



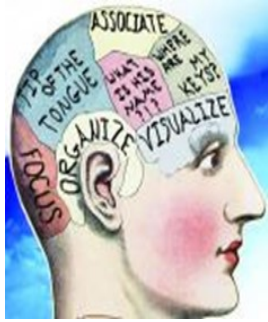
HOPEDALE SENIOR NEWS April 2022

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*



MEMORY TRAINING

CLASSES AT

HOPEDALE SR. CENTER

May 9, 16, 23 & June 6

10:00 am - 12:00 pm

What is Memory Training?

Memory Training is a 4-session course teaching memory enhancing techniques.

What Will You Learn in Class?

- What memory is and how it works
- How to reduce tip of tongue moments
- How to reduce your memory burden
- Your learning style
- Better memory habits
- Strategies & techniques for some of the most common memory complaints
- How to remember names and faces
- How to remember where you put things

9 out of 10 participants report improvements in their memory!

These classes were developed by the UCLA Longevity Center. *Classes are free, informative and fun.*

Sign-up is required by **May 2, 2022**. (508)634-2208.

Outdoor Pickleball Coming to Hopedale

This fabulous alternative to tennis is sweeping the country. A group has been playing inside at the Draper Gym and now, The Community House will be installing outdoor Pickleball courts over the next couple of months. The courts will be located outside the gym next to the newly created parking lot. The Sr. Center and the Community House will post announcements closer to the completion of the courts. We want people to get excited about the availability of this new option for fun, socialization and great exercise. Please contact us at (508)634-2208 if you are interested.



Errand Van Transportation Now Adding Thursday Trips

The Sr. Center van can now transport you to local stores, banks, salons, barbers and more between the hours of **9:30 am and 2:00 pm on Thursdays (as well as Tuesdays)**.

Need to go to Target, Walmart, Kohls, TJ Maxx? We can get you there and back. Appointments for transportation should be made three (3) days in advance.

We will pick you up in front of your home and drop you off in front of your desired destination. **Trips are currently free of charge.** Call (508)634-2208 for details.



GETTING BACK INTO THE *better* SWING?

Tuesdays Gentle Yoga

Wednesdays Meditation

Thursdays Tai Chi

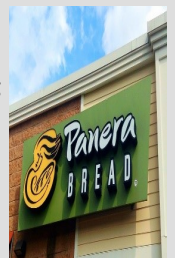
New participants welcome. \$5.00 per class.
Try one of these wonderful classes.

Free Panera Bread

Pastries and bread goods on Mondays

Hopedale Sr. Center - 9:30 am

(Not available on Monday holidays)



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

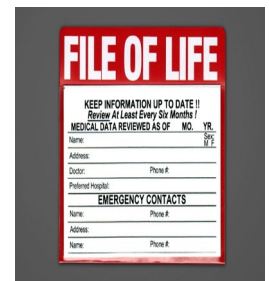
FILE OF LIFE PROGRAM - FREE

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. \$0.10 cents/copy.





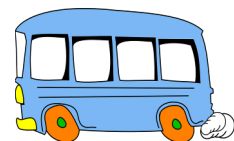
Join us for lunch at the
Hopedale Sr. Center
Monday April 11, 2022
11:30 am

Menu: Chicken Picatta
Wild Rice, Roasted Broccoli
Bread, Coffee and Dessert

Suggested donation - \$3.00 p.p.

If you'd like, stay for Monday BINGO after
lunch at 1:00 pm. Cash prizes!
Sign-up for lunch by 4/7/2022.

Hesitant to drive or
have you stopped
driving? Let the Sr.



Center van 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 ad-
vance.

HEATING ASSISTANCE (SMOC)

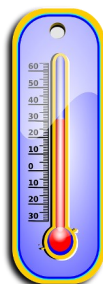
Applications accepted up to April 30

The Hopedale Sr. Center will help you apply for
Fuel Assistance for the 2021-2022 season. New
Fuel Assistance clients can make appointments
for application assistance now.

Income Guidelines are:

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

Additional weatherization assistance may be available.



COME PLAY WITH US !!!

MAH-JONGG TUESDAYS 12:30 pm

BRIDGE MONDAYS 9:00 am

TUESDAYS 12:30 pm

CRIBBAGE WEDNESDAYS 1:00 pm

We have very active groups. Join us!



Wellness Clinic with

Nurse Mary Watson



Wednesday April 13, 2022

9:30 am - 10:30 am - Sr. Center

Stop by for a blood pressure screening or a
friendly chat.

Reminder: Clean-out your medicine
cabinet. There is a safe drop-off for
your unwanted medications at the
Hopedale Police Station.



to all
who
celebrate.

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 Drivers Mike Rutkowski
David Williams

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 Hopedale Friends of Elders thank the following individuals for their donations:

Roberta Spivack in memory of Robert Manning, husband of Dixie Brack

Shirley Dennett