

The Scantic Scribe



SEPTEMBER 2022
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
Administrative Asst. & Volunteer Coord.
scribe@hampdenma.gov
Wendy Cowles, Outreach Coordinator
outreach@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 Chairman: Ed Norman
Treasurer: Nancy Willoughby
Secretary: Marty Jacque
Cliff Bombard, Tina Doran, Monique Downey, Suzanna Haskins, Deanna Vermette
Rep to GSSSI: Cheryl Delviscio

COA BOARD MEETING:
TUESDAY, SEPTEMBER 13TH at 9AM
in PERSON or VIA ZOOM.

ZOOM Meeting ID: 95866401813
ZOOM Password: 639217

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!

I hope you are enjoying the summer months and staying cool on the days that are too hot to handle!

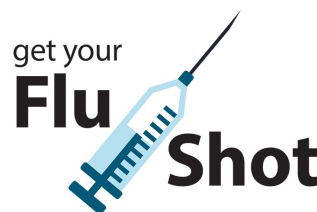
Many thanks to all who attended the Alzheimer's Association fundraiser dinner dance and to the sponsors who helped to make the event a HUGE success. Brodeur-Campbell Fence Company, Great Horse, Monson Savings Bank, The Reserve at East Longmeadow and Tudor House Discount Liquors. Also thanks to the volunteers who helped, those that generously donated raffle prizes, and to Union Jack for providing such great entertainment. Many, many thanks!

Big thanks to the Springfield Rescue Mission for their regular donations of food items to the senior center. We are grateful for this constant support and assistance.

Join us for Grandparents Day Lunch, Welcome to Fall Breakfast, Flu Shots, Farmer's Market, fundraiser events and so much more!

We have a lot going on this month and look forward to welcoming you in for programs and activities.

BECKY.....



Annual Flu Shot Clinic Friday,
September 23rd from 1-4PM
by Appointment Only.

Please call the Senior Center to schedule your appointment. Sponsored by CVS Pharmacy. Everyone who receives a shot will be entered into a raffle to win a \$100 gas gift card!!

Alzheimer's Association
Memory Walk at
Holyoke Community College
September 25th starting at
10:00 A.M.

(arrive anytime after 8:30)
There is still time to join the
Tri Town Team!

This year, Hampden, East Longmeadow and Longmeadow are joining forces to raise money for the Alzheimer's Association.

Please stop in for a registration form and we will add you to the team roster.



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: NEW INCOME GUIDELINES-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—\$2,096; Income guidelines for 2 person household—\$2,823

NEXT PICK-UP IS TUESDAY, September 20th, 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: 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 ID at airport security checkpoints for domestic air travel..



MEMORY CAFÉ - EVERY FRIDAY AT 10:30AM:

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.

CAREGIVER SUPPORT GROUP via ZOOM or PHONE,

Tuesday, September 20th 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 help. Call Wendy for information.



D & R FARM SUMMER FARM SHARE

D & R FARM is offering fresh produce and it is **FREE with SNAP/HIP** if you qualify! If you do not qualify for SNAP/HIP you may purchase a share for \$10 cash per week. Shares will be available for pick up Wednesdays July 6th - October 26th from 9:30-10:30am at the Hampden Senior Center. Please let us know if you need your share delivered. Shares are limited so call Wendy at 566-5588 or email outreach@hampdenma.gov to sign up. D & R Farm is located on 146 Thresher Rd in Hampden. **Please call 413-244-3135 before visiting the farm.**

Fuel Assistance

Income guidelines for 2022/2023 heating season

<u>Family Size</u>	<u>Income Limit</u>
1	\$42,412
2	\$55,462
3	\$68,512
4	\$81,562

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.



Farmers Market hosted by D & R Farm on Thursday, September 22nd 9:00am-1:00pm. Fresh fruits, vegetables, eggs, homemade canned items, breads, cookies and more!
Farmer's Market Coupons Accepted!

Services and Information



SAVE THE DATE! Friends of Hampden Seniors Bucket-Load Plant Sale!

On Friday, September 9th from 10AM to 3PM at the Senior Center. Cost per plant is \$4.

Nothing will be potted so please bring your own containers or plastic bags.

All proceeds will benefit the Senior Center Building Fund.

