

The Scantic Scribe



OCTOBER 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
coa@hampdenma.gov
Donna Richardson, Administrative Asst. & Volunteer Coordinator
scribe@hampdenma.gov
Wendy Cowles, Outreach Coordinator
outreach@hampdenma.gov
Nan Hurlburt, Activities Coordinator
activities@hampdenma.gov
Receptionist,
receptionist@hampdenma.gov
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!

Chilly mornings and evenings are here as we welcome fall! I hope you can enjoy this beautiful season, spending time outside before it gets too cold!

Grab and Go lunches will continue through the end of the calendar year. Greater Springfield Senior Services will provide the drive through lunch program every week Tuesday through Friday. Please call the senior center to sign up. The menu has changed significantly, so be sure to look at the new meal offerings.

Fire Prevention Week is October 3-9. The Hampden Fire Department will be at the senior center Grab and Go Program on Wednesday, October 6th and Friday, October 8th with information about "Learning the Sounds of Safety".

The weekly blood pressure clinic offered by Silver Linings Home Care has been temporarily put on hold. Stay tuned for more details as to when this clinic will return.

We are happy to bring back Pitch and Bingo this month. Check the calendar for start dates and NEW START TIMES. At this time, refreshments are not being served with any of our programs.

See you soon,

BECKY.....



COA BOARD MEETING: TUESDAY, OCT. 12 at 9AM in PERSON or VIA ZOOM.
ZOOM Meeting ID: 95866401813 - ZOOM Password: 639217

Fund-Raiser Event!

October 18th through the 22nd from 9:30am to 2pm

To benefit Hampden Senior Center Building Expansion Fund
104 Allen St., Hampden, MA 01013 413-566-5588

A \$10.00 minimum donation will be collected for each drop-off.

PROSHRED
SECURITY

DOCUMENT DESTRUCTION AT YOUR DOOR®

It's the perfect time to clean out your old files and paperwork and support a great cause.

Sponsored and supported through:



**Wednesday
October 27th @ 9am**

**Halloween
BREAKFAST**

→ PLEASE BOOK A HEAD ←



The Staff at the Senior Center will be preparing a delicious breakfast with a Fruit Cup, French Toast Bake, Sausage, Coffee and juice.

No Tricks, all Treats!
413 566-5588

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 and The Federal

Administration for Community Living.

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, OCT. 19TH 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)

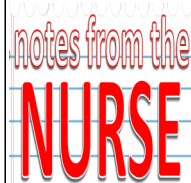
Please contact Wendy with any questions or to schedule an appointment at 566-5588.



MEDICARE

Open Enrollment is from October 15 - 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 to schedule an appointment.



Even in the darkest of times, we have people and things for which to be grateful, so make it a habit to count your blessings daily. There is a saying: When it rains, it pours. We have certainly had a lot of rain and storms this year however, there is hope: rainbows follow rain. We are in for a lot of rainbows this year, so look for them on a regular basis and take time to appreciate them when they happen. Many of our community heroes have pulled communities together, inspiring hope in dark moments through their compassion, care, and scientific breakthroughs.

Even during these very character-building times, let's keep asking ourselves, what can we do today and in the following months if we know we cannot fail? Let's keep discovering and delivering ways to improve lives and create a healthier world. Let's not be complacent about, even rebellious against, the very recommendations that professionals are advising will keep us safer and healthier. We have the tools but most important GET VACCINATED.

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 & Monson Academy Service Team will be at the Hampden Senior Center on Thursdays from 3:30-4:30 until the end of November. They will assist you with all your technology questions. Bring your phone, iPad, tablet, or laptop computer and your questions! **Please call 566-5588 WEEKLY to sign up.**



Caregiver Support Group via ZOOM or by PHONE Tuesday, October 19th 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.

PUZZLE PAC'S ARE BACK... We have put together some puzzle games with a raffle and prize for one lucky person who takes on the challenge! Puzzle Pac's will be available starting October 8th at our "Grab N' Go Lunch" or for pick up inside the Senior Center. Your completed Puzzle Pac needs to be returned to the center to the box marked "Puzzle Pac Drop Off" by October 29th. Drawing will be November 4th and the winner will be notified!



