



HOPEDALE SENIOR NEWS

April 2021

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*

Your Hopedale Sr. Center at Work!



Here are a few statistics from the past calendar year. The numbers represent "units of service", contacts made or services given in each category.

Rides

(Medical appointments, Food and Personal Shopping) 242

Meals on Wheels Delivered 6,365

SHINE Appointments

(Health Insurance Counseling) 75

Outreach 1,216

(Comprises an extensive list of topics for which seniors and their caregivers seek our assistance. The primary areas are; Medical, Medicare, Mass Health, Insurance, Legal, Housing, Food and Fuel Assistance, Transportation, Grief Support, Caregiver Support, Bill Paying Assistance, Property Tax and Socialization.

COVID definitely impacted our ability to serve seniors at full capacity. However, the staff at the Sr. Center has been available from the start date of the COVID declared emergency. We must admit there have been challenges. But, it is hard to believe that a year has passed and we are on the cusp of actually beginning to plan for a time when our Center will be full of activity.

The pandemic has changed our world in so many ways. But it has also left no doubt that social connections are critical elements of a vital life. We hope that as the restrictions are lifted, you will have a new enthusiasm for our programs and services. Can't wait to see you!

Carole

Join Us For "SPRING BREAK"

Free Drive-In Meal

Plus Entertainment by DJ Mike



Wednesday April 21, 2021

Union Evangelical Church Parking Lot

11:30 am

Pick from one of two options:

⇒ **Pick-up your meal at 25 Dutcher St.**

**Stay in your car for the entertainment
Trivia and Music!**

⇒ **Request Home Delivery of your meal**

Menu:

Chicken Marsala, Vegetable Rice and Dessert

Catered by Olivas Market

(maximum sign-up 50 participants)

Provided by a grant from the United Way.

ARE YOU A HOMEBOUND SENIOR WHO NEEDS A COVID19 VACCINE?

**The Sr. Center can arrange for
an in-home vaccine if you are
unable to leave your home.
Call (508)634-2208.**



ASSISTANCE PROGRAMS AVAILABLE AT THE SR. CENTER

OUR SERVICES ARE CONFIDENTIAL. WE CAN MAKE COVID-19 SAFE HOME VISITS

OUTREACH

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 (May be on hold due to COVID-19)

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

FUEL ASSISTANCE AND HOME WEATHERIZATION PROGRAMS (SMOC)

New applications available for fuel season effective **Nov. 1, 2020 – April 30, 2021**. Program open to renters and home owners. All forms of heating eligible.

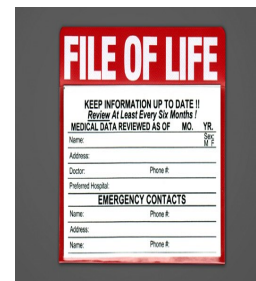
FILE OF LIFE PROGRAM – FREE

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.

COPY/FAX SERVICES - We will make copies for you or Fax documents. Ten cents/copy.



EXERCISE CLASSES

These Virtual or Zoom exercise classes are offered through the *Hopedale Community House (private non-profit)* and not offered by the Hopedale Sr. Center.

There is a membership fee in order to sign-up for these classes if you are a new 2021 participant.

A Computer or Smart Phone is required for participation.

Find details at www.hopedalecommunityhouse.org

Aerobics	Tuesday	6:00 pm-7:00 pm
Muscle Sculpting	Monday	6:00 pm-6:45 pm or
	Thursday	6:30 pm-7:15 pm
Barre	Tuesday	8:00 am-9:00 am
Pilates	Thursday	8:00 am-9:00 am
BOSU	Thursday	6:00 pm-6:45 pm
Pound	Friday	10:00 am-11:00 am ON-DEMAND with 7 day access link
ZUMBA	Thursday	10:00 am-11:00 am. ON-DEMAND via YouTube premiere, access to full playlist of classes at end of session (you can watch recorded class any time at your convenience) or take it live. You will receive information from Rebecca.
Yoga	Tuesday and Thursday	10:15 am-11:15 am
	Tuesday	7:00 pm-8:00 pm
	Wednesday	6:00 pm-7:00 pm
Low Impact with Shirley Mae	Monday and Wednesday	10:00 am-11:00 am
Fun and Functional with Christine	Friday	9:00 am- 10:00 am
		\$25.00 that is \$1.92/week. This offering is for people 60 and over or someone recovering or has an injury.



