

February 2017

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

AARP TAX FILING ASISISTANCE

Seniors in Hopedale may receive tax filing assistance in Milford, MA at the following locations.

Milford Sr. Center (508)473-8334
Milford Public Library (508)473-2145

Individuals may call either of these facilities for an appointment. Please ask about the specific documents you will need to bring in order to file your taxes. Note, there are a very limited number of appointments. DO NOT DELAY!



JOIN US FOR A VALENTINES' LUNCH AND PARTY

Tuesday Feb. 14, 2017
12:00 Noon
Hopedale Sr. Center
Buffet Menu, dessert and coffee
\$7.00 p.p

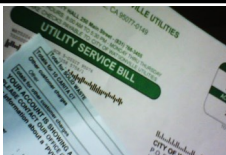
Free Holiday Raffle

Come share the afternoon with friends and make some new ones too. Bring a picture of you and your sweetie. We'll place your picture on a large wall poster for all to see.



DO YOU HEAT YOUR HOME WITH ELECTRICITY???

Just a reminder, that if you heat your home with electricity you too may be eligible for heating assistance. Please contact the Sr. Center for a confidential appointment. Maximum Income guidelines are: \$34,001 for individuals and \$44,463 for two person households.



It's tax time again! Don't forget about the Circuit Breaker Tax Credit for adults age 65 and older. Individuals can file for the Circuit Breaker Tax Credit along with their state income tax return.

Too few people know about this credit! It's a simple one page form. Adults age 65 and older are eligible to receive this tax credit when their property taxes and half of their water/sewer bills total more than 10% of their income. Or, if they rent an apartment (without a state or federal subsidy) they may get this tax credit if their rent is more than 25% of their income. Seniors must meet the maximum income levels and home values to qualify.

Tax filers should use the "Schedule CB form" and "Form 1", respectively.

It's easy to get the forms - download them from this link: To download the tax forms -- Form 1 and Schedule CB Form - go to the official Department of Revenue site at: <http://www.mass.gov/dor/forms/personal-income/2016/form-1/> In 2014, the average credit claimed was \$849!! And, if someone pays little or no state income taxes, then the circuit breaker tax credit may be paid out as a refund check for the amount that exceeds their income tax obligation!!



WINTER WEATHER IS HERE...

If the Hopedale Public Schools are closed then the Hopedale Community House and the Hopedale Sr. Center will be closed.



THE SR. CENTER IS CLOSED: MON. FEB. 20
PRESIDENTS' DAY



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.

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.
Meet people in town, feel great about the help
your giving and brighten an older person's day.

**NEED A WAY TO PAY FOR
HOME REPAIRS? HAVE AN
EMERGENCY REPAIR 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 require-
ments and more information. We're here to help.



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.

**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 (Call for hours)

\$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 is accepting new clients. 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.

GROUPS, EXERCISE PROGRAMS AND UPCOMING ACTIVITIES

KNITTERS' GROUP

Meets at Sr. Center

WHERE HAVE ALL THE KNITTERS GONE???

Like to knit or crochet Or 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

1st Wednesday in each month @ 1:00 pm.

Call (508)634-2209 for details.

GENTLE YOGA - Meets at the Sr. Center



DROP-INS WELCOME! Try a Class for Free.

Lara Wahl - Instructor ues. & Thurs. - 9:00 to 10:00 am
\$5.00 per class - All skill levels welcome.

MEDITATION CLASS



Jan. 18, 25 Feb. 1, 8, 15, 22

Meditation Made Easy - Wed. 11:45 to 12:45pm

Sr. Center - \$24.00 / \$4.00 - per class

Classes will explore a variety of techniques, including working with the breath, body sensations, thoughts and emotions. Classes will begin with gentle stretches which help to prepare the body to sit comfortably & peacefully.

Deb McGonnell Instructor. Sign-up w/Sr. Center.

SAFE EXERCISE PROGRAM

Mondays and Wednesdays - 10:00 am

Mostly seated and some standing

fun non-impact exercises. Shirley Arcano Instructor. Sign-up with Hopedale Community House.



ARTHRITIS EXERCISE PROGRAM

Come see how this program can help!

Fridays - Main Hall - 10:00 am

Hopedale Community House - Sue

Sgambato Instructor - Feel good, gentle

exercise program mostly done while seated.

