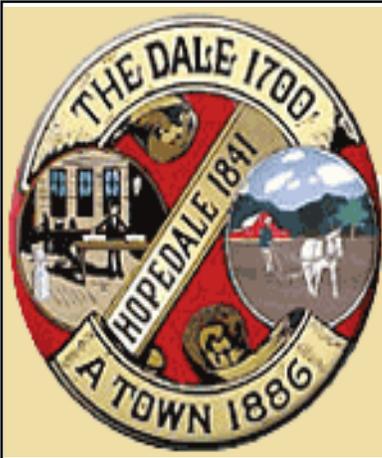


January 2017



# HOPEDALE SENIOR NEWS

*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](mailto:hopedalecoa@comcast.net)  
Monday-Thursday 9:00 am - 3:00 pm and Friday 9:00 am - 12:30 pm



**Our first Y-CBT Workshops Were a Great Success!**  
**Are You Struggling with Stress and Anxiety on a Daily Basis?**

**Come learn about the ways Yoga (deep breathing) and Cognitive Behavior Therapy techniques can help reduce your anxiety and stress and even help you feel better about yourself.**

**If you missed the classes the first time around, come to this free one-time workshop on:**  
**Wednesday Jan. 25, 2016**  
**1:15 pm**  
**Hopedale Sr. Center**

**The program is run in collaboration with Riverside Community Care and led by a professional therapist. Sign-up is required. Call 508-634-2208.**

**IT'S ALMOST HERE!!!!!!**  
**THE**  
**ANNUAL SR. CENTER NEW YEARS' BREAKFAST**

**START THE NEW YEAR OFF WITH US !**



**Thursday January 5, 2017**  
**9:00 am**  
**Hopedale Sr. Center**  
**Full Delicious Breakfast**  
**Reservations by Dec. 30, 2016**  
**FREE**  
**Limited Space. Sign-up early.**

**Musical Entertainment provided by Hopedale High School Acapella Chorus**

**Free Raffle too!**

**Lunchtime Chat**  
**Scams, Fraud ID Theft, Identity Theft and More**



**Thursday Jan. 26, 2016/ Sr. Center**  
**Lunch 11:30 am - \$5.00 p.p.**  
**Presentation: 12:15 pm**

**Robin Putnam from the Massachusetts Office of Consumer Affairs will teach us how to recognize and avoid scams. There will be a question and answer period following the presentation. Sign-up required 508-634-2208. Deadline 1/23/17.**

**DO YOU HAVE A CARBON MONOXIDE DETECTOR?**

Carbon Monoxide is an odorless, colorless gas that can cause sudden illness and death. It is the cause of more than 500 accidental deaths per year and more than 15,000 people are made seriously ill by its effects. The symptoms of Carbon Monoxide poisoning are often mistaken for the flu. If the entire family suddenly becomes sick at the same time, suspect elevated Carbon Monoxide levels. Call 911 immediately!



**WINTER WEATHER IS HERE...**

**School and Sr. Center closing announcements will be broadcast on WMRC Radio 1490 AM.**

**If the Hopedale Public Schools are closed then the Hopedale Community House and the Hopedale Sr. Center will be closed.**



**THE SR. CENTER IS CLOSED: MON. JAN. 16 - MLK DAY**

# 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 Hopedale Sr. Center  
needs volunteers !!!

Serve at congregate meals, call BINGO, be an escort on the Grocery Bus or help with newsletter. Call us at (508) 634.2208. You'll have fun, feel great and brighten an older person's day.



**NEED A WAY TO PAY FOR HOME REPAIRS? HAVE AN EMERGENCY REPAIR ISSUE???**

### HOME REPAIR LOAN PROGRAM

Bellingham-Hopedale-Franklin Housing Rehabilitation Program

Leaking roofs, failing heating systems, etc. requiring immediate emergency assistance may be eligible for this grant. Call the Sr. Center for eligibility requirements and more information.



## 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 2<sup>nd</sup> 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.

**NEED TO GET TO THE HAIR SALON OR DRUG STORE?**



**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 (Call for hours)

\$4.00 Roundtrip - Advance reservations.

**GREAT STUFF FOR FREE!!!!  
BREADS, BAGELS  
AND ASSORTED PASTRIES**



**PANERA - MONDAYS**

## 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](http://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](http://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 will start on November 1 through April 30. The Program is accepting new clients. 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

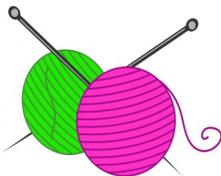
Please call the Hopedale Sr. Center if your income is \$46,100. or below for an individual or \$52,650 or below for a couple.

### 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.

# GROUPS, EXERCISE PROGRAMS 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 3<sup>rd</sup> 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.**

## BOOK CLUB - Meets at Bancroft Library

Helen Symonds Book Group

1st Wednesday in each month @ 1:00 pm.

Call (508)634-2209 for details.

## GENTLE YOGA - Meets at the Sr. Center

**DROP-INS WELCOME!**

*Try a Class for Free.*



Lara Wahl - Instructor

Tues. & Thurs. - 9:00 am to 10:00 am

\$5.00 per class - All skill levels welcome.

