



HOPEDALE SENIOR NEWS^{December 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*



*Join in the holiday
spirit!*

*Trim the Tree Coffee Hour
Thurs. Dec. 9, 2021
10:00 am - Sr. Center*

*We need your help to decorate our tree.
Enjoy pastries and coffee. Let us know
if you can help.*



*Having Trouble Finding a
COVID-19 Booster?
Call us at (508)634-2208.*

Dear Friends,

So here we are, "the most wonderful time of the year" is upon us.

And, for most of us, this year is much better than the previous one.

Many of us will actually be able to spend the holidays with our loved ones. But there are still those among us who continue to struggle with all that COVID has wrought. My wish for the season is that each of us extend an extra dose of thoughtfulness and kindness to everyone we meet. There is no downside to the simple act of kindness. May the New Year bless you all with good health and happiness. What more can one want? And most importantly, thank-you Nancy, Jen and all our volunteers for all you do for Hopedale's seniors .

Carole

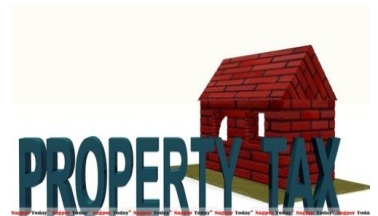


Memoir Writing Class
Mondays 1:00 pm
Hopedale Sr. Center



A text may come and go, but a journal entry can become a memoir. Phrases like "person in tears", "secret meeting" and "reluctant participant" or looking at an old photo can evoke memories from the past. Writing about these memories brings vivid awareness of years gone by, inspire present conversations, both to be shared with friends and family. The best history is not famous names, places and dates in a textbook; it is from ordinary people like us. **Join our newly formed writing group to explore the story of you.** Our instructor is Terry Gillis seasoned retired Milford High English teacher extraordinaire. Sign-up required.

**2022 SENIOR REAL
ESTATE TAX
CREDIT PROGRAM
APPLICATIONS
AVAILABLE**



AT HOPEDALE SR. CENTER

Senior property owners, residing in Hopedale may apply for positions in the Real Estate Tax Credit Program. In exchange for 84 hours of work, participants earn a \$1,000 real estate tax credit (minus required taxes and withholdings).

Jobs are available to individuals that best meet the requirements of the available positions. There are a limited number of positions. COVID restrictions are still in effect.

The program year starts on January 1, 2022. Applications are available until December 17, 2021. The complete program policy is available at the Sr. Center and online on the town's webpage under the COA tab.

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..

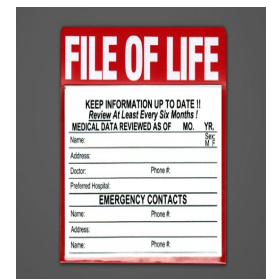
FILE OF LIFE PROGRAM - FREE

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. December 15, 2021



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

PODIATRY CLINIC RETURNS TO HOPEDALE SR. CENTER

Friday January 7, 2021

8:30 am - 12:00 pm

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

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



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 for the program's **November 1, 2021** start date. 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.



Celebrate New Years' Early!



LUNCH AT THE
HOPEDALE SR. CENTER
Thursday December 30, 2021

12:00 pm

Menu: Maple Glazed Ham,
Mashed Potatoes, Carrots,
Dessert and Coffee.

Suggested Donation \$3.00 p.p.

Reservations required by

12/22/21.

Please call

(508)634-2208.

There's still time.... through Dec. 7th
OPEN
ENROLLMENT
FOR MEDICARE
MEDICAL AND
DRUG INSURANCE PLANS

This is the period for all Medicare enrollees to evaluate their current Medical and Drug insurance coverages. Assistance is available through the SHINE program. Call (508)634-2208.



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

Jeanne Heath for her donation in honor of Ann Tower.