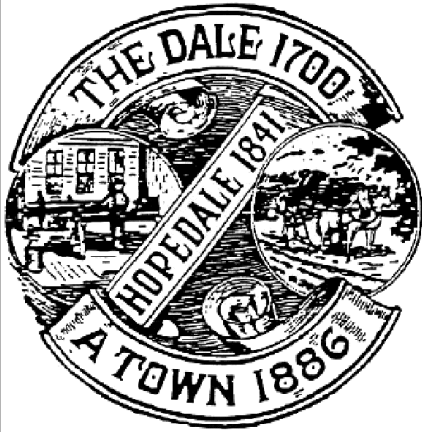


January 2018



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



THE HOPEDALE SR. CENTER IS GETTING A VAN!!!

You may have heard,
within the next couple of
months the Hopedale Sr.

Center will have our own van. The 10 passenger handicapped accessible van will be used for personal/non-medical transportation needs. Please note, that we will continue our separate Milford/Hopedale van for medical transportation.

Our new transportation services will be available for:
Rides to the Sr. Center for meals, exercise, activities

Grocery Shopping
Personal Shopping

Bank and Hairdresser /Barber Appointments
Visits to friends in hospitals and Long-term Care
Special Request Charter Trips

The new van service is a trial/pilot program made possible by the town's decision to join the Metrowest Regional Transit Authority.

In the beginning, we will have a limited local transit schedule (schedule will be available in February). Also, individuals who want to use the van services will need to enroll to use the service and create rider accounts with the transit authority. It's all easy and low cost. \$3.00 for most roundtrips!

We are holding our first two informational sessions to explain the program, answer your questions and enroll people who want to participate. While you can choose to enroll at any time, why not come hear about the new service now.

New Van Service Informational Meetings:

Thurs. Jan. 25, 2018 - Griffin-Dennett Rec. Hall
1:00 pm

Tuesday Jan. 30, 2018 - Hopedale Sr. Center
1:00 pm

Call us with any questions (508)634-2208.



2017 Hopedale Sr. Center Holiday Hat and Mitten Tree

Lovingly made by *Hugs from Hopedale Knitters*:

Mary Espanet, Diane Frazier, Nancilee Fuller, Claudette Hughes, Pat Johnson, Karen Kuligowski, Alice Luby and Carol Missagia.

All items will be donated to children in need in the Worcester area.

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.



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

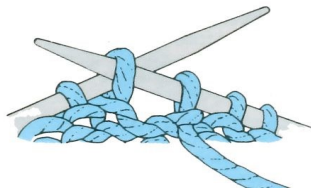
**ATTENTION LADIES
WHO LOVE TO KNIT!!!**

...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.



**GIVE US A SUGGESTION FOR
A CLASS OR ACTIVITY YOU WOULD
LIKE US TO
OFFER AT THE
SR. CENTER!**



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:

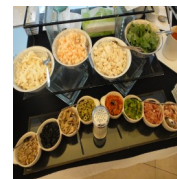
Monday Jan. 8, 2018

11:30 am at the Hopedale Sr. Center

Meal is: A Pasta Bar

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

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



Wednesday Jan. 17, 2018

11:30 am at the Hopedale Sr. Center

Meal is: Meatloaf

\$3.00 suggested donation.

Tri-Valley Inc. Caterers

Trivia with Nancy" after the meal.



**Wed. Jan 17, 2018
at the Sr. Center Monthly Meal
BVT Students Present:**



**"Safe at Home and Out and About"
Students in the PCA Program at BVT
High School will present a short discussion on things we can all do to make our home and surroundings more safe.**

Free Matinee Movie s
1:00 pm - Sr. Center

Sign-up required.



Dunkirk - Tues. Jan. 23
Action/Drama/History
Movie based on the WWII Battle at Dunkirk .
Starring: Christopher Nolan



The Mountain
Between Us - Wed. Jan. 31
Adventure/Romance

Starring: Kate Winslet
Stranded after a tragic plane crash, two strangers must forge a connection to survive the extreme elements of a remote snow-covered mountain. When they realize help is not coming, they embark on a perilous journey across the wilderness.



News from SHINE January 2018

Can I still change my Medicare Plan?

The 2017 Medicare Open Enrollment period ended on December 7, but people may still be allowed to change plans.

For Plan year 2018 The Tufts Medicare Preferred Plan continues to be designated as 5-star Plan 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 at any time between December 8, 2017 and November 30, 2018. Blue Cross/Blue Shield Part D Plans have also be designated as Five Star and the same enrollment guidelines apply. 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 upgrade your coverage 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 Clinics with
Nurse Mary Watson, RN
Hopedale Sr. Center**

9:30 am to 11:30 am

Wed. Jan. 10 & Wed. Jan. 31

Confidential meetings. Have your vital signs checked, review your medications or discuss concerns you may have about your health or medications.

Brought to you by The Hopedale Board of Health.



DOES YOUR HOME NEED MAJOR REPAIRS?

Loans are available through the Community Development Block Grant Program to qualified property owners in Hopedale. Funds may be used to repair roofs, plumbing or electric systems, repair or replace heating and septic systems, increase energy efficiency, make accessibility modifications or complete other needed repairs for housing occupied by low and moderate income homeowners.

Assistance is provided in the form of zero-interest deferred payment loans. No payment is required unless the property is sold or refinanced. At the end of 15 years the loan is forgiven and becomes a grant. Call the Sr. Center for more details.



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Vice Chairperson Bob Casali
Secretary Dan Malloy

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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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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**

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 _____