



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



## **JOIN OUR GRANDFRIENDS PROGRAM**

*Bright Beginnings Center is  
Partnering with the Council  
on Aging!*

Beginning this fall, Bright Beginnings Center (BBC) will be partnering with the Council on Aging (COA) in an exciting new Grandfriends program! Seniors in Hopedale will join our preschoolers in the classroom on a regular basis. Seniors will read stories, play with the students, work with small groups to reinforce skills, share their own life stories or share snack or lunch with our students. We would love for our Grandfriends to be able to build relationships with the students that enrich the lives of all involved. If you are interested in volunteering for this program please speak with Carole Mullen at the Sr. Center. All volunteers will have to submit to a CORI check prior to volunteering in the classrooms. COVID-19 protocols will be practiced.

## **HALLOWEEN BOO BRUNCH**

**Friday October 29, 2021**

**10:30 am - Hopedale Sr. Center**



**Vegetable Frittata, Sausages,**

**Potatoes, Broccoli, Italian Bread, Fruit Salad,  
Pear Crisp with Whipped Cream**

**Halloween Goodie Bags - Wear a decorative mask!**

**Reservations by 10/25/21**

**Suggested Donation \$3.00**

## **HOPEDALE FLU SHOT CLINIC**



**TUESDAY OCT. 19, 2021**

**4 pm — 7 pm HOPEDALE HIGH SCHOOL**

**On-line Registration Required!**

**Find link on Town's Board of Health Web  
Page or call the Sr. Center for assistance.**

## **Veterans Day** Honoring All Who Served



### **HONORING OUR VETERANS**

**Ceremony Wednesday Nov. 10, 2021**

**Hopedale Community House - 9:00 am**

Please join us for the outside ceremony (rain or shine) and light refreshments at the Sr. Center following the ceremony.

### **SIGNS FOR VETERANS**

Once again, throughout the Veterans' Day holiday week, the Hopedale Sr. Center and Hopedale Community House will fill the Community House lawn with signs bearing the names of living and this year, deceased Hopedale Veterans.

While we retained all of the signs from last year, we will still need to confirm with anyone who wants to honor a living Hopedale Veteran.

There is no charge for a sign for a living veteran. If you wish to honor a deceased Hopedale Veteran, you may purchase a sign (approximately \$16.00). **The deadline for participation is October 25, 2021.** Please call the Sr. Center at (508)634-2208 for details.

## 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](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 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..

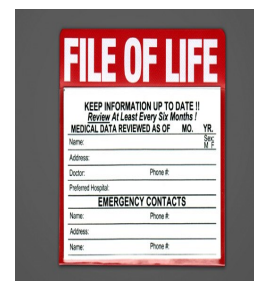
### FILE OF LIFE PROGRAM - FREE

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.



## GROUPS AND EXERCISE PROGRAMS AT THE SR. CENTER



### KNITTERS' GROUP

**WHO LOVES TO KNIT? ....or crochet .... or wants to learn!**

**Group usually meets on the 4th Thursday of each month (check calendar) at 10:00 am**

**Bring a bag lunch and we will provide dessert.**

**All levels of knitters and crocheters welcome!**

***We have loads of free yarn and beautiful patterns to share.***

**We donate all items we make to local charities.**

### GENTLE YOGA

**Tuesdays 9:00 am to 10:00 am**

**\$5.00 / class**

**Instructor - Crystal Lee**

**All skill levels welcome. Drop-ins welcome.**



### MEDITATION CLASS



**Wednesdays 11:00 am to 12:00 pm**

**\$5.00 / class**

**Instructor - Deb McGonnell**

**Meditation made easy! Drop-ins welcome.**



### TAI CHI CLASS

**Thursdays 1:00 pm to 2:00 pm / \$5.00 / class**

**Instructor - Faith Kennedy**

**Try this low impact exercise.**

**Gain a sense of well-being, flexibility, strength and better balance. Drop-ins welcome.**



### WATERCOLOR PAINTING CLASS

**Thursdays 10:00 am - 12:00 pm**

**Instructor- Mari Steinmann**

**All levels welcome.**

**6 week course/\$45.00**

**Supplies provided.**

**Classes started 9/16/21. Registration required .**

### RE-BOOT YOUR STRENGTH & BALANCE EXERCISE CLASS

**Fridays - 9:00 am - 10:00 am**

**Instructor - Christine Bositis**

The class format will allow for social interaction as well as functional movements, focused on building a body capable of doing real-life activities in real-life positions. Balancing, walking, lifting, pushing, pulling, bending, twisting, turning, standing, starting, stopping, climbing, and lunging will be made easier while training to improve functional strength. Special considerations provided for people with physical limitations (arthritis).

