



# HOPEDALE SENIOR NEWS November 2021

*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*

## **Memoir Writing Class** **Mondays 1:00 pm** **starts Nov. 1, 2021** **Hopedale Sr. Center**



A text may come and go, but a journal entry can become a memoir. Phrases like "person in tears", "secret meeting" and "reluctant participant" or looking at an old photo can evoke memories from the past. Writing about these memories brings vivid awareness of years gone by, inspire present conversations, both to be shared with friends and family. The best history is not famous names, places and dates in a textbook; it is from ordinary people like us. **Join our newly formed writing group to explore the story of you.** Our instructor is Terry Gillis seasoned retired Milford High English teacher extraordinaire. Sign-up required.

## **HOPEDALE SR. CENTER** **HOLIDAY PARTY**

**Tuesday Dec. 7, 2021**  
**12:00 noon - Main Hall**



*Join us in the celebration of the holiday season. Baked stuffed Chicken Breast  
Roasted Potatoes, Green Beans, Rolls,  
Coffee & Dessert*

**DJ MIKE entertains! Free Raffles!**

**Payment by 12/3/2021**  
**\$5.00 p.p.**

**\*Catered by Olivas Market**



## **HONORING OUR VETERANS**

**Ceremony Wednesday Nov. 10, 2021**

**Hopedale Community House - 9:00 am**

Please join us for the outside ceremony (rain or shine) and light refreshments at the Sr. Center following the ceremony.

## **2022 SENIOR REAL ESTATE TAX CREDIT PROGRAM** **APPLICATIONS AVAILABLE** **AT HOPEDALE SR. CENTER**



Senior property owners, residing in Hopedale may apply for positions in the Real Estate Tax Credit Program. In exchange for 84 hours of work, participants earn a \$1,000 real estate tax credit (minus required taxes and withholdings).

Jobs are available to individuals that best meet the requirements of the available positions. There are a limited number of positions. COVID restrictions are still in effect.

**The program year starts on January 1, 2022. Applications are available until December 17, 2021.** The complete program policy is available at the Sr. Center and online on the town's webpage under the COA tab.

**The Sr. Center will be closed**  
**on Thursday Nov. 11, 2021**  
**for the**  
**Veterans' Day Holiday**



## ASSISTANCE PROGRAMS AVAILABLE AT THE SR. CENTER

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

### OUTREACH

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](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)

### FUEL ASSISTANCE AND HOME WEATHERIZATION PROGRAMS (SMOC)

New applications available for fuel season effective **Nov. 1, 2021**. **Re-certifications going out in Sept.** Program open to renters and home owners. All forms of heating eligible..

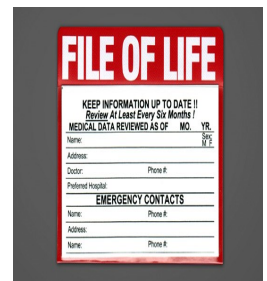
### FILE OF LIFE PROGRAM - FREE

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. Ten cents/copy.



## GROUPS AND EXERCISE PROGRAMS AT THE SR. CENTER



### KNITTERS' GROUP

**WHO LOVES TO KNIT? ....or crochet .... or wants to learn!**

**Group usually meets on the 4th Thursday of each month (check calendar) at 10:00 am**

**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.**

### GENTLE YOGA

**Tuesdays 9:00 am to 10:00 am**

**\$5.00 / class**

**Instructor - Crystal Lee**

**All skill levels welcome. Drop-ins welcome.**



### MEDITATION CLASS



**Wednesdays 11:00 am to 12:00 pm**

**\$5.00 / class**

**Instructor - Deb McGonnell**

**Meditation made easy! Drop-ins welcome.**



### TAI CHI CLASS

**Thursdays 1:00 pm to 2:00 pm / \$5.00 / class**

**Instructor - Faith Kennedy**

**Try this low impact exercise.**

**Gain a sense of well-being, flexibility, strength and better balance. Drop-ins welcome.**



### WATERCOLOR PAINTING CLASS

**Thursdays 10:00 am - 12:00 pm**

**Instructor- Mari Steinmann**

**All levels welcome.**

**6 week series course/\$45.00**

**Supplies provided.**

**Registration required.**

### RE-BOOT YOUR STRENGTH & BALANCE EXERCISE CLASS

**Fridays - 9:00 am - 10:00 am**

**Instructor - Christine Bositis**

The class format will allow for social interaction as well as functional movements, focused on building a body capable of doing real-life activities in real-life positions. Balancing, walking, lifting, pushing, pulling, bending, twisting, turning, standing, starting, stopping, climbing, and lunging will be made easier while training to improve functional strength. Special considerations provided for people with physical limitations (arthritis).

Fun cognitive activities will be incorporated throughout the class. Set to upbeat music, the class, designed for all levels, will re-introduce sedentary individuals affected by Covid back into performing and functioning at a more healthy level.



