



September 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
Monday-Thursday 9:00 am - 3:00 pm and Friday 9:00 am - 12:30 pm*



The
Hopedale
Sr. Center is
Open by
Appointment

Yes, the Board of Health has given us a green light to let individuals into the Sr. Center on a "by appointment" basis only. We want to review the new safety procedures that are required for entry into the building:

- ◆ Appointments are required (duration is 1 hour maximum)
- ◆ Individuals only unless you require the assistance of a caretaker or a companion
- ◆ All entrants must answer a series of COVID-19 questions and sign an entry log
- ◆ Submit to a temperature screening
- ◆ Wear a protective face covering at all times
- ◆ Sanitize hands before entering the Sr. Center
- ◆ Maintain a 6 foot distance with Staff
- ◆ Refrain from consuming drinks or food in the Sr. Center

Please remember that access into the Sr. Center is at the discretion of the Sr. Center staff. In addition, high contact surface areas will be cleaned between visitors. The Sr. Center's full COVID-19 protocol can be viewed on the town's Web page under the COA tab.

We look forward to being able to assist you in person! Please call with any questions.

THE HOPEDALE SR. CENTER IS LOOKING FOR VAN DRIVERS



The Sr. Center is looking for van drivers with prior experience to transport and assist elderly and disabled passengers. All trips will be local shopping or personal errand transit. In addition to driving our van, drivers will be responsible for monitoring vehicle fluids, tires, systems etc. We are COVID-19 compliant.

Van Schedule: Mon., Wed. & Thurs. 10 to 17 hours/wk.
(Flexible with days)

We're looking for people who can work one (1) day each week or sub when needed. This is an "on demand" job.

Work schedule days/times may change in the future. Must be 25 years or older. Complete job description and salary information is available on request. Please contact Carole Mullen at (508)634-2208.

ATTENTION VETERANS

Due to COVID-19, the Hopedale Sr. Center will not be able to hold our traditional Veterans' Breakfast. However, we don't want to miss the opportunity to thank these individuals for their service.

We want to create a photographic documentation of all our living Veterans for Hopedale Cable Access television.

If you are a Veteran, or know a Veteran we can honor please contact us at (508)634-2208. The project will take a while to put together, so we're starting in September. The air date will be November 2020.

So many of our younger Veterans' have not been able to attend our breakfasts because of their daytime work schedule. This project is an ideal way to honor everyone who has served. Just call us at (508)634-2208 we will arrange for the photo.



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 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



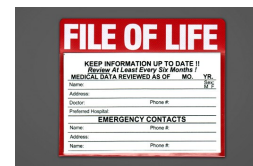
FUEL ASSISTANCE PROGRAM

Re-certification for current clients August 2020

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).



SR. CENTER ERRAND VAN

Seniors and disabled adults who don't drive and need transportation may use the Sr. Center van to go grocery shopping, personal shopping or to go to the bank, hair salon, barber or other local non-medical destinations. The current van schedule is:

Monday through Thursday

9:00 am - 2:00 pm (Times and dates subject to availability of the driver.)

The cost for most roundtrips is \$3.00. Please call to schedule an appointment at least forty-eight (48) hours before your appointment.

If you would like to use the Hopedale Sr. Center van you must register as a van rider by calling the Sr. Center at (508)634-2208. The van will come directly to your home and pick you up!

COVID-19 Requirements:

All van riders will be required to:

- Answer screening questions
- Have temperature taken
- Wear a mask
- Use hand-sanitizer before taking a seat



The van's high-contact surfaces will be wiped-down with sanitizing cloths between trips. There is a two (2) person maximum on each trip. Please let us know if you have particular questions or concerns. We can assist with your van rider registration.

The van is available through a partnership between the town of Hopedale and The MetroWest Regional Transit Authority. The service offers Hopedale residents a wonderful opportunity for expanded transportation services. Spread the word.

LOCAL MEDICAL TRANSPORTATION SERVICES

The Hopedale Sr. Center can provide critical medical appointment transportation for senior citizens and disabled adults not receiving Medicaid.

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

Hopedale, Milford and Upton only:

Call the Hopedale Sr. Center at (508)634-2208 at least 48 hours in advance of appointment date.

