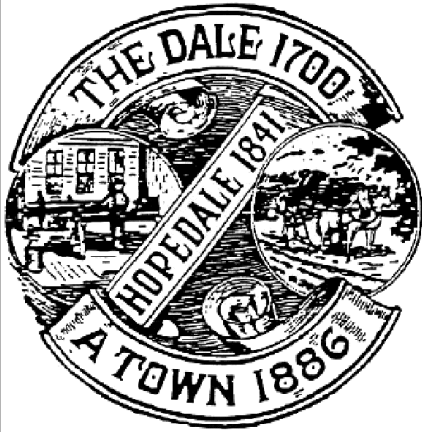


January 2019



# HOPEDALE SENIOR NEWS

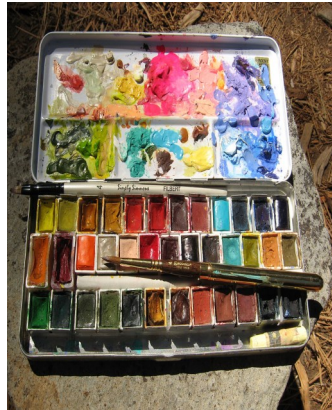
*Published by the Hopedale Council on Aging*

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

Watercolor Painting Classes  
at the Hopedale Sr. Center  
Mari Steinmann Instructor

All levels from beginner to  
expert welcome.  
Mari is a patient and gifted  
instructor.



Classes will start in January 28, 2019  
Class Series - 6 consecutive Mondays  
12:00 pm - 2:00 pm  
at the Hopedale Sr. Center.  
Cost is \$45.00 per class .  
*All supplies provided.*  
Signed-up required. (508)634-2208

**Welcome in  
the New Year  
with us!  
Join us for the**



**Hopedale  
Sr. Center Annual  
New Years' Breakfast**

**FREE FREE FREE**

**Thursday Jan. 10, 2019**

**9:00 am - Hopedale Sr. Center  
Great entertainment and prizes.**

**We're playing MUSICAL BINGO with  
Rob Peters.**

**Sign-up required by Jan. 7, 2019.**

**\*Breakfast catered by Atria Draper Place**

***Heating Assistance Available  
for home owners and renters!***

**Income eligibility guidelines:  
Minimum gross income :**



**1 person: \$35,510 - 2 people: \$46,437**

SMOC provides assistance through a fixed benefit amount for the cost of your primary source of heat which includes, but is not limited to: oil, electricity, natural gas, propane, kerosene, wood, coal. Call the Sr. Center for assistance (508)634-2208. If eligible, discounts may be automatically given on: electric bills, gas bills and telephones bills.

***Please note:***

**The Sr. Center will closed if the  
Hopedale Schools are cancelled  
due to a storm or snow.**



**Let this be your resolution for 2019!!!**

**The Sr. Center has loads of options.  
Come visit. We can help you get started!**

# 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, HAIR SALONS, 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 \$5.00 Roundtrip**

***This van can be used for all requests other than medical.***

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

**MONDAY**

**WEDNESDAY**

**THURSDAY**

**Open to your request**

**Open to your request**

**Open to your request**

**VOLUNTEER IN 2019 !**

**FEEL GOOD. SPREAD KINDNESS.**



## 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*

*We are looking for new participants to join us!*



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 welcome quilters and sewers to join us as well.

### 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 w/ SUE

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

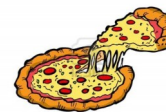
Sue Sgambato Instructor

Sign-up with Hopedale Community House.



Enjoy Lunch with us on:

**Monday Jan. 7, 2019**



11:30 am at the Hopedale Sr. Center  
Meal is: PIZZA & SALAD

\$5.00 p.p.

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

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

**Wednesday Jan. 23, 2019**



11:30 am at the Hopedale Sr. Center

Meal is: Roast Pork Dinner

\$3.00 Suggested Donation Tri-Valley Inc. Caterers

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

\*\*\*\*\* **SPECIAL PROGRAM** \*\*\*\*\*  
**AFTER LUNCH**

**The Registry of Motor Vehicles Presentation**

**Michele Ellicks - Speaker**

12:15 pm - Wed. Jan 23, 2018  
Hopedale Sr. Center

**Disability Placards and Plates**

*How you get them & the laws that govern them*

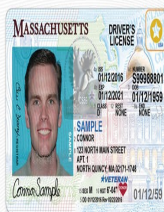
**Real ID**

*Info. on the new federal and state requirements regarding drivers' license & ID cards*

**DON'T MISS THIS PRESENTATION!**

*Please sign-up by 1/18/19.*

*Call (508)634-2208*



**REAL ID is a Federal Security Standard for IDs**



**Candlepin Bowling**  
**Just for Seniors !!!**

**Hopedale Community House**  
**Mondays 1:00 pm - 3:00 pm**

**\$3.00 per String. Includes shoes. No reservations required.**

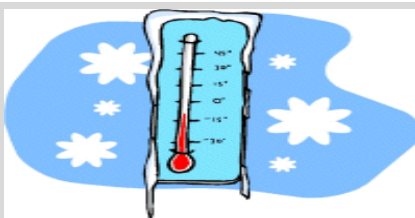


**EMERGENCY PREPAREDNESS**

It's that time of year again!

We want to remind everyone about the need to plan ahead. Have a discussion with your family or friends about your plan to remain safe during a major storm or a power outage.

Are you registered with the town's *Code Red* alert system which provides residents with updated emergency information? If not, please call the Sr. Center and we will help you put your phone number into the system. You may call the Sr. Center with any other winter related concerns.



*Do you know that the Sr. Newsletter is available online?*

*If you go to The Town of Hopedale website we are located under The Council on Aging tab. Let us know if you prefer to read our paper online. Call (508)634-2208.*



**COME TO A MATINEE MOVIE ON:  
WEDNESDAY JAN. 30, 2019**



**1:00 pm - Free of charge**

**Feature Movie: *Crazy Rich Asians*  
Romantic Comedy  
Sign-up required by 1/28/19.**



***Come Share Your Thoughts  
with other Inquisitive People  
on  
Current Events and  
Timely Topics***

***Newly Forming Discussion Group***

**Hopedale Sr. Center  
10:15 am - 11:30 am  
Every other Friday**

**1st meeting Jan. 11, 2019**

**We will plan upcoming topics at the first meeting.**

**Call us to let us know that you want to participate. (508)634-2208**



Our Sr. Center van gets you places.

During the month of January we are going to the following places:

**Market Basket - Wed. Jan.  
2, 16, 30**

**Walmart - Thurs. Jan.  
17**

Check the monthly calendar inside this Newsletter.

**You may go other places for errands on Mondays, Wednesdays and Thursdays as well. Remember, you need to book a ride 48 hours in advance (not including**

**FREE WELLNESS CLINICS  
WITH  
NURSE MARY WATSON**

**Wed., January 9, 2019  
Hopedale Sr. Center  
10:30 am - 11:30 am**

**Free, confidential vital signs screening, medication questions and more. Stop in for a friendly visit.**



**COME PLAY MAH JONGG WITH US !**

**NEW PLAYERS WELCOME.**

**TUESDAYS - Hopedale Sr. Center**

**1:00 pm to 4:00 pm. Call (508)634-2208.**



**ATTENTION PLEASE!**

**We have delicious free baked goods from Panera on Mondays. Come early for the best selection.**



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

NON-PROFIT  
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PAID  
HOPEDALE, MA

Return Service Requested



**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 LINDA NORTON  
FOR HER DONATION IN MEMORY OF LEONIE WARD**

