

The Scantic Scribe



OCTOBER 2023

HAMPDEN SENIOR CENTER

104 ALLEN STREET

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!

HOURS: Monday - Friday 9AM-3PM

SENIOR CENTER STAFF

Rebecca Moriarty, Executive Director
coa@hampdenma.gov

Wendy Cowles, Outreach Coordinator
outreach@hampdenma.gov

Tina Doran, Administrative Assistant & Volunteer Coordinator
scribe@hampdenma.gov

Diane Marino, Activities Coordinator
activities@hampdenma.gov

Sharon Woodin & Joi Giuggio, Receptionists
receptionist@hampdenma.gov

Rudie Voight, Custodian

COA BOARD MEMBERS

Chair: Deborah Mahoney
Vice Chair: Deanna Vermette
Treasurer: Nancy Willoughby
Secretary: Marty Jacque
Cliff Bombard, Monique Downey, Suzanna Haskins, Juanita Markham
Rep to GSSI: Cheryl Delviscio

COA BOARD MEETING:

Tuesday, October 10th at 9:00 am
in PERSON or VIA ZOOM
ZOOM Meeting ID: 95866401813
ZOOM Password: 639217

BUILDING COMMITTEE MEETING:

Monday, October 10th, 16th & 23rd at 11:00 am
in PERSON or VIA ZOOM
ZOOM Meeting ID: 82653444250
ZOOM Password: 782446

Thank you for your support...

Thanks to those who have donated to the Friends of Hampden Seniors, the Building Fund and to our Senior Center.

We appreciate you supporting our essential programs and services.

Greetings!

Many thanks to all who made the 1/2 way to St. Patrick's Day Grab & Go Dinner fundraiser a huge success! Special thanks to our sponsors: Byron Keenan Funeral & Cremation Center, Brodeur Campbell Fence Company, Great Horse, Monson Savings Bank, Polish National Credit Union, and to the volunteers who helped with preparations and entertainment during the event. A special thanks to the amazing senior center staff who helped with every detail along the way.

This month marks the beginning of Medicare Open Enrollment. If you need to discuss your current Medicare insurance plans please call the senior center to schedule an appointment. We are hosting our annual Help! Now What? event on Thursday, October 26th from 6-8 PM. This seminar will include information about retirement planning and Medicare Open Enrollment. Call to sign up.

Be sure to sign up for our Annual Halloween Luncheon with a 50's Diner Theme. Delicious food and great entertainment are in store.

The Senior Center Building Committee continues to meet on a regular basis and hopes to have a warrant article on the Special Town Meeting warrant in October. Stay tuned for more details.

It is a beautiful time of year, so be sure to enjoy these cooler days and nights.
See you soon, Becky.....



Grab and Go Dinner, Thursday, October 26th

pick up is 2:00 pm to 2:30 pm

Enjoy a delicious dinner of Pork Stroganoff, Green Beans, and Dessert.
Cost is \$5 per person. Please call 566-5588 starting October 1st to order your dinner.



Covid/Shingles/Pneumonia Clinic

Friday, October 27th, 1:00 pm to 4:00 pm

Appointments are required.

Please call 566-5588 to preregister.

All ages are welcome!

Vaccines provided by Big Y. Sponsored in part by the National Council on Aging.



Halloween Luncheon

Tuesday, October 31st at 12:00 pm

Get your Blue Plate Special!

"Flo & Alice" will be preparing an open face turkey sandwich with gravy, mashed potatoes, carrots, and apple pie for dessert!

Cost is \$5 per person.

Entertainment provided by Irv Lewis

Sponsored by Monson Savings Bank

We will be taking reservations for this event starting October 1st, on a first come first serve basis. Please call 566-5588. Space is limited.

