

January 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.*



## HOPEDALE ANNOUNCES AVAILABILITY OF FUNDING FOR HOME REPAIRS & HEATING ASSISTANCE

The Towns of Bellingham, Hopedale and Franklin have received funding from the Massachusetts Community Development Block Grant Program to assist low and moderate income property owners in the three towns to make repairs to their properties and to assist lower income residents pay for winter heating costs.

### Help with Home Repairs:

Eligible owners of 1- to 7-unit residential properties can receive up to \$35,000 per unit to make needed repairs. Funds may be used to repair roofs, plumbing or electric systems, repair or replace heating and septic systems, increase energy efficiency, make accessibility modifications or complete other needed repairs for housing occupied by low and moderate income homeowners and renters.

Assistance will be provided in the form of zero-interest deferred payment loans. No repayment is required unless the property is sold or refinanced. At the end of fifteen years the loan is forgiven



## HOPEDALE COUNCIL ON AGING ANNUAL NEW YEARS' BREAKFAST

Hopedale Sr. Center  
Thurs. Jan 7 , 2016  
9:00 am  
Full Breakfast



**Wonderful Entertainment by:**  
**Hopedale High School Acapella Chorus**  
**\$5.00 p.p. - Sign up by Jan. 5, 2016.**

and the loan becomes a grant. Income limits apply and a majority of the units in a multi-unit property must be occupied by income-eligible owners or renters. All work is completed by licensed and insured contractors that pre-register with and are supervised by Bellingham-Hopedale-Franklin Housing Rehabilitation Program staff.

### Supplemental Fuel Assistance:

Additional fuel assistance funding is being made available through the same grant. For current SMOC fuel clients, the program can provide additional assistance once the household has used up its benefits. In addition, Hopedale residents who are over-income for the SMOC fuel assistance may qualify for assistance under the Community Development Program's higher income limits. Applications for both programs are now available in Hopedale at the Senior Center, 43 Hope Street; and at Town Hall, 78 Hopedale Street. Call the Sr. Center or call the Grant Office @ (508)657-2890 open Mon.- Wed. 9:30 am to 2:30 pm.

# 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 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.

## 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. - WEDNESDAYS



## 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

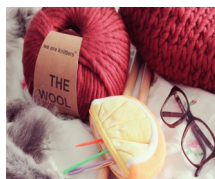
Seniors may make copies or FAX for 10 cents per page.

### 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 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.

### **LINE DANCING - Meets @ Main Hall**

**Community House**

**Tuesday 1:00 pm Jan. 26, 2016**

**\$3.00 p.p. Sign-up required.**

**All levels welcome. All genres of music.**

**If you can walk, you can dance. Marc Mancini leads.**



### **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. Jan. 28, 2016**

**Free Refreshments**

**12:30 pm**

**Hopedale Sr. Center**



**Featured Film: *A Walk in the Woods***

**Robert Redford and Nick Nolte**

Travel writer Bill Bryson (Robert Redford) takes a long-lost old friend (Nick Nolte) for a hike along the Appalachian Trail, which stretches more than 2,000 miles from Georgia to Maine.

**Here's a hot meal you don't have to make yourself!**

**Join Us For the COA Monthly Lunch**

**Thurs. Jan. 14, at 11:30 am**

**at Sacred Heart Church in Hopedale**

**Meal is: Turkey a la King**

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

**Sign-up by Jan. 11, 2016**



### **Lunchtime Chat - Wed. January 20, 2016**

**Hopedale Sr. Center**

**"All about Balance" - 11:15 am**  
**and Balance Testing**

**How's your balance? Physical Therapist from Salmon VNA in Milford will give a presentation on tips for better balance and fall prevention. Did you know there is a right way to fall?**

**Lite lunch follows presentation.**

**Sign-up required by 1/15/16.**

**\$3.00 p.p.**



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

**January 2016:**

**WE ARE CLOSED: January 1, 2016**

**January 18, 2016 (MLK)**





## HEALTH AND WELLNESS

### *News from SHINE January 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.

#### “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](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 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.**

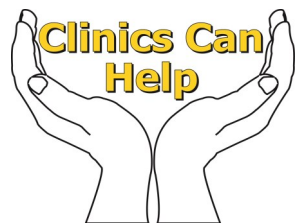
### FREE HEALTH NURSE CLINIC SERVICES BEGIN AT HOPEDALE SR. CENTER IN JANUARY

**1st Clinic : Wed. Jan.13<sup>th</sup> 9:00 am - 12 pm “First Come Basis” No appointments needed.**

The Hopedale Council on Aging will offer adults sixty (60) and older the opportunity to meet with registered nurse, Mary Watson at a weekly Health Nurse Clinic. All meetings are confidential and free of charge.

**You may seek Health Nurse services to:**  
**Check Vital Signs**

**Review medications and ask questions associated with your medications**  
**Obtain general medical information, referrals and access to services**



**Sponsored by the  
Hopedale Board of Health**



**Future clinics will be held on Wednesdays 9 to 12.**  
**Call the Sr. Center for current schedule.**

**Remember that no issue is too small. Your meeting will be private and confidential.**

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 are in critical need of Board Members and Volunteers. Friends efforts and fundraisers directly benefit**

**The Hopedale Council on Aging. Annual Membership Meeting 12/5 @ 2:30 pm at Shoppe.**



***A Big thank-you to the Friends from the Hopedale COA for all their hard work.***

**PODIATRY CLINIC WITH DR. BIANCAMANO**

**Jan. 22, 2016 - Griffin-Dennett Recreation  
Hall**

**8:30 am to 12:00 pm - By Appointment  
Call Hopedale Sr. Center at (508)634-2208.**

**Bring your Medicare Insurance Card.**



**The Sr. Center is looking for people  
who would enjoy participating in a**

**Hobby Fair in  
March of 2016.**

**We will be showcasing  
the interests and life-  
long hobbies of area  
seniors. Call (508)634-2208 for details.**

