

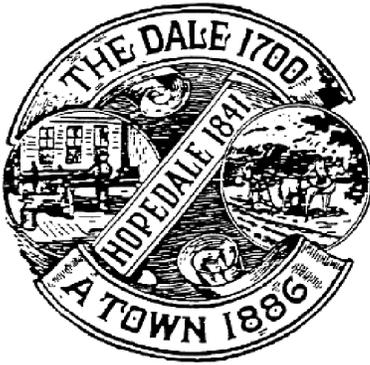
March 2016

HOPEDALE SENIOR INFORMER

Published by the Hopedale Council on Aging

43 Hope Street • Hopedale, MA, 01747
(Located inside the Community House)

Sr. Center Phone: 508-634-2208 • Fax: 508-473-6189
Outreach Message Line: 508-478-2858 • E-mail: hopedalecoa@comcast.net
Monday-Thursday 9:00 am - 3:00 pm and Friday 9:00 am - 12:30 pm



The mailing of this publication is funded by the Hopedale Friends of Elders.

WERE YOU AFFECTED BY THE POWER OUTAGE IN FEBRUARY?



We are very fortunate to live in a region of the country which usually does not experience the annual threat of devastating weather events. While last years' "snowmagedon" was hard on everyone, the biggest impact on most of us was inconvenience and a lot of cancelled appointments.

The recent power outage in February had the potential to become a critical event. The initial possibility of homes without electricity for up to 48 hours in freezing weather really got our attention. If you did not have a hard-wired phone, which many people no longer have or a cell phone, you were at a real disadvantage. We also found that many people might not have been prepared to "shelter in place" for more than a 24 hour period.

So in an effort to understand the needs of our seniors, the Council on Aging would like you to spend a few moments completing the enclosed questionnaire. Please return it to the Hopedale Sr. Center by **April 1**. We will detail our findings in the May newsletter. Thanks!

Hobby Fair 2016

FREE ADMISSION

**SAT. MARCH 19, 2016
MAIN HALL HOPEDALE
COMMUNITY HOUSE
10:00 am to 2:00 pm**



Come view exhibits featuring local seniors displaying their lifelong hobbies and interests. This is a family event! Everything from painting, jewelry making and quilting to gardening, meteorology, collectables, trains, coins and more.

TRIP TO THE WWII MUSEUM IN NATICK, MA AND LUNCH AT JOHN HARVARD'S BREWERY AND ALE HOUSE



**Tuesday March 29, 2016
Depart the Sr. Center @ 9:15 am
Transportation & Museum - \$19.00 p.p.**

View over 7,000 pieces of extraordinary WWII items and documents. Sign-up by 3/21/16.

JOIN US FOR COFFEE & PASTRIES WITH VETERANS' AGENT PAT MORRIS

**THURS. MARCH 31, 2016
9:00 AM**

**HOPEDALE
SR. CENTER
SPOUSES OF VETS.
INVITED TO ATTEND
AS WELL.**



AARP FREE TAX CLINIC ASSISTANCE AVAILABLE FOR SENIORS

Hopedale and Milford will hold joint Tax Filing Assistance Clinics at the Milford Sr. Center.



Seniors should contact the Milford Sr. Center at (508) 473-8334 for an appointment. Please be sure you know the specific documents you will need to bring to your appointment.

TRANSPORTATION SERVICES

MEDICAL TRANSPORTATION

Medical and prescription transportation services available through the Hopedale Sr. Center:

Local: Hopedale, Milford and Upton

- Appointments between 9:00 am 2:30 pm - Monday - Friday
- No transit between 12:00 noon and 12:30 pm daily
- \$2.00 one way / \$3.00 round trip
- Handicapped Accessible Van
Curb to Curb service only.



Out of Town: Limited Transportation

Need A Ride?

Boston/Framingham

Worcester/Providence/Franklin /Uxbridge/Mendon/
Medway/Bellingham Trips:

- Appointments no earlier than 10:30 am and ready for pick-up by 1:30 pm
- \$25.00 - round trip - Boston, Worcester, Providence
- \$10.00 - round trip - Framingham , Natick, Westboro
- \$ 5.00 – round trip - Franklin, Bellingham, Uxbridge
- Handicapped Accessible Van - Curb to Curb Service

Call the Hopedale Senior Center at (508)634-2208 for reservations at least three (3) business days in advance of your appointment. We stress the importance of scheduling your request for transportation far in advance of your appointment. If your appointment is critical and outside the designated hours of operation please call Carole Mullen.

