

September 2022

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*

NOTES FROM THE DIRECTOR

Another summer is slowly drawing to a close. Hopefully you had some fun and the scorching hot weather is a fading memory.

We are looking forward to the fall months when most everyone is back in town and our schedules are filled with new activities. This fall is extra special for the Council on Aging because we will hold our overdue celebration of our 51st birthday. The Council on Aging and the Hopedale Sr. Center have been serving Hopedale seniors and their families for 51 years! Come to our Open House and Artisan Fair showcasing the talents of some special Hopedale seniors.

Sat. Oct. 1, 2022
10:00 am - 3:00 pm
Hopedale Sr. Center
Open House, Fair, Cake
and Free Raffles!!!!!!!



**Let's All Get
Together for a
Welcome Back
Lunch!**

**WELCOME
BACK!!**

Tuesday Sept. 27, 2022

12 pm

Hopedale Sr. Center

**Menu: Chicken Parmesan Dinner
Salad, Dessert and Coffee
(Oliva's Market Caterer)**

\$6.00 p.p. Sign-up by: 9/21/2022.



Get Help Paying for Your Internet Connection

The Affordable Connectivity Program is a Federal Communications Commission program that helps connect families and households struggling to afford internet service. This new benefit provides a discount of up to \$30 per month toward broadband service for eligible households and up to \$75 per month for households on qualifying Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers. Eligible households can enroll through a participating broadband provider or directly with the Universal Service Administrative Company (USAC) using an online or mail in application. You may be qualified if you participate in one of these assistance programs:

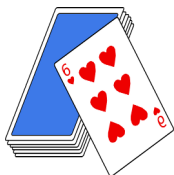
- SNAP (Food Stamps)
- Medicaid
- Federal Public Housing Assistance
- Supplemental Security Income (SSI)
- Veterans Pension or Survivor Benefits
- Lifeline

To learn more about the benefit, including eligibility and enrollment information, visit www.fcc.gov/ACP, or call 877-384-2575.

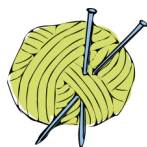
VETERANS' DAY LAWN SIGNS HONORING HOPEDALE VETERANS

We will once again place signs on the lawn of the Community House honoring Hopedale Veterans living and deceased. We have all signs from prior years. Call to confirm that we have your prior years' sign. Firm deadline for new signs is 10/21/22. Please call (508)634-2208.



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!***KNITTERS' GROUP**

Meets at Sr. Center



The Knitters' Group meets on the 3rd 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! Our group is very welcoming and eager to help newer knitters.

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

*** We donate all items we make to local charities. We welcome quilters and sewers too.

WATERCOLOR CLASSES

(All Levels) - Meets at Sr. Center

Thursdays - 10:00 am - 12:00 pm

\$40.00 for 4 week session 6/8 - 6/29

Mari Steinmann - Instructor

This class allows individuals at all levels to learn and grow their talents in the watercolor medium. All supplies provided.

TECH AID**FREE ZOOM WORKSHOP****Sept. 22, 2022 1:00 pm****Sr. Center**

ZOOM is here to stay! We want to make sure any senior who wishes to participate in **ZOOM** meetings has the skill set. Bring your phone or laptop. Sign-up required. Call (508)634-2208.

DROP-IN EXERCISE PROGRAMS**GENTLE YOGA**Meets at the Sr. Center
Tuesdays

9:00 am to 10:00 am

Crystal Lee - Instructor

\$5.00 p.p.

You may be seated in a chair or on a mat. Try this wonderful movement class.

**Tai Chi**

Meets at Sr. Center

Thursdays

1:00 pm - 2:00 pm

Faith Kennedy - Instructor

\$5.00 p.p.

Gentle movement class that incorporates breathing and meditation.

**MOVE,****GROOVE AND SCULPT**

Meets at Sr. Center

Thursdays

10:00 am - 10:45 am

Ann Lynch-Masse

\$5.00 p.p.

A fun class that combines movement, stretching and Strengthening for both upper and lower body.

