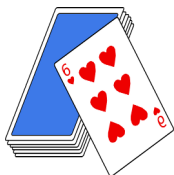


COME PLAY WITH US !!!**MAH-JONGG TUESDAYS 12:30 pm****BRIDGE MONDAYS 9:00 am****TUESDAYS 12:30 pm****CRIBBAGE WEDNESDAYS 1:00 pm***We have very active groups. Join us!**Come enjoy a great lunch and good company at the Sr. Center on the following dates:***Thursday August 18, 2022****12 pm***Menu: Turkey Supreme, Herb Stuffing, Vegetable Blend, Pear Crisp & Coffee.**TRIVA follows lunch.**\$3.00 Requested Donation**Sign-up by 8/15/2022.***Monday August 29, 2022****12 pm***Menu: Chicken Salad Sandwich, Coffee & Dessert.**\$3.00 Requested Donation**Sign-up by 8/25/2022.**Stay for BINGO at 1:00 pm**CASH prizes!**Fresh Garden Vegetables from the Memorial School garden are available on Mondays at the Hopedale Sr. Center. Limited quantities and varieties. Thank-you Barbara Mangano!!!**Free Panera Bread & Pastries on Mondays at the Sr. Center***9:30 am****KNITTERS' GROUP***Meets at Sr. Center**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! Our group is very welcoming and eager to help newer knitters.**We have loads of free yarn and beautiful patterns to share.***** We donate all items we make to local charities. We welcome quilters and sewers too.***GENTLE YOGA***Meets at the Sr. Center**Tuesdays**9:00 am to 10:00 am**Crystal Lee - Instructor**\$5.00 p.p.**You may be seated in a chair or on a mat. Try this wonderful movement class.***Tai Chi***Meets at Sr. Center**Thursdays**1:00 pm - 2:00 pm**Faith Kennedy - Instructor**\$5.00 p.p.**Gentle movement class that incorporates breathing and meditation.*

NEWS FROM SHINE August 2022**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 Tab.

MASS HEALTH MAILINGS

We want to remind you of the importance of opening and responding to any mail you get from MassHealth. Over the next several months as the Federal Public Health Emergency (PHE) ends MassHealth will be sending numerous notices reviewing and detailing the status of MassHealth coverage. These mailings often have deadlines involved and you need to respond to MassHealth by a specific date or YOU may lose your coverage. If you have not heard from MassHealth recently we suggest that you contact them to make sure they have your current address. If mail is returned to MassHealth you may lose your coverage as well. Finally, if you get mail from MassHealth that you do not understand you should contact a family member or friend for assistance. If neither is available you can contact the SHINE regional office and we will help you understand.

SHINE (Serving the Health Insurance Needs of Everyone) funded through the federal agency, Administration for Community Living and administered through the Massachusetts Executive Office of Elder Affairs. Certified counselors are available to assist you with questions about Medicare. Our services are free and unbiased. We do not sell any plans. Call the Sr. Center at (508)634-2208 for an appointment.

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



Center van take you to your medical appointments.

**New
Hours**

MEDICAL TRANSPORTATION

Local (Hopedale and Milford)
Monday - Thursday
8:30 am - 2:30 pm (appointments)
Friday no appointments after 11:30 am
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.

Do You Need Help Paying for Prescription Drugs?

Each year thousands of Medicare beneficiaries reach a gap in their Medicare prescription drug plan, often referred to as the "donut hole".

If you reach that gap, you will see your prescription drug costs increase dramatically!

Don't let this happen to you. **Prescription Advantage** can help.

Prescription Advantage is a state-sponsored program that supplements your Medicare drug plan to fill the gap.

For more information about Prescription Advantage, call the Sr. Center at (508)634-2208 or go to prescriptionadvantagemma.org.

Chairperson Cheryl Moreci
Vice Chairperson Bob Casali
Secretary Dan Malloy

MEMBERS

Eileen Milaszewski
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Arlene Williams
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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.

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Hopedale Friends of Elders

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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 :

Phyllis Foley for her donation in memory of Sue Quinn.

Joyce and Jon Kut for their donation in memory of John Kut.

Jeanne E. Heath for her donation in honor of Marla Miller (Hopedale, MA)