FILING TAXES?

DON'T FORGET ABOUT THE CIRCUIT BREAKER TAX CREDIT

Seniors may be eligible to claim a refundable credit on your personal state income tax return. The Circuit Breaker tax credit is based on the actual real estate taxes paid on the Massachusetts residential property you own or rent and occupy as your principal residence. The maximum credit amount for tax year 2020 is \$1,150. Income eligibility is \$61,000 or less for a single person, or \$92,000 for a married couple. Other guidelines are required. Call (508)634-2208 for details on program requirements.



HOPEDALE SR. CENTER TURNS FIFTY THIS YEAR!!!!!!

In March of 2021 The Hopedale Sr. Center marked its 50th year. COVID-19 has delayed our birthday celebration plans. However, stay tuned. We hope to have a celebratory event in the Fall of 2021. Here are just a few of the memorable folks who have been part of our family over the past fifty years.



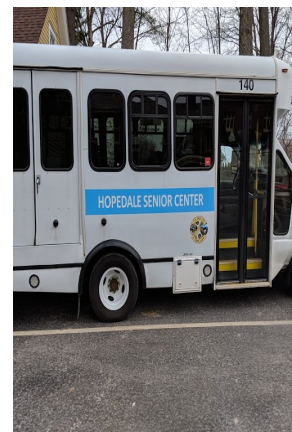
We have loads of pictures to share with you. We will have them available at the party!

Hopedale Local Errand Van Schedule

(Shopping, Hair Salons, Barbershops, Banks and more!)

Please schedule your van ride 3 business days in advance of your requested ride.
Our new schedule (hours of operation) for local errand transportation is as follows:

Monday 9:00 am to 2:00 pm
Tuesday 9:00 am to 2:00 pm
Thursday 9:00 am to 2:00 pm
Friday 9:30 am to 12:00 pm (per availability of driver)



Remember that due to COVID-19 restrictions we can only have two (2) passengers in the van at the same time. All riders are temperature screened and required to cover their nose and mouth with a face mask. in March. Please check our website www.shinema.org in early March for details on this very valuable Program.

Hopedale Local Medical Van Schedule

Monday - Friday
9:00 am - 2:30 pm (appointments)
No transit between 11:15 am - 1:00 pm
\$3.00 Rd. Trip
Schedule appointments 3 business days in advance.

Out of Town Medical Van Schedule

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.

SHINE NEWS

DO YOU NEED HELP WITH MEDICARE COSTS?

MassHealth Buy-in Programs, also called the Medicare Savings Programs, will pay for the Part B monthly premium, **\$148.50** per month. These programs may also help pay some of your out-of-pocket costs of Medicare. The Buy-In programs can also help get Medicare Part B for people who only have Medicare Part A. If you are in a Buy-In program, you will also be automatically enrolled in the Medicare Part D Extra Help program through Social Security, which can help with pharmacy costs. The information below is the financial eligibility for April, 2021.

Monthly Gross Income	Assets (i.e. savings account)
Individual \$1,771	\$15,940
Couple \$2,396	\$23,920

If you feel you may be eligible under these new income guidelines, feel free to call the Sr. Center at (508)634-2208 for more information.



We need MOW Drivers for week-day deliveries. 2 hour time commitment. Call (508)634-2208 for details.

Chairperson Cheryl Moreci
Vice Chairperson Bob Casali
Secretary Dan Malloy

MEMBERS

Nancilee Fuller
Eileen Milaszewski
Karen Kuligowski
Julia Manning
Arlene Williams
David Guglielmi

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

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

NON-PROFIT
RATE
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PAID
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 _____

The Hopedale Friends of Elders would like to thank Paula Barron
for her generous donation in memory of
Claudette Hughes.