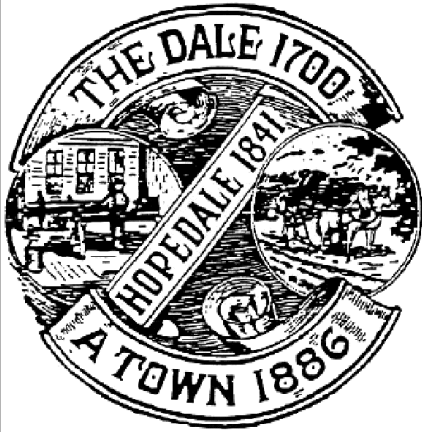


April 2019



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

NEWPORT, RI BISTRO LUNCH TRAIN TRIP

Wed. , June 19, 2019

\$85.00 p.p.

Departs Sr. Center: 9:15 am

Returns: 5:00 pm

Motorcoach transportation

Enjoy a Bistro-style sandwich lunch aboard a restored luxury rail car , while you enjoy views of Narragansett Bay. Afterwards, you can shop and browse at Brick Market in Newport. **Sign-up required by May 31, 2019.**



Watercolor Classes Continue

Come join this wonderful group inspired by teacher Mari Steinmann from Artworks Studios.

Classes start :
Monday April 8, 2019
(6 Classes) - \$45.00
All levels welcome.
Sign-up required.



Guided Parklands Walk For Adults Sixty Plus

Sat. April 20, 2019
11:00 am

Meet at Hopedale Pond Bathhouse.

Dave Guglielmi will lead a 1 1/2 hour walk through The Hopedale Parklands. Areas may be muddy. Event is cancelled if raining. Moderate activity level.



FREE TECHNOLOGY CLASSES FOR SENIOR CITIZENS AT HOPEDALE HIGH SCHOOL



Friday April 12, 2019 12:30 - 2:00 pm
Hopedale HS - Room 118

Topics to include:

Cell phones (email, pictures), Facebook, Google Drive and more.

No experience necessary. Call the Hopedale Sr. Center to register by 4/10/19.

Taza Chocolate Factory Trip Somerville, MA and Lunch at Summer Shack in Cambridge

Try something a little different!

Tuesday April 16, 2019
Depart Hopedale Sr. Center 9:45 am
\$10.00 p.p.

Factory tour with chocolate sample tasting.
Lunch "On-your Own" off the menu at restaurant.
School bus transportation. Reservations by: 4/10/19.



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

We need volunteers!

Serve meals, help with activities, deliver meals to home-bound seniors (day-time hours)!

Call us at (508)634-2208 for details.



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.

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

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

Instructor : Crystal Lee

All skill levels welcome. Try a class for free.

Pay instructor directly.

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 . *New time!!*



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.

ARTHRITIS EXERCISE w/ SUE

Come see how this program can help you! Feel- good, gentle exercise program mostly done while seated.



Fridays - 9:00 am - Community House Main Hall

Sue Sgambato Instructor

Sign-up with Hopedale Community House.

Enjoy a Lunch with us on:

Monday, April 1, 2019

11:30 am at the Hopedale Sr. Center

Meal is: Spaghetti and Meatballs.

\$3.00 p.p. Suggested Donation

Tri-Valley Inc. Caterers

Sign-up Required.

Call (508)634-2208.

IF YOU LIKE ...STAY FOR

BINGO after lunch at 12:45 pm



Wed. April 17, 2019

11:30 am at the Hopedale Sr. Center

Meal is: Shepard's Pie.

\$3.00 p.p. Suggested Donation

Tri-Valley Inc. Caterers

Sign-up Required by 4/12/19.

TRIVIA with Nancy follows lunch.



**SPANISH CLASSES
WITH NANCY COLLINS
RETURN TO THE
HOPEDALE SR. CENTER**

Thursdays at 10:00 am
\$5.00 per class

1st class April 4, 2019. Sign-up required.



**MAH JONG LESSONS
AT THE HOPEDALE
SR. CENTER**

We have the best teachers!
Come learn this fun game.
All levels welcome.

Lessons are on Wednesdays at 1:00 pm.
Sign-up required. (508)634-2208. Free!!



The Hopedale Sr. Center wants to thank Paul and Patra Leite for their donation in memory of Alfred Andreola.



NEWS FROM SHINE APRIL 2019

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 \$1,012 for a single person to \$1,041, for a married couple it has gone up to from \$1,372 to \$1,410 .

For another popular program MassHealth **Buy-in (this would pay your Medicare Part B Premium)** the eligibility income has gone up from \$1,366 to \$1,406 for a single person, and from \$1,852 to \$1,903 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 \$1,561 for a single person and \$2,114 for a married couple. If you feel you may be eligible under these new income guidelines feel free to call the SHINE Program 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

We are happy to announce we have recently upgraded our SHINE website www.shinema.org, this upgrade is more user friendly and provides easier access and viewing to more digital devices such as cell phones and tablets. It is a great source for Medicare, MassHealth and SHINE information and is available to consumers all over the state.

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! . 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. www.shinema.org.

FREE WELLNESS CLINICS WITH

NURSE MARY WATSON - Expanded Hours!

**9:30 am to 11:30 am
Wed., April 10, 2019
Hopedale Sr. Center**



ATTENTION PLEASE!

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



Our Sr. Center van gets you places!

During the month of March we are going to the following places:

**Market Basket -Wed. April 10
Wed. April 24
Walmart - Thurs. April 11**

Check the monthly calendar inside this Newsletter.

You may go other places for errands on Mondays, Wednesdays and Thursdays as well.

Remember, you need to book a ride 48 hours in advance (not including weekends)!

Call us with any questions.

COMING IN MAY 2019

Who's Your Agent?



You have the right to say what you want for medical care.

If you get sick, a person you trust called a Health Care Agent can step in with the power to talk to your doctors to get you the care you want.

**You can do-it yourself.
We will hold a Health Care Proxy workshop in May.
Check the May newsletter for details.**

LOOKING FOR CRIBBAGE PLAYERS

**PLAY CRIBBAGE ON
WED. - 1:00 pm -**

HOPEDALE SR. CENTER



Chairperson Cheryl Moreci
Vice Chairperson Bob Casali
Secretary Dan Malloy

MEMBERS

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

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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Return Service Requested



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 want to thank the following individuals for their recent donations:

Ziggy Sears in memory of his wife Lenore Sears

Karlene Alger in memory of Alfred Andreola