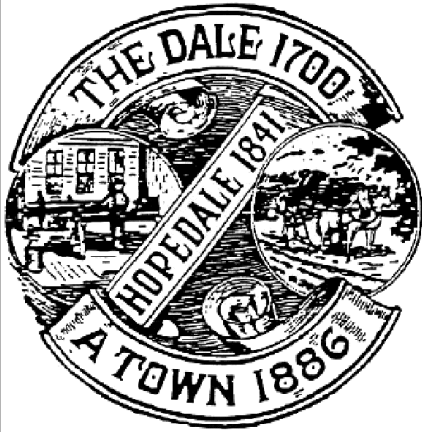


February 2018



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
Monday-Thursday 9:00 am - 3:00 pm and Friday 9:00 am - 12:30 pm

VALENTINES' DAY PARTY AND LUNCH

Wednesday February 14, 2018

11:30 am

Hopedale Sr. Center

\$3.00 Requested Donation



Enjoy Valentines' Day with us! The Sr. Center is having a party. We'll be serving a Lasagna dinner and sweet Valentines' Day desserts.

The Mendon Minstrels will perform after our meal. There will also be a free holiday raffle!

Sign-up is required. Please make reservations by Monday Feb. 12, 2018. Call (508)634-2208.

BRING A FRIEND!!!

MEMORY OH MEMORY WHERE ART THOU????

Thurs. Feb. 22, 2018

11:30 am

Hopedale Sr. Center



Join us for a Lunchtime Chat on *Memory*.

We'll discuss normal aging memory, what's normal, what's not and how to start the conversation with your doctor or loved one.

Rebecca Carrington from Summit Eldercare will be our speaker. A question and answer period will follow the presentation.

Lunch at 11:30 am - Soup, Sandwich & Dessert

\$3.00 p.p.

Speaker at 12:15 pm

Reservations required. Please call (508)634-2208 by Feb. 20, 2018.

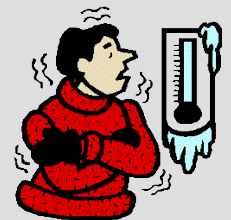


THE SR. CENTER IS LOOKING FOR VAN DRIVERS

The Sr. Center is looking for van drivers with prior experience to transport and assist elderly and disabled passengers. All trips will be local shopping or personal errand transit. In addition to driving our van, drivers will be responsible for monitoring vehicle fluids, tires, systems etc.

Schedule: Mondays, Wednesday & Fridays.
Work schedule days/times may change in the future. Must be 25 years or older. Complete job description is available on Town Website. Please contact Carole Mullen at (508)634-2208.

NEED HELP HEATING YOUR HOME OR APART- MENT?



Heating assistance is available to qualified individuals. Let us help you make a confidential application. It doesn't matter how you heat your apartment or home (gas, electricity, oil, propane, kerosene, wood or coal). Please call the Sr. Center for details. Income guidelines:
Individual: \$ 34,380 and Couple \$44,958.

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 always needs volunteers !!!

Do you have 2 spare hours a month ?

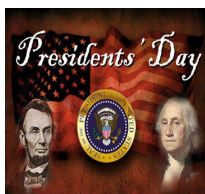
Serve at congregate meals, call BINGO, be an escort on the Grocery Bus or help with our newsletter. Call us at (508) 634.2208.

Help us brighten an older person's day.



The Sr. Center is closed on:
Monday February 19, 2018

Presidents' Day Holiday



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 the shopping date for reservations. If there are no sign-ups the trip will be cancelled.**

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 the shopping date for reservations. If there are no sign-ups the trip will be cancelled.**

**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)



**GREAT STUFF FOR FREE!!!!
BREADS, BAGELS
AND ASSORTED PASTRIES
AT THE SR. CENTER
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 FOR VETERANS AND SPOUSES OF VETERANS

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.

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 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.**



GENTLE YOGA

Meets at the Sr. Center

Tues. & Thurs.

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

Lara Wahl - Instructor

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

Pay instructor directly. Drop-ins welcome.



MEDITATION CLASS

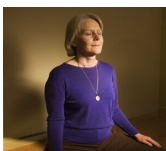
Meets at Sr. Center

Wed. - 11:45 am to 12:45 pm

Deb McGonnell - Instructor

Ongoing 6 week sessions.