The Sr. Center needs Volunteers !!!

Serve at Congregate meals

Call BINGO

Assist on Grocery Bus

PLEASE GIVE US A CALL AT

(508) 634.2208.

You'll have fun, feel great and brighten an older person's day.



ARE YOU NEWLY RETIRED?

GOT EXTRA TIME???

Come talk with us at the Sr. Center about your interests.



We may be able to turn your ideas into a class or begin a service project to benefit Hopedale residents. Call us. 508.634.2208.

GROCERY SHOPPING BUS

Market Basket, Bellingham, MA

- Every other Wednesday 9:00 am (changes in Newsletter)
- School bus transportation with volunteer assistance
- Bus departs from Griffin-Dennett Housing Authority on Hopedale .
- You may park your car on Hopedale St.
- Cost is \$3.00 p.p. (pay on bus)



Please call (508)634-2208 the Monday prior to shopping date for reservations.

PERSONAL SHOPPING - WALMART

- Monthly trip (usually the 2nd Tues. in each month.
- School bus transportation
- 9:00 am departure
- Bus departs from Griffin-Dennett Housing
- You may park on Hopedale St.
- \$3.00 p.p.



Please call (508)634-2208 the Monday prior to shopping date for reservations.

GOT AN ERRAND ?

NEED TRANSPORTATION??



The COA can transport you to a Hopedale or Milford area only:

- Bank, Drugstore
- Nursing Home (visit a friend)
- Grocery Store
- Hair Salon or Barber
- Monday - Friday.



between hours of 9:30 am to 1:00 pm
(3 days notice) \$4.00 rd. trip



GREAT STUFF FOR FREE!!!!
FREE BREADS AND BAKED
GOODS FROM :

- PANERA - MONDAYS
- ROCHE BROS. - TUESDAY



ASSISTANCE PROGRAMS AVAILABLE AT THE SR. CENTER

ALL OUR SERVICES ARE CONFIDENTIAL

-

WE CAN MAKE HOME VISITS



OUTREACH SERVICES

Confidential counseling, caregiver support, information and referral services are available on aging issues for seniors and caregivers.

VETERANS' SERVICES

Confidential counseling with our Veterans' Agent. Individuals issues or medical conditions do not have to be "service-related".

MEDICARE, MEDICAID AND HEALTH AND DRUG INSURANCE COUNSELING - SHINE PROGRAM

Information and assistance is available on all aspects of Medicare coverage and assistance plans available through Medicare & Medicaid. Supplemental health and drug insurance coverage information and assistance for Medicare eligible individuals.

HOME REPAIR

Any senior age sixty (60) and older, who owns and resides in their home, can apply for home repair assistance. *The repair must be deemed a safety concern* in order to qualify for this service. There is no income guideline for this program. For more information or to apply you can call Central Massachusetts Housing Alliance Elder Home Repair Program at (774)243-3815. You can also check- out the website at www.cmhaonline.org and click on "Read more about our organization" to access the information on Elder Home Repair. Contact the Hopedale Senior Center for additional assistance.

FOOD STAMP APPLICATION ASSISTANCE

Information and application assistance for the Food Stamp Program is available at the Sr. Center or projectbread.org

FILE OF LIFE PROGRAM - FREE

The Sr. Center will provide you with a magnetic card that can be placed on your refrigerator or carried in your purse. The pre-printed card has space for emergency contact numbers, your current medications as well as you attending physicians' names and phone numbers. In the event of an emergency if you are unable to communicate, the card may provide information critical to your care.

HOUSE NUMBER SIGNS PROGRAM - FREE

A wooden number sign is available to all Hopedale residents. As a public safety measure, all residences are required to display house numbers. The TRIAD program will provide you with **free** house number sign. Please contact us for more information on how to obtain a free house number sign.

