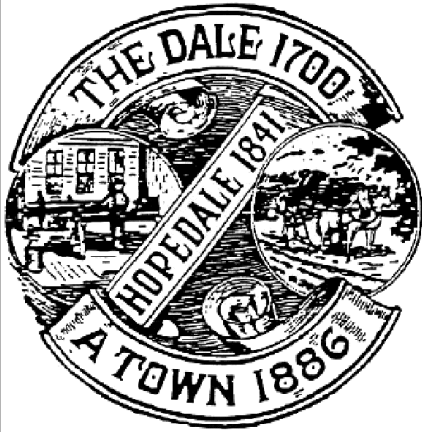


August 2018



# 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



**Help us spread the word!  
Hopedale's Sr. Center Van is  
available for rides for seniors  
and disabled adults.**

Seniors and disabled adults who need transportation may use our new van to come to the Sr. Center, go grocery shopping, personal shopping or get to the bank, hair

salon, barber or other local non-medical destinations.

The new Sr. Center van is available on :

**Monday 9:00 am - 3:00 pm**  
**Wednesday 8:30 am - 3:00 pm**  
**Thursday 9:00 am - 1:00 pm**

The cost for most roundtrip rides is \$3.00.

*Individuals who want to use the van must register by calling the Sr. Center at (508)634-2208. Van service picks you up at your home and transports you to your requested destination.*

Please remember that we have a separate van service for medical appointments and prescription pick-ups. Call the Sr. Center directly at (508)634-2208 for rides to your medical appointments. Let us help you with any questions you may have. We can register you in the comfort of your home.

The partnership between the town of Hopedale and The MetroWest Regional Transit Authority offers Hopedale residents a wonderful opportunity for expanded transportation services. We need to use the van so we don't lose the van!

**The Boston Post Cane to be given to  
Elmer Viens  
Thursday Aug. 16, 2018  
1:00 pm  
Hopedale Sr. Center**



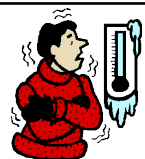
The Boston Post Cane is an honor given to the oldest Hopedale resident who has resided in town for at least ten year. The current holder, Joe Leoncini recently moved to Milford.

Our honoree, Elmer Viens will celebrate his 99th birthday in August of this year. He and his wife Peg have lived in Hopedale for sixty-five years!

Join us for the celebration. There will be a presentation and refreshments. Please call (508)634-2208 if you plan to attend.

## Fuel Assistance 2018 - 2019

If you had Fuel Assistance last year, you should receive your pre-printed application for the upcoming heating season in August 2018. Avoid approval delays by completing and returning your SMOC application as soon as possible. Call the Sr. Center for assistance. \*First-time applicants may apply on or after Nov. 1, 2018.



*Mark  
Your  
Calendar*

**COME SEE THE SR. CENTER VAN  
AT ONE OF THESE LOCATIONS:**

**Griffin-Dennett Apts. - Thurs. Aug. 2, 2018 - 11:00 am**

**Laurelwood Condos - Thurs. Aug. 2, 2018 - 12:00 pm**

**Post Office COME VISIT..... FREE FROZEN TREATS!**

**LABOR DAY**

**WE ARE CLOSED ON:**

**MONDAY SEPT. 3, 2018**

# 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, 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 \$6.00 Roundtrip**

***Requests must be made 48 hours in advance (weekends not included.)***

Use the schedule below when planning your rides to these scheduled activities.

MONDAY	WEDNESDAY	THURSDAY
Exercise Class	Grocery Shopping	Walmart (1st Thurs. in the month in the morning)
BINGO	Exercise Class	Open to your request
Sr. Center Lunches	Sr. Center Lunches	
Open to your request	Open to your request	

**\*Once you have registered as a van rider you may call the ride reservation center at (508)820-4650.**

## 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](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.

### **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*

#### ATTENTION LADIES

**WHO LOVE TO KNIT!!!**

...or crochet .... or want to learn! We have fun!



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.**

**We need help to create items for our Silent Auction in December of 2018.**

### GENTLE YOGA

Meets at the Sr. Center

Tues. & Thurs.

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

Instructor : Lara Wahl

All skill levels welcome. *Try a class for free.*

**Pay instructor directly.** Drop-ins welcome



### MEDITATION CLASS

Meets at Sr. Center

Wed. 11:45 am to 12:45 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.

### ARTHRITIS EXERCISE

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 Lunch with us on:

**Monday August 6, 2018**



**11:30 am at the Hopedale Sr. Center**  
**Meal is: Pizza Party (Pizza, salad, dessert)**

**IF YOU LIKE ....STAY FOR BINGO after lunch at 12:45 pm**

\$3.00 suggested donation.

Sign-up Required

**Wednesday August 15, 2018**

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



**Meal is: Sandwich and cold salad.**

\$3.00 suggested donation.

Tri-Valley Inc. Caterers

**TRIVIA with Nancy after our meal!**

**Birthday Party for Hopedale seniors age 80 and older!**



**Thursday Aug. 30, 2018**

**1:00 pm**

**Hopedale Sr. Center**

**Free**

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

**It's a party and you're invited.**  
**We'll play party games and have a ball.**  
**Drinks and refreshments. Come on down!!!**

*¡Hola amigos! ¡Buenos días! ¡Qué Bueno!*  
**Spanish**  
*¡Me gustan las empanadas! ¡Hablamos Español!*

**SPANISH CLASSES WITH NANCY COLLINS RETURN!!!!**

Thursdays at the Sr. Center 10:00 am - 11:00 am

**1st Class Thursday Sept. 13, 2018**

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



**Line Dancing - Weds. 10:30 am -11:30 am**

**Sit & Fit with Sue - Weds. 1:00 pm**



**TUESDAYS - Hopedale Sr. Center**  
**1:00 pm to 4:00 pm. Call (508)634-2208.**

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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**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 acknowledgement 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 Friends of Elders would like to thank the following individuals for their recent donations:**

**Joanne Rosen and Carol Hogan**  
**In honor of Carmella Cedrone's 100th Birthday!**



L to R :Mark Reil (Sen. Fattman's Office),  
Rep. Brian Murray, Selectman Tom Wesley