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

We are very pleased to offer activities again and will be including additional activities as we are able. **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, so 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 players welcome, will teach.

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

New people welcome, will teach.

FACIALS with Diane Neill 2nd Thursday of every month.

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.**



JEWELRY May resume in the Fall.

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

New people welcome, will teach.

LINE DANCING WITH MIKKI Fridays, 1:00,

\$3/per class. **NO CLASS ON OCTOBER. 1ST.**



Line Dancing

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.

PITCH Wednesdays, Sign up 12:15. Play at 12:30 beginning
October 20th. 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!



WATERCOLOR with Chris Sterritt Wednesdays, 9:30-noon
or 12:30-3:00. \$100 for ten classes. **Call to register.**

NO CLASS ON OCTOBER. 6TH.

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 and place A.O.A. in memo section.



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

OCTOBER 2021

Hampden Senior Center
104 Allen Street
Hampden, MA 01036

Mon	Tue	Wed	Thu	Fri
				1 <u>NO LINE DANCING</u> 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 11:30 Grab N' Go Lunch
4 9:00 Knitting/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner	5 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	6 <u>HEARING CLINIC by appt.</u> <u>NO WATERCOLORS</u> 9:30 FARM SHARE 10:00 Trivia 11:30 Grab N' Go Lunch	7 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	8 <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
11 <u>CLOSED</u> 	12 <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	13 9:30 FARM SHARE 9:30 Watercolors 10:00 Trivia 11:30 Grab N' Go Lunch 12:30 Watercolors	14 <u>FACIALS by appt.</u> 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	15 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 11:30 Grab N' Go Lunch 1:00 Line Dancing
18 9:00 Knitting/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi-Beginner	19 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	20 9:30 FARM SHARE 9:30 Watercolors 10:00 Trivia 11:30 Grab N' Go Lunch 12:30 Watercolors 12:30 Pitch	21 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	22 <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
25 9:00 Knitting/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner	26 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	27 <u>FOOTCARE by appt.</u> 9:30 FARM SHARE 9:30 Watercolors 10:00 Trivia 11:30 Grab N' Go Lunch 12:30 Watercolors 12:30 Pitch	28 <u>FOOTCARE by appt.</u> 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	29 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 11:30 Grab N' Go Lunch 1:00 Line Dancing