HEATING ASSISTANCE (SMOC APPLICATION)

(Oil, Gas, Electric, Propane or Wood)

Information and application assistance for the Fuel Assistance Program is available at the Sr. Center. *The Fuel Assistance season runs from November 1 to April 30. The Program will accept clients effective Nov. 1, 2015. Repair and replacement of your heating system may be possible. Call the Sr. Center for details.*



HEATING ASSISTANCE THROUGH THE BLOCK GRANT FOR RESIDENTS OVER INCOME FOR SMOC OR FOR THOSE WHO EXHAUST THEIR SMOC BENEFIT

Please call the Hopedale Sr. Center if your income is \$46, 100. or below for an individual or \$52,650 or below for a couple.

SHREDDING PROGRAM - FREE

Seniors may use the COA paper shredder free of charge . Please call for an appointment. The COA has the right to limit your quantity of documents.

COPY /FAX SERVICES

Seniors may make copies or FAX for 10 cents per page.

COMPUTER TUTORING

We will help you with basic computer questions, problems or tasks. We can show you how to use E-mail and the Internet. Call for appt.

GROUPS, CLUBS AND UPCOMING ACTIVITIES

KNITTERS' GROUP

Meets at Sr. Center

We're looking for people who like to knit or crochet

....or those who want to learn!

The Knitters' Group meets on the 3rd

Thursday of each

month at 10:00 am at the Hopedale Sr.

Center. Bring a bag lunch and we will provide dessert. All levels of knitters and crocheters welcome! We have loads of free yarn and beautiful patterns to share.

We donate all items we make to local charities.



Let us do the cooking!
Have fun with us at the COA Monthly Lunch
Thurs. March 10 @ 11:30 am
at Sacred Heart Church in
Hopedale

Meal is: Chicken Cacciatore
Tri-Valley Inc. Caters
\$3.00 suggested donation

Sign-up by 3/7/16.



BOOK CLUB - Meets at Bancroft Library

Helen Symonds Book Group

New members are needed and welcome. The library borrows the selected books and distributes them to all who wish to participate, so there is no cost to members.

Call the Bancroft library @ 634-2209 for more info.

Meets on the first Wed. in each mo. @ 1:00 pm

GENTLE YOGA - Meets at the Sr. Center

DROP-INS WELCOME! TRY A CLASS

Lara Wahl Instructor



3 Seasons Restaurant @ BVT Trip

Wednesday March 23, 2016

Always a good time!

Depart Hopedale Sr. Center
11:15 am

Transportation and meal
\$11.00 p.p. - Choice of entree
Sign-up by 3/18/16.



MEDITATION CLASS—Begins 4/11/16

Meditation Made Easy - Wed. 1:00 pm Sr. Center
6 week series (\$24.00) Classes will continue yearlong.

Classes will explore a variety of techniques, including working with the breath, body sensations, thoughts and emotions. By learning to apply a strategy, we can quiet and focus the mind. Practices include sound meditation, mantras, metta for loving kindness and walking meditation. Classes will begin with gentle stretches which help to prepare the body to sit comfortably and peacefully.

Deb McGonnell Instructor - Sign-up Required.



MEN'S BOOK GROUP

SEEKING PARTICIPANTS

1:00 pm - Hopedale Sr. Center

Are there men out there interested in starting a monthly book discussion group? Please contact the Hopedale Sr. Center if you are interested in participating.



**STAY FOR LUNCH
AFTER EXERCISE
@ THE SR. CENTER
WED. MARCH 30, 2016**

11:30 am

**BUNCO GAME FOLLOWS
\$5.00 p.p. Sign-up Required.**



**LUNCH AT THE SR. CENTER
THE 1st MONDAY IN EACH MONTH
ALL WELCOME**

**BINGO AFTER LUNCH - FREE RAFFLE PRIZES
12:00 Noon**

**SOUP, SANDWICH & YUMMY DESSERTS
\$3.00 Donation**

Sign-up by the last Mon. in the prior month.



