



April 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](mailto: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.*

**Genealogy Program**  
Tues. April 26, 2016  
1:00 pm  
Hopedale Sr. Center

*Document Your Life*  
*Presenter -Seema Kenney*

Your life, the struggles, the easy times, the failures and the successes, the simple fact that you lived through each and every day is all part of the History of Humanity. While you may feel there's nothing noteworthy about your life, most likely within the next 100 years, someone researching your family tree is going to want to know more about you. This workshop will show you a few ways to leave them something to find.

The workshop will show you how to go about creating stories, albums or photographic calendars that chronicle your family history.

\$5.00 p.p Sign-up by 4/22/16.  
Refreshments follow program.



**Lunch and Gait Assessment**  
Physical Therapist from Active  
Physical Therapy  
Wednesday April 27, 2016  
Hopedale Sr. Center

Lunch 11:30 am  
Free Assessment 12:30 pm  
Diane Wollensack,PT



Are you experiencing balance or walking issues?  
Come for a free assessment. Space is limited.  
Sign-up early. Deadline 4/22/16.

**ARE YOU NEWLY RETIRED?  
GOT SOME 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. We are interested in starting foreign language classes as well as a lecture series. We want to hear from "lifelong learners". Call us at 508.634.2208.

*wise people  
never stop  
learning*

**Town of Hopedale Candidates' Forum**

Wed. April 13, 2016  
7:00 pm  
Hopedale  
Jr. Sr. High School  
Auditorium



**Be informed! Meet the candidates.**  
Sponsored by:

**The Hopedale Friends of Elders &  
The Jr. Sr. High School Politics Club**

**Caregiver Support Program**

Are you the primary caregiver for a loved one with early stage dementia or Alzheimer's disease?

The Council on Aging would like to identify individuals in Hopedale who are functioning in this role.

Please call us at 508.634.2208 . We would like to determine whether there is an interest in holding a monthly program designed especially for you and the individual receiving your care.



# 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 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.

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.



### JUST A REMINDER!

### 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.



### 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 (VARIES)



## 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 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*

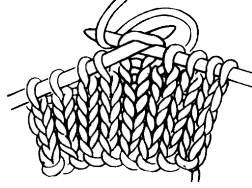
We're looking for people who like to knit or crochet

....or those who want to learn!

The Knitters' Group meets on the 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**

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**

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

\$5.00 per class - All skill levels welcome.



### MEDITATION CLASS—Begins 4/11/16

**Meditation Made Easy - Wed. 12 to 1 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.*



**Consider these great exercise programs through The Hopedale Community House :**

**Safe Exercise - Mon. & Wed.**

**10 am to 11 am**

**Arthritis Exercise - Fri. 10 am to 11 am**

**Call 508.634.2208 for details.**



**Let us do the cooking!**  
**And have fun with us**  
**at these**  
**Sr. Center Monthly**  
**Lunches.**  
**Everyone is welcome!**



**Monday April 4, 2016**  
**11:30 am at The Hopedale Sr. Center**

**Meal is: Pizza Party**

**\$3.00 suggested Donation**

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

**BINGO follows lunch at 1:00 pm**

**Thursday April 14, 2016**  
**11:30 am at Sacred Heart Church in Hopedale**

**Meal is: Lemon Thyme Chicken**

**\$3.00 suggested donation**

**Sign-up by 4/11/16.**

**"Trivia with Nancy" follows lunch.**



**Sr. Center closed - Patriot's**  
**Monday April 18 Day**

**Thursday April 28**  
**Free Matinee Movie**  
**Free Refreshments**  
**12:30 pm - Hopedale Sr. Center**  
**Sign-up Required**

**Featured Film: Spotlight**

Led by editor Walter "Robby" Robinson (Michael Keaton), reporters Michael Rezendes (Mark Ruffalo), Matt Carroll and Sacha Pfeiffer interview victims and try to unseal sensitive documents. The reporters make it their mission to provide proof of a cover-up of sexual abuse within the Roman Catholic Church.



**HEALTH AND WELLNESS**

**NEWS FROM SHINE APRIL 2016**  
**ARE YOU TURNING 65 WITH A HEALTH CONNECTOR PLAN**

People with Health Connector coverage nearing Medicare eligibility face many obligations – to enroll in Medicare in a timely way, to notify their Connector plan about their Medicare eligibility, and to cancel their Connector plan. Despite these responsibilities, people with Connector plans receive **no notice about their Medicare eligibility** unless they are auto-enrolled in Medicare because they receive Social Security cash benefits. **In addition, Connector enrollees receive no notification that their access to premium tax credits automatically terminates when they become Medicare eligible.**

These notification gaps put people in the Health Connector who are nearing Medicare eligibility at serious risk. Honest enrollment mistakes can lead to lifetime premium penalties, gaps in coverage, disruptions in access to needed care, **tax penalties and recovery, by the IRS resulting from the loss of premium tax credits** and delayed Medicare enrollment. To avoid these consequences, it is imperative that Health Connector members who are eligible for Medicare enroll in Medicare in a timely manner, notify their Connector plan about their Medicare eligibility, and cancel their Connector plan. **As always feel free to contact your local SHINE Regional Office at 1-800-243-4636 #3 if you have any questions.**

**“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](http://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](http://shinema.org)

***FREE WELLNESS NURSE CLINIC SERVICES*** Wed. April 6 &  
Wed. April 27  
**9:30 am - 11:30 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.**



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.**

**We always welcome new volunteers!**



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

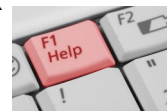


**3:00 a.m.**

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 FREE HELP WITH YOUR  
Mobile Phone  
Laptop  
Notebook?**



Get assistance from the wiz  
kids at Hopedale High School for **FREE!**

**Call the Hopedale Sr. Center.**  
**We will arrange an appointment.**  
**No problem is too small. Call 508.634.2208.**