Outreach Updates

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. **Contact Wendy at 566-5588 or email outreach@hampdenma.gov for information.**

- **SNAP:** **INCOME GUIDELINES:**
1 person household—\$2,430; 2 person household—\$3,287
Provides a monthly supplement for purchasing nutritious food. Participants must Complete an application and meet monthly income guidelines.
- **Brown Bag:** **INCOME GUIDELINES:**
1 person household—\$2,430; 2 person household—\$3,287
Free bag of groceries once a month in conjunction with the Food Bank of Western MA. Participants must be 55 or older and meet monthly income guidelines.
Next pick-up is: Tuesday, October 17th, 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 566-5588 for more information or, to find out if you qualify for assistance. All information provided is confidential.
- **Fuel Assistance:** **Income Guidelines for 2023/2024 Heating Season are as follows:**

| <u>Family Size</u> | <u>2023/2024 Income Limit</u> |
|--------------------|-------------------------------|
| 1 | \$45,392 |
| 2 | \$59,359 |
| 3 | \$73,326 |
| 4 | \$87,294 |

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, Wages - Bank Statements are no longer accepted.
 - Electric Bill - most recent
 - Oil Statement or Gas Bill (or both) - most recent
 - Property Tax and/or Homeowners Bill
 - Photo ID, Social Security Card or Birth Certificate
 - Mortgage Statement if not paid in full, or Monthly Rent
 - Current Homeowners Insurance Bill
 - Water/Sewer Bill
 - If working, 4 previous pay stubs (must be the most recent)
- **REGISTRY OF MOTOR VEHICLES:** **Beginning May 7th, 2025,** 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 ID at airport security checkpoints for domestic air travel. If you have RMV related questions, or need help with processing RMV applications online, please call Wendy at 566-5588 to make an appointment.



ATTENTION SNAP RECIPIENTS

If you are currently receiving SNAP benefits, you are eligible to receive a pre-packed bag of items from the *Senior Center Personal Needs Closet*. The bag will include everyday essential items such as toilet paper, paper towels, toothpaste, bars of soap, deodorant, dish soap, laundry detergent and disinfectant wipes. Items in the bag will vary from month to month.

One (1) bag per month per person will be available and you must bring proof of SNAP benefits/EBT card when you come to pick up your bag. Bags will be available for pick up on Mondays from 10:00 am - 2:00 pm. If you are unable to come during this time, please contact Wendy at 566-5588 to schedule an alternate pick up time.



HELP US STOCK OUR SHELVES

with Liquid Dish Soap!

Thank you for those that donated toilet paper last month. Every month we will target a different item to fill our shelves.

Due to space constraints, please refrain from purchasing warehouse size items.



Health and Wellness



FREE Baystate Hearing: Please call for an appointment.
1st Wednesday of the month, October 4th.



FREE Blood Pressure Clinic: Walk in 9:15 - 10:45am.
Tuesdays with Ann Maggio, RN Thursdays with
Ashley Boudreau, RN, Public Health Nurse



FOOTCARE: Please call for an appointment and cost.
Tuesday, October 17th and, Wednesday, October 18th.

Did you know we have...



Chair Massage with Mindy

Tuesdays October 10th & 24th, \$10 for 10 minutes.
Please call 566-5588 for appointment.



Facials with Diane Neill

2nd Thursday of every month by appointment
Please call 566-5588 for appointment and pricing.



Manicures with Cat

Please call Cat directly at 413-335-7422
for appointment and pricing.

Gift Cards are Available



CAREGIVER SUPPORT GROUP via ZOOM or PHONE

Tuesday, October 17th at 6:00 pm

Are you caring for a loved one with dementia or
other related memory impairments? This support group is a
great way to get help. Call Wendy at 566-5588 for information.



MEMORY CAFÉ - EVERY FRIDAY AT 10:00 AM

The Memory Café is a welcoming place for individuals
with memory challenges along with their caregivers,
family or friends, to gather in a safe, supportive
and engaging environment.

Please call Wendy at 566-5588 if you would like more
information about the café.

Sponsored by:

Friends of Hampden Senior Citizens and private donations.



Tri Town Trolley Transportation Services

Operates for Hampden, East Longmeadow,
and Longmeadow seniors.

Monday - Friday, 9:00 am - 3:00 pm

Grocery store trips will only be scheduled on Wednesdays and
Thursdays with a 3 bag limit on the van. Out of town rides are
\$3 each way, in town trips are \$1 each way.

