



HOPEDALE SENIOR NEWS May 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*



The Hopedale Sr. Center wants to thank our more than forty volunteers for all their time and effort serving Hopedale's seniors. Our volunteers deliver meals to home-bound seniors, assist at lunches and various activities as well as help collate and mail our monthly newsletter. Without the help of these generous people the Sr. Center would be a very different place. This past year, despite the challenges of COVID, Volunteers stepped up and gave 901 hours of their time. If we calculate their work at the minimum wage, collectively they have saved the town almost \$14,000. But we all know that the money saved isn't the real story. The important fact is that these individuals care about making a difference in the lives of Hopedale's seniors. And for this, we are very grateful. The Sr. Center will honor our Volunteers with an "invitation only" breakfast on May 12, 2022.

ANNUAL TOWN MEETING *Scheduled for May 2022*

As of this writing there is not a firm date for the Town Meeting. However, May will most likely be the month. Don't miss the opportunity to show-up and have your viewpoint, voice and vote counted. The town's annual budget for Fiscal Year 2023 will be decided at this meeting. Check the town's website this month for date and time information. You can call the Sr. Center in May as well.



The Sr. Center is closed for the Memorial Day Holiday
Call the Town Hall for parade details.
(508)634-2203.

Take a seat at our table!

**Come eat out at the
Hopedale Sr. Center**

Thursday May 26, 2022

12:00 Noon

Hopedale Sr. Center

Meal is: Chicken Picatta from Oliva's Market

\$5.00 p.p Sign-up by 5/20/2022.

TRIVA follows lunch! Bring a friend.



Reading Buddies" Summer Reading 2022

As part of this year's Summer Reading Program, the Library and the COA will be collaborating on a special "Reading Buddies" program that will pair 3rd and 4th graders with a senior on Thursday mornings. Each "Reading Buddies" pair will select the stories that they would like to read together and will meet together each week to talk about the book, and share stories. When they have finished reading their first book, they can select another book together. Library staff will be available to suggest authors and titles, and will provide discussion questions for the groups.

"Reading Buddies" will meet from 10:30 – 11:15 AM at the Library on July 7, 14, 21, 28 and August 4, and 11.

"Reading Buddies" will meet for 6 consecutive weeks.

As part of the program, "Reading Buddies" will also have an opportunity to read to several therapy dogs.

If you are interested in participating, please contact Carole Mullen at (508 634-2208).

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**.
Program open to renters and home owners. All forms of heating eligible..

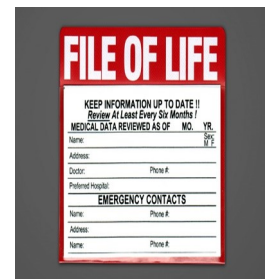
FILE OF LIFE PROGRAM - FREE

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. \$0.10 cents/copy.





Tai Chi Classes

Try this wonderful form of exercise and relaxation. Classes meet every

Thursday at 1:00 pm

Faith Kennedy is our instructor
\$5.00 p.p. Beginners welcome.



Knitters' Group

Hugs from Hopedale Knitters are a talented group of ladies who create hats, mittens and baby blankets for needy children. They are great teachers as well.

Meet on the 3rd Thursday of the month at 10:00 am.

Beginners welcome. We have free yarn and needles.



Outreach Services at the Hopedale Sr. Center

This a reminder that the Sr. Center's Outreach Services program can provide seniors and their families with confidential assistance and referrals for a wide variety of issues. Heating, food, housing, caregiver support, Medicaid qualification information and application assistance are a few of the areas for which we provide assistance. Home visits are possible. Please don't forget, we have Veterans' services as well as Medicare health insurance plan counseling through the SHINE program. We have extensive knowledge of the area's Aging Network. We are here to help.

COME PLAY WITH US !!!

MAH-JONGG TUESDAYS 12:30 pm

BRIDGE MONDAYS 9:00 am

TUESDAYS 12:30 pm

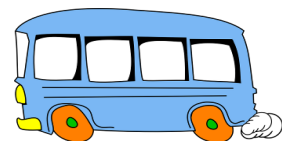
CRIBBAGE WEDNESDAYS 1:00 pm

We have very active groups. Join us!

Free lessons available for beginners.



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



Center van 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.

SAVE THE DATE

Thurs. June 23, 2022



The Sr. Center Annual BBQ is back and it will be better than ever. Great food and entertainment along with special guests. More details will follow in June's newsletter. Summer starts with us!

Free Panera Bread & Pastries

Mondays Hopedale Sr. Center

9:30 am

(Not available on Mon. holidays)



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.

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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 the following individuals for their donations:

Kathi Wright in memory of Buster Wright - Michael & Elizabeth Loftus