**MEDITATION (Seated in Chair)**

Meets at Sr. Center

Wednesdays

11:00 am - 12:00 pm

Deb McGonnell Instructor/\$5.00 p.p.

**Low Impact Exercise****This is not a Sr. Center class.**

This is a Community House Class.

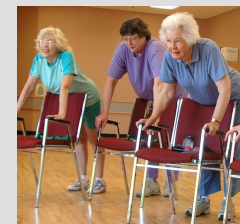
Monday, Wednesday & Friday

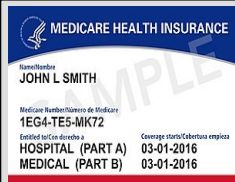
10:00 am - 11:00 am

Instructors: Shirley Areano

Christine Bosisit

Membership and registration required. See Tara Chambers.





News from SHINE for September 2022

IMPORTANT MAIL FROM YOUR DRUG PLANS AND MEDICARE ADVANTAGE PLANS

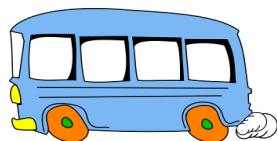
It's that time of year... if you have a Medicare Part D Prescription Drug or Medicare Advantage plan, your plan will mail you a document called the Annual Notice of Change (ANOC) by the end of September. The ANOC is a summary of changes to your plan for 2023. Your costs (premiums, deductibles, and copays), covered medications, and provider networks may change from year-to-year. Make sure you read this important document and think about whether your plan will continue to meet your needs. If you do not receive it in the mail, call your plan and request another copy. If you would like to change your plan for 2023, you may do so during the annual Medicare Open Enrollment Period. You may make changes to your coverage between October 15th and December 7th, and the changes will take effect January 1st. SHINE counselors can help you to understand changes to your current plan, as well as discuss other options you may have. Don't wait: if you would like to meet with a SHINE counselor during open enrollment, make your appointment early!

MASS HEALTH MAILINGS

We want to remind you of the importance of opening and responding to any mail you get from MassHealth. Over the next several months as the Federal Public Health Emergency (PHE) ends MassHealth will be sending numerous notices reviewing and detailing the status of MassHealth coverage. These mailings often have deadlines involved and you need to respond to MassHealth by a specific date or YOU may lose your coverage. If you have not heard from MassHealth recently we suggest that you contact them to make sure they have your current address. If mail is returned to MassHealth you may lose your coverage as well. Finally, if you get mail from MassHealth that you do not understand you should contact a family member or friend for assistance. If neither is available you can contact the SHINE regional office and we will help you understand.

SHINE (Serving the Health Insurance Needs of Everyone) has certified counselors to help you with questions about Medicare. Our services are free and unbiased: we are available to discuss all options related to Medicare and additional coverage, and we do not sell any plans. To make an appointment, call the Senior Center at (508)634-2208 or email at info@shinema.org. A certified SHINE counselor will return your call. Counselors assist clients through in-person appointments, phone, video conferencing (such as Zoom or FaceTime), email, or postal mail. We also offer excellent resources online through our website at www.shinema.org and our introductory Medicare 101 webinars.

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



*Center van take you to
your medical appoint-
ments.*

**New
Hours**

MEDICAL TRANSPORTATION

Local (Hopedale and Milford)
Monday - Thursday
8:30 am - 2:30 pm (appointments)
Friday no appointments after 11:30 am
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.

Chairperson Cheryl Moreci
Vice Chairperson Bob Casali
Secretary Dan Malloy

MEMBERS

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Karen Kuligowski
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Arlene Williams
David Guglielmi
Charles Duczakowski

Director Carole Mullen
Outreach Nancy Mosher
Staff Assistant Jennifer Bethel
Van Driver

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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BE 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 _____

*Free Panera Bread & Pastries on
Mondays at the Sr. Center*

9:30 am

(Not available on Mon. holidays.)



The Sr. Center will be closed

on Monday Sept. 5, 2022

for the Labor Day Holiday.

