

# 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

## SPANISH CLASSES AT THE HOPEDALE SR. CENTER IN SEPTEMBER

Space is still available!  
Classes will be on  
Thursdays in the morning. 8 week sessions  
9/14 - 11/2. 10:00 am - 11:00 am  
Teacher is Nancy Collins. \$35.00/8 classes.  
Sign-up required. (508)634-2208.



## LOOKING FOR GRANDFRIENDS FOR HOPEDALE ELEMENTARY SCHOOL STUDENTS

3rd Grade Memorial  
Elementary teacher  
Lisa Hanson is look-  
ing for senior  
volunteers for her classroom of nine and  
tens year old students.



## NOTES FROM THE DIRECTOR

Long after your school-age children have grown many of us still experience that "back to school" feeling when September rolls around. The activities associated with getting everyone in gear to tackle another year of learning have staying power. So why not make this September the time for your new endeavors?

The Sr. Center has some exciting new classes for you to consider:

Zumba Gold  
Brains & Balance  
Tai Chi  
Spanish classes



And of course, there are our popular Yoga and Meditation classes, Bridge, Knitting and Book groups too.

You have heard it before, successful aging requires an active mind and body.

A new endeavor can be exciting and maybe just the thing you need to add increased joy to your life. You'll meet some great people as well. Hope to see you soon!

*Carole*

Volunteers may assist by reading to and listening to students read. They may also help students improve their spelling and writing skills. Your time commitment can be weekly or monthly. Many children have infrequent interaction with older adults. Your time can be a wonderful gift.

A CORI check and an interview is required for all school volunteers. Chosen volunteers will be placed in the early fall. Please call the Hopedale Sr. Center at (508)634-2208 for further details.

## Brains and Balance Classes Begin September 20



This new and improved class returns to the Sr. Center. Sue Scambato is our instructor. The class combines two components, brain/memory and balance strengthening exercises. It's easy and fun.

The course runs once a week for eight (8) weeks. Wednesdays 11:15am to 12:15 pm. 9/20/17 - 11/8/17. \$32.00 for 8 weeks.

We need ten (10) participants in order to offer the class. Sign-up required.

# TRANSPORTATION SERVICES

## MEDICAL TRANSPORTATION

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

### Local: Hopedale, Milford and Upton

- Appointments between 9:00 am 2:30 pm - Monday - Friday
- No transit between 12:00 noon and 12:30 pm daily
- \$2.00 one way / \$3.00 round trip
- Handicapped Accessible Van  
Curb to Curb service only.



### Out of Town: Limited Transportation

**Need A Ride?**

### Boston/Framingham

Worcester/Providence/Franklin /Uxbridge/Mendon/  
Medway/Bellingham Trips:

- Appointments no earlier than 10:30 am and ready for pick-up by 1:30 pm
- \$25.00 - round trip - Boston, Worcester, Providence
- \$10.00 - round trip - Framingham , Natick, Westboro
- \$ 5.00 – round trip - Franklin, Bellingham, Uxbridge
- Handicapped Accessible Van - Curb to Curb Service

Call the Hopedale Senior Center at (508)634-2208 for reservations at least three (3) business days in advance of your appointment. We stress the importance of scheduling your request for transportation far in advance of your appointment. If your appointment is critical and outside the designated hours of operation please call Carole Mullen.

The Hopedale Sr. Center  
always needs  
volunteers !!!

Do you have 2 spare hours a  
month ?

Serve at congregate meals, call  
BINGO, be an escort on the Grocery Bus or help  
with our newsletter. Call us at (508) 634.2208.



## BEAT THE RUSH!

Check your mail.

Now is the time to recertify for  
the SMOC heating Assistance Program.  
The Sr. Center can help you complete the re-  
quired forms.

And, if you have never had  
home heating assistance  
please give us a call to see  
if you qualify.



## GROCERY SHOPPING BUS Market Basket, Bellingham, MA

- Every other Wednesday 9:00 am ( changes in Newsletter)
- School bus transportation with volunteer assistance
- Bus departs from Griffin-Dennett Housing Authority on Hopedale .
- You may park your car on Hopedale St.
- Cost is \$3.00 p.p. (pay on bus)



Please call (508)634-2208 the Monday prior  
to shopping date for reservations.

## PERSONAL SHOPPING - WALMART

- Monthly trip (usually the 2<sup>nd</sup> Tues. in each month).
- School bus transportation
- 9:00 am departure
- Bus departs from Griffin-Dennett Housing
- You may park on Hopedale St.
- \$3.00 p.p.



Please call (508)634-2208 the Monday prior to  
shopping date for reservations.