Hampden Historical Society and Hampden Garden Club Open House, Saturday, September 10, 2022

The Hampden Historical Society and Hampden Garden Club will host a FREE Open House of the historical museum at Academy Hall at 615 Main Street, on September 10th from 2-4PM. All are welcome to attend.

In honor of the Hampden Garden Club's 90th Anniversary, the Open House will feature a special exhibit highlighting the club's history and contributions to the town over the years.

Attendees can not only tour three floors of town history, but participate in special activities hosted by the Garden Club.

SENIOR CENTER BUILDING COMMITTEE

The Hampden Board of Selectmen is seeking interested Hampden residents to serve on the Hampden Senior Center Building Committee. This committee is charged with discussing possibilities for a future expansion of the Hampden Senior Center, looking at the feasibility study that was completed within the last year, discussing costs, needs, design and all other aspects of said project and reporting back to the Board of Selectmen. Ideally the committee will consist of people who are familiar with town government and operations, a strong familiarity of senior center operations and programming, procurement, interior design, contractors, architects, municipal construction experience and the like. The Director of the Senior Center will serve on the committee as an ex-officio member. Appointments to this committee will be done by the Hampden Board of Selectmen. Anyone interested in serving on the board should email Town Administrator Bob Markel at townadmin@hampdenma.gov



TRI TOWN TROLLEY SENIOR TRANSPORTATION SERVICES

The TRI Town Trolley operates for **Hampden**, East Longmeadow & Longmeadow Seniors Mon-Fri, 9am-3:pm. You can book rides for appointments, grocery shopping, and banking in the Springfield/E. Longmeadow area. Grocery store trips will only be scheduled on Wednesdays & 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.** Please call to schedule a ride as soon as you schedule a medical appointment.

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 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 Thursdays,
10:00-noon and 12:30-2:30, \$20/per class,
includes materials. Limited space, call to sign up.



BILLIARD 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, 12:30-2:30, \$.50 cents a card.

BLOOD PRESSURE SCREENING Tuesdays and Thursdays,
9:15-10:45, **FREE** with Silver Linings.

BRIDGE Mondays, 9:30-noon. **New experienced players welcome**.



BUNCO Tuesdays, 12:00-3:00, \$5/per week.
New people welcome, will teach.

CANASTA Wednesdays, 9:30-11:30.
New people welcome, will teach.

CHAIR MASSAGE with JulieAnne
Every other Friday. \$10 for ten minutes.
Please call for appointment.



FACIALS with Diane Neill 2nd Thursday of every month.
Please call for appointment and pricing.

FOOTCARE Please call for appointment & pricing.

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

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

KNITTING/CROCHETING Mondays, 9:00-11:00.
New people welcome, will teach.

LINE DANCING: ON HOLD until further notice

MAHJONG Fridays, 10:30-3:00.
New people welcome, will teach.

MANICURES with CAT Every other Friday. **Please call CAT directly at 413-335-7422 for appointment & pricing.**

MEMORY CAFÉ Fridays, 10:30-noon.

MOVIES Mondays, **12:30**



9/12—Passing, PG-13, Drama

9/19—tick, tick...BOOM! , PG-13, Drama/Biography

9/26—The Meyerowitz Stories, N/R, Comedy/Drama

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

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

RUMMIKUB Starting in the fall on Wednesdays, 12:30-2:30.
New people welcome, will teach.