A 72 hour notice is required for scheduling rides.

**As soon as you schedule a medical appointment,
please call 525-5412 to schedule a ride.**



Meet your new Veteran Service Officer Jason Burgener, VSO

Wednesday, October 4th at 9:30 am
at the Hampden Senior Center.

Coffee and light refreshments will be provided.

Jason will be available on Wednesdays, 9:00 am to 4:00 pm
at the Hampden Townhouse auditorium.

Please call Jason directly at 413-640-0540
to schedule an appointment.

Save the Date

Thursday, November 9th at 9:00 am, Veteran's Breakfast



FREE Technology Help Sessions Are Back!

The Wilbraham & Monson Academy
Service Team will be here

Thursdays from 3:30 pm to 4:30 pm

Students will meet with you one on one, and assist you with all
of your technology questions. Bring your phone,
laptop computer, iPad, or tablet, and your
questions! Please call 566-5588 to sign up.



D & R Farm Summer Farm Share

Wednesdays at 9:30 am

D & R Farm is offering fresh produce weekly
FREE with SNAP/HIP if you qualify!

If you do not qualify for SNAP/HIP you may
purchase a share for \$40 cash per month.

If interested, contact Wendy ASAP to get your application in!

Please let us know if you need your shares delivered.

Shares are limited. Please call Wendy at 566-5588, or email
outreach@hampdenma.gov to sign up.

Winter Farm Share will be back in January.



Farmer's Market with D & R Farm

Tuesday, October 12th

9:30 am to 1:30 pm

*Fresh fruits, vegetables, eggs, homemade canned
items, breads, cookies and more!*



Join the Tri Town Team with
the Hampden Senior Center and
Walk to End Alzheimer's

Sunday, October 15th at 9:00 am

Holyoke Community College,
303 Homestead Avenue, Holyoke, MA

Register online at act.alz.org, click on Find a Walk Near You,
click on Find a Team, and select the Tri Town Team,
and follow instructions to register.

Or, call 566-5588 and we can help you register.



ELDER FINANCIAL ABUSE WORKSHOP

Sponsored by Polish National Credit Union

Thursday, October 19th, 12:00 pm to 2:00 pm

Financial Elder Abuse affects between 3 to 5 million seniors each year. During this workshop, you will learn how to spot potential threats and what to do to avoid financial fraud.

You will hear from local law enforcement, community leaders, and town and government officials.

FREE Boxed Lunch will be served, provided by The Polish National Credit Union.

Please call 566-6688 to reserve your seat. Space is limited.

The
Polish National
Credit Union



HELP! Now What?

Thursday, October 26th, 6:00 pm to 8:00 pm

Join us for our annual

Medicare Open Enrollment and Retirement Planning Seminar



- Attorney David Carlson will share information about retirement planning & important documents you should have.
- Paul Vegiard, Investment Specialist from Monson Savings Bank will talk about the services they offer and answer any questions you may have about retirement planning.
- Health insurance companies have been invited to attend and share plan updates.
- Springfield Technical Community College Dental Hygiene Program will be here with information about their services.
- Becky Moriarty, SHINE Counselor, will provide information about Medicare. What to do if you're turning 65, or getting ready to retire, and what you can do during the Medicare Open Enrollment Period.

****Medicare Open Enrollment begins on October 15th and lasts until December 7th.****

Light refreshments will be served. Please call 566-5588 to reserve your seat.



Chair Massages Are Back!

(no pun intended)

We are happy to introduce *Mindy* to our Senior Center to share her therapeutic abilities at the affordable rate of \$10.00 for 10 minutes.

Mindy will be here two Tuesdays a month.

October 10th & 24th and

November 7th and 21st

Please call 566-5588 for an appointment.



2023 Trips with Bobbi

Bus seat secured upon receipt of \$20 deposit
(includes tip to driver)

Please make a separate check for each trip payable to Bobbi Grant. You may pay for multiple people, but please write which trip you are paying for on the memo line.

Only one (1) trip per check please.

