



HOPEDALE SENIOR NEWS

August 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
Monday-Thursday 9:00 am - 3:00 pm and Friday 9:00 am - 12:30 pm*

Trip to Tower Hill Botanical Gardens & Box Lunch at the Gardens

Thursday Sept. 16, 2021

Depart Sr. Center 9:15 am



Enjoy a small group outing to the botanical gardens at Tower Hill in West Boylston. You will be able to pre-select your boxed lunch from Farmer and the Fork Café.

Tower Hill & Lunch \$30.00 p.p.

Choice of sandwiches or salads select upon making reservation. Sign-up by 9/13/21.



ALL SENIOR CENTER
ACTIVIITES RESUME IN
SEPTEMBER.

COMMUNITY HOUSE

ACTIVITIES RESUME WEEK OF SEPT. 13th.

*Closed for Labor Day Holiday - 9/6/21.

envisionHOPEDALE



Master Plan Workshop to be held in August

A committee of appointed residents has been collaborating with the Central Mass Regional Planning Commission (CMRPC) to create a Master Plan, a roadmap for Hopedale's future development and growth.

The Committee will hold an in person inter-active workshop in August (date to be determined) for residents to discuss and comment on the work that has currently been completed. Topics include, Land Use, Population and Housing, Economic Development, Natural and Cultural Resources and Open Space and Recreation. It is critical to obtain a cross-section of residents' comments and opinions. Please check with the Sr. Center or Town Hall for the August date.

OH HAPPY DAY

Join us for Lunch at the Sr. Center

Monday Aug. 16, 2021

11:30 am

Menu: Lemon Pepper Fish, Rice, Vegetable
Blend, Coffee and Dessert

Suggested Donation \$3.00 p.p.

TRIVIA with Nancy after our Meal!

FOOD, FUN & GOOD COMPANY!

Sign-up Required by 8/11/2021.

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 sent by SMOC in August.** Program open to renters and home owners. All forms of heating eligible.

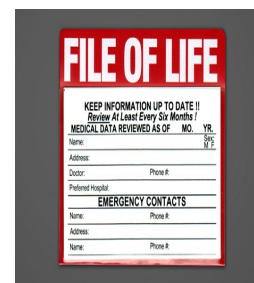
FILE OF LIFE PROGRAM - FREE

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.



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:

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



COVID-19 restrictions : As of June 15, 2021, the number of van passengers per run will not exceed 4 people. Riders will continue to be required to wear masks.

FREE VITAL SIGNS CLINIC WITH NURSE MARY WATSON

**Wed. August 18, 2021
10:00 am - 11:00 am**



Mary can take your vital signs and answer your general medical questions. Please stop in for a friendly visit.

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.

THE HOPEDALE SR. CENTER IS LOOKING FOR MAH-JONGG, CRIBBAGE AND BRIDGE PLAYERS

MAH -JONGG TUESDAY 12:30 pm
(Adults/Non-Seniors welcome.)

BRIDGE TUESDAY 1:00 pm

CRIBBAGE WEDNESDAY 1:00 pm

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



News from SHINE for August 2021 (Serving Health Insurance Needs of Everyone) Medicare Preventative Benefits!!



Did you know that Medicare Part B covers approximately two dozen preventive benefits, often at no or low cost to you? These benefits include services such as your flu and pneumonia shots, screenings for various health conditions (e.g., heart disease and certain types of cancer), and options to help you stop smoking. Preventive care may help to keep you healthier by preventing illness or detecting medical conditions. For more details you can visit our website www.shinema.org and click Part B Preventative Services under the Medicare. Also, we want to remind you of the importance of opening and responding to any mail you get from MassHealth. These mailings often have deadlines involved and you have to respond to MassHealth by a specific date or you may lose your MassHealth coverage. **If you get mail from MassHealth that you do not understand contact a family member or call the Sr. Center. We can help!**

Chairperson Cheryl Moreci
Vice Chairperson Bob Casali
Secretary Dan Malloy

MEMBERS

Eileen Milaszewski
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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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RATE
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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 _____

DON'T FORGET!!
PICK-UP FREE
PANERA BAKED
GOODS
ON MONDAYS
9:00 am



*The Hopedale Friends of Elders Thank
Joe and Laurie McSherry
Virginia Desjourdy in memory of Marion Allen
for their recent donations.*

