

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

State and Federal Assistance Programs What are the qualifications?

Join us for a free seminar on:

Wed. Aug. 30, 2017

1:00 pm - Hopedale Sr. Center
Sign-up required.

Topics included: Food Stamps,
Fuel Assistance, Mass Health, Medicare Buy-in,
Extra Help w/ Drug Plan Tax Abatements &
Veterans' Benefits.



SPANISH CLASSES COME TO THE HOPEDALE SR. CENTER IN SEPTEMBER!!

Enrolling now for the fall.
Classes will be on
Thursdays in the morning.

8 week sessions 9/14 - 11/2.
10:00 am - 11:00 am
Teacher is Nancy Collins.
\$35.00 for all 8 weeks.

Sign-up required. (508)634-2208.



PIZZA LUNCH AND TOUR OF THE LITTLE RED SHOP MUSEUM IN HOPEDALE

Aug. 31, 2017
11:30 am - Lunch /\$5.00
1:00 pm - Museum Tour/Free

Have you ever visited The Little Red Shop Museum in Hopedale? We have a true gem in our town that chronicles the history of Hopedale and the Draper Factory. Sue Ciaramicoli will give a tour. Sign-up required. Call (508)634-2208.



Sr. Property Tax Credit Position Available



The Hopedale Board of Health is seeking a qualified senior to work as a Recycling Center Attendant.

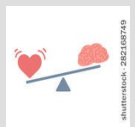
The Attendant is responsible for monitoring items brought to the recycling center. *The schedule is 7.5 hours every other Saturday.*

The tax credit available through the program will be pro-rated since there are four (4) months remaining in the program year.

Participation is open to qualified individuals age 60 and older who reside in their property in Hopedale and pay real estate taxes to the town.

Please contact Carole Mullen at (508)634-2208 for details and an application.

Brains and Balance Classes Return to the Sr. Center



The first series of classes were a big hit. Now, starting in September, Sue Scambato will again lead a class (new and improved) that combines two components, brain/memory and balance strengthening exercises. It's easy and fun.

The course runs once a week for eight (8) weeks. Wednesdays 11:15am to 12:15 pm. 9/20/17 - 11/8/17. \$32.00 for 8 weeks.

We need ten (10) participants in order to offer the class. Sign-up required.

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.

The Hopedale Sr. Center
always needs
volunteers !!!



Do you have 2 spare hours a month ?

Serve at congregate meals, call BINGO, be an escort on the Grocery Bus or help with our newsletter. Call us at (508) 634.2208. Help us brighten an older person's day.



**SEE OUR GREAT
UPCOMING
TRIPS.
INFO. CAN BE
FOUND ON THE
BACK OF THE
AUGUST
CALENDAR IN
THIS
NEWSLETTER.**

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.

NEED TO GET TO THE HAIR SALON OR DRUG STORE?



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 (Call for hours)



**GREAT STUFF FOR FREE!!!!
BREADS, BAGELS
AND ASSORTED PASTRIES**



PANERA - MONDAYS

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 FOR VETERANS AND SPOUSES OF VETERANS

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.

NEED A WAY TO PAY FOR HOME REPAIRS? HAVE AN EMERGENCY REPAIR OR A REPAIR THAT'S A SAFETY ISSUE? HOME REPAIR LOAN PROGRAM

Bellingham-Hopedale Housing Rehabilitation Program

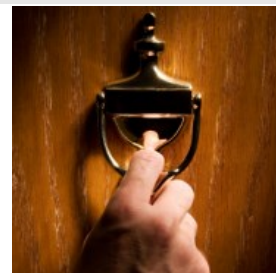
Leaking roofs, failing heating systems, etc. requiring immediate emergency assistance may be eligible for this grant. Call the Sr. Center for eligibility requirements and more information.

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 - 10 cents per page

COMPUTER, TABLET OR CELL PHONE TECHNICAL ASSISTANCE - Help with basic questions/ problems.



GROUPS, EXERCISE PROGRAMS AND UPCOMING ACTIVITIES

KNITTERS' GROUP

Meets at Sr. Center



**WHERE ARE THE LADIES
WHO LOVE TO KNIT?????**

...or crochet or want to learn! We have fun!

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.**

GENTLE YOGA - *Meets at the Sr. Center*

DROP-INS WELCOME! Try a Class for Free.

Lara Wahl - Instructor Tues. & Thurs.

9:00 am to 10:00 am

\$5.00 per class - All skill levels welcome.



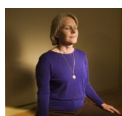
MEDITATION CLASS

Ongoing 6 week sessions.

Meditation Made Easy - Wed. 11:45 to 12:45pm

Sr. Center - \$24.00/\$5.00 - per class - drop-ins welcome.

Classes will explore a variety of techniques, including working with the breath, body sensations, thoughts and emotions. Classes will begin with gentle stretches which help to prepare the body to sit comfortably & peacefully. *Deb McGonnell Instructor. Sign-up w/Sr. Center.*



****ZUMBA GOLD CLASS****

2 FREE CLASSES IN AUGUST

Tues. Aug. 15 and Tues. Aug. 29

10:45 am - Main Hall

Sign-up Required.

Classes for fall start 9/12/17.