****OCTOBER 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
	<p>Menu subject to change without notice.</p>  <p>Suggested voluntary donation - \$2.00.</p>	<p>Key for Symbols: Cal = Total Calories Carb = Total Carbs Na = Total Sodium * Sodium mg content (>500mg) <u>Tot Sodium & Cal include regular dessert, milk (100mg NA) & margarine (15mg Na)</u></p>	<p>If you have any special concerns regarding the menu, contact the GSSI Dietitian at 781-8806, EXT. 136 for more information.</p>	<p>1 Thanksgiving</p> <p>Sandwich*(523) Butternut Squash Salad Tossed Salad w/Italian(39) Club Roll(265) Sugar Free Pudding(157) Cal:595 Carb:78 Na:1087</p>
<p>Fire Prevention Week</p> <p>FIRE SAFETY</p> 	<p>5 Shepherd's Pie(359)</p> <p>Steamed Peas(7) Mashed Potato Topping 12 Grain Bread(199) Apple Crisp(9)/Spiced Apples Cal:949 Carb:140 Na:711</p>	<p>6</p> <p>Pulled Pork(394) Glazed Carrots(86) Steamed Corn(5) Wheat Bun(237) Tropical Fruit(3) Cal:688 Carb:112 Na:860</p>	<p>7 Potato Pollock</p> <p>w/Tartar*(513) Brussels Sprouts(17) Brown Rice Pilaf(59) Whole Wheat Roll(222) Chilled Peaches(4) Cal:759 Carb:94 Na:951</p>	<p>8</p> <p>Chicken Paprikash(357) Steamed Spinach(136) Egg Noodles(13) Whole Wheat Bread(124) Mandarin Oranges(10) Cal:918 Carb:85 Na:775</p>
<p>CLOSED</p> 	<p>12 Turkey Chili(227)</p> <p>Mixed Vegetables(49) ½ Baked Potato(6) Sour Cream(29) Cornbread(266) Fresh Fruit(2) Cal:782 Carb:113 Na:714</p>	<p>13</p> <p>Fish Tacos(87) Cilantro Coleslaw(144) Yellow Rice(17) Flour Tortilla(141) Lemon/Diet Cookie(93) Cal:684 Carb:76 Na:682</p>	<p>14</p> <p>Chicken Picatta(74) Tuscan Blend Veg(49) Bowtie Pasta(9) Whole Wheat Bread(124) Brownie/Diet Cookie(80) Cal:642 Carb:86 Na:472</p>	<p>15</p> <p>Veggie Lasagna w/Marinara*(729) California Blend Veg(34) Whole Wheat Roll(222) Mixed Fruit(6) Cal:615 Carb:94 Na:1126</p>
<p>Breast Cancer Awareness</p> <p>Wear Pink to show your support!</p> 	<p>19 Baked Fish</p> <p>w/Crumb Topping(164) Parmesan Tomatoes (265) Lemon Rice(31) Whole Wheat Bread (124) Chilled Pears (7) Cal:617 Carb:87 Na:692</p>	<p>20 Broccoli Cheddar</p> <p>Stuffed Chicken(303) Herb Cauliflower(45) Sweet Potatoes(188) Rye Bread(193) Cake(235)/Cookie(80) Cal:677 Carb:94 Na:1066</p>	<p>21</p> <p>Pork Stir Fry(123) Ginger Carrots(86) White Rice(4) Wheat Bread(144) Fresh Clementine(1) Cal:622 Carb:75 Na:456</p>	<p>22 Meatloaf/</p> <p>w/Gravy(304) Zucchini(7) Mashed Potatoes(76) Whole Wheat Bread((124) Blondie Brownie/Diet Cookie(302) Cal:924 Carb:115 Na:912</p>
	<p>26</p> <p>Chicken Pot Pie(499) Steamed Green Beans(5) Biscuit Topping Pear Crisp(12)/Pears(5) Cal:688 Carb:93 Na:616</p>	<p>27 Broccoli Penne</p> <p>Alfredo (442) Mixed Greens Salad w/Italian(27) Whole Wheat Roll (222) Warm Fruit Compote(4) Cal:800 Carb:92 Na:793</p>	<p>28 Pot Roast</p> <p>w/Gravy(461) Steamed Spinach(113) Roasted Veggies(184) Whole Wheat Bread(124) Fresh Fruit(1) Cal:651 Carb:82 Na:983</p>	<p>29 Monster Maple</p> <p>Glazed Turkey(518) Bat Brussels Sprouts(17) Butternut Quinoa Salad(3) Witchy Wheat Bread(65) Magic Cheesecake(330) Cal:815 Carb:110 Na:1033</p>

Saturday, November 13th Dinner Dance

*Hampden Senior Center
104 Allen St., Hampden MA 01036*

"One Moment in Time"

Cost \$25.00 Prepaid, Per Person 413-566-5588

*Appetizers, Roast Stuffed Chicken Breast
Dinner with delicious sides, complimentary
cocktail and dessert. Cash Bar, 50/50 Raffle.*



Place your reservation and purchase your tickets early.

**Assigned seating-doors open at 5:30. The Sharades Band will
play for your listening and dancing pleasure from 6-9.**

Wear your favorite decade, "moment in time!"

Please make checks payable to Town of Hampden. If mailing, include a stamped self address envelope. Thanks.



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



Gift of Art

A Scantic River Artisans Exhibit

**We invite you to experience, explore and
purchase the diverse art on display.**

Nov 6 & 7 - Saturday & Sunday
(Saturday 10:00 - 4:00 • Sunday 11:00 - 3:00)

Reception: Sunday (noon - 2:00)
(Meet the Artisans)

104 Allen St., Hampden, MA 01036
(Community Room - Hampden Sr. Center)



www.scanticriverartisans.org

For additional information about the Artisans and exhibiting opportunities,
please leave a message at 413-205-7985 or email us at: scanticriverartisans@gmail.com