If you have any questions, call Bobbi at 413-566-8271 or Email bobbijg2@charter.net

Atlantic City Getaway, Tuesday-Thursday, October 10-12
Caesars Casino Resort Hotel, \$50 bonus in slot & food,
2 fantastic shows; \$295/pp dbl, \$285/pp trpl, \$395/pp single.
\$50 deposit at signup - Full payment deadline October 1.

Cancellation insurance available.

The Aqua Turf Club, Wednesday, November 8

ELVIS is in the Building!

Includes: coffee/donuts, free drink, lunch, show and door prizes,
\$119/pp - Full payment deadline October 18. Seating is limited.



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.



Drumming & Movement

October session has been postponed until further notice. If you are interested in signing up for the next session and haven't already done so, please call 566-5588 to put your name on our list.



October Puzzle Pacs

Keep your brain healthy and sharp!

New puzzle packs will be available October 2nd.

Do your best but have fun with it! Return your puzzle pack to the Senior Center by **October 31st** for a chance to win.

Drawing will be held Wednesday, November 1st.

Congratulations to Patti Burnett & Joe Green, they are our July/August Puzzle Pac winners!

Senior Center Activities

Please drop in or call 566-5588 if noted below to sign up. If you have any questions or suggestions on new activities, please call Diane or email her at activities@hampdenma.gov.

ACRYLIC PAINTING with Nan Hurlburt

Thursdays, 10:00am-12:00pm & 12:30pm -2:30pm
\$20/per class, includes materials.
Space is limited. Call to sign up.



BILLIARD ROOM

Mondays, 12:00pm-3:30pm: Billiards League
Tuesdays, 9:00am-12:00pm: Women's no rules play
Thursdays, 9:00am-12:00pm: Men's play
Wednesdays and Fridays: Open play

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

BLOOD PRESSURE SCREENING

Tuesdays and Thursdays, 9:15am-10:45am.

BRIDGE Mondays, 9:30am-12:00pm.

New experienced players welcome.

BUNCO Tuesdays, 12:00pm-3:00pm.

New people welcome, will teach.

CARD MAKING with Ellie Monday, October 2nd.

1:00pm-3:00pm. Advanced sign up required. \$3.00 per class.

CHAIR MASSAGE

Tuesdays, October 10th & 24th. \$10 for 10 minutes.
Please call for appointment.

CRIBBAGE Fridays, 12:30 pm.

DRUMMING Postponed until further notice.

Call to be put on list and you will be notified when the class has been scheduled.

FACIALS with Diane Neill Thursday, October 12th.

2nd Thursday of every month. Please call for appt and pricing.

FOOTCARE with Paul

Tuesday & Wednesday, October 17th & 18th.
Please call for appointment & pricing.

FUNCTIONAL FITNESS with Sue Kent

Tuesdays and Thursdays, 12:00pm-1:00pm, \$5/per class.

HEARING CLINIC BY BAYSTATE HEARING

Wednesday, October 4th.

1st Wednesday of the month. Please call for appointment.

KNITTING/CROCHETING Mondays, 9:00am-11:00am.

New people welcome, will teach.

LINE DANCING Fridays 1:00pm-2:00pm, \$5.00 per class

New people welcome, will teach.

MAHJONG Fridays, 10:30am-3:00pm,.

New people welcome, will teach.

MEMORY CAFÉ Fridays, 10:00am-12:00pm.

MOVIES: Mondays at 12:30pm.

10/2 - **Wild Hogs**, PG-13, Action/Adventure/Comedy

10/9 - **No Movie Today - Senior Center Closed**

10/16 - **The Blind Side**, PG-13, Biography/Drama/Sport

10/23 - **Meet the Parents**, PG-13, Comedy

10/30 - **Avatar**, * PG-13, 2h 42m, Action/Adventure/Fantasy

*Movie will start at our normal time, and run until approx. 3:30pm.



PITCH Wednesdays, Sign up is at 12:00pm.

Play time begins promptly at 12:30pm.

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

New people welcome.

RUMMIKUB Wednesdays, 12:30pm-2:30pm.

