

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



Hopedale Sr. Center Van Needs Riders

The Sr. Center's van been in place for a little over a year. We want to remind everyone that we are here to assist you with your errand transportation needs.

We operate on Monday, Wednesday & Thursday. While we have a few scheduled group trips to Market Basket and Walmart, riders are free to schedule their own local trip requests on any of the above listed days.

Please make your reservation at least 48 hours in advance of your ride request.

If you have never taken our van we will help you register. It's easy and low cost.

Come meet our wonderful van driver Ed Feijo.

DON'T FORGET TO VOTE ON ON AUGUST 28, 2019



Hopedale voters will be asked to decide whether the town should be allowed to assess an additional \$430,000 in real estate and personal property taxes for the purposes of funding the Town's Operational Budget for the fiscal year beginning July 1, 2019.

While this article passed at the recent Annual Town Meeting, the town must additionally obtain a majority vote from residents at the polls to enact the override.

The Finance Committee will be forwarding a letter to all residents detailing the impact of a "yes" or "no" vote.

Please be informed!

ATTENTION ALL SMOC (Fuel Assistance) PARTICIPANTS



Late in August you should receive your "re-certification" paperwork for 2019 - 2020.

We urge everyone to complete and return their forms as soon as possible. Delays in returning documents will impact the approval of your fuel assistance benefit for the coming season.

The Sr. Center can assist you with any questions and problems. Again, at this time we can only address re-certification cases.

The fuel season begins on *November 1, 2019*. We will take applications for new clients late in October 2019.

Fuel assistance is available to renters and homeowners regardless of their heating source (oil, electric, gas, propane or wood). Some applicants may qualify for additional weatherization benefits.

ATTENTION PLEASE!

We have delicious free baked goods from Panera on Mondays. Come early for the best selection.



TRANSPORTATION SERVICES

MEDICAL TRANSPORTATION VAN SERVICES

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

- 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.

Out of town limited medical transportation with the Hopedale Sr. Center and Travelers' Transit

Boston, Worcester, Providence, Framingham, Franklin, Uxbridge, Mendon, Medway, Bellingham only:

Call the Hopedale Sr. Center at (508)634-2208

- *Appointments no earlier than 10:30 am and ready for return pick-up by 1:00 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 only. Car also available.

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.

HOPEDALE SR. CENTER VAN FOR RIDES TO: THE SR. CENTER, GROCERY SHOPPING, HAIR SALONS, ERRANDS AND MORE!!!

You must register to use the Hopedale Sr. Center Van. Call the Sr. Ctr. at (508)634-2208.

Hours of Operation are:	Monday	9:00 am - 3:00 pm
	Wednesday	8:30 am - 3:00 pm
	Thursday	9:00 am - 1:00 pm

Transportation to the following towns: Hopedale, Milford Mendon,
Bellingham - \$3.00 Roundtrip
Uxbridge, Franklin, Holliston,
Hopkinton - \$5.00 Roundtrip



*This van can be used for all requests other than medical.
Requests must be made 48 hours in advance (weekends not included.)*

MONDAY	WEDNESDAY	THURSDAY
Open to your request	Open to your request	Open to your request

SR. CENTER VOLUNTEERS CHANGE LIVES OF HOPEDALE'S SENIORS.

We can use your help during the weekday. Deliver meals, serve at our congregate meals or assist with activities at the Sr. Center. We are open to your suggestions. Call (508)634-2208.



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, 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

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

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.

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

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.



of documents.

COPY /FAX SERVICES - 10 cents per page

COMPUTER, TABLET OR CELL PHONE with basic questions/ problems.



TECHNICAL ASSISTANCE - Help



GROUPS, EXERCISE PROGRAMS AND UPCOMING ACTIVITIES

KNITTERS' GROUP

Meets at Sr. Center

We are looking for new participants !

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!

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.



GENTLE YOGA

Meets at the Sr. Center

Tues. & Thurs.

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

Instructors : Deb McGonnell &

Kathleen Kavanaugh

All skill levels welcome. Drop-ins welcome.



MEDITATION CLASS

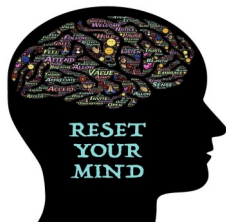
Meets at Sr. Center

Wed. 11:30 am to 12:30 pm

Instructor - Deb McGonnell

Meditation Made Easy.