## NEED TO GET TO THE HAIR SALON OR DRUG STORE?



## NEED TRANSPORTATION??

The COA can transport you to

a

Hopedale or Milford area only:

Bank, Drugstore

Nursing Home (visit a friend)

Grocery Store

Hair Salon or Barber

Monday - Friday (Call for hours)



**GREAT STUFF FOR FREE!!!!**  
**BREADS, BAGELS**  
**AND ASSORTED PASTRIES**  
**AT THE SR. CENTER**  
**PANERA - MONDAYS**



## ASSISTANCE PROGRAMS AVAILABLE AT THE SR. CENTER

### ***ALL OUR SERVICES ARE CONFIDENTIAL - WE CAN MAKE HOME VISITS***

#### **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. 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**

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)

#### **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.

### **NEED A WAY TO PAY FOR HOME REPAIRS? HAVE AN EMERGENCY REPAIR OR A REPAIR THAT'S A SAFETY ISSUE? HOME REPAIR LOAN PROGRAM**

#### **Bellingham-Hopedale Housing Rehabilitation Program**

Leaking roofs, failing heating systems, etc. requiring immediate emergency assistance may be eligible for this grant. Call the Sr. Center for eligibility requirements and more information.



#### **SHREDDING PROGRAM - FREE**

Seniors may use the COA paper shredder free of charge. Please call for an appointment. The COA has the right to limit your quantity of documents.

#### **COPY /FAX SERVICES - 10 cents per page**

#### **COMPUTER, TABLET OR CELL PHONE TECHNICAL ASSISTANCE - Help with basic questions/ problems.**



## GROUPS, EXERCISE PROGRAMS AND UPCOMING ACTIVITIES

### KNITTERS' GROUP

*Meets at Sr. Center*

**WHERE ARE THE LADIES WHO LOVE TO KNIT?????**

**...or crochet .... or want to**

**learn! We have fun!**

The Knitters' Group meets on the 3<sup>rd</sup> Thursday of each month at 10:00 am at the Hopedale Sr. Center. 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 - Meets at the Sr. Center

**DROP-INS WELCOME! Try a Class for free**

Lara Wahl - Instructor Tues. & Thurs.

9:00 am to 10:00 am

\$5.00 per class - All skill levels welcome.

*Pay instructor directly.*



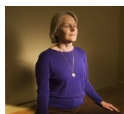
### MEDITATION CLASS

**Ongoing 6 week sessions.**

Meditation Made Easy

Wed. 11:45 to 12:45pm

Sr. Center - \$24.00/\$5.00 - per class - drop-ins welcome.



### \*\*\*\*ZUMBA GOLD CLASS\*\*\*\*

**Classes for fall start**

**9/12/17.**

**\$32./8 classes**

**(Special Price)**



**Tues. 10:30 am to 11:30 am Main Hall**  
**9/12 - 10/31. Need 10 participants to offer class. Sign-up required. (508)634-2208.**

### ARTHRITIS EXERCISE PRGRAM

**Come see how this program can help!**

**Fridays - Main Hall - 10:00 am**

**Hopedale Community House - Sue Sgambato**

**Instructor - Feel good, gentle exercise program mostly done while seated. Sign-up w/ Hopedale Community House.**



**Have a friendly lunch with us on:**

**Monday Sept. 11, 2017**

**11:30 am at the Hopedale Sr. Center**

**Meal is: Pizza and a Salad.**

**IF YOU LIKE ....STAY FOR**

**BINGO after lunch at 12:45 pm**

**\$3.00 suggested donation. Tri-Valley Inc. Caterers**

**Wednesday Sept. 6, 2017**

**11:30 am at the Hopedale Sr. Center**

**Meal is: Chicken Milano**

**\$3.00 suggested donation.**

**Tri-Valley Inc. Caterers**

**"Trivia with Nancy" after the meal.**

**Come exercise those brain mus-**

**cles. This program is just too much fun!**

**Sign-up required.**



### TRIP TO WRENTHAM OUTLETS AND LUNCH AT CRACKER BARREL RESTAURANT

**TUESDAY SEPT. 19**

**Bus departs Sr. Center 9:30 am**

**Return by 1:30 pm**

**\$5.00 p.p. (Bus Only)**

**Sign-up by 9/15/17.**



### Free Matinee Movies

**Sign-up required.**



**Tuesday September 12, 2017**

**Going in Style - 1:00 pm - Comedy**

**Morgan Freeman, Michael Caine and Alan Arkin.**

**Retired guys find a interesting way to supplement their retirement income.**

**Tuesday September 26, 2017**

**Megan Leavey - 1:00 - Drama**

**Kate Mara, Edie Falco, Bradley Whitfield**

**Based on the true life story of a young Marine corporal whose unique discipline and bond with her military combat dog saved many lives during their deployment in Iraq.**



## ***NEWS FROM SHINE FOR SEPTEMBER 2017***

### **Don't Ignore Your Medicare Mail!**

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for **2018** including changes to the plan providers, network, and changes to the drug plan formulary that would let you know if your medications will continue to be covered and if the tier and cost is changing. This is important information and if you do not understand it, you should discuss it with your caregivers or schedule an appointment with a SHINE Counselor during the Medicare Open Enrollment Period.

