

# 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 Sr. Center hopes you will consider joining us on the following upcoming day trips in 2016.

*"We have fun!"*



- |                     |   |
|---------------------|---|
| May 24, 2016        | Garden in the Woods & lunch at Ashland Alehouse                             |
| June 9, 2016        | Magic Wings & the Bridge of Flowers   |
| July 13, 2016       | Indian Princess at Lake Webster   |
| Aug. 17, 2016       | Treasures of the North Shore & lunch at the Village Restaurant in Essex, MA |
| Sept. 2016<br>(TBA) | Newport Vineyards & Lunch at the Vineyard Café (Wine Tasting)               |
| Oct. 6, 2016        | Clay Hill Farms and Tour of Kennebunkport & When Pigs Fly Bakery            |
| Nov. 15, 2016       | Salem Cross Inn and the Oakwood Christmas Barn                              |
| Dec. 2016<br>(TBA)  | Mechanics Hall Holiday Concert  |

Call us at 508.634.2208 for details and pricing.

**Lunchtime Chat - A Visit with Worcester County's Police K-9 Unit**  
**Wednesday May 18**  
**11:30 am - the Hopedale Sr. Center**



**Come meet an officer and his K-9 dog.**  
**There will be a short presentation and discussion about the Unit's role in policing in Worcester county.**

**Lunch: 11:30 am**      **Fantastic Hot Pasta Bar!**  
**Ziti with a large assortment of sauces, meatballs, vegetable toppings, cheeses and more.**

**Presentation: 12:30 pm**

**Sign-up required by 5/13/16. \$3.00 p.p. Suggested donation.**



## "ASK THE PHARMACIST"

**Wednesday May 25, 2016**  
**Hopedale Sr. Center at 11:30 am**

**Do you have questions or concerns about your medications? Do you know why you are taking these medications?**

**Come listen to a presentation about medications and meet privately with a Pharmacist. Bring your medications. Sign-up required by 5/23/16. Stay for lunch. Bring a brown bag lunch. Dessert provided.**

**MCPHS University Pharmacy Outreach program**

**DON'T FORGET TO VOTE!!**

**TOWN ELECTIONS**

**TUESDAY MAY 10**

**NEED A RIDE TO THE**

**POLLS? CALL US FOR**

**HELP. (508)634-2208.**



**Sr. Center closed:**  
**Monday May 30**  
**Memorial 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.

## 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*

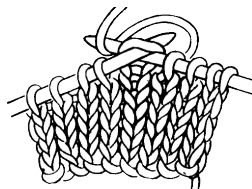
We're looking for people who like to knit or crochet

....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.

*Classes through the summer.*



### MEDITATION CLASS (ongoing)

**Meditation Made Easy - Wed. 12 to 1 pm Sr. Center**  
**6 week series (\$24.00)**

*Classes will continue through the summer.*

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 & 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.**



**Have a friendly lunch with us on:**

**Monday May 2, 2016**

**11:30 am at the Hopedale Sr. Center**

**Meal is: Soup and Sandwich (Ham)**

**\$3.00 suggested donation**

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

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

**\$3.00 suggested donation**



**Thursday May 12, 2016**

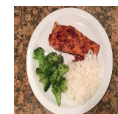
**11:30 am at Sacred Heart Church in Hopedale**

**Meal is: Salmon Boats**

**\$3.00 suggested donation**

**Sign-up by 5/10/16.**

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



### Documentary and Discussion

**Thursday May 5, 2016**

**1:00 pm Sr. Center**

**Free - Signup Required**

**A Piece of Work**

**Filmmakers chronicle a year in the life of the iconic performer, Joan Rivers.**



**Wednesday May 11**  
**Free Matinee Movie**

**Free Refreshments**  
**12:30 pm - Hopedale Sr. Center**

**Sign-up Required**

**Featured Film: Black Mass**

*In 1970s South Boston, FBI Agent John Connolly (Joel Edgerton) persuades Irish mobster James "Whitey" Bulger (Johnny Depp) to collaborate with the FBI and eliminate a common enemy: the Italian mob. The drama tells the true story of this unholy alliance, which spiraled out of control, allowing Whitey to evade law enforcement, consolidate power, and become one of the most ruthless and powerful gangsters in Boston history.*



## HEALTH AND WELLNESS

***NEWS FROM SHINE FOR MAY 2016*****Need Help with the Cost of your Prescription Medications??**  
**Prescription Advantage can Help!!**

Prescription Advantage is a state-run program which helps many seniors pay for their prescription drugs. Eligibility is based on *income only* and there is *no asset limit!*

**Who can join?**

If you are a **Massachusetts resident, eligible for Medicare**, and are:

65 years or older with an annual income at or less than \$59,400 for a single person or \$80,100 for a married couple

OR

Under 65 years and disabled, with an annual income at or less than \$22,335 for a single person or \$30,118 for a married couple.

You may also join... if you are 65 years or older and **not eligible for Medicare**. **There is no income limit.**

There is **no charge** for joining Prescription Advantage, if you have an annual income at or less than \$35,640 for a single person and \$48,060 for a married couple. There is a \$200 per person annual enrollment fee for those with higher incomes.

Call Prescription Advantage today to enroll on the phone or ask for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say 2. You may also apply on line by going to [www.prescriptionadvantagemma.org](http://www.prescriptionadvantagemma.org).

**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 voice mail, leave your name and number. A volunteer will call you back. You can also visit us on the internet at [shinema.org](http://shinema.org)**

**“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**

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 your insurance needs. **We also have a link to our very informative cable TV program Medicare and More.**

***FREE WELLNESS NURSE CLINIC SERVICES*** Wed. May 11 &  
Wed. May 25

**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.**

**Call the Hopedale Sr. Center with any questions at (508)634-2208.**

**Sponsored by the  
Hopedale Board of Health**



Chairperson Cheryl Moreci  
Vice Chairperson Bob Casali  
Secretary Dan Malloy

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Pat Johnson  
Claudette Hughes  
Edward Holland  
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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!**

***Come see our re-decorated shop.***  
***Spring Cleaning? We accept household goods.***



**NEED FREE HELP  
WITH YOUR**

**Mobile Phone,  
Laptop or  
Notebook?**

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

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

