



HOPEDALE SENIOR NEWS^{January 2022}

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*

Dear Friends,

I really do believe that there is something about a New Year that lends credence to the phrase, "New Year, Fresh Start". You don't have to go very far to find something new. Your Sr. Center offers a host of programs and classes to keep your body and mind active and engaged (small-size groups). What a great way to start your year. Check-out the calendar for class schedules. *Carole*

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



Wed. January 26, 2022

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: Meatloaf, mashed potatoes, vegetables, roll and dessert

Reserve by: 1/21/2022 - 60 person maximum.

You must speak to a Sr. Center staff member in order to sign-up for the meal. We can not take a phone message as a sign-up for this meal.



Welcome in the New Year with us!
Join us for a
NEW YEARS' BREAKFAST

Thursday Jan. 20, 2022

9:00 am - Hopedale Sr. Center
Breakfast catered by Atria Draper Place
FREE!!! But sign-up required.

Call 634-2208 by January 14, 2022

***Please note, if there is a marked increase in COVID numbers we will postpone the event and notify everyone who has registered.**

Community Legal Aid



Community Legal Aid provides free civil legal services to low-income and elderly residents of central and western Massachusetts. To apply for services: Call Community Legal Aid at (855) 252-5342 Monday, Tuesday, Thursday, and Friday from 9:30 am to 12:15 pm and Wednesday from 1:30 to 4:15 pm. Apply online at www.communitylegal.org Contact the Milford Bar Association – Free Legal Aid (508) 473-1161. You can visit the Milford District Court the first and third Wednesdays of the month from 2:00 - 4:00 pm.

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 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 (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.

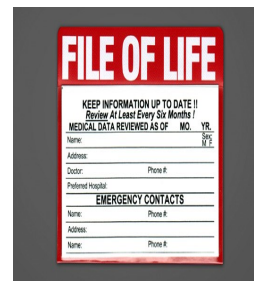
FILE OF LIFE PROGRAM - FREE

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.



FREE WELLNESS CLINIC WITH NURSE

MARY WATSON

9:30 am - 10:30 am

Wed. January 19, 2022



Mary can take your vital signs and answer your general medical questions. Please stop in for a friendly visit. This time of year can be stressful. Talk with Mary. All information shared is confidential

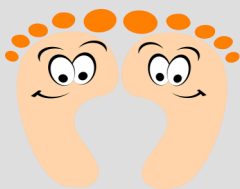
PODIARTY CLINIC RETURNS TO HOPEDALE SR. CENTER

Friday January 7, 2022

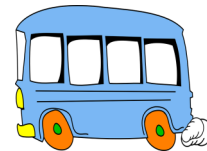
8:30 am - 12:00 pm

By appointment only. Call (508)634-2208.

Dr. Biancamano returns!!!! New participants welcome.



Hesitant to drive
during bad weather...let
the Sr. Center take you
to your medical appointments.



MEDICAL TRANSPORTATION

Local (Hopedale and Milford)
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.

LIMITED OUT OF TOWN MEDICAL TRANSPORTATION

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.

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. Program year start date, **November 1, 2021**. Income Guidelines are:

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

Additional guidelines for larger families.

Please call the Sr. Center at (508)634-2208 for details.



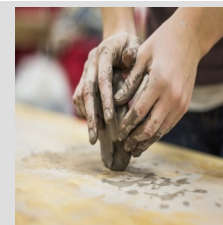
New Art Class!

Hand-building with Clay

Thursdays 1:30 pm - 2:30 pm

Hopedale Sr. Center

1st class Jan. 20, 2022



Learn basic hand-building skills including pinch pot, coil, slab techniques and sculpture. Self-hardening clay and acrylic paints will be used to enhance the clay creations.

The class instructor is Jackie Alagna retired Hopedale and Milford art teacher who has specialized in clay techniques.

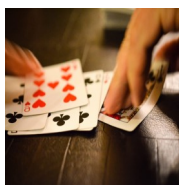
Sign-up required. Call (508)634-2208.
\$5.00 per class

COME PLAY WITH US !!!

MAH-JONGG TUESDAYS 12:30 pm

BRIDGE MONDAYS 9:00 am
TUESDAYS 12:30 pm

CRIBBAGE WEDNESDAYS 1:00 pm



*****CHECK OUT THE COUNCIL ON AGING
AND BOARD OF HEALTH PAGES ON THE TOWN WEB-
SITE FOR UP TO DATE COVID19 INFORMATION.

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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HOPEDALE, MA



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 Hopedale Friends of Elders want to thank these individuals for their donations.

Jeanne Heath in honor of Nancy Stoodt

Valerie and Bill Sideman in memory of Peggie Morse