Fun cognitive activities will be incorporated throughout the class. Set to upbeat music, the class, designed for all levels, will re-introduce sedentary individuals affected by Covid back into performing and functioning at a more healthy level.



**See a full listing of activities on the Activity Calendar enclosed in this Newsletter.**





The Hopedale  
Sr. Center  
Welcomes New  
Board Member  
Charles  
Duczakowski

The Hopedale Select Board has approved the appointment of Charles Duczakowski to the Council on Aging Board. Charles has been active in the Meals on Wheels Program in Milford for many years. His awareness of issues that pertain to the aging population will be a great asset to the Hopedale Board. Charles, thanks for your willingness to make Hopedale a better place for our senior residents.

The Sr. Center will be closed on  
Monday October 11, 2021  
for the  
COLUMBUS DAY HOLIDAY



## The Hopedale Sr. Center is in Critical Need of a paid Van Driver

We are seeking an individual to drive our Sr. Center Van one (1) day per week. Currently, our need is for a **Thursday** driver. Hours of operation are 9:00 am to approximately 2:00 pm.

Paid training will be provided. Prior driving experience is preferred. Help the Sr. Center keep seniors who no longer drive independent. Please call Carole Mullen at (508)634-2208 for additional information.



## 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 at the end of October for the program's November 1, 2021 start date. Income Guidelines are: **1 person \$40,951 - 2 People \$53,551**

Please call (508)634-2208.

## FREE Grab & Go Meal From Olivas' Market Hopedale Sr. Center

11:30 am

Wednesday Oct. 13, 2021

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: Chicken Marsala w/pasta  
Roll & Dessert

Reservations required by: 10/8/2021  
Call (508)634-2208.



## FREE AARP TAX FILING ASSISTANCE PROGRAM



### MAY RETURN TO HOPEDALE

The Sr. Center has been approached by AARP about the possibility of holding Tax Preparation Assistance Clinics. We would like to get an idea of the potential number of individuals who would like to seek these services. Please call the Sr. Center and provide your name and phone number. **Details will be available by end of December.**

## Hopedale Local Errand Van Schedule...Ride with Mike!!! (Shopping, Hair Salons, Barbershops, Banks and more!)

Please schedule your van ride 3 business days in advance of your requested ride.  
Our new schedule (hours of operation) for local errand transportation is as follows:

**Tuesday** 9:00 am to 2:00 pm  
**Thursday** 9:00 am to 2:00 pm  
\$3.00 Rd. Trip



**Mike our  
Van Driver**

**COVID-19 restrictions :** *The number of van passengers per run will not exceed 4 people. Riders will continue to be required to wear masks.*

## Hopedale Local Medical Van Schedule

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.



## Out of Town Medical Van Schedule



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.

## FREE WELLNESS CLINIC WITH NURSE

**MARY WATSON**

9:30 am - 10:30 am  
Wednesday Oct. 13, 2021



Mary can take your vital signs and answer your general medical questions. Please stop in for a friendly visit. All information shared in visits is confidential.

## MEDICARE OPEN ENROLLMENT

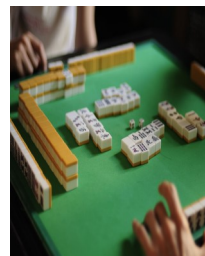
**OCT. 15 - DEC. 7**

*\*See details on back of the Calendar.*

## COME PLAY WITH US !!!

**MAH-JONGG** TUESDAY 12:30 pm  
**BRIDGE** TUESDAY 1:00 pm  
**CRIBBAGE** WEDNESDAY 1:00 pm

Call to reserve a spot - (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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**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 \_\_\_\_\_



**DON'T FORGET!! PICK-UP FREE,  
DELICIOUS, PANERA BREADS AND BAKED GOODS.  
MONDAYS - Doors open 9:00 am**