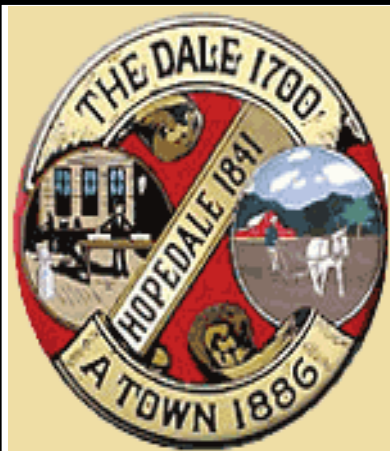


# HOPEDALE SENIOR NEWS

*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



**Join us for a Lovely Daytrip to Rhode Island**  
**Wednesday April 19, 2017**  
**Depart Hopedale Sr. Center 9:00 am**

## Linden Place Historic Mansion

Linden Place is a historic house/ museum in Bristol, Rhode Island that was home to the DeWolfs and the Colts, two of the wealthiest merchant trading families in the United States. The house was built in 1810.



## Coggeshall Farm

1790's period farm.



Trafford Restaurant  
Oceanside Restaurant in  
Warren, RI



\$18.00 p.p. Lunch *"on your own"* at Trafford Restaurant. School bus transportation. Sign-up by 4/19/17.

## OUR PLACE CAFÉ

Are you a caregiver who would like to share an entertaining activity with your loved one? Are you a person who has stopped driving and wish you could attend an occasional social event at the Sr. Center? Have people told you "to get out more"? Then, consider attending one of the Sr. Center's events at:



### OUR PLACE CAFÉ

Tuesday May 16, 2017

11:00 am - 2pm

Hopedale Sr. Center

Lunch and entertainment by Larry Parker

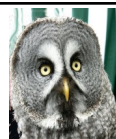
"Mr. Magic" - \$3.00 p.p

Sign-up Requested by May 12, 2017

Call the Sr. Center if you need transportation.

Upcoming Cafés will be held in June and July.

Check the Newsletter for details.



## BIRDS OF PREY OF NORTH AMERICA



### PRESENTED BY

**Julie Collier of Wingmasters**

**Live Birds of Prey**

**Native American Artifacts**

**THURSDAY APRIL 20, 2017**  
**HOPEDALE COMMUNITY HOUSE**  
**MAIN HALL**

**1:00 pm - FREE ADMISSION**  
**Children ages 6 and older may attend.**

### SIGN-UP REQUIRED

**Call (508)634-2208**

**Hopedale Sr. Center**



**\*This Program is made possible by a Grant from the Hopedale Cultural Council.**

## LET'S TALK ABOUT THE AFFORDABLE CARE ACT

**Wednesday April 26, 2017**

**Hopedale Sr. Center**

**1:00 pm**



**Join us for an informal discussion about the latest news on the proposed plan. Bob Casali will lead the program. Sign-up by 4/25/17.**

**The Sr. Center will be closed on:**

**Monday April 17, 2017**  
**for the Patriots Day Holiday**



# 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  
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.  
Help us brighten an older person's day.**



**APRIL is Health Care Decision Month**

**WHO'S YOUR AGENT???**

A Health Care Agent is your advocate with the power to step-in and make health care decisions when you are not able to make decisions yourself.

You can appoint an Agent in a **Health Care Proxy** and give your Agent instructions for the care you want in a Personal Directive (Living Will). Call the Sr. Center for more information or visit [www.honoringchoicesmass.com](http://www.honoringchoicesmass.com)



## 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)

\$4.00 Roundtrip - Advance reservations.



**GREAT STUFF FOR FREE!!!!  
BREADS, BAGELS  
AND ASSORTED PASTRIES**



**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

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.

### HEATING ASSISTANCE (SMOC APPLICATION) (Oil, Gas, Electric, Propane or Wood)

Information and application assistance for the Fuel Assistance Program is available at the Sr. Center. *The Fuel Assistance season will start on November 1 through April 30. The Program is accepting new clients. Repair and replacement of your heating system may be possible. Call the Sr. Center for details.*



### HEATING ASSISTANCE THROUGH THE BLOCK GRANT FOR RESIDENTS OVER INCOME FOR SMOC OR FOR THOSE WHO EXHAUST THEIR SMOC BENEFIT

Please call the Hopedale Sr. Center if your income is \$46,100. or below for an individual or \$52,650 or below for a couple.

### 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.



## GROUPS, EXERCISE PROGRAMS AND UPCOMING ACTIVITIES

### KNITTERS' GROUP

*Meets at Sr. Center*

#### SEARCHING FOR THOSE WHO LOVE TO KNIT

...or crochet .... or want to learn!

