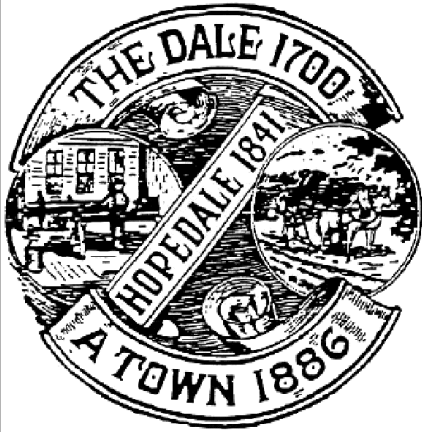


April 2018



# 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

**The YMCA is bringing a FREE year-long Diabetes Prevention Program to the Hopedale Sr. Center in May of 2018.**

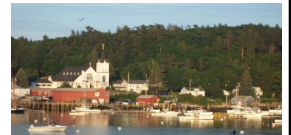


**Have you been told by your doctor that you are pre-diabetic?**  
**Participants must be at least age 65 or covered under Medicare and have one (1) of the following lab values or diagnosis.**

- **A1c: (must be 5.7% - 6.4%)**
- **Fasting Plasma Glucose must be 100 – 125mg/dL**
- **2-hour (75 gm glucola) must be 140 – 199 mg/dL**
- **Prediabetes determined by clinical diagnosis of Gestational Diabetes (GDM) during a previous pregnancy.**

**Please call the Hopedale Sr. Center for more information on this exciting free program.**

## Overnight Trip to Beautiful Boothbay Harbor, Maine



June 18-20, 2018

\$418.00 Double / \$414.00 Triple

**Day 1** - Stop in Kennebunkport (Lunch stop and time "on your own". Arrive at Boothbay Harbor Inn directly on the waterfront, mid-afternoon. Dinner is at the Inn.

**Day 2** - Motorcoach Tour of Ocean Point. 2 hour narrated cruise of Boothbay Harbor. Return to the village to browse shops. Dinner at the Inn with Cabaret style entertainment.

**Day 3** - Tour Boothbay Railway Village. Stop in Portland on the way home for lunch & shopping.

## Experience Dementia Live at the Hopedale Sr. Center



Right at Home (Westborough, Mass.), a private duty in-home care and assistance company, has partnered with the Hopedale Senior center to offer the innovative Dementia Live™ training. The training will be led by a team of Right at Home Certified Dementia Practitioners (CDPs) .

Hopedale Senior Center:

April 11, 2018

10:00 am until 11:30 am. Sign-up Required  
Program is free of charge

*What is Dementia Live?* Using specialized gear within a safe, experiential setting, Dementia Live™ gives participants a real-life simulation of what it's like to live with dementia. Participants gain greater awareness, understanding and a stronger appreciation of the ongoing struggles that affect people with dementia. Greater understanding leads to more sensitive care partnering.

## THE SR. CENTER STILL NEEDS VAN DRIVERS

Van drivers are needed who can work one (1) day each week (Monday, Wednesday or Thursday). Prior driving experience is required. Driver will transport and assist elderly and disabled passengers. All trips will be local shopping or personal errand transit. For full details call (508)634-2208.



The Sr. Center will be closed in April :

Monday April 16, 2018 - Patriot's Day

Thursday April 19, & Friday April 20, 2018 - For Building Repairs



# 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 11:30 noon and 1:00 pm daily**
- \$2.00 one way / \$3.00 round trip
- Handicapped Accessible Van  
Curb to Curb service only.



**Need A Ride?**

### Out of Town: Limited Transportation

#### 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.

## COMING SOON!!!!

### Hopedale Sr. Center Errand Van Service

The Sr. Center will shortly replace our use of Hopedale school buses with a paratransit van.

The van will be used for:

- Grocery Shopping
- Walmart, Target, Kohls
- Rides to activities /meals at the Sr. Center
- Other personal errands (hair salon, barber, bank)

*You must enroll to use the errand van.* Please call the Sr. Center at (508)634-2208 and we will assist you with the simple enrollment process and answer any other questions you may have.

Please note that we will continue to offer local medical transportation services with our partners at the Milford Sr. Center.



## 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 the shopping date for reservations. If there are no sign-ups the trip will be cancelled.**

## 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 the shopping date for reservations. If there are no sign-ups the trip will be cancelled.**



### The Hopedale Sr. Center needs volunteers to:

- Help serve meals at the Sr. Center
- Deliver Meals-on-Wheels
- Call BINGO/Mondays
- Help collate the Newsletter each month.

Got an hour or two each month or every other month? Help us enrich the lives of Hopedale's seniors.



