



December 2020

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



Don't Miss
Our Free
"Grab & Go"
Holiday Meal
Tues. Dec. 15

Pick-up at Hopedale Sr. Center
Pick-up at Griffin-Dennett
Home delivery

Menu:

Lasagna w/Meatballs
Green Beans, Whole Wheat
Bread and Chocolate Pudding
Reservations by 12/11/2020
Masks Required!

*This event is sponsored by a grant from
the United Way.



The Town of Hopedale is collaborating with the Central Mass Regional Planning Commission (CMRPC) to create a Master Plan. This town wants your input in creating a vision for the community's future over the next ten years and a roadmap to get there. A Master Plan aims to take a comprehensive look at the elements that shape a community including:

Land Use, Population and Housing. Economic Development
Natural and Cultural Resources. Open Space and Recreation
Transportation and Circulation and Town Services and Facilities

Participants who complete the Survey will be entered into a drawing to win one of three \$25 gift cards to local businesses. Surveys must be submitted by Dec. 12, 2020. Paper copies of the Survey can be picked up and dropped off at the Sr. Center, Library or Town Hall. You can take the Survey on line at <https://www.envisionhopedale.com/> Your opinions are important!

This past year has been one of the most challenging years that many of us have faced in a long time. Our holiday wish to all is truly one for health and happiness. May we all continue to find ways to bring more joy and kindness into our world. And, as we approach the winter months, let's be especially attuned to those among us who may struggle with sad feelings resulting from increased isolation due to winter and now COVID too. The Sr. Center will continue to be available to safely assist Hopedale's seniors. Whether it's a doorstep visit, a friendly phone call or an answer to a question, we have you covered. Don't hesitate to reach out to us. And remember, the services that the Sr. Center provides would not be possible without the efforts of Nancy Mosher and Jen Bethel. I thank them both for their persistence and dedication. Seniors, please know that we miss your presence and look forward to the time when we can all be together again. Soon, I hope. Carole



Happy Holidays!

Celebrate with us!!

Grab & Go
Hot Chocolate &
Cookies



Mon. Dec. 21 (Rain Date Dec. 22)
1:00 pm

2 Pick-up locations:
Hopedale Sr. Center
Griffin-Dennett (Hopedale St.)
Reservations by 12/17/2020.
Masks Required!

ASSISTANCE PROGRAMS AVAILABLE AT THE SR. CENTER

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

OUTREACH SERVICES

(Currently Outdoor or Doorstep)

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



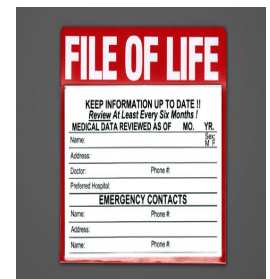
FUEL ASSISTANCE AND HOME WEATHERIZATION PROGRAMS (SMOC)

New applications available for fuel season effective **Nov. 1, 2020**.

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.
10 cents per page (Call for an appointment).



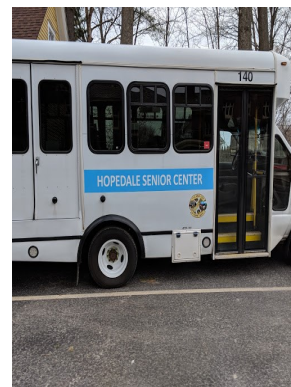
Hopedale Local Errand Van Schedule

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

Please schedule your van ride 3 (three) 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)

Please 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.



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.



Christine Bositis
 really wants to walk
 with you! Join her for
 gentle stretching and
 an easy walk!

Mondays & Wednesdays 10:00 am out-
 side the Hopedale Sr. Center.

No class if raining. Masks required.

You must call (508)634-2208 and
 sign-up for this activity at least 1 busi-
 ness day in advance of the class.

MEDICARE OPEN ENROLLMENT ENDS DEC. 7, 2020

There are just a few days left to enroll in new plans for 2021. It is critical to check your prescriptions to ensure that your 2021 Drug Plan will cover your current drugs. You may go to the Medicare.gov website and create an account that will enable you to explore options on your own. Please call us at (508)634-2208 with any questions.

MEDICARE HEALTH INSURANCE	
1-800-MEDICARE (1-800-633-4227)	
NAME OF BENEFICIARY	JOHN DOE
MEDICARE CLAIM NUMBER	000-00- -A
SEX	MALE
IS ENTITLED TO	EFFECTIVE DATE
HOSPITAL (PART A)	01-01-2007
MEDICAL (PART B)	01-01-2007
SIGN HERE →	

Chairperson Cheryl Moreci
Vice Chairperson Bob Casali
Secretary Dan Malloy

MEMBERS

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Karen Kuligowski
Julia Manning

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 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 _____

DON'T FORGET TO VOTE ON DECEMBER 8, 2020!

**SPECIAL TOWN ELECTION
FOR VACANT SEAT ON**

**BOARD OF SELECTMEN
12:00 pm to 7:00 pm
Draper Gym**



*The Hopedale
Friends of Elders
want to thank
Jim Carroll
for his generous donation.*