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.**



### BOOK CLUB - Meets at Bancroft Library

Helen Symonds Book Group

1st Wednesday in each month @ 1:00 pm.

Call (508)634-2209 for details.

### 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.



### MEDITATION CLASS

**New 6 week session begins 4/26/17**

Meditation Made Easy - Wed. 11:45 to 12:45pm

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

Classes will explore a variety of techniques, including working with the breath, body sensations, thoughts and emotions. Classes will begin with gentle stretches which help to prepare the body to sit comfortably & peacefully.

Deb McGonnell Instructor. Sign-up w/Sr. Center.



### SAFE EXERCISE PROGRAM

**Mondays and Wednesdays - 10:00 am**

**Mostly seated and some standing**

**fun non-impact exercises. Shirley Arcano Instructor. Sign-up with Hopedale Community House.**



### ARTHRITIS EXERCISE PROGRAM

**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 April 3, 2017**

**11:30 am at the Hopedale**

**Sr. Center**

**Meal is: Pasta Bar**

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

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

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



**Wednesday April 12, 2017**



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

**Meal is: Baked Ham Dinner**

**\$3.00 suggested donation.**

**Tri-Valley Inc. Caterers**

**"Trivia with Nancy" after the meal. Come exercise those brain muscles. This program is just too much fun! Sign-up by 4/10/17.**

### NEW CLASSES COMING TO THE SR. CENTER THIS SUMMER



**WATERCOLOR PAINTING**

**SPANISH LANGUAGE CLASS**



**We need at least eight(8) participants to hold each class. Try something different! Call the Sr. Center for sign-up and details.**

**Free Matinee Movies**

**Sign-up required.**



**Thursday April 6, 2017**

**Pizza @ 12:00 Noon - \$3.00 p.p.**

**Manchester By The Sea**

**Movie: 1:00 pm - Free**

**Starring Casey Affleck & Michelle Williams**



**Thursday April 13, 2017**

**Jackie**

**1:00 pm - Free**

**Starring Natalie Portman**



**NEWS FROM SHINE APRIL 2017****IMPORTANT PRESCRIPTION ADVANTAGE INFORMATION**

A recent survey completed on behalf of the Prescription Advantage Program shows that MEDICARE Beneficiaries are not utilizing this valuable program to supplement their prescription drug plan coverage. According to this survey there are 69,390 potential Prescription Advantage members in the Worcester County Area. Of these 69,390 potential members, only 5,652 beneficiaries are currently enrolled in Prescription Advantage. This leaves more than 63,700 potential members who are not enrolled in this very valuable program. **Remember!!** Prescription Advantage is the only program available to beneficiaries with low to moderate income that will help them when and if they reach the Prescription Drug Plan Coverage GAP. Members in Prescription Advantage can save thousands of dollars on their Drug Costs by enrolling in this program. It is important to stress this information at this time as events in Congress may in the near future, eliminate all assistance provided to the Medicare Part D Program by the Affordable Care Act. **Be sure to ask your local SHINE Counselor about this important and valuable program. Call Prescription Advantage at 800-243-4636 (option 2) for more information or to apply. You can also apply on line at [www.prescriptionadvantagema.org](http://www.prescriptionadvantagema.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**

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)

**FREE WELLNESS NURSE CLINIC SERVICES**

Mary Watson, RN - Hopedale Sr. Center - Wed. April 12 and April 19, 2017  
9:30 am - 11:30 am "First Come Basis" 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.



**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.



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**



**Curiosity Shoppe of Hopedale Volunteer Opportunities**

The Hopedale Friends of Elders is in need of volunteers to work at the Curiosity Shoppe of Hopedale, located in the Town Hall with the entrance on Depot Street. The Shoppe is open Thursday, Friday and Saturday 9:30 am to 12:30 pm. If you can spare 4 hours working one day a month it would be extremely helpful to the small staff of current volunteers. Some days we have to close due to the unavailability of a volunteer.

A volunteer meeting is being planned for Thurs. April 13<sup>th</sup> at 12:30pm at the Shoppe. Please feel free to come, check out the Shoppe, meet the volunteers and learn about the opportunity for you to help. If you can't make the meeting but are still interested feel free to reach out to Sally Decelles at 508-473-8679.

**Donation Day**

In order to replenish the Shoppe inventory we are holding a Donation Day on Sat. April 29<sup>th</sup> from 1pm to 3pm at the Shoppe on Depot Street, Hopedale. Accepted items are household goods, knickknacks, books, puzzles, china, glassware and dishes. We **do not accept** electronics or clothing. Think of us, it's spring cleaning time!



