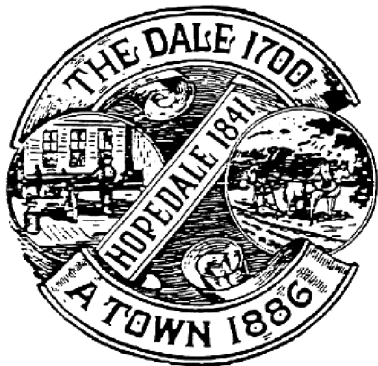


August 2016



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

*The Hopedale Council on Aging
is having a party in honor
of some very special
folks from Hopedale.*



*August 25, 2016 - 1:00 pm
Hopedale Sr. Center
FREE*

*Cake, Ice Cream & Live
Entertainment.*

*We're celebrating the birthdays
of Hopedale residents who are 80
and older or will turn 80 this
calendar year .*

*If you are 80 or older or will be
80 this year, call (508)634-2208 to
reserve your spot at the party!
Call the Sr. Center if you need
transportation.*

A NEW LOOK FOR THE HOPEDALE SR. CENTER



*During the month of August the
Hopedale Sr. Center space in the Community
House will undergo an interior renovation. While
we will be open for activities during August, there
may be a few days when we will be required to va-
cate our space. We ask for your patience.*

*Hopefully by the time September comes we will
have a beautifully renovated space with separate
office and social spaces.*

*The COA would like to extend a thank-you to The
Hopedale Community House for new carpet. And,
a special thanks to the Community House staff
who will assist with all the heavy lifting.*



HOPEDALE SR. CENTER BBQ 2016



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.

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 2nd 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.

The Hopedale Sr.
Center needs
volunteers !!!

Serve at congregate

meals, call BINGO, be an escort on the Grocery Bus or help with newsletter. Call us at (508) 634.2208. You'll have fun, feel great and brighten an older person's day.



NEED A WAY TO PAY FOR HOME REPAIRS?

HOME REPAIR LOAN PROGRAM

Bellingham-Hopedale-Franklin 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.



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



\$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 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.

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 will accept clients effective Nov. 1, 2016. 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.

COPY /FAX SERVICES - 10 cents per page **COMPUTER TUTORING** - Help with basic computer questions/ problems.

GROUPS, CLUBS AND UPCOMING ACTIVITIES

KNITTERS' GROUP

Meets at Sr. Center

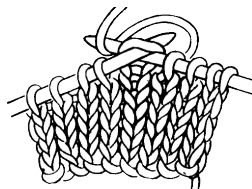
We're looking for people who like to knit or crochet

....or those who want to learn!

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.**



BOOK CLUB - Meets at Bancroft Library

Helen Symonds Book Group

No meetings July and August.

GENTLE YOGA - Meets at the Sr. Center

DROP-INS WELCOME! TRY A CLASS

Deb McGonnell Summer Instructor

Tues. & Thurs. - 9:00 am to 10:00 am

\$5.00 per class - All skill levels welcome.

Classes through the summer.



MEDITATION CLASS

Meditation Made Easy - Wed. 12 to 1 pm Sr. Center

Classes will continue through the summer.

Classes will explore a variety of techniques, including working with the breath, body sensations, thoughts and emotions. By learning to apply a strategy, we can quiet and focus the mind. Practices include sound meditation, mantras, metta for loving kindness and walking meditation. Classes will begin with gentle stretches which help to prepare the body to sit comfortably & peacefully.

Deb McGonnell Instructor - Sign-up Required.



Have a friendly lunch with us on:

Monday Aug. 1, 2016

11:30 am at the Hopedale Sr. Center

**Meal is: Soup and Sandwich
Sliced Ham**

\$3.00 suggested donation

IF YOU LIKESTAY FOR

BINGO after lunch at 12:45 pm

Tri-Valley Inc. Caterers



Thursday Aug. 11, 2016

11:30 am at the Hopedale Sr. Center

**Meal is: Soup & Sandwich: Roast Beef
\$3.00 suggested donation**

**Sign-up by : "Trivia with Nancy" follows
8/9/16 lunch. Tri-Valley Inc. Caterers**

**COME EAT LUNCH WITH
US ON :**

TUES. AUG. 16, 2016

12:00 pm

Hopedale Sr. Center

\$4.00 p.p.