**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*

#### ATTENTION 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.**

**\*\*\*Help us create items for our Silent Auction in December of 2018.**



### GENTLE YOGA

Meets at the Sr. Center

Tues. & Thurs.

9:00 am to 10:00 am \$5.00 / class

Lara Wahl - Instructor

All skill levels welcome. *Try a class for free.*

*Pay instructor directly.* Drop-ins welcome.



### MEDITATION CLASS

Meets at Sr. Center

Wed. - 11:45 am to 12:45 pm

Deb McGonnell - Instructor

Ongoing 6 week sessions.

Meditation Made Easy. Drop-ins welcome.

Sr. Center - \$5.00 / class

*Drop-ins welcome. Deb McGonnell Instructor.*



### TAI CHI CLASS

Meets at the Sr. Center

Thurs. 1:00 pm Upstairs

**Instructor: Jean O'Connor**



**New program.** Low impact exercise. Gain a sense of well-being, flexibility, strength and better balance. \$5.00 / class. Drop-ins welcome.

### ARTHRITIS EXERCISE

Come see how this program can help!

Fridays - 9:00 am Main Hall

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 April 2, 2018**

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

**Meal is: Beef Stew Dinner**

**IF YOU LIKE ....STAY FOR BINGO after lunch at 12:45 pm**

\$3.00 suggested donation.

Tri-Valley Inc. Caterers



**Wednesday April, 18, 2018**

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

**Meal is: BBQ Chicken**

\$3.00 suggested donation.

Tri-Valley Inc. Caterers

**TRIVIA with Nancy after our meal!**

*Sign-up is required for all programs.*



### Check out The Hopedale Sr. Centers' Upcoming Trips 2018



**May 17, 2018 Pilgrim Belle Cruise with Lunch at Isaac's in Plymouth, MA \$79.00 p.p. Paid Sign-up by April 23, 2018.**

**June 18 - 20 2018 Boothbay Harbor, Maine 3 Day Trip (Detailed Flyer Available)**

**\*See flyers at Sr. Center for complete details & information on other trips.**

**Free Matinee Movie - 1:00 pm  
Hopedale Sr. Center  
Sign-up required.**

**Tues. April 17, 2018**

**I, Tonya**

**Biography/Comedy**

**Tues. April 24, 2018**

**Murder on the Orient Express  
Drama/Suspense/Thriller**



## **NEWS FROM SHINE APRIL 2018**

### **THE FEDERAL POVERTY LEVELS HAVE INCREASED**

As a result of increases to the Federal Poverty Level, Eligibility Guidelines for Public Benefits Programs in Massachusetts have changed.

MassHealth has increased the income limits for several programs you may be eligible for. The income to be eligible for MassHealth **Standard** has increased from \$1,025 for a single person to \$1,032, for a married couple it has gone up to \$1,392 from \$1,374.

For another popular program MassHealth **Buy-in (this would pay your Medicare Part B Premium)** the eligibility income has gone up to \$1,386 from \$1,377 for a single person and from \$1,847 to \$1,872 for a couple.

These increases also apply to **Full Extra Help** a program from Social Security that helps pay for your medications. You can qualify for **Partial Extra Help** if your income is below \$1,538 for a single person and \$2,078 for a married couple. If you feel you may be eligible under these new income guidelines feel free to call SHINE for more information.

### **“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**

The Central Mass Region has recently launched its 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.

**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 now visit us on the internet at [shinema.org](http://shinema.org)**

### **SHREDDING SERVICE AND SPRING CLEANING**

### **DON'T MISS OUT! ON SITE SHREDDING TRUCK**



**SAT. APRIL 14, 2018 9:00 am to 1:00 pm**  
**Hopedale High School Parking Lot**  
**\$10.00 minimum donation**

**Fees increase depending on the amount of shredding  
with discounts for multiple boxes.**

**All proceed benefit the Hopedale Friends of Elders.  
The Curiosity Shoppe on Depot St. is open for dona-  
tions & shopping.**

### **TAKE ADVANTAGE OF OUR FREE HEALTH NURSE SERVICES**



**Free wellness checks with Nurse  
Mary Watson.**

**Hopedale Sr. Center:**

**Wed. April 4, 2018**

**Wed. April 25, 2018**

**9:30 am - 11:30 am. No appointment required.**

**Come see Mary for a friendly chat and a “Vital  
Signs” screening.**

Chairperson Cheryl Moreci  
Vice Chairperson Bob Casali  
Secretary Dan Malloy

**MEMBERS**

Pat Johnson  
Claudette Hughes  
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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**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 acknowledgement 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**

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 Friends of Elders would like to thank : Betty Henneberry*

*for her donation in memory of her husband James B. Henneberry .*