- Appointments between 9:00 am 2:30 pm - Monday - Friday
- **No transit between 11:30 noon and 1:00 pm daily**
- \$2.00 one way / \$3.00 round trip
- Handicapped Accessible Van Curb to Curb service only.
- COVID-19 precautions require a brief medical query.
- All riders must wear a mask

These services are available to adults age 60 and older. Please call us with any questions.





**Join Us for A Free
Drive-In Lunch
with Entertainment
by DJ Mike**

COVID has kicked us all pretty hard. We miss everyone and have come up with an event that will allow you to safely enjoy a meal with others while listening to DJ Mike spin tunes that bring back great memories. Please remain in your car. Volunteers will deliver your individually wrapped meal (from the caterer) directly to your car.

Wednesday Sept. 16, 2020

**Drive-up in your car and park in the
parking lot of the Union Evangelical
Church located at:**

25 Dutcher St. Hopedale, MA

11:30 am

**Meal is : Meatloaf w /Gravy
Garlic Mashed Potatoes
Vegetables, Bread
and Dessert**

Reservations Required by 9/11/2020

Sign-up is limited.



FREE HOUSE NUMBER SIGNS

The Worcester County Sheriff's Department, in conjunction with the Hopedale Senior Center is offering free house number signs to all town residents.

This program will not only help to bring homes into code with the house numbering requirements, but will hopefully allow for easier identification by First Responders. The sign has green painted numbers that contain reflective glass particles.

Residents complete a simple form which can be found on the COA Town Web Page or picked-up at the Sr. Center. We will call you when the sign is ready.



NEWS FROM SHINE

IMPORTANT MAIL ABOUT YOUR DRUG AND HEALTH PLANS!



It's that time ! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), your Plan will mail you an information packet called an ANNUAL NOTICE OF CHANGE by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for **2021**.

Your plan premiums, deductibles, copays, providers and covered drugs may change significantly! This is important information and if you do not understand it, you should discuss it with your family or caregivers. During the current COVID crisis, we will not be doing on site presentations at senior centers. We will make presentations available on our website, www.shinema.org, and also through your local cable channel. During the annual Medicare Open Enrollment Period (**October 15th - December 7th**), you will have a chance to **CHANGE** your plan for next year. SHINE's certified Medicare counselors can help you understand your plan changes, as well as other options you may have. Trained SHINE (Serving Health Information Needs of Everyone) counselors can help you! We offer, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the Hopedale Sr. Center at (508) 634-2208 and ask for a SHINE appointment.

We are available via multiple platforms such as FaceTime, Zoom and Skype to do one-on-one appointments if needed. Watch our website for Medicare 101 presentations on Zoom.

*The Healthy Living Center of Excellence presents :
My Life, My Health*

Program Sponsored by Tri-Valley Inc.

Free Six Week Workshop!

Virtual Workshops:

Wednesdays. Sept. 23, 2020 through November 4, 2020

Sept. 23, 2020 session is from 1:00 pm to 1:45 pm (preview)

Sept. 30, 2020 through Nov. 4, 2020 1:00 pm - 3:30 pm

*Love
yourself
enough
to live
a healthy
lifestyle.*

My Life My Health - the Sanford University Chronic Disease Self-Management Program is for anyone living with an on-going medical condition like:

Arthritis, Asthma, Cancer, COPD Chronic Back Pain, Chronic Fatigue Syndrome, Diabetes, Fibromyalgia, High Blood Pressure, Heart Disease, Parkinson's, Stroke and more.

Chronic disease, pain and discomfort may limit activities you enjoy. Join the My Life, My Health workshop and start to live again!

Learn to:

- ♦ Eat Well
- ♦ Control your pain
- ♦ Start an exercise program
- ♦ Handle stress and relax
- ♦ Increase your energy level

For more information and registration call the Hopedale Sr. Center at (508)634-2208. Remember , this wonderful program is free.



*This program is provided in conjunction with the National Association of Chronic Disease Directors and the Evidence-Based Leadership Council.



A Whole lot of Sitting Going On!

Hard to imagine, but one of these days COVID-19 will not be such a threat and we will be out and about again. If you have been doing an extraordinary amount of sitting, now might be the time to re-evaluate the detriment that may result from a lack of movement. Consult your physician and ask what she/he recommends to assist in retaining good balance and strength. Ask the question, start slow and keep moving safely!

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
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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 _____

The Hopedale Friends of Elders would like to thank

Dr. Vincent J. Arone

for his generous donation in memory of Marie Arone.