**See a full listing of activities on the Activity Calendar enclosed in this Newsletter.**





**FREE Grab & Go Meal**  
**From Olivas' Market**  
**Hopedale Sr. Center**  
**11:30 am**



**Tuesday November 16, 2021**  
**Pick from one of three options:**

- **Pick-up your meal at 43 Hope St. (Sr. Center)**
- **Pick-up your meal at Griffin-Dennett Housing (Hopedale St.)**
- **Request Home Delivery of your meal**

**Menu: Turkey Dinner**  
**Roll & Dessert**

**Reserve by: 11/12/2021. 50 person maximum.**  
**Call (508)634-2208.**



**LUNCH AT THE**  
**HOPEDALE**  
**SR. CENTER**

*You're Invited!*

**Monday November 29, 2021**

**11:30 am**

**Menu: Lasagna & Meatballs**

**Green Beans, Italian Bread,  
 Dessert and Coffee.**

**Suggested Donation \$3.00 p.p.**

**And... for fun, stay for BINGO**  
**following the meal!**

**Reservations required by**

**11/23/21.**

**Please call**

**(508)634-2208.**



## Medicare Annual Election Period

**Blue Cross Blue Shield of Massachusetts will be at the**  
**Hopedale Sr. Center - Nov. 19, 2021 - 10:30 am**

## Health Plan Options Presentations

This is a 45 minute presentation geared towards individuals on Medicare or approaching Medicare who may have questions about their health plan or other available plan types. The presentation will focus on the differences between Medigap and Medicare Advantage plans and explain when enrollees can switch plans. All are invited to attend regardless of insurance coverage. **Sign-up required. Please call (508)634-2208.**



MASSACHUSETTS

## HEATING ASSISTANCE (SMOC)



The Hopedale Sr. Center is taking appointments to assist with re-certification for the 2021-2022 Fuel Assistance season.

SMOC re-certification paperwork was sent later than usual. Please call us if you have not received your packet. New Fuel Assistance clients can make appointments for application assistance now for the program's **November 1, 2021** start date. Income Guidelines are:

**1 person \$40,951 - 2 People \$53,551**

**OPEN ENROLLMENT**  
**FOR MEDICARE**  
**MEDICAL AND**



**DRUG INSURANCE PLANS**

**Oct. 15, 2021 - Dec. 7, 2021**

This is the period for all Medicare enrollees to evaluate their current Medical and Drug insurance coverages. Assistance is available through the SHINE program. Call (508)634-2208.

## Hopedale Local Errand Van Schedule...Ride with Mike!!! (Shopping, Hair Salons, Barbershops, Banks and more!)

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

**Tuesday** 9:00 am to 2:00 pm  
**Thursday** 9:00 am to 2:00 pm  
\$3.00 Rd. Trip



**Mike our  
Van Driver**

**COVID-19 restrictions :** *The number of van passengers per run will not exceed 4 people. Riders will continue to be required to wear masks.*

## Hopedale Local Medical Van Schedule

Monday - Friday  
9:00 am - 2:30 pm (appointments)  
No transit between 11:15 am - 1:00 pm  
\$3.00 Rd. Trip  
Schedule appointments 3 business days in advance.



## Out of Town Medical Van Schedule



Monday - Thursday (Subject to Change)  
No appointments earlier than 10:30 am  
Ready to return home by 1:00 pm  
Framingham \$10.00 Rd. Trip / Boston \$25.00 Rd. Trip  
Natick /Westboro Worcester  
Franklin/Bellingham/Uxbridge \$5.00 Rd. Trip  
Schedule appointments 3 business days in advance.

## FREE WELLNESS CLINIC WITH NURSE

**MARY WATSON**

9:30 am - 10:30 am

**Wednesday Nov. 17, 2021**



Mary can take your vital signs and answer your general medical questions. Please stop in for a friendly visit. All information shared in visits is confidential.

**DON'T FORGET!! FREE,  
PANERA BREADS & BAKED  
GOODS. MONDAYS @  
Sr. Center. Doors open 9:00 am**



## COME PLAY WITH US !!!

**MAH-JONGG** TUESDAY 12:30 pm  
**BRIDGE** TUESDAY 1:00 pm  
**CRIBBAGE** WEDNESDAY 1:00 pm

Call to reserve a spot - (508)634-2208



Chairperson Cheryl Moreci  
Vice Chairperson Bob Casali  
Secretary Dan Malloy

**MEMBERS**

Eileen Milaszewski  
Karen Kuligowski  
Julia Manning  
Arlene Williams  
David Guglielmi  
Charles Duczakowski

Director Carole Mullen  
Outreach Nancy Mosher  
Staff Assistant Jennifer Bethel  
Van Driver Mike Rutkowski

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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**BECOME A FRIEND!**

**HELP SUPPORT HOPEDALE'S SENIORS**

*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 Friends of Elders would like to thank the following  
individuals for their recent donations:*

**Lou Noferi in memory of JoJo and Vincent Consigli**

**Jim Carroll**

**Monica Connors in memory of Kathleen Connors**