During the annual Medicare Open Enrollment Period (**October 15th - December 7th**), you will have a chance to **CHANGE** your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call early to get a SHINE appointment during Open Enrollment!

**Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your Senior Center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine leave your name and number. A volunteer will call you back. You can also visit us on the internet at [shinema.org](http://shinema.org)**

### **"SHINE'S MEDICARE AND MORE" PROGRAM**

The Central MASS SHINE Program is now sponsoring a monthly Cable TV program called SHINE's MEDICARE AND MORE", we hope your local cable channel will pick it up. This program is designed to educate and update MEDICARE beneficiaries and their families on MEDICARE and other programs that can assist you with your health insurance needs. If you don't see it on your local cable channel give them call and ask about it.

### **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.**

### ***FREE WELLNESS NURSE CLINIC SERVICES***

**Mary Watson, RN - Hopedale Sr. Center - Weds. Sept. 6 & 20**

**9:30 am - 11:30 am - No appointments needed.**

***All meetings are confidential and free of charge.***

**Nurse Mary Watson can check vital signs, review medications and answer questions associated with your medications. You can obtain general medical information, referrals and access to services. *Sponsored by the Hopedale Board of Health.***



### **TAI CHI CLASSES**

**Free Demonstration Class**

**Thurs. Sept. 28, 2017**

**1:00 pm Main Hall**

**Community House**



**Come learn about the many health benefits of this low impact movement class. Gain a sense of well-being, flexibility, better balance and strength. Robin Natanel is our instructor. Sign-up is required. If there is enough interest we will hold a weekly class.**

### **September is Fall Prevention Awareness Month**

**Come to a Lunchtime Chat**

**Thursday Sept. 14, 2017**

**Hopedale Sr. Center Lunch -12:00 noon**

**Assorted sandwiches, salads & desserts**

**\$3.00 p.p.**

**Presentation - 1:00 pm**

**Katelyn Guyon from Preferred Care-givers will give a presentation on best practices to avoid falls and take your questions. Sign-up is required by 9/11/17.**



Chairperson Cheryl Moreci  
Vice Chairperson Bob Casali  
Secretary Dan Malloy

**MEMBERS**

Pat Johnson  
Claudette Hughes  
Edward Holland  
Nancilee Fuller  
Diane Frazier  
Rebecca Wild-Wesley

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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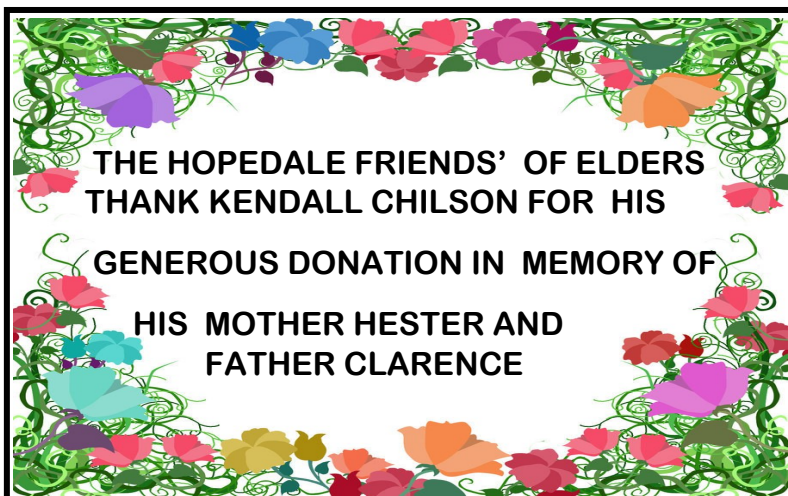
**HOPEDALE FRIENDS OF ELDERS**

The Hopedale Friends of Elders Inc. want to acknowledge donations to their organization. Donations can be made in honor of births, birthdays, and anniversaries and in memory of loved ones. No minimum donation is required for a printed acknowledgement. All correspondence can be mailed to: **Hopedale Friends of Elders,**

**PO Box 318 - Hopedale, MA 01747**

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**

**NEW ITEMS EVERY WEEK!!!!**



**FOR LABOR DAY HOLIDAY  
MONDAY SEPTEMBER 4, 2017.**