SENATOR LESSER OFFICE HOUR Wednesday, 9/28 11-12

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

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

SEPTEMBER 2022

Hampden Senior Center
104 Allen Street
Hampden, MA 01036

Mon	Tue	Wed	Thu	Fri
			1 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 Pick Up	2 <u>CHAIR MASSAGE by appt</u> 9:00 Quilting 10:30 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch
5 CLOSED LABOR DAY	6 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	7 <u>HEARING by appt</u> 9:30 FARM SHARE 9:30 Canasta 10:00 Trivia 12:00 Lunch 12:30 Pitch	8 <u>Facials by appt.</u> 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 WMA	9 <u>MANICURES by appt</u> 9:00 Quilting 10:30 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch
12 9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:00 Friends Brainstorm 10:30 Tai Chi—Beginner 12:00 Lunch 12:30 Movie - Passing	13 <u>FOOTCARE by appt</u> 9:00 COA Board 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	14 <u>FOOTCARE by appt</u> 9:30 FARM SHARE 9:30 Canasta 10:00 Trivia 12:00 Lunch 12:30 Pitch	15 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 WMA	16 <u>CHAIR MASSAGE by appt</u> 9:00 Quilting 10:30 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch
19 9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 12:00 Lunch 12:30 Movie - tick, tick, BOOM!	20 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	21 8:30 COLLATE SCRIBE 9:30 FARM SHARE 9:30 Watercolors 9:30 Canasta 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Watercolors	22 9:00 BREAKFAST 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 WMA	23 <u>MANICURES by appt</u> 9:00 Quilting 10:30 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 1:00 FLU CLINIC
26 9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 12:00 Lunch 12:30 Movie - The Meyerowitz Stories 1:00 Card Making Class	27 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 12:30 Book Club 1:00 Mat Yoga	28 9:30 FARM SHARE 9:30 Canasta 9:30 Watercolors 10:00 Trivia 11:00 Senator Lesser 12:00 Lunch 12:30 Pitch 12:30 Watercolors	29 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 WMA	30 <u>CHAIR MASSAGE by appt</u> 9:00 Quilting 10:30 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch

Hampden Senior Center
104 Allen Street
Hampden, MA 01036

SEPTEMBER 2022

LUNCH MENU

Lunch served daily @
NOON. RSVP By 10AM
the day before by calling
566-5588

Mon	Tue	Wed	Thu	Fri
<p>Key for Symbols: Cal = Total Calories Carb = Total Carbs Na = Total Sodium * Sodium mg content (>500mg)</p> <p>Tot Sodium & Cal include regular dessert, milk (100mg NA) & margarine (15mg Na)</p>	<p>Special concerns regarding the menu? Contact the GSSSI Dietitian, Mary, at 781-8806, EXT. 136 for more Information.</p> <p>Suggested Voluntary Donation \$2.00 per meal. Menu subject to change without notice.</p>	<p>*High Sodium Entrée</p> <p>Puree Meals available Call GSSSI at 781-8800 Ext. 136</p>	<p>1</p> <p>Rosé Chicken* Tuscan Blend Veg Bowtie Pasta Orange Juice 12 Grain Bread Cal:745Carb:101 Na:964</p>	<p>2 Turkey Chili Sour Cream Mixed Vegetables 1/2 Baked Potato Mini Cornbread Tapioca/Diet Pudding Cal:818 Carb:114 Na:938</p>
<p>5 LABOR DAY SENIOR CENTER CLOSED</p>	<p>6</p> <p>Penne Pasta Bake Roman Blend Veg Steamed Peas Whole Wheat Bread Cookies Cal: 692 Carb:99 Na: 778</p>	<p>7</p> <p>Crispy Chicken Sandwich Lettuce/Tomato/Mayo Sweet Potato Wedges Hamburger Bun Mixed Fruit Cal:644 Carb:97 Na:1014</p>	<p>8</p> <p>Butter Crumb Fish Brussels Sprouts Lemon Rice Multigrain Bread Chilled Pears Cal:777 Carb:80 Na:1114</p>	<p>9</p> <p>Turkey w/Dijon Herb Sauce* Oven Browned Potato Oatnut Bread Chilled Pineapple Cal:609 Carb:84 Na:1113</p>
<p>12</p> <p>Spaghetti & Meatballs Steamed Spinach Italian Bread Fresh Fruit Cal:884 Carb:124 Na:1111</p>	<p>13 Grandparents Day</p> <p>Chicken Marsala* Steamed Broccoli Rice Pilaf Wheat Bread Strawberry Pound Cake Cal: 547 Carb:81 Na:1072</p>	<p>14</p> <p>Cape Cod Tuna Salad Coleslaw Pickled Beets Rye Bread Applesauce Cal:570 Carb:72 Na:904</p>	<p>15</p> <p>Maple Glazed Turkey* Steamed Peas Butternut Squash Oatnut Bread Cookies Cal:729 Carb:113 Na:998</p>	<p>16</p> <p>Hot Ham & Swiss Sandwich Tater Tots Minestrone Soup Wheat Bread Mixed Fruit Cal:611 Carb:75 Na:761</p>
<p>19</p> <p>Chicken Pot Pie Steamed Green Beans Biscuit Topping Cranberry Juice Spiced Pears Cal:587 Carb:66 Na:574</p>	<p>20</p> <p>Ravioli Spinach Alfredo* Steamed Zucchini Italian Blend Vegetables Whole Wheat Bread Jell-O Cal:696 Carb:66 Na:1082</p>	<p>21</p> <p>Baked Potato w/bacon bits Broccoli & Cheddar Sauce Sour Cream Whole Wheat Roll Cookies Cal:844 Carb:99 Na:1039</p>	<p>22</p> <p>Fish Tacos Cilantro Coleslaw Yellow Rice Flour Tortilla/Tartar Chilled Peaches Cal:659 Carb:67 Na:940</p>	<p>23</p> <p>Swedish Meatballs Egg Noodles Glazed Carrots Wheat Bread Fresh Fruit Cal:758 Carb:96 Na:800</p>
<p>26</p> <p>Pierogis & Sour Cream Cabbage & Carrots Kielbasa Rye Bread Fresh Fruit Cal:727 Carb:74 Na:1349</p>	<p>27</p> <p>Pork Roast w/Gravy California Blend Veg Mashed Potatoes Whole Wheat Roll Cookies Cal:630 Carb:71 Na:530</p>	<p>28</p> <p>Turkey & Cheddar Sandwich Tossed Salad Gr Bean Apple Salad 12 Grain Bread Mixed Fruit Cal:554 Carb:62 Na:979</p>	<p>29</p> <p>Potato Pollock Filet Tartar Sauce Rice Pilaf Whole Wheat Roll Mandarin Oranges Cal:678 Carb:88 Na:992</p>	<p>30</p> <p>Meatloaf w/Mushroom Gravy Brussels Sprouts Au Gratin Potatoes Whole Wheat Bread Birthday Cupcake Cal:966Carb:130Na:992</p>



