

# HOPEDALE SENIOR NEWS

July 2020

*Published by the Hopedale Council on Aging*

*43 Hope Street • Hopedale, MA, 01747  
(Located inside the Community House)*

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***Bancroft Library offering  
Curbside Book Pick-up and  
Limited Home Delivery***

- The Bancroft Memorial Library is offering curbside pickup beginning June 1 and limited home delivery beginning June 8. Want to borrow a movie, check out a new book, use a Wi-fi hotspot, or get a tax booklet? To request materials from the library, you have four choices:
  - Log in to your account in CWMARS and place holds on Hopedale items through the online catalog.
  - Fill out an online form on our web site at [www.hopedale-ma.gov/bancroft-memorial-library](http://www.hopedale-ma.gov/bancroft-memorial-library);
  - Email us at [hopedalelibrary@cwmar.org](mailto:hopedalelibrary@cwmar.org)
  - Call us at 508-634-2209.
- Check the Bancroft Library's website for the latest information.



## **ANNUAL TOWN MEETING**

**As of the date of this publication, the date of Hopedale's Annual Town Meeting (to**

**finalize the FY'21 budget) has not been determined. The Meeting will most likely be held in July 2020. Please check the town of Hopedale's website for accurate information. Your attendance at the upcoming meeting is most critical.**



The Council on Aging bids farewell to two long-term board members, Diane Frazier and Rebecca Wild-Wesley. Both their terms expired in June and they have chosen not to seek re-appointment. We thank them for their contributions and dedication throughout the years. Whatever comes next, we extend our best wishes to each of you. Good health and happiness!

## ***Cable TV Programs for Hopedale Seniors***



The Hopedale Council on Aging and the non-profit Hopedale Community House are collaborating to bring senior residents and the community at large, programs that will hopefully inform, educate, entertain, and promote a sense of well-being. Watch our line-up of programs on:

**Verizon - Channel 29**

**Xfinity - Channel 8**

**Program scheduling is Mon. - Fri. - 9:30 am and 6:00 pm  
Times subject to change. We will post any time changes in this  
Newsletter and on our town web page.**

**July 2020**

Mon. - Nancy Mosher interviews local officials and Hopedale seniors  
Tues Debra McGonnell's classes in Meditation and Chair Yoga  
Wed. Nancy Mosher interviews local officials and Hopedale seniors  
Thurs. Rebecca Tredeau's class in Strength and Balance  
Fri. - Nancy Mosher's interviews and other COA Programming

We want to hear your thoughts. Contact the Hopedale Council on Aging @ [hopedalecoa@comcast.net](mailto:hopedalecoa@comcast.net) or call us at (508)634-2208.

## ASSISTANCE PROGRAMS AVAILABLE AT THE SR. CENTER

### OUR SERVICES ARE CONFIDENTIAL - WE CAN MAKE COVID-19 SAFE HOME VISITS

*(Visits are currently outdoors only.)*



#### 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, 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](http://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](http://projectbread.org)



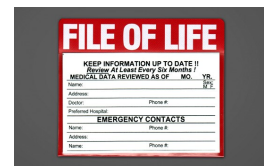
#### FUEL ASSISTANCE PROGRAM

Re-certification for current clients August 2020

New applications available late Oct. 2020 for fuel season effective **Nov. 1, 2020**.

#### 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.  
10 cents per page (Call for an appointment).



## **NEWS FROM SHINE FOR JULY 2020**

### **THE SHINE PROGRAM IS OPEN AND AVAILABLE**



We want to let everyone know that although our senior center partners are operating on a limited basis due to the COVID emergency, the SHINE Program is continuing to operate. Although we cannot provide office appointments at this time, our counselors are still available to assist you to answer any of your Medicare related questions. You can reach us if: you are aging into Medicare at 65, you have lost your employment coverage for any reason and you are 65 or older, or simply have a general question about your current Medicare coverage. Our counselors who are working remotely will return your call within 1 business day. If you live in Central Mass call us at 508-422-9931. We are also available via Zoom video conferencing to do one-on-one appointments if needed. In the near future we will be doing Medicare 101 presentations via Zoom. Visit our website [www.shinema.org](http://www.shinema.org) and our new Facebook page: SHINE Central MA.

Finally, Medicare and Social Security have announced new procedures for Medicare enrollment during the COVID emergency. This information is available on our website at [www.shinema.org](http://www.shinema.org)

Trained SHINE (Serving Health Information Needs of Everyone) counselors can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the Hopedale Sr. Center and ask for a SHINE appointment.

#### **CENTRAL MASS SHINE WEBSITE**

You can visit us on the web at [www.shinema.org](http://www.shinema.org). Our site has valuable general information and links to other agencies that can assist you with your insurance needs. We also have a link to our very informative cable TV program "Medicare and More."



### ***Are You Suffering from Mask Fatigue?***

As the weeks turn into months many folks are resigned to the new measures we must practice regarding the wearing of face masks. However, there seems to be a growing laxity about the proper way to wear a mask inside markets and stores.

