

February 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.



RHODE ISLAND SPRING FLOWER & GARDEN SHOW TRIP

THURSDAY FEB. 18, 2016

RHODE ISLAND CONVENTION CENTER.

LUNCH ON YOUR OWN.

\$20.00 P.P. ADMISSION & BUS

DEPART HOPEDALE SR. CENTER

9:30 AM

RETURN APPROXIMATELY

3:00 pm

SIGN-UP REQUIRED BY 2/16/16.

MEN'S BOOK GROUP

SEEKING PARTICIPANTS

1st Meeting Feb. 17, 2016

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.



Put a Little Magic in Your Life!

Bring the little ones to this community event ...

a magic show for all ages.

Larry Parker "Mr. Magic" Performs
Sat. Feb. 20, 2016 (snow date Feb. 27)
Main Hall Hopedale Community House
1:00 pm

\$3.00 requested donation at door.

\$6.00 max. requested donation for families.

Reservations required. Call (508)634-2208.



Valentine's Day Lunch

at The Hopedale Sr. Center

Wednesday Feb. 10, 2016

11:30 am

\$5.00 p.p. Sign-up required by 2/8/16.

TRIVIA & FREE RAFFLE

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

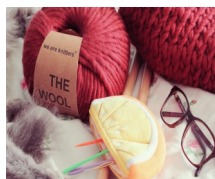
KNITTERS' GROUP *Meets at Sr. Center*

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.



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 Wednesday in each month at 1:00 pm at Library

GENTLE YOGA - Meets at the Sr. Center **DROP-INS WELCOME!** **TRY A CLASS**



Lara Wahl Instructor

| | | |
|-----------|---------------------|------------------|
| Tuesdays | 9:00 am to 10:00 am | \$5.00 per class |
| Thursdays | 9:00 am to 10:00 am | \$5.00 per class |

All skill levels welcome.

INTERESTED IN LEARNING A FOREIGN LANGUAGE OR BRUSHING UP ON YOUR LANGUAGE SKILLS?



**ITALIAN, FRENCH OR
SPANISH. CALL THE SR. CENTER FOR MORE INFO.**

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



12:00 Noon
SOUP AND SANDWICH
YUMMY DESSERTS
\$3.00 Donation
Sign-up required by
the last Wed. in the prior
month.

Free Matinee Movie
Thurs. Feb. 25, 2016
Free Refreshments
12:30 pm
Hopedale Sr. Center



Featured Film: *Bridge of Spies*
starring Tom Hanks

Please sign-up. We need at least six (6) people to show the movie.

Let us do the cooking! **Join Us For the COA Monthly** **Lunch**



Thurs. Feb. 11, at 11:30 am
at Sacred Heart Church in
Hopedale

Meal is: Meatloaf

Tri-Valley Inc. Caters \$3.00 sugg. donation

Trivia and Treats with Nancy following
the meal!

Sign-up by Feb. 8, 2016

Lunchtime Chat - Wed. Feb. 24, 2016 **Hopedale Sr. Center**

11:30 am Talk - 12:30 Lunch

Protecting your Medication and a Discussion **on the Current Opioid Crisis**

Shawn McKenna from the Worcester Sheriff's office along with the Hopedale Police Dept. (TRIAD) will speak on this important timely topic. Learn correct disposal methods for your unused medications as well as how to protect your medications. Additionally, Shawn will discuss the current Opioid crisis and the ways it is impacting individuals in our town and state.

Sign-up required by 2/22/16.
\$3.00 p.p.



HOLIDAY SCHEDULE FOR **THE HOPEDALE SR. CENTER**

February 2016:

WE ARE CLOSED: February 15, 2016



HEALTH AND WELLNESS

News from SHINE February 2016 - Can I still change my Medicare Plan?

The 2015 Medicare Open Enrollment period ended on December 7, but people may still be allowed to change plans. For Plan year 2016, The Tufts Medicare Preferred Plan has been designated as a 5-star Plan by Medicare as a reward for the excellence of their Plans. Basically, this means that Medicare beneficiaries may enroll in or change too, one of the Tufts Medicare Preferred Plans at any time between December 8, 2015 and November 30, 2016. 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 either of these opportunities call the SHINE Regional Office and a volunteer can talk you through the process.

“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 it website. You can visit us 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 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 on the internet at shinema.org

***FREE WELLNESS NURSE CLINIC SERVICES* Wed. Feb. 10 & Wed. Feb. 24**

9:00 am - 12 pm “First Come Basis” No appointments needed.

The Hopedale Council on Aging offers adults sixty (60) and older the opportunity to meet with registered nurse, Mary Watson at monthly Wellness Nurse Clinics.

All meetings are confidential and free of charge.

You may seek Wellness Nurse services to:

Check Vital Signs

Review medications and ask questions associated with your medications

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**

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Vice Chairperson Bob Casali
Secretary Dan Malloy

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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.

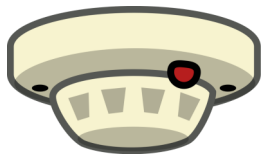
All correspondence can be mailed to: Hopedale Friends of Elders, PO Box 318 Hopedale, MA 01747

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 are in critical need of Board Members and Volunteers. Friends efforts and fundraisers directly benefit the Hopedale Council on Aging.

**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.

The Fire Dept. will contact you and schedule an appointment.

NEED HELP WITH TECHNOLOGY????

**Wednesday Feb. 3, 2016
1:00 pm Hopedale Sr. Center**



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

**Problems with laptops, phones and tablets.
No problem is too small. Please sign-up.**