Sign-up w/ Hopedale Community House.



Have a friendly lunch with us on:

Monday Feb. 6, 2017

11:30 am at the Hopedale

Sr. Center

Meal is: Pot Roast

IF YOU LIKESTAY FOR

BINGO after lunch at 12:45 pm

\$3.00 suggested donation. Tri-Valley Inc. Caterers



Thursday Feb. 9, 2017



11:30 am at the Hopedale Sr. Center

Meal is: BBQ Chicken

\$3.00 suggested donation.

Tri-Valley Inc. Caterers

"Trivia with Nancy" after the meal. Come exercise those brain muscles. This program is just too much fun! Sign-up by 2/7/17.

TRIP TO WORCESTER

ART MUSEUM & SOLE

PROPRIETOR

RESTAURANT

Back by popular demand. This museum is a gem!

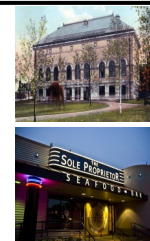
Thursday Feb. 23, 2017

Depart Sr. Center 10:15 am

\$17.00 p.p. Bus and Admission

"On Your Own" at the restaurant

Sign-up by 2/17/17.



Free Matinee Movies
Hopedale Sr. Center - 1:00 pm

Sign-up required.



Tuesday Feb. 7, 2017

Florence Foster Jenkins

The film stars Meryl Streep as Florence Foster Jenkins, a New York heiress who became an opera singer known for her painful lack of singing skill. Hugh Grant plays her husband and manager, English Shakespearean actor, St. Clair Bayfield.



Tuesday Feb. 28, 2017

Deep Water Horizon

Starring Mark Wahlberg, Kurt Russell, John Malkovich, Gina Rodriguez, Dylan O'Brien and Kate Hudson, based on the 2010 *Deepwater Horizon* explosion and oil spill in the Gulf of Mexico.



News from SHINE February 2017

Can I still change my Medicare Plan?

The 2016 Medicare Open Enrollment period ended on December 7, but people may still be allowed to change plans.

For Plan year 2017 The Tufts Medicare Preferred Plan and Blue Cross/Blue Shield HMO Plans have been designated as 5-star Plans by Medicare, as a reward for the excellence of their Plans. Basically, this means that Medicare Beneficiaries may enroll in or change too, one of the Tufts Medicare Preferred Plans or a Blue Cross/Blue Shield HMO Plan at any time between December 8, 2016 and November 30, 2017. This is a great opportunity if you missed the Open Enrollment deadline.

For those with a **Medicare Advantage Plan**:

Between January 1 and February 14, you can leave your plan and switch to Original Medicare, but you **cannot** switch to another Medicare Advantage Plan. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time. This could be an opportunity to continue coverage with your current provider if you failed to make a change during the Open Enrollment Period.

For those with **Prescription Advantage** or getting “**Extra Help**” paying for prescription drugs:

You can change your plan during the year. Those with Prescription Advantage can do this only once each year. Those with “Extra Help” can change every month.

If you want to take advantage of any of these opportunities call the SHINE Regional Office and a volunteer can talk you through the process and any consequences of changing plans.

Trained SHINE (Serving Health Insurance 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 at our Central Mass Website www.shinema.org for useful information and applications for various programs.

FREE WELLNESS NURSE CLINIC SERVICES

**Mary Watson, RN - Hopedale Sr. Center - Wed. Feb. 8 & Feb. 22, 2017
9:30 am - 11:30 am “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.



FREE BENEFITS CHECK-UP AVAILABLE TO ALL SENIORS

Do you have questions about whether you could save money on your current insurance plans? Do you wonder about whether there are other assistance programs available to you? Let's do a Benefit Check-up.

BY APPOINTMENT. Call (508)634-2208. Thurs. Feb. 2, 2017

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 acknowledgment. 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 -**

We accept household goods.

SEEKING SHOPPE VOLUNTEERS. CONTACT THE SR. CENTER FOR DETAILS.



OUR ANNUAL NEW YEARS' BREAKFAST 2017

**THANKS TO ATRIA DRAPER PLACE FOR CATERING A
DELICIOUS BREAKFAST AND**

**THE HOPEDALE HIGH SCHOOL A CAPELLA CHOIR FOR
WONDERFUL ENTERTAINMENT.**



“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.