2022 Trips with Bobbi

Bus seat assigned upon receipt of \$20 deposit (all incl driver's tip)
413-566-8271 or bobbijg2@charter.net.

Newport Playhouse/Delicious Buffet Lunch, Hilarious Broadway comedy *Social Security* and a Cabaret Show, Wed, Sept 21; \$117/pp. Due by Sept 2

Lakeside Turkey Train/Delicious Harts Turkey Dinner/ Stop at Moulton Farm & Bakery, Wed, Oct 19; \$105/pp; "48 People Max". Due Sept 28

Log Cabin/Direct from Branson, Ozark Country *Christmas*, comedy, music, family-style lunch, Thurs, Nov 10; \$109/pp. Due by Oct 21



Grab and Go Dinner

September 1st: Hot Dogs, baked beans, mac & cheese, salad and dessert

October 6th: Stuffed Chicken Breast, mashed potatoes, green beans and dessert

These delicious meals will be prepared by the Senior Center Staff for you to take home, heat and enjoy! Pick up your meal between 2:00-2:30pm.

Cost is \$5/per meal and reservations are required. Unable to pick up a meal? We can arrange delivery for Hampden residents. Proceeds will go towards the Building Fund.



What is Cribbage?

Cribbage dates back to the early 17th century, and it occupies a high position among the all-time greats of traditional card games. It is a time-tested classic with the ideal mix of luck and strategy, to ensure that it remains a relaxing experience where everyone has a chance of winning while having an "old fashioned good time"! Experiences and willing to learn are welcome! Call 566-5588 to sign up!



Health and Wellness

FREE BAYSTATE HEARING: 1st

Wednesday of the month. Please call for an appointment.

FREE BLOOD PRESSURE CLINIC

w/Silver Linings:

**Every Tuesday & Thursday
Walk in 9:15 - 10:45am**



**FOOTCARE: Tuesday, September 12th
and Wednesday, September 13th**

Please call for an appointment and cost

Smart Phone Photography Classes



Are you interested in learning how to take better pictures with your cell phone?

Please call Diane at 566-5588 and add your name to the list!

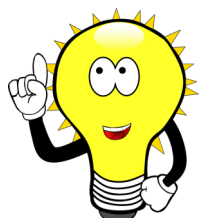
If we get enough interest, we will schedule a class in the fall.



