



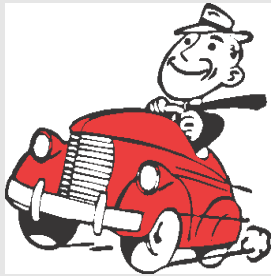
HOPEDALE SENIOR NEWS

March 2022

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



FREE Grab and Go Meal

Wed. March 30, 2022

Hopedale Sr. Center

11:30 am

This will be our final Grab and Go until the winter months.

Pick from one of three options:

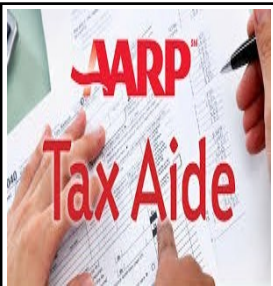
⇒ **Pick-up your meal at 43 Hope St. (Sr. Center)**

⇒ **Pick-up your meal at Griffin-Dennett Housing (Hopedale St.)**

⇒ **Request Home Delivery of your meal**
Menu: (Oliva's Market)

Stuffed Shells & Meatballs, Rolls & Dessert

Sign-up required. 60 person maximum.
Available to Hopedale residents age 60 and older. Call early!! (508)634-2208.



Free AARP Tax Filing Assistance at the Hopedale Sr. Center

March 3, 10, and 17
9 am to 2 pm.

By appointment only. Call the Sr. Center at (508)634-2208 for complete program requirements and details.



Hopedale Master Plan Community Survey

Final Phase

The Town of Hopedale is pleased to announce that Phase 3 of our effort to create a community Master Plan is underway! Please help us complete this final phase by again sharing your feedback on the Phase 3 topics **Transportation and Town Services & Facilities**.

Take the survey at:

<https://www.surveymonkey.com/r/HopedaleMasterPlanPhase3>

or pick up a hard copy at Town Hall or the Hopedale Sr. Center.

St. Patrick's Day Celebration at the Hopedale Sr. Center

Wed. March 17, 2022

11:30 am

Traditional

Corned Beef Dinner

Entertainment by

Hopedale's own

"DJ Mike".

\$5.00 p.p.

WEAR GREEN!!!

Sign-up required by Monday March 14, 2022.



The Sr. Center has free Panera Bread pastries and bread goods on Mondays at: 9:30 am (No Mon. holidays)



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..

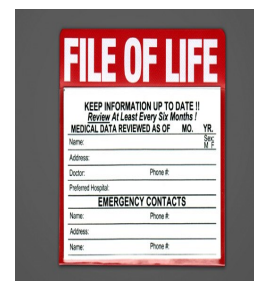
FILE OF LIFE PROGRAM - FREE

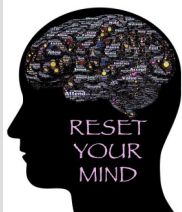
The Sr. Center will provide you with a magnetic card that can be placed on your refrigerator or carried in your purse. The pre-printed card has space for emergency contact numbers, your current medications as well as you attending physicians' names and phone numbers. In the event of an emergency if you 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.





Anxiety Management Program Coming to Hopedale Sr. Center

Yoga-Cognitive Behavioral Therapy (Y-CBT) is a class that weaves together the relaxing effects of simple chair yoga and meditation with traditional

therapeutic techniques. By working with both mind and body, you'll find that you feel better and are able to look at things in new ways. The groups are humorous—so you'll have some fun! Classes will be led by Mental Health Professionals from Riverside Community Care. Overall, you'll learn skills that will decrease your anxiety and stress and can even help you feel better about yourself.

There are six 1.5 hour sessions, followed by one review session about 2 months later. Each session teaches different skills covering topics that including:

What is anxiety?

How does anxiety affect my thoughts and my body?

How does anxiety affect the way I relate to others?

Classes are free and will begin at a date to be announced in April of 2022. Please call the Hopedale Sr. Center for details and registration.

There's still time to file for

HEATING ASSISTANCE (SMOC)



The Hopedale Sr. Center is taking appointments to assist with Fuel Assistance for the 2021-2022 season. New Fuel Assistance clients can make appointments for application assistance now. Income Guidelines are:

1 person \$40,951 - 2 People \$53,551

Additional weatherization assistance may be available.

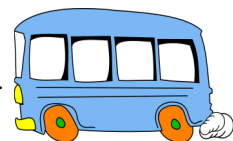
COME PLAY WITH US !!!

MAH-JONGG	TUESDAYS	12:30 pm
BRIDGE	MONDAYS TUESDAYS	9:00 am 12:30 pm
CRIBBAGE	WEDNESDAYS	1:00 pm



** Big re-boot. Mah-Jongg resumes in March!*

*Hesitant to drive
during bad weather...let
the Sr. Center take you
to your medical appointments.*



MEDICAL TRANSPORTATION

Local (Hopedale and Milford)

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.

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.

Life-Long Learning Series:

Literature Class at the Hopedale Senior Center



Taught by Deb McGonnell, certified, retired high school teacher with over 35 years of experience.

In this class, we examine short pieces of literature from a variety of genres, to help us to better understand what we read and increase our enjoyment of reading, itself. This is for adults of all ages and all work will be done in class with no prior preparation or homework. (This is not a book club, but rather, a deep dive into writing and discussion of our challenges and insights).

**Wednesdays from 12:30 pm to 2:00 pm
Hopedale Sr. Center**

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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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 thank Toni DiGioia for a donation

In memory of Philip Laudicina