Meditation Made Easy. Drop-ins welcome.



WE WANT YOUR SUGGESTIONS

AND IDEAS FOR NEW PROGRAMS!

We will consider new exercise classes as well as cultural and lifelong learning programs.

Call us (508)634-2208.



TAI CHI CLASS

Meets at the Sr. Center

Thurs. 1:00 pm Downstairs

Robin Natanel - Instructor

Low impact exercise. Gain a sense of well-being, flexibility, strength and better balance. \$5.00/class



ARTHRITIS EXERCISE

Come see how this program can help!

Fridays - 10:00 am Main Hall

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 February 5, 2018

11:30 am at the Hopedale Sr. Center

Meal is: Roast Pork Dinner

IF YOU LIKESTAY FOR

BINGO after lunch at 12:45 pm

\$3.00 suggested donation. Tri-Valley

Inc. Caterers



Wednesday Feb. 14, 2018

11:30 am at the Hopedale Sr. Center

Valentines' Day Party

Meal is: Lasagna

\$3.00 suggested donation.

Tri-Valley Inc. Caterers

The Mendon Minstrels entertain after the meal.



In the Spring of 2018 the Hopedale Sr. Center in partnership with the Hoco-mock YMCA will be offering a free year-long Diabetes Prevention program. We will provide details in the March Newsletter about this exciting evidence-based program.



Free Matinee Movie

1:00 pm

Sign-up required.

Tuesday Feb. 27, 2018

BATTLE OF THE SEXES

Starring Steve Carell and Emma Stone.

Based on the true story of the historic tennis match.



News from SHINE February 2018

MEDICARE PART B PREMIUMS 2018

The base premium for Medicare Part B is \$134 in 2018. This is the same as the base premium from 2017. People who paid the base premium of \$134 in 2017 will pay the same amount, while most who paid less will begin paying \$134 per month.

About a quarter of people will not pay the full \$134 Part B premium because their Social Security benefits did not increase enough in 2018 to cover the Part B premium. There is a rule that your Social Security benefits cannot decrease because of an increase in the Part B premium. This is known as the *hold harmless provision*. Most people have their Part B premium deducted from their Social Security benefits. Each year, the increase to the Part B premium cannot be greater than the cost of living adjustment (COLA); otherwise, a person's Social Security award amount would go down once the Part B premium is deducted. People in this situation pay a lower premium than the standard premium so that their Social Security benefits do not decrease. They will pay a premium increase that is the same dollar amount as their cost of living adjustment.

This year, the cost of living adjustment is 2%, which is higher than in past years. If you did not pay \$134 for Part B in 2017, part or all of your cost of living adjustment will go toward paying the increase to your Part B premium. This means that you **may not** see an increase to your Social Security benefits once the Part B premium is deducted. You should look at your Social Security Statement for personalized information about your benefit and premium amount.

"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.

CENTRAL MASS SHINE WEBSITE

The Central Mass Region has recently launched its website. You can visit us at www.shinema.org. Our site has valuable general information and links to other agencies that can assist you with your insurance needs.

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 on the internet at shinema.org

PODIATRY CLINIC WITH DR. BIANCAMANO

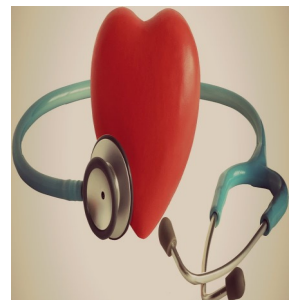
**Friday March 2, 2018
Griffin-Dennett Recreation
Hall
8:30 am - 12:00 pm
By appointment only.
Please call (508)634-2208.**



TAKE ADVANTAGE OF OUR FREE HEALTH NURSE SERVICES

**Free wellness checks with
Nurse Mary Watson.**

**Hopedale Sr. Center
Wed. Feb. 7, 2018
Wed. Feb. 28, 2018**



Chairperson Cheryl Moreci
Vice Chairperson Bob Casali
Secretary Dan Malloy

MEMBERS

Pat Johnson
Claudette Hughes
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

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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**

I am enclosing \$ _____ (please make checks payable to the Hopedale Friends of Elders).

In Memory of _____

In Honor of _____

Donor's Name _____

Donor's Address _____