New people welcome, will teach.

SENATOR/STATE REP OFFICE HOURS

Wednesday, October 25th, 10:30am-11:30am.

4th Wednesday of every month.

TAI CHI with Heather Duncan Mondays, \$5/per class.

Advanced Session - 9:15am-10:15am.

Beginners Session - 10:30am-11:30am.

UKULELE with Chris New 6 week session, starting Oct 2nd.

Mondays, 12:30pm-1:30pm. Class is full.

\$6/per class drop in. Call to be put on cancellation list.

TRIVIA Wednesdays, 10:00am.

Always looking for fresh minds!

Lighthearted no rules play.

TRIVIA

WATERCOLORS with Chris Sterritt

Wednesdays. New 8 week session.

Beginning September 13th through November 15th.

No classes October 11th and October 18th.

Morning Session, 9:30am-12:00pm.

Afternoon Session, 12:30pm-3:00pm.

\$80 for session. Please call for availability. Space is limited.

WEIGHT TRAINING with YMCA Tuesdays and Thursdays,

9:30am-10:30am.

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 \$5/per class

Chair: Tuesdays and Thursdays, 11:00am-12:00pm.

Mat: Tuesdays and Thursdays, 1:00pm-2:00pm.





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

Please call
413.566.5588 for
additional information

October 2023

Hampden Senior Center
104 Allen Street
Hampden, MA 01036



| Mon | Tue | Wed | Thu | Fri |
|---|---|--|---|--|
| 2 9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg 12:00 Lunch 12:00 Billiards League 12:30 Movie 12:30 Ukulele 1:00 Card Making | 3 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga | 4 <u>Hearing by Appt</u> 9:30 Farm Share 9:30 Veteran's Coffee Hour 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors | 5 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga 3:30 Tech Help | 6 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Cribbage 1:00 Line Dancing |
| 9 Closed  | 10 <u>Chair Massage by Appt.</u> 9:00 COA Board Mtg 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Bldg Com Mtg 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga | 11 9:30 Farm Share 9:30 <u>Watercolors</u> - <u>NO Class today</u> 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 <u>Watercolors</u> - <u>NO Class today</u> | 12 <u>Facials by Appt</u> 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Farmer's Market 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga 3:30 Tech Help | 13 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Cribbage 1:00 Line Dancing |
| 16 9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg 11:00 Bldg Com Mtg 12:00 Lunch 12:00 Billiards League 12:30 Movie 12:30 Ukulele | 17 <u>Footcare by Appt</u> 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga 1:30 Brown Bag 6:00 Zoom Support Group | 18 <u>Footcare by Appt</u> 8:30 Collate Scribe 9:30 Farm Share 9:30 <u>Watercolors</u> - <u>NO Class today</u> 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 <u>Watercolors</u> - <u>NO Class today</u> | 19 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 12:00 FREE Lunch & Learn 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 <u>Bingo - Canceled</u> 1:00 Mat Yoga 3:30 Tech Help | 20 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Cribbage 1:00 Line Dancing |
| 23 9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg 11:00 Bldg Com Mtg 12:00 Lunch 12:00 Billiards League 12:30 Movie 12:30 Ukulele | 24 <u>Chair Massage by Appt.</u> 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga | 25 9:30 Farm Share 9:30 Watercolors 10:00 Trivia 10:30 Senator/ State Rep 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors | 26 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga 2:00 Grab & GO 3:30 Tech Help 6:00 Help! Now What? | 27 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Cribbage 1:00 Line Dancing 1:00 Vaccine Clinic |
| 30 9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg 12:00 Lunch 12:00 Billiards League 12:30 Movie 12:30 Ukulele | 31 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 <u>Chair Yoga</u> - <u>Canceled</u> 12:00 Halloween Lunch 12:00 <u>Functional Fitness</u> - <u>Canceled</u> 12:00 Bunco 1:00 <u>Mat Yoga</u> - <u>Canceled</u> | | <p>"The trees are in their autumn beauty. The woodland paths are dry, October twilight the water Mirrors a still sky."</p> <p>William Butler Yeats</p> | <p>October Birthstones are Opal & Tourmaline October Flowers are Marigold & Cosmos</p>  |