Simply stated, a mask must cover both your nose and mouth. If you have medical considerations, please consult your physician for appropriate measures you can safely take so you may gain admittance into stores in Massachusetts. *The Lancet*, a prestigious medical journal wrote in a June 1, 2020 article that mask wearing significantly reduces the risk of viral transmission.

If you need a mask please contact the Hopedale Sr. Center at (508)634-2208.

# Tri-Valley, Inc. - July 2020

<b>Monday</b>		<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Please call the Hopedale Sr. Center @ (508) 634-2208 for more information on the Meals on Wheels Program.</b>  Tri-Valley receives federal financial support under the Older Americans Act furnished by the Central Mass Agency on Aging and the Executive Office of Elder Affairs.		<b>1</b>	<b>2</b>	<b>3</b>	<b>Independence Day Observed No Meal Served</b>
<b>6</b>	<b>Hot Dog on Bun</b> Baked Beans Green Beans Coleslaw Strawberries Mustard	<b>7</b>	<b>Greek Chicken</b> Steamed Rice Roasted Broccoli Tapioca Pudding Diet = SF Tapioca Pudding Pumpernickel Bread	<b>Turkey with Supreme Sauce</b> Herbed Stuffing Peas Pineapple Italian Bread	<b>Lemon Pepper Fish</b> Rice Pilaf Winter Blend Vegetables Mixed Fruit Tartar Sauce Marble Rye Bread
<b>13</b>	<b>Teriyaki Beef</b> Steamed White Rice Broccoli Pineapple Fortune Cookie Whole Wheat Bread	<b>14</b>	<b>American Chop Suey</b> Roasted California Vegetables Bread Pudding Pumpernickel Bread	<b>Salisbury Steak with Gravy</b> Garlic Mashed Potatoes Herbed Carrots Peas Sandwich Roll	<b>Potato Crunch Fish</b> Potatoes Au Gratin Mixed Vegetables Chocolate Mousse Marble Rye Bread Tartar Sauce
<b>20</b>	<b>Marinated Pork Loin</b> Herbed Potatoes Carrots Applesauce Muffin	<b>21</b>	<b>Meatballs with Onion Gravy</b> Bowtie Pasta Roasted Broccoli & Carrots Cookies Whole Wheat Bread	<b>Macaroni &amp; Cheese</b> Stewed Tomatoes Green Beans Peaches Italian Bread	<b>Chicken Picatta</b> Wild Rice Country Blend Vegetables Lemon Pudding Pumpernickel Bread
<b>27</b>	<b>Lasagna &amp; Meatballs</b> Mixed Vegetables Vanilla Pudding Diet Vanilla Pudding Whole Wheat Bread	<b>28</b>	<b>Chicken Fajitas</b> Spanish Rice Black Beans & Corn Sour Cream Pineapple Peasant Bread	<b>Beef with Onions &amp; Peppers</b> Steak Cut French Fries Chuckwagon Corn Peas Sandwich Roll	<b>Fish with Crumb Topping</b> Lemon Seasoned Rice Roasted California Blend Veg Cookies Marble Rye Bread

**LOCAL****MEDICAL TRANSPORTATION SERVICES**

**The Hopedale Sr. Center can provide critical medical appointment transportation for senior citizens and disabled adults not receiving Medicaid.**

**Medical and prescription transportation services available through the Hopedale Sr. Center:**

**Hopedale, Milford and Upton only:**

Call the Hopedale Sr. Center at (508)634-2208 at least 48 hours in advance of appointment date.

- Appointments between 9:00 am 2:30 pm - Monday - Friday
- ***No transit between 11:30 noon and 1:00 pm daily***
- \$2.00 one way / \$3.00 round trip
- Handicapped Accessible Van Curb to Curb service only.
- COVID-19 precautions require a brief medical query.
- All riders must wear a mask

These services are available to adults age 60 and older. Please call us with any questions.

***Registry of Motor Vehicles Extensions***

Please note the following extensions:

***Drivers' Licenses***

Licenses that expire in July have been extended until November of 2020.

Please visit [Mass.Gov/RMV](https://www.mass.gov/rmv) (On-line Service Center) for more information. The closest open center by appointment only is Worcester, MA (800)858-3926. Check on-line AAA Registry services in Franklin & Framingham.

***REAL ID's***

On March 23rd, the federal government announced a revised REAL ID compliance deadline of October 1, 2021. During the State of Emergency, the RMV has suspended the issuance of new REAL IDs unless it is part of a first time issuance, out of state conversion, or other limited circumstance. Customers who renew for a 'standard' Massachusetts driver's license or ID card online between June 12 and August 12, 2020, will be able to upgrade to a REAL ID if they need it in 2021 at no additional charge. The cost of a license or ID renewal is \$50 for a standard' or REAL ID, while the amendment or upgrade fee waived by an Executive Order is \$25.





Chairperson Cheryl Moreci  
Vice Chairperson Bob Casali  
Secretary Dan Malloy

**MEMBERS**

Nancilee Fuller  
Eileen Milaszewski  
Karen Kuligowski  
Julia Manning

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

Return Service Requested

NON-PROFIT  
RATE  
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HOPEDALE, MA



**SUPPORT THE HOPEDALE FRIENDS OF ELDERS**

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 Arthur Hampton for his generous donation.**