

November 2020

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



Don't Miss Our
Next Free
"Grab and GO"
Meal

Wednesday Nov. 18, 2020

Your Choice:

- ⇒ Pick-up at Hopedale Sr. Center
- ⇒ Pick-up at Griffin-Dennett
- ⇒ Choose home delivery

Menu:

Roast Pork Loin w/Gravy
Apple Cornbread Stuffing
Country Blend Vegetables
Cinnamon Pears & Muffin
Reservations required by
11/13/2020

Interested in volunteering for this event? Call (508)634-2208.

*This event is sponsored by a grant from the United Way.

"Grab and Go" Meals at Hopedale Sr. Center



Volunteer David Guglielmi hands Pauline Henning her "Grab and Go" Turkey Dinner.

You Can Safely and Conveniently Dispose of
Expired or Unwanted Medications

MED-Project™

Medication Education & Disposal

1. Visit the MED-Project website
- or
2. Call MED-Project to request a mail-back package
3. Receive mail-back package



TO REQUEST A FREE MAIL-BACK PACKAGE
Visit www.MED-Project.org/MA or call

1(844)633-7765

Valid until 12/31/21

Our offices will be
closed:

Thurs. Nov. 26 &
Fri. Nov. 27 for the

Thanksgiving Holiday. Celebrate
safely!



ASSISTANCE PROGRAMS AVAILABLE AT THE SR. CENTER

OUR SERVICES ARE CONFIDENTIAL - WE CAN MAKE COVID-19 SAFE HOME VISITS

(Visits are currently outdoors only.)



OUTREACH SERVICES

Confidential counseling, caregiver support, information and referral services are available on aging issues for seniors and caregivers.

VETERANS' SERVICES FOR VETERANS AND SPOUSES OF VETERANS

Confidential counseling with our Veterans' Agent, Pat Morris. 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 (May be on hold due to COVID-19)

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



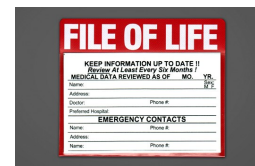
FUEL ASSISTANCE AND HOME WEATHERIZATION PROGRAMS

New applications available for fuel season effective **Nov. 1, 2020**.

Program open to renters and home owners. All forms of heating eligible.

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.

COPY/FAX SERVICES - We will make copies for you or Fax documents.
10 cents per page (Call for an appointment).



Hopedale Sr. Center Welcomes A New Errand Van Driver

Mike Rutkowski, who you may know as "DJ Mike" will join the Sr. Center staff as our primary Errand Van driver. Mike should be "on board" by the time this newsletter reaches your homes. Welcome Mike! We can't wait to see you driving around our community.



Hopedale Local Errand Van Schedule Effective Nov. 1, 2020

Please schedule your van ride 3 (three) business days in advance of your requested ride. Our new schedule (hours of operation) for local errand transportation is as follows:

Monday 9:00 am to 2:00 pm
Tuesday 9:00 am to 2:00 pm
Thursday 9:00 am to 2:00 pm
Friday 9:30 am to 12:00 pm (per availability of driver)

Please remember that due to COVID-19 restrictions we can only have two (2) passengers in the van at the same time. All riders are temperature screened and required to cover their nose and mouth with a face mask.



What Happened to the Free Hopedale Flu Clinic?

Unfortunately Salmon VNA was unable to secure the necessary vaccine for the scheduled clinic in Hopedale. They are hoping to receive their supply by the end of the month. The Hopedale Board of Health will notify the community through the town website when the vaccine becomes available. Many folks have told us that Flu vaccines can be obtained at Walgreens and CVS in Milford. We suggest you call the stores before going to verify the availability of the particular vaccine you wish to obtain. Questions? Call us.

Join
 Christine Bositis
 for gentle stretching and
 an easy walk!



Mondays & Wednesdays
10:00 am outside Hopedale Sr. Center
No class if raining. Masks required.
You must call (508)634-2208 and
sign-up for this activity at least 1 business day in advance of class.

MEDICARE OPEN ENROLLMENT ENDS DEC. 7, 2020

We have been successfully scheduling appointments with Bob Casali our SHINE counselor. It is critical to check your prescriptions to ensure that your 2021 Drug Plan will cover your current drugs. If you are using the Medicare.gov website please be aware that the information for all qualified drug plans in the state of MA is not yet complete. Please call us at (508)634-2208 with any questions or to schedule an appointment.



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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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SUPPORT THE HOPEDALE FRIENDS OF ELDERS

Hopedale Friends of Elders
PO Box 318 - Hopedale, MA 01747

In lieu of flowers or other gifts, please consider making a tax-deductible donation in memory/honor of a loved one to the Friends of Elders, by using this form.

Your gift will go directly to services for senior citizens for today and tomorrow. Donations can be made in honor of births, birthdays, and anniversaries as well as in memory of loved ones. No minimum donation is required. We will acknowledge all donations.

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
We always need volunteers to work in The Friends' Shoppe

I am enclosing \$ _____ (please make checks payable to the Hopedale Friends of Elders).

Donor's Name _____ Donor's Address _____

In Memory of _____

In Honor of _____

The Hopedale Friends of Elders would like to thank the following individuals for their recent donations.

Arthur Hampton
and
Mike and Libby Loftus