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

October 2023

LUNCH MENU

**Lunch served daily at
 12pm. RSVP by 11am
 the day before by
 calling 566-5588**

| Mon | Tue | Wed | Thu | Fri |
|---|---|--|--|--|
| 2 Chicken w/Dijon Sauce Steamed Broccoli Rice Pilaf Whole Wheat Bread Fresh Fruit Cal:543 Carb:79 Na:983 | 3 Pierogis Sautéed Red Cabbage Parslied Carrots 12 Grain Bread Reg/Diet Cookies Cal:553 Carb:93 Na:986 | 4 Turkey Taco Plate Tossed Salad w/Ranch Yellow Rice Sour Cream Tortilla Chips Chilled Pineapple Cal:763 Carb:85 Na:745 | 5 Honey Ginger Shrimp Oriental Blend Veg Whole Wheat Roll Mandarin Oranges Cal:565 Carb:75 Na:868 | 6 Chicken Parmesan Tossed Salad w/Italian Penne w/ Sauce Garlic Toast Reg/SF Jello w/Topping Cal:770 Carb:93/78 Na:1086 |
| 9 Closed  Happy Columbus Day | 10 Cream Sundried Tomato Pasta w/Chicken* Steamed Broccoli Whole Wheat Bread Mixed Fruit Cal:741 Carb:108 Na:817 | 11 <u>Birthday Celebration</u> Turkey w/Gravy Green Beans Mashed Potatoes Cranberry Stuffing Reg/Diet Birthday Cake Cal:840 Carb:115/103 Na:1187 | 12 <u>High Sodium Day</u> Hot Dog w/Bun* Potato Salad Baked Beans Ketchup/Mustard Fresh Fruit Cal:908 Carb:91 Na:1351 | 13 "Lazy" Stuffed Cabbage Peas & Onions Whole Wheat Bread Reg/SF Jello w/Topping Cal:625 Carb:69 Na:533 |
| 16 Breakfast Sausage Cheese Omelet Potatoes O'Brien Cherry Snack Loaf Spiced Apples Syrup Cal:797 Carb:90 Na:1054 | 17 Hamburger w/Cheese Onions & Mushrooms Tater Tots Ketchup Wheat Burger Bun Mandarin Oranges Cal:753 Carb:86 Na:1197 | 18 Pork w/Gravy Collard Greens Mashed Butternut Squash Buttermilk Biscuit Reg/Diet Cookies Cal:727 Carb:78 Na:631 | 19 <u>FREE Lunch & Learn</u> <u>Elder Financial Abuse</u> Turkey & Cheese Sandwich Lettuce & Tomato Potato Salad Chips Cookies <u>Sponsored by:</u> <u>Polish National Credit Union</u> | 20 Chicken Pot Pie California Blend Veg Biscuit Topping Pear Crisp Cal:644 Carb:69 Na:695 |
| 23 Chicken Cacciatore Penne Noodles Whole Wheat Bread Mandarin Oranges Cal:627 Carb:113 Na:821 | 24 Ham w/Pineapple Sauce Herbed Green Beans 1/2 Baked Sweet Potato Dinner Roll Reg/Diet Cookies Cal: 699 Carb:105/94 Na:1124 | 25 Crab Cake* w/Tartar Sauce Coleslaw Whole Wheat Bread Fresh Fruit Cal:591 Carb:97 Na:1137 | 26 Korean Meatballs Oriental Blend Veg White Rice Oatnut Bread Reg/Diet Cookies Cal:683 Carb:94 Na:975 | 27 Shepherd's Pie Steamed Peas Mashed Potato Topping 12 Grain Bread Spiced Peaches Cal:653 Carb:83 Na:586 |
| 30 Mac & Cheese Stewed Tomatoes Whole Wheat Bread Cranberry Juice Reg/Diet Cookie Cal:665 Carb:110 Na:909 | 31 <u>Happy Halloween!</u> Fifty's Diner Blue Plate Special Open Faced Turkey Sandwich w/Gravy Mashed Potatoes, Carrots Apple Pie <u>Prepared by:</u> <u>Hampden Senior Center</u> |  | <div> <p><u>Key for Symbols:</u> Cal = Total Calories Carb = Total Carbs Na = Total Sodium *Higher Sodium content (>500mg)</p> <p>Total Sodium & Calories include regular dessert, milk (100mg NA) and margarine (15mg Na)</p> </div> | <div> <p>Special concerns regarding sodium, contact the nutritionist at GSSSI by calling 781-8806 x1136.</p> <p>Suggested Donation \$2.00 per meal. Menu subject to change without notice.</p> </div> |



