



October 2020

# HOPEDALE SENIOR NEWS

*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](mailto:hopedalecoa@comcast.net)  
Monday-Thursday 9:00 am - 3:00 pm and Friday 9:00 am - 12:30 pm*

## HELP US HONOR HOPEDALE'S VETERANS



In honor of the Veterans' Day holiday, the Hopedale Council on Aging and the Hopedale Community House will place

lawn signs in front of the Community House bearing the names of Veterans residing in Hopedale. Our hope is to identify and pay respect to all living Veterans in our community.

COVID-19 restrictions prevent us from hosting our Annual Veterans Day Breakfast. But, we won't be deterred from taking the opportunity to recognize and thank these deserving individuals.

If you are a Veteran or want to give the Sr. Center the name of a Veteran please call us at (508)634-2208.

## Special Town Meeting

Due to the failure of the Override vote at the recent Town Meeting the town will hold a Special Town Meeting to set the FY'21 budget.

Tentative date is : Sat. Oct. 24, 2020  
(afternoon meeting)

Please check the town website or call the Town Hall at (508)634-2203 for updated details.

Your participation is requested in this most urgent matter.



## Grab and Go Turkey Dinner

Wed. Oct. 21, 2020

11:30 am

Hopedale Street

(in front of Griffin-Dennett Housing)

Free of Charge - Sign-up by 10/16/20

Sign-up is limited.



Menu includes Roast Turkey & Gravy, Mashed Sweet Potatoes, Green Peas, French Bread and Dessert!

Can't drive-up? The Sr. Center can deliver your meal to your home. If you live in the Griffin-Dennett apartments you may walk over to Hopedale St. and pick-up your meal. Please call us at (508)634-2208 for details.

All meals are individually packaged at the Caterer's facility.

Sr. Center Staff and Volunteers will be wearing masks and gloves while we deliver meals to your cars and homes.

Please be sure to wear your mask.



## 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)



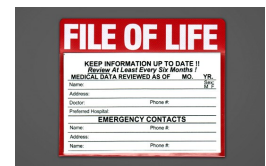
#### FUEL ASSISTANCE PROGRAM THROUGH SMOC

Re-certification for current clients now in process.

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).**



# Medicare Open Enrollment begins on October 15<sup>th</sup> through December 7<sup>th</sup> for Plan Year 2021



Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. In the case of Medicare Advantage Plans they can also drop providers from their Plan. Your Plan mailed this information to you in September. It's important to review your information every year, to make sure you have the plan that works best for you for next year.

**REMEMBER!! YOU NEED TO BE SURE THAT YOUR PRIMARY CARE PHYSICIAN AND OTHER PROVIDERS ARE COVERED IN THE PLANS NETWORK BEFORE YOU CHANGE TO A DIFFERENT MEDICARE PLAN. YOU SHOULD ALSO BE SURE YOUR MEDICATIONS ARE COVERED IN YOUR PLAN AS WELL.**

Assistance is available from the SHINE program. Call the Hopedale Senior Center at (508)634-2208 and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

**HAVE QUESTIONS? NEED A S.H.I.N.E. APPOINTMENT?**

**CALL THE HOPEDALE SR. CENTER**

**at (508)634-2208**

**We can set-up a ZOOM call for you in a COVID compliant environment.**



## FLU CLINICS FOR HOPEDALE RESIDENTS

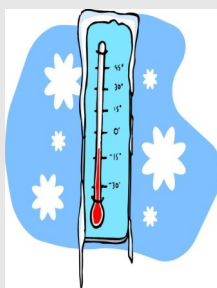
At the time of this printing, the Hopedale Board of Health has not finalized the details of a town-wide Flu Clinic. Their hope is to be able to hold at least one clinic in the month of **October**. The Hopedale Board of Health will publicize information as soon as details are available. In the meantime, you might want to check with local pharmacies for a convenient flu shot appointment.



## NEED HELP PAYING FOR HEATING COSTS???

Help is available. The Fuel Assistance program helps income eligible households pay a portion of their heating costs. If your gross income falls within the limits shown below you may be eligible. You may also qualify for electricity discounts and weatherization programs. All inquiries and applications are confidential. Call the Sr. Center to apply.

Household Size	Maximum Gross Income
1	\$39,105
2	\$51,137
3	\$63,169
4	\$75,201



## We're Creating New Cable TV Shows for Seniors



We got off to a rocky start, but we feel that by November 1st we should have some new Cable TV programs for your enjoyment. Surprisingly, it takes about a month to get enough weekly programs "in the can" to bring you different weekly offerings. We will publish a schedule in the November newsletter. Thanks!

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

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**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 \_\_\_\_\_