\$32./8 classes (Special Price)

Tuesdays 10:30 am to 11:30 am /

Main Hall 9/12 - 10/31. Need 10 participants to offer class. Sign-up required.



ARTHRITIS EXERCISE PROGRAM

Come see how this program can help!

Fridays - Main Hall - 10:00 am

Hopedale Community House - Sue

Sgambato Instructor - Feel good, gentle exercise program mostly done while seated. Sign-up w/ Hopedale Community House.



Have a friendly lunch with us on:

Monday August 7, 2017

**11:30 am at the Hopedale
Sr. Center**

Meal is: Sandwich /Call for details.

IF YOU LIKESTAY FOR

BINGO after lunch at 12:45 pm

\$3.00 suggested donation. Tri-Valley Inc. Caterers

Wednesday August 16, 2017

11:30 am at the Hopedale Sr. Center

Meal is: American Chop Suey

\$3.00 suggested donation.

Tri-Valley Inc. Caterers

"Trivia with Nancy" after the meal. Come exercise those brain muscles. This program is just too much fun! Sign-up by 8/14/17.



FREE ICE CREAM SOCIAL

It's a Party!!!!

Thursday Aug. 24, 2017

1:00 pm

Sr. Center

Cool off and fill up.

Free ice cream sundaes.

Sign-up Required.

(508)634-2208



Free Matinee Movies

Sign-up required.



Tuesday August 8, 2017

***Gifted* - 1:00 pm - Drama**

Starring Chris Evans, McKenna Grace & Octavia Spencer.

A bachelor uncle homeschooling his niece realizes she may be a math prodigy.

Tuesday August 22, 2017

***The Zoo Keeper's Wife* - 1:00 - Drama**
Starring Jessica Chastain and Johan Heldenbergh.

Based on a true story, A Warsaw wife of a zookeeper helps save hundreds of people & animals during the German invasion.



NEWS FROM SHINE FOR AUGUST 2017

WHEN CAN YOU ENROLL IN A MEDIGAP PLAN?

Medigap plans are health insurance plans that provide extra protection beyond Medicare by filling in some of the “gaps” in Medicare coverage. In Massachusetts, these plans allow continuous open enrollment. You must have Medicare A and B to enroll, and cannot be enrolled in a Medicare Advantage plan. Anyone who is eligible may enroll or change plans or coverage levels at any time, with changes effective the first of the following month. Note that Medigap policies do not cover prescription drugs, which are covered separately under Medicare Part D.

In Massachusetts, seven insurers offer the same two Medigap plans, Core and Supplement 1. The Core plan pays some of the co-pays for Medicare covered services, while the Supplement 1 covers all the deductibles and co-pays for these services. This means that a Medigap policy will generally pay only when Medicare approves payment. With a Medigap policy, you are free to choose any doctor or hospital that accepts Medicare and you do not need referrals to see a specialist.

IMPORTANT INFORMATION

ALWAYS REMEMBER THAT IF YOU ARE TURNING 65 YOU SHOULD CONTACT SOCIAL SECURITY TO ENROLL IN MEDICARE. **MEDICARE ELIGIBILITY HAS NO CONNECTION TO YOUR ELIGIBILITY FOR SOCIAL SECURITY BENEFITS.** ALSO COVERAGE FROM THE HEALTH CONNECTOR DOES NOT EXEMPT YOU FROM THIS REQUIREMENT TO ENROLL IN MEDICARE, **AS YOU WILL LOSE YOUR HEALTH CONNECTOR SUBSIDY WHEN YOU TURN 65.** IF YOU HAVE ANY QUESTIONS YOU SHOULD CONTACT YOUR SHINE REGIONAL OFFICE AT 1-800-243-4636 OPTION #3.

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 www.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 you insurance needs. **We also have a link to our very informative cable TV program Medicare and More.**

FREE WELLNESS NURSE CLINIC SERVICES

Mary Watson, RN - Hopedale Sr. Center - Fri. August 11 and Fri. August 25, 2017 - *Fridays for August*
8:30 am - 10:30 am - No appointments needed.

All meetings are confidential and free of charge.

Nurse Mary Watson can check vital signs, review medications and answer questions associated with your medications. You can obtain general medical information, referrals and access to services.



PODIATRY CLINIC WITH DR. BIANCAMANO

FRIDAY AUGUST 4, 2017

Griffin-Dennett Recreation Hall

8:30 am to 12:00 pm - by appointment only.

Call the Hopedale Sr. Center at (508)634-2208



**FREE FILE OF LIFE CARDS
AVAILABLE AT THE HOPEDALE SR.
CENTER**



RECORD YOUR MEDICATIONS TO CARRY ON YOUR PERSON OR PLACE ON YOUR REFRIGERATOR. HELP EMERGENCY RESPONDERS HELP YOU IN THE EVENT OF A MEDICAL EMERGENCY.

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

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HOPEDALE FRIENDS OF ELDERS

The Hopedale 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**

NEW ITEMS EVERY WEEK!!!!



THE HOPEDALE FRIENDS OF ELDERS WANT TO THANK

RICHARD ORFF

FOR HIS GENEROUS DONATION

IN MEMORY OF :

WIFE BEVERLY

DAUGHTER JANET

GRANDDAUGHTER ELIZABETH