Current Covid-19 Isolation and Vaccination Guidance, plus In-Home Vaccinations

Isolation

Current guidelines from the MA Dept of Public Health state that any individual testing positive should isolate immediately and remain isolated from day 0 *through* day 5 whether you are vaccinated or not. The day you test positive, or the date your symptoms began, whichever came first is considered your "day 0". Do not leave your home, except to get medical care. Do not visit public areas. Self-isolation means separating yourself from others to keep your germs from spreading. If symptoms have started to improve, and there is no fever for 24 hours without the use of fever reducing medication, isolation may end on day 6. Continue to wear a mask around others for days 6-10 (including in the household). You may remove your mask prior to day 11, if you have had two negative tests taken 48 hours apart.

Vaccines

Everyone over 6 months is eligible for an updated Covid-19 vaccine this fall. As of Monday, September 11, 2023, Covid-19 bivalent boosters are no longer authorized for use. The updated formulation for boosters has been approved and ordering will begin taking place right away. This formulation will be available at the October, 27, 2023 Immunization Clinic at the Hampden Senior Center and at local pharmacies.

In-Home Clinic

Do you know someone that is homebound and could benefit from in-home vaccination services? Please reach out to either the Hampden Senior Center or the town nurse, Ashley at 413-565-4154, by October 3 to schedule an in-home appointment for our October 10th In-Home Vaccination Clinic.



AARP Tax-Aide Program Volunteer Opportunity

AARP Foundation Tax-Aide is the nation's largest volunteer-run tax preparation and assistance service. And we want you to join us. Please volunteer as a Tax Counselor and work with area residents in preparing their tax returns on the computer. Basic computer skills and some experience in filing your own tax returns are helpful, with a willingness to make a one day per week time commitment during our 10-week tax season. Hands-on training is provided in the classroom, and we have experienced Counselors to assist at all sites. Please consider volunteering your time to the Tax-Aide Program this year.

Please fill out an application to become a part of this invaluable team at: www.mataxaide.org/interest.

Training will be done this Fall. For questions or additional information, please email Director, at: D5Taxaide@comcast.net



Friends of Hampden Senior Citizens Hartsprings Fundraiser

Your donation helps kids succeed through Big Brothers Big Sisters youth mentoring programs, but it also helps to fund all the amazing programs at the Hampden Senior Center! **Items accepted in the Purple Bin outside the Senior Center:**

- All cloth items, • Clothing (all sizes, styles, ages, and genders), • Bedding and Draperies (**NO BED PILLOWS**), • Shoes • Small Appliances, • Electronics, • Kitchenware, • Household Goods • Sporting Goods, • Toys, • Books (**NO Encyclopedias, Textbooks, or Library Books**)

FRIENDS OF HAMPDEN SENIOR CITIZENS 2023 ANNUAL MEMBERSHIP DUES & DONATION FORM

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. All "FRIENDS" are volunteers, including the directors. Membership is open to persons of 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 SENIOR CITIZENS" and mail to:

Friends of Hampden Senior Citizens, Inc., 104 Allen Street, Hampden, MA 01036 or drop off at the Senior Center.



Please check this box if you are paying your annual **FRIENDS OF HAMPDEN SENIOR CITIZENS 2023** membership dues of \$5.00. *Membership Dues payments are not tax deductible and will not be acknowledged with a receipt of payment.

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: _____

We appreciate your support!