\$5.00 / class Drop-ins welcome .



TAI CHI CLASS

Meets at the Sr. Center

Thurs. 1:00 pm Upstairs

Instructor: Jean O'Connor

Try this low impact exercise.

Gain a sense of well-being,

flexibility, strength and

better balance. \$5.00 / class Drop-ins welcome.



LINE DANCING

Meets at Sr. Center

Wed. 10:00 am Upstairs

Instructor: Alice Kinahan

\$5.00 / class



All levels welcome. Mixed music genres.

This is a great way to get moving and have fun.

Don't eat alone!

Eat lunch with us on:

Monday August 5, 2019

11:30 am at the Hopedale Sr. Center

Meal is: Pizza

\$5.00 p.p.

Sign-up Required. Call (508)634-2208.

IF YOU LIKESTAY FOR BINGO after lunch at 12:45 pm



Wednesday August 21, 2019

11:30 am at the Hopedale Sr. Center

Meal is: Roast Pork Dinner

\$3.00 p.p. Suggested Donation

Sign-up Required. Call (508) 634-2208.



TRIVIA with NANCY AFTER THE MEAL.

Join us for a trip on Wed. Aug. 14 , 2019

Grafton Inn Restaurant and a stop at the Farmers' Market on Grafton Common



Depart from Hopedale Sr. Center

12:00 noon - Return by 4:00 pm

Sign-up Required: (508)634-2208

By Aug. 12, 2019

\$5.00 p.p. (School bus ride only)

Lunch "On Your Own" at restaurant.

Come play with us on Tuesdays & Wednesdays!!!!

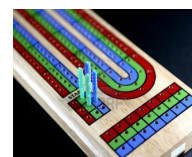
Mah Jong -Tues. 1:00 pm (All levels)



Mah Jong Lessons - Wed. 1:00 pm (Call the day before)

Cribbage - Wed. 1:00 pm (Call first)

Hopedale Sr. Center. Please call to insure space for additional players.



NEWS FROM SHINE FOR AUGUST 2019**Staying Healthy with No Cost Medicare
Preventative Benefits**

An important goal for Medicare is to help people stay healthy by encouraging prevention. Medicare provides a number of preventive services. These services are free whether you have traditional Medicare or a Medicare Advantage plan, like an HMO.

Some of these services include:

Colorectal cancer screening (including colonoscopies)

Mammograms

Pap tests and pelvic exams

Prostate cancer screening

Bone mass measurements

Cardiovascular screening

Flu and pneumonia shots

Alcohol misuse screening and counseling

Depression screening

Obesity screening and counseling

There are very specific rules which state when and how often Medicare will pay for the above services. For a complete list of free preventive services, go to www.medicare.gov or see a SHINE counselor.

THIS IS OUR NEWLETTER FOR JULY AND AUGUST. WE WISH ALL OUR READERS A VERY HAPPY SUMMER SEASON. REMEMBER YOU CAN STAY UP TO DATE ON OUR WEBSITE: www.shinema.org

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

CENTRAL MASS SHINE WEBSITE

You can visit us on the web at 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.**

Fun and Functional Class Coming in September 2019**Fridays at 9:00 am****Christine Bositis - Instructor**

Set to up-beat music, this fun class, designed for all levels, will train the body for real-life movements and activities. Functional fitness is focused on building a body capable of doing real-life activities in real-life positions. Every day movements such as 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 will be provided for people with some physical limitations (such as arthritis).



Chairperson Cheryl Moreci
Vice Chairperson Bob Casali
Secretary Dan Malloy

MEMBERS

Pat Johnson
Nancilee Fuller
Diane Frazier
Rebecca Wild-Wesley
Eileen Milaszewski

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

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

Return Service Requested

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RATE
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HOPEDALE, MA

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 _____

ADVENTURE GROUP KAYAKING EVENT AUGUST 2019

Join a group of older adults for a Kayak event on Hopedale Pond.

Thurs. Aug. 8, 2019

10:30 am - 12:00 pm

(Rain Date Aug. 22)

\$18.00 p.p. Meet at Hopedale Pond (near Bathhouse).

Sign-up Required by 8/5/19. Please call (508)634-2208.