## MEDITATION CLASS



Jan. 18, 25 Feb. 1, 8, 15, 22

Meditation Made Easy - Wed. 11:45 to 12:45pm

Sr. Center - \$24.00 / \$4.00 - per class

Classes will explore a variety of techniques, including working with the breath, body sensations, thoughts and emotions. Classes will begin with gentle stretches which help to prepare the body to sit comfortably & peacefully.

*Deb McGonnell Instructor.* Sign-up w/Sr. Center.

## SAFE EXERCISE PROGRAM

Mondays and Wednesdays - 10:00 am



Mostly seated and some standing

fun non-impact exercises. Shirley Arcano Instructor. Sign-up with Hopedale Community House.

## ARTHRITIS EXERCISE PROGRAM

Come see how this program can help!

Fridays - Main Hall - 10:00 am

Hopedale Community House - Sue

Sgambato Instructor - Feel good, gentle exercise program mostly done while seated.

Sign-up w/ Hopedale Community House.



Have a friendly lunch with us on:

Monday Jan. 9, 2017



11:30 am at the Hopedale Sr. Center

Meal is: Pizza, Salad and Dessert \$5.00 p.p.

IF YOU LIKE ....STAY FOR BINGO after lunch at 12:45 pm  
Tri-Valley Inc. Caterers

Thursday Jan.12, 2017



11:30 am at the Hopedale Sr. Center

Meal is: Chicken with asparagus. \$3.00 suggested donation

Tri-Valley Inc. Caterers

"Trivia with Nancy" after the meal. Come exercise those brain muscles. This program is just too much fun! Sign-up by 1/10.

We Want to Hear From You

Tell us about the activities, classes and programs you would like to see offered at

the Sr. Center. Do you or someone you know want to teach a class? Call Carole at 508.634-2208 with your ideas and suggestions.

Free Matinee Movies  
Hopedale Sr. Center - 1:00 pm



Sign-up required.

IT'S ALL ABOUT TOM THIS MONTH!

JANUARY IS TOM HANKS MONTH. COME WATCH THIS GREAT MOVIE STARRING TOM HANKS.

Tues. Jan. 31 - 1:00 pm

Ladies' Parlor Community House



On 1/ 15/ 2009, the world witnessed the "Miracle on the Hudson" when Captain "Sully" Sullenberger glided his disabled plane onto the frigid waters of the Hudson River, saving the lives of all 155 aboard. However, even as Sully was being heralded by the public and the media for his unprecedented feat of aviation skill, a threatening investigation was unfolding.

## *News from SHINE January 2017*

### *Can I still change my Medicare Plan?*

The 2016 Medicare Open Enrollment period ended on December 7, but people may still be allowed to change plans.

For Plan year 2017 The Tufts Medicare Preferred Plan and Blue Cross/Blue Shield HMO Plans have been designated as 5-star Plans by Medicare, as a reward for the excellence of their Plans. Basically, this means that Medicare Beneficiaries may enroll in or change to, one of the Tufts Medicare Preferred Plans or a Blue Cross/Blue Shield HMO Plan at any time between December 8, 2016 and November 30, 2017. This is a great opportunity if you missed the Open Enrollment deadline.

For those with a **Medicare Advantage Plan**:

Between January 1 and February 14, you can leave your plan and switch to Original Medicare, but you **cannot** switch to another Medicare Advantage Plan. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time. This could be an opportunity to continue coverage with your current provider if you failed to make a change during the Open Enrollment Period.

For those with **Prescription Advantage** or getting “**Extra Help**” paying for prescription drugs:

You can change your plan during the year. Those with Prescription Advantage can do this only once each year. Those with “Extra Help” can change every month.

**If you want to take advantage of any of these opportunities call the SHINE Regional Office and a volunteer can talk you through the process and any consequences of changing plans.**

**Trained SHINE (Serving Health Insurance 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 at our Central Mass Website [www.shinema.org](http://www.shinema.org) for useful information and applications for various programs.**

### ***FREE WELLNESS NURSE CLINIC SERVICES***

**Mary Watson, RN - Hopedale Sr. Center - Wed. Jan. 11 & Jan. 25, 2017  
9:30 am - 11:30 am “First Come Basis” No appointments needed.**

***All meetings are confidential and free of charge.***

**Nurse Mary Watson can check vital signs, review medications and ask questions associated with your medications and obtain general medical information, referrals and access to services.**



### **Does winter weather make you feel a little blue?**

**You are not alone. Many people feel a little down in the winter. If you can, it is critical to get a bit of sunlight everyday. Try visiting the Sr. Center at least once each month. Join us for a hot lunch. Remember, our Outreach Worker may be able to visit you at home.**



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 Thursday of each month at 1:00 pm at the Sr. Center.

★ *The mailing of this newsletter is funded by the Hopedale Friends of Elders.*

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

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**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 acknowledgment. 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 in Hopedale

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

*We accept household goods. Volunteers Always Welcome.*



**NOTE: A big thank-you to the Friends for funding the purchase our new Sr. Center chairs.**

**KEEP OUR BRIDGE GROUP GOING !!! BRIDGE! BRIDGE! BRIDGE!**

**We know you Bridge players are out there. We would love to have another table of four (4) players on Tuesdays at 1:00 pm at the Hopedale Sr. Center. Free coffee and dessert. Wonderful companionship. Even if you are a bit rusty, our players will have you up to speed in no time. Area seniors from other towns are welcome.**

**Please call the Sr. Center at (508)634-2208 if you are interested.**