**Come join us on Tuesday,
September 27th at 12:30 for
"Reading Between the Lines"**

Our first gathering for readers to talk about a good book you've read this summer, or magazine article, poem or even a favorite quote that moved you! Share your passion for "the Magic of Words" and bring your ideas for our next get-together!

Call to sign up to save a seat!



Friends of Hampden Seniors Brainstorming Meeting

Join the Friends of Hampden Seniors on Monday, September 12th at 10:00 A.M. at the senior center for a brainstorming meeting to talk about new fundraising ideas and future events. All are welcome. Bring your ideas!

New at the Senior Center



BREAKFAST IS BACK!

Join us on Thursday, September 22nd at 9AM for a delicious breakfast!
French Toast Bake, Sausage, Fruit and Coffee/Tea for \$3.00 per person.

Sign up at the front desk or call 566-5588 to reserve your seat.

Sponsored by Everbrook Senior Living

GRANDPARENTS' DAY LUNCH sponsored by Monson Savings Bank

Tuesday, September 13th at 12:00 noon; \$2.00 per person (suggested donation)

Entertainment provided by Hampden's own Rick Gilday!

Join us for a celebration of Grandparents. Lunch will include Chicken Marsala, Rice and Broccoli with Fresh Strawberries and Pound Cake for dessert.



Greeting Card Making Class with Ellie, Monday September 26th from 1-3

All materials will be supplied!

\$3.00 per class to make this beautiful Fall Card (You choose the sentiment!).

Ellie will display & discuss future projects for the Holidays!

Limit of 10 creators! Sign up by Friday 9/23



FREE Technology Help Sessions Are Back!

The Wilbraham & Monson Academy Service Team will be here on Thursdays from 3:30-4:30 starting on

September 8th. They will assist you with all your technology questions. **Students will meet with you one on one.** Bring your phone, iPad, tablet, or laptop computer and your questions!
Please call to sign up.
566-5588



**THINK
BE SAFE
NOT SORRY**

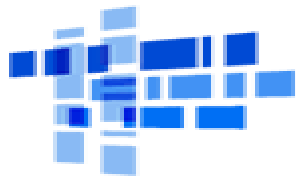
IS YOUR HOUSE NUMBER DISPLAYED?

Please help us keep YOU SAFE by making sure your house number is VISIBLE from the street. Street numbers are vital so that emergency responders can locate your home quickly.
If you are a Hampden resident and would like a 4" reflective block style number placed in plain view of the road, please call the senior center 566-5588.
Cost is \$10 for Seniors and \$15 for under age 60.

Sponsored by Hampden's County Sheriff's TRIAD, Hampden Fire Department and Hampden Senior Center.



The Scantic River Artisans is inviting everyone to their "Interactive Learning Through Art" presentation. This will be held in the Community Room at the Hampden Senior Center on Thursday, September 8th at 6 PM. Join us for "Contour Drawing with a Twist" with Tony Cipriani. Test your skills at drawing a subject without looking at the paper. All ages are invited!



USAC Affordable Connectivity Program

The Affordable Connectivity Program is an FCC benefit program that helps ensure that households can afford the broadband they need for work, school, healthcare and more.

The benefit provides a discount of up to \$30 per month toward internet service for eligible households and up to \$75 per month for households on qualifying Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute more than \$10 and less than \$50 toward the purchase price.

The Affordable Connectivity Program is limited to one monthly service discount and one device discount per household.

Who Is Eligible for the Affordable Connectivity Program?

A household is eligible for the Affordable Connectivity Program if the household income is at or below 200% of the [Federal Poverty Guidelines](#), or if a member of the household meets at least *one* of the criteria below:

- Received a Federal Pell Grant during the current award year;

- Meets the eligibility criteria for a participating provider's existing low-income internet program;

- Participates in one of these assistance programs:

 - The National School Lunch Program or the School Breakfast Program, including through the USDA

FOOD 4 VETS

Veteran's Food Security Resource at the Eastfield
Mall Springfield Empowerment Center:
Tuesday-Thursday 12pm-5pm.