**Free Matinee Movie
"The Martian"**

**Starring Matt Damon
Thurs. March 24, 2016**

**Free Refreshments
12:30 pm - Hopedale Sr. Center
Sign-up Required**

HEALTH AND WELLNESS**NEWS FROM SHINE MARCH 2016****Does Medicare cover fitness programs?**

While Original Medicare does not cover gym memberships or fitness programs, some Medicare Advantage (HMO or PPO) plans and Medicare Supplement Insurance (Medigap) plans do. Many offer a Fitness Benefit that can save you up to \$150 per calendar year in qualified health club membership fees and exercise classes. Some plans offer the Silver Sneakers program. Fitness classes available at senior centers may also be eligible for reimbursement. Contact your plan to get information about what fitness benefits it offers. Make sure you don't miss the deadline for getting reimbursed for fitness expenses you paid in 2014!

“SHINE’S MEDICARE AND MORE” PROGRAM

The Central MASS SHINE Program is now sponsoring a monthly Cable TV program called SHINE’s MEDICARE AND MORE”, we hope your local cable channel will pick it up. This program is designed to educate and update MEDICARE beneficiaries and their families on MEDICARE and other programs that can assist you with your health insurance needs. If you don't see it on your local cable channel give them call and ask about it.

CENTRAL MASS SHINE WEBSITE

The Central Mass Region has recently launched its website. You can visit us on the web at www.shinema.org. Our site has valuable general information and links to other agencies that can assist you with you insurance needs.

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. You can now visit us on the internet at shinema.org

***FREE WELLNESS NURSE CLINIC SERVICES* Wed. March 9 & Wed. March 23
9:00 am - 12 pm “First Come Basis” No appointments needed.**

All meetings are confidential and free of charge.

You may seek Wellness Nurse Mary Watson service's to:



Check vital signs, review medications and ask questions associated with your medications and obtain general medical information, referrals and access to services.

Call the Hopedale Sr. Center with any questions at (508)634-2208.

Sponsored by the
Hopedale Board of Health

PODIATRY CLINIC WITH DR. BIANCAMANO - FRIDAY MARCH 25, 2016

BY APPOINTMENT ONLY - 8:30 am to 12:30 pm - GRIFFIN-DENNETT REC. HALL

ALL WELCOME. CALL (508)634-2208 FOR AN APPOINTMENT.



Chairperson Cheryl Moreci
Vice Chairperson Bob Casali
Secretary Dan Malloy

MEMBERS

Pat Johnson
Claudette Hughes
Edward Holland
Nancilee Fuller
Diane Frazier
Rebecca Wild-Wesley

Director Carole Mullen
Outreach Nancy Mosher
Staff Assistant Jennifer Bethel

The COA Board meets on the 3rd Thurs. of each month at 1:00 pm at the Sr. Center.

Member of the Massachusetts Association of Councils on Aging and Senior Center Directors (MCOA)

HOPEDALE FRIENDS OF ELDERS, INC.
Box 318
Hopedale
Massachusetts 01747

**NON-PROFIT
RATE
U.S. POSTAGE
PAID
HOPEDALE, MA**

Return Service Requested



HOPEDALE FRIENDS OF ELDERS

Friends of Elders Inc. want to acknowledge donations to their organization. Donations can be made in honor of births, birthdays, and anniversaries and in memory of loved ones.

No minimum donation is required for a printed acknowledge.

All correspondence can be mailed to: Hopedale Friends of Elders, PO Box 318 Hopedale, MA 01747

Donations can also be dropped off at the **Curiosity Shoppe of Hopedale** on Depot Street Hopedale

Curiosity Shoppe hours are **Thursday, Friday and Saturday 9:30am to 12:30pm.**



The Friends thank Lorraine Vitali for a donation in memory of her husband Albo Vitali.

**NEED A SMOKE
DETECTOR INSTALLED OR
CHECKED?**



**The Hopedale Fire Department
will assist seniors in checking or installing devices.**

Please call the Hopedale Sr. Center at (508)634-2208.

We will forward your information to the Fire Dept.

**NEED HELP WITH YOUR
Mobile Phone
Laptop
Notebook?**



**Get assistance from the wiz
kids at Hopedale High School for free.**

**1:00 pm Hopedale Sr. Center
Wed. March 2, 2016**

No problem is too small. Please sign-up.