Bills sent out at the end of September.....due November 1st.

Ever attended a Selectmen's Meeting?

It's the Chief Executive Body of the Town at work!

Meetings are generally held Mondays at 6 pm. Due to more resident attendance, the meetings are now held in the Town House Auditorium, which is handicapped accessible. There is a new portable sound system. Postings for their meetings, and all town public body meetings, are posted on the outside board near the parking lot entrance to the Town House for 24/7 access. The inside official posting board is near the Town Clerk's office on the lower level. Join us!

"Community connectedness is not just about warm fuzzy tales of civic triumph. In measurable and well-documented ways, social capital makes an enormous difference in our lives...Social capital makes us smarter, healthier, safer, richer, and better able to govern a just and stable democracy."

~ Robert D. Putnam

Harvard Professor, and author

<https://www.azquotes.com/quotes/topics/social-capital.html>

This 'Newsletter', which is stapled to the Council on Aging's 'Scantic Scribe' for delivery, is a Selectmen's Initiative to provide timely information and governmental transparency.

Printing and paper courtesy of Hampden Engineering; assembly courtesy of the 'Scantic Scribe' volunteers who collate, staple, and fold the pages; graphics by Katy Noes.

Thanks Everyone!

Nancy R. Zebert, Volunteer Editor