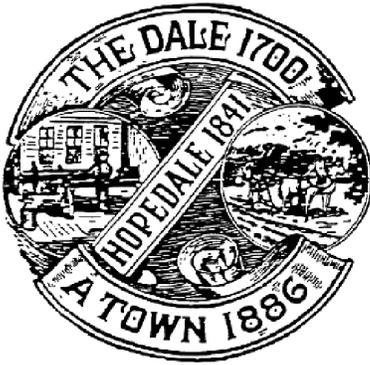


December 2016



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
Monday-Thursday 9:00 am - 3:00 pm and Friday 9:00 am - 12:30 pm

Dear Hopedale Seniors,

Everyone at the Hopedale Council on Aging and Sr. Center wishes you health and happiness this holiday season and in the coming year.

Let's resolve to have more fun, learn new things and ask for help when we need it. We are here to be your partner on the journey.

Carole

**2017 Sr. Tax Credit
Program Applications Available
Nov. 1 through Dec. 22, 2016.**



Hopedale seniors age 60 and over who own (your name must appear on the deed) and reside in their homes may apply to participate in the Sr. Tax Credit Work Program.

Seniors work 91 hours in various town departments in exchange for a \$1,000.00 property tax credit (minus any applicable taxes). Only one (1) tax credit per family is permitted. For 2017 there are a maximum of twenty-five (25) positions.

Complete policy guidelines and applications are available at the Hopedale Sr. Center. Prior participants may reapply. However, no one is guaranteed a return to a previous position.

Please call (508)634-2208 with any questions.

IT'S ALMOST HERE!!!!!!

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!

WINTER WEATHER IS COMING.....

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 ON:**

Mon. Dec. 26, 2016

Mon. Jan. 2, 2017

**Merry
Christmas
and
Happy New
Year!**

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.

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.

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 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.



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 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 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

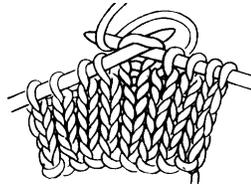
Meets at Sr. Center

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

....or those who want to learn!

The Knitters' Group meets on the 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.**



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 - NEW DATES

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

Dec. 21, 28, Jan. 4 and Jan. 11 - \$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*



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

Fridays - Main Hall - 10:00 am

Hopedale Community House

Sue Sgambato Instructor

Feel good gentle exercise program mostly done while seated. Sign-up with Hopedale Community House.



Have a friendly lunch with us on:

Monday Dec. 5, 2016

11:30 am at the Hopedale Sr. Center

Meal is: Roast Beef Sandwiches and Soup of the Day

\$3.00 suggested donation

IF YOU LIKESTAY FOR BINGO after lunch at 12:45 pm

Tri-Valley Inc. Caterers



Thursday Dec. 8, 2016

11:30 am at the Hopedale Sr. Center

Meal is: Stuffed Pepper Casserole

\$3.00 suggested donation

Tri-Valley Inc. Caterers Sign-up by: "Trivia with Nancy" after the meal. Sign-up by 12/6.

HOLIDAY TEA AND GIFT SWAP

Thursday December 22, 2016

1:00 pm - Hopedale Sr. Center - Free

Join us for tea and desserts.

Bring a wrapped gift (\$5.00 or less in value). We will exchange gifts and listen to holiday music. Sign-up required by 12/19/16.



Free Matinee Movies

Hopedale Sr. Center - 1:00 pm

Sign-up required.



Thurs. Dec. 29, 2016 Movie:

Florence Foster Jenkins

Starring Meryl Streep

This film tells the inspirational true story of a New York heiress, Florence, who obsessively pursued her dream of becoming a great singer. The voice she heard in her head was divine, but to the rest of the world it was hilariously awful. At private recitals, her devoted husband and manager, St Clair Bayfield, managed to protect Florence from the truth. But when Florence decided to give her first public concert everyone is not so sure how they can possibly save face.

NEWS FROM SHINE DECEMBER 2016

The Medicare Open Enrollment ends on December 7th Don't Wait Until It's Too Late! Make a SHINE Appointment Soon!

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. In the case of Medicare Advantage Plans they can also drop providers from their Plan, It's important to review your options EVERY year to make sure you have the plan that works best for you for next year. This year we are anticipating that there may be some new plans and choices for you to make. Along with these new plans and choices we expect there will be some aggressive marketing with an unusual high volume of plan sponsored meetings.

REMEMBER!! YOU NEED TO BE SURE THAT YOUR PRIMARY CARE PHYSICIAN AND OTHER PROVIDERS ARE COVERED IN THE PLANS' NETWORK BEFORE YOU CHANGE TO A DIFFERENT MEDICARE PLAN. YOU SHOULD ALSO BE SURE YOUR MEDICATIONS ARE COVERED AS WELL. MAJOR CHANGES WILL BE MADE TO SOME PLANS.

Assistance is available from the SHINE program. Call your Senior Center and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

MEDICARE UPDATE MEETINGS

We have scheduled 25 Medicare Update Meetings in the Central Massachusetts area. Check with your local Senior Center to find a meeting near your home. Or check our website www.shinema.org for a list of our local meetings.

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 your 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. During Open Enrollment it may take a couple of days to return your call. You can now visit us on the internet at shinema.org

FREE WELLNESS NURSE CLINIC SERVICES

Mary Watson, RN - Hopedale Sr. Center - Wed. Dec. 7, 2016

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.



PODIATRY CLINIC WITH DR. BIANCAMANO - FRI. DEC. 30, 2016

BY APPOINTMENT ONLY - 8:30 am to 12:30 pm.

CALL (508)634-2208

CLINIC HELD AT:

THE GRIFFIN-DENNETT APTS. RECREATION HALL



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 acknowledgement.

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 - Volunteers Welcome!**

Great holiday gifts at our shop.



The Hopedale Council on Aging would like to acknowledge and thank the following individuals and groups for their recent donations:

Thank You

Nancy Mosher in memory of Margaret Tolenti



The Hopedale High School Classes of 1955 and 1956

The Hopedale Friends of Elders for additional improvements to the Sr. Center

for your Kindness