**We're serving Pizza. Sign-up required by
8/15/16. Call (508)634-2208.**



**Free Matinee Movies – Twice in August
Hopedale Sr. Center 1:00 pm**

Sign-up required.

**Wednesday Aug. 10, 2016
Brooklyn**

Starring: Saoirse Ronan

Tells the profoundly moving story of Eilis Lacey, a young Irish immigrant navigating her way through 1950s Brooklyn.



**Wednesday Aug. 24, 2016
Joy**

Starring: Jennifer Lawrence

JOY is the wild story of a family across four generations centered on the girl who becomes the woman who founds a business dynasty and becomes a matriarch in her own right.



**TWIN
RIVER
CASINO**
SO MUCH. SO CLOSE!

**TRIP TO TWIN
RIVER CASINO**

TUES. AUG. 23, 2016

Depart Hopedale

Sr. Center

9:30 am

Return Approx.

2:00 pm

\$5.00 p.p. Bus

Sign-up (508)634-2208.

NEWS FROM SHINE FOR AUGUST 2016**MASSACHUSETTS VETERANS ENTITLED TO REIMBURSEMENT FOR MEDICAL EXPENSES**

Chapter 115 of the Massachusetts General Laws entitles Massachusetts Veterans and their spouses to reimbursement of their medical expenses if they meet certain income and resources guidelines. If you are a veteran, widow or widower of a veteran with an income of \$1980.00 or less and cash assets of less than \$5,000, or if you are a married veteran or married to a veteran, and your combined income is less than \$2,670 per month and combined cash assets are less than \$9,800, then you may be eligible for these benefits. This program is an entitlement in recognition of your service and not charity. You may be reimbursed for your Medicare Premium and all your other health insurance expenses. **If you meet these guidelines, contact your local city or town Veteran's Service Officer and tell them you would like to submit a Chapter 115 application for benefits. If you have any questions regarding these benefits call our Regional Office at 508-422-9931.**

IMPORTANT INFORMATION

Always remember that if you are turning 65 you should contact Social Security to enroll in Medicare. Medicare eligibility has no connection to your eligibility for Social Security benefits. Also, coverage from the Health Connector does not exempt you from this requirement to enroll in Medicare, as you will lose your Health Connector subsidy when you turn 65. If you have any questions you should contact your SHINE regional office at 1-800-243-4636 Option #3.

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. **Soon we will be adding a monthly "Check your Mailbox" section to our site that will update you on mailings you can expect from Medicare, MassHealth and other insurance providers.**

We also have a link to our very informative cable TV program Medicare and More.

"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". This program is designed to educate and update MEDICARE beneficiaries and their families, on MEDICARE and other programs and benefits that can assist you with your health insurance coverage.

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 www.shinema.org



FREE WELLNESS NURSE CLINIC SERVICES - Fri. Aug. 12 & Aug. 26

Mary Watson, RN - Hopedale Sr. Center

8:30 am - 10:30 pm "First Come Basis" No appointments needed.

All meetings are confidential and free of charge.

Nurse Mary Watson can check vital signs, review medications and ask questions associated with your medications and obtain general medical information, referrals and access to services.

**MARK YOUR CALENDARS!!! - Fri. Aug. 5, 2016
PODIATRY CLINIC WITH DR. BIANCAMANO
SIGN-UP REQUIRED. CALL (508)634-2208.**



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

NON-PROFIT
RATE
U.S. POSTAGE
PAID
HOPEDALE, MA

Return Service Requested



HOPEDALE FRIENDS OF ELDERS

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** - **Volunteers Welcome!**



Come see our re-decorated shop.

FILE OF LIFE

**KEEP INFORMATION UP TO DATE !!
Review At Least Every Six Months !**

MEDICAL DATA REVIEWED AS OF MO. YR. Sex: M F

Name: _____

Address: _____

Doctor: _____ Phone #: _____

Doctor: _____ Phone #: _____

EMERGENCY CONTACTS

Name: _____ Phone #: _____

Address: _____

Name: _____ Phone #: _____

Address: _____

DO YOU HAVE A FILE OF LIFE?

IS THE INFORMATION UP TO DATE?

DON'T HAVE ONE AND WANT ONE.

**COME TO THE HOPEDALE SR. CENTER
AND PICK ONE OR TWO UP FOR FREE.**

**KEEPING YOUR FILE OF LIFE UPDATED COULD
SAVE YOUR LIFE.
WE CAN ASSIST YOU. CALL (508)634-2208.**