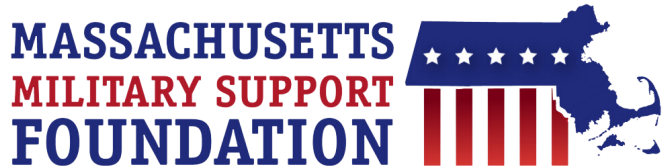
The purpose of the Empowerment Center is to provide well-balanced, shelf-stable food to help alleviate food and nutritional insecurity for Veterans, active-duty Military and their families.

This service is free of charge to Military, Veterans and their families.

Open Tuesday, Wednesday, and Thursday
12:00pm - 5:00pm.

Eastfield Mall (Near the Old Navy Store)
1655 Boston Road Springfield, MA 01129

To make a reservation to shop please visit
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SAVE THESE DATES!!

Here's what's coming up at the senior center!

October 4th—Homestead Act Presentation

October 13th—Breakfast at 9AM

October 27th—Help! Now What? 6-8PM

Annual Medicare and Retirement Planning Seminar

October 31st— "Magical" Halloween Luncheon

November 10th— Fundraiser Event

"Kick" Off the Holiday Season with
former Rockette, Debra Vega

Watch for more details about these great programs
in the next edition of the Scribe.



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.



Real Estate Tax Exemptions

The Town of Hampden offers Real Estate Tax Exemptions for those who qualify. The Assessor's Office is currently accepting applications for FY2023.

Senior Exemption (Clause 41C) – \$750.00

To qualify for this exemption, you must be 70 years or older, have been a resident of Massachusetts for at least 10 years, own and occupy the home for at least 5 years, and meet the income and asset

requirements. The annual income cannot exceed \$20,000 for a single person and \$30,000 for a married couple. Total assets as of July 1st cannot exceed \$30,000 for a single person and \$35,000 for a married couple.

Veteran Exemption (Clause 22) – \$400.00

The veteran must have a service-connected disability rating of 10% or higher, have been a Massachusetts resident for at least 1 year, and own the property as of July 1st.

Veteran Exemption (Clause 22E) – \$1,000.00

The veteran must have a service-connected disability rating of 100%, have been a Massachusetts resident for at least 1 year, and own the property as of July 1st.

Surviving Spouse of a Veteran Exemption (Clause 22D) – Full Tax Exemption

The veteran must have died as a direct result from an injury sustained or an illness contracted during their time in active duty. The surviving spouse must own the property as of July 1st, have been domiciled in Massachusetts at least 5 consecutive years before applying for the exemption, or the deceased veteran or service or guard member must have been domiciled in Massachusetts at least 6 consecutive months before entering the service.

Blind Exemption (Clause 37) – \$437.50

To qualify for this exemption, you must be legally blind own and occupy the property as of July 1st.

Surviving Spouse of a Police Officer or Firefighter (Clause 42 & 43) – Full Tax Exemption

To qualify for this exemption, you must be the surviving spouse or a minor child of a Police Officer or a Firefighter who was killed in the line of duty. Applicant must own the property as of July 1st.

Property Tax Deferral – (Clause 41A) – Partial or Full Deferral of Real Property Tax

This is an option for someone who is struggling to pay their taxes and wants to stay in their home. To qualify, you must be 65 years or older, have been a resident of Massachusetts for at least 10 years, own and occupy the home for at least 5 years, and meet the income requirements. Anyone with interest in the property must sign off on the deferral and the deferred taxes must be repaid with 8% interest.

The deadline to apply for an exemption is April 1st. Please contact the Assessor's Office for more information at (413) 566-2151 ext. 106. Our office hours are Monday – Thursday from 9:00am to 2:00pm.



NOTES FROM THE NURSE, Sheila Rucki PhD, PCNS, BC

There is no scarcity of cases of COVID in our state. The BA variant of the virus is spreading. This means there is no summer respite and a fall free of covid. It is likely there will be a continuing rise in infections and hospitalizations but not a surge in severe disease

unless you have chronic illness and have not been vaccinated or boosted. Since people are now testing at home cases are underreported so it is challenging to get a clear individuals infected with the virus. Many individuals have let down their guard. They venture into crowded indoor spaces unmasked. People are traveling more.

Do not be surprised if some mask mandates in public spaces become the norm once again.

To be safe be smart about where you go and what you do.