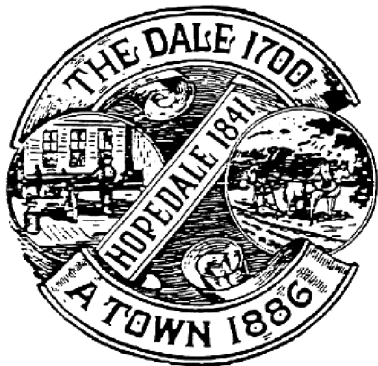


June 2016



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



ANNUAL HOPEDALE

SR. CENTER

BARBECUE

Thursday June 30, 2016

11:30 am

Main Hall Community House

Don't miss this event!

**Great food, hamburgers, hot dogs,
chicken, salads, drinks & desserts.**

Live entertainment featuring singer

Johnny Diamond.

FREE RAFFLES

\$7.00 p.p.

Reservations required by 6/24/16.

SUMMER EXERCISE PROGRAMS

**Don't
forget
about us
during
the
summer
months.**



We offer a variety of classes:

Walking Club

Gentle Yoga

Meditation

Arthritis Exercise

**Call (508)634-2208 for registration
and details.**

FREE AAA OLDER WISER DRIVER PROGRAM

**Wed. June 29, 2016 - Sr. Center
1:00 pm**



***Do You Know the Top 5 Most
Dangerous Driving Situations for Seniors?***

**Come to a 60 minute program detailing these driving
situations for seniors. Plus, find out how you
can maintain your driving skills and remain driving
as safely as possible, for as long as possible!**

**This workshop offers practical advice on how indi-
viduals can compensate for changes that occur as
we age. Come learn how to be a safer driver.
Sign-up by 6/24/16.**

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 Sr. Center needs
Volunteers !!!

Serve at Congregate meals,
Call BINGO,

Assist on 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 ?

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.- TUES. OR WED. (Call us it 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 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 will accept clients effective Nov. 1, 2016. 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

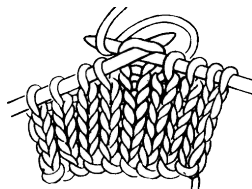
We're looking for people who like to knit or crochet

....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 Wed. in each mo. @ 1:00 pm

GENTLE YOGA - Meets at the Sr. Center

DROP-INS WELCOME! TRY A CLASS

Deb McGonnell Summer Instructor

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

\$5.00 per class - All skill levels welcome.

Classes through the summer.



MEDITATION CLASS

Meditation Made Easy - Wed. 12 to 1 pm Sr. Center

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.



PIZZA PARTY

Wednesday June 15, 2016

11:30 am - Hopedale Sr. Center

\$4.00 p.p.

Brain Teaser Games follow lunch.

Sign-up by 6/13/15.



Have a friendly lunch with us on:

Monday June 6, 2016

11:30 am at the Hopedale Sr. Center

**Meal is: Soup and Sandwich
(Chicken Salad)**

\$3.00 suggested donation

**IF YOU LIKESTAY FOR
BINGO after lunch at 1:00 pm**



Thursday June 9, 2016

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

Meal is: Garlic Herb Chicken

\$3.00 suggested donation

Sign-up by 6/6/16.

"Trivia with Nancy" follows lunch.



Lunchtime Chat

TIME FOR A LEGAL CHECK-UP

Wednesday June 22, 2016

11:30 am - Hopedale Sr. Center

Lunch at 11:30 am - \$3.00 p.p.

Speaker 12:30 pm

Attorney Melissa Howitt from Franklin will be speaking on the critical legal issues seniors need to address to take control of their future. Sign-up by 6/16.



**Free Matinee Movies
2 Times in June!!!**

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

Free Refreshments too!!

Sign-up Required.

**Featured Film: Thurs. June 2
The Revenant w/ Leonardo DiCaprio**

Thurs. June 23

Hello My Name is Doris w/ Sally Fields

This is a comedy about an older women who decides to follow her heart.



HEALTH AND WELLNESS

*NEWS FROM SHINE FOR JUNE 2016***Staying Healthy with No Cost Medicare Preventative Benefits**

An important goal for Medicare is to help people stay healthy by encouraging prevention. Medicare provides a number of preventive services. These services are free whether you have traditional Medicare or a Medicare Advantage plan, like an HMO.

Some of these services include:

- Colorectal cancer screening (including colonoscopies)
- Mammograms
- Pap tests and pelvic exams
- Prostate cancer screening
- Bone mass measurements
- Cardiovascular screening
- Flu and pneumonia shots
- Alcohol misuse screening and counseling
- Depression screening
- Obesity screening and counseling

There are very specific rules which state when and how often Medicare will pay for the above services. For a complete list of free preventive services, go to www.medicare.gov or see a SHINE counselor.

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

"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. 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. June 8 & Wed. June 22

9:30 am - 11:30 pm "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.

Sponsored by the Hopedale Board of Health

PODIATRY CLINIC WITH DR. BIANCAMANO - FRIDAY JUNE 3, 2016 - BY APPOINTMENT ONLY

GRIFFIN- DENNETT RECREATION HALL - PLEASE BRING YOUR INSURANCE CARDS

CALL (508)634-2208 FOR AN APPOINTMENT .



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

**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 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.

We accept household goods.



*The Friends would like to thank Janice Bresciani for her donation
 in memory of
 June Meaden, Susan Pagnini and Patricia Barsanti*



**Let's Get Crafty - Tuesday June 14, 2016 - Hopedale Sr. Center
 1:00 pm - \$3.00 p.p.**

Joyce Gorman will show us how to make a lovely 4th of July wreath.

Sign-up required by 6/10/2016.