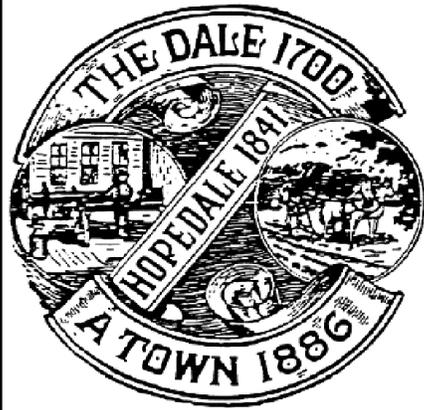


January 2020



# 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](mailto:hopedalecoa@comcast.net)  
Monday-Thursday 9:00 am - 3:00 pm and Friday 9:00 am - 12:30 pm

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

**Join us for a free delicious  
NEW YEARS' BREAKFAST  
catered by Atria Draper Place.  
Tuesday Jan. 7, 2020  
9:00 am - Hopedale Sr. Center  
Sign-up required by 1/3/2020.  
Call 634-2208.**



## THE SR. CENTER OF 2020

So, we're pretty sure most of you know that the Sr. Center is here to help you with a wide array of age-related issues, services, and topical information. But a significant and sometimes overlooked role that the Sr. Center plays is facilitator of connections and friendships.

I have observed as seniors move to our town to be closer to their families, they may inevitably loose some of their old friends and acquaintances. But what I also see is that it is possible for strangers who are older adults to make new connections...even friends. What is required is just a bit of effort and a desire to remain open and engaged. Whatever your interests; exercise, art, literature, crafts, cultural events, card games or volunteering, someone else shares your interests and can be a connection point for you.

Keeping connected to other people as you age is a key component of "successful aging". The Sr. Center needs your input about activities that facilitate these opportunities.

I would enjoy hearing from you.  
Let us help you make some new friends in 2020!

*Carole*



## TECHNOLOGY SURVEY

Hopedale High School students will hold technology workshops in the Spring of 2020. Workshops will assist you with your computer, devices and tech questions and challenges.

Are you interested in learning more about Twitter, Facebook, TikTok and Instagram ??? Do you have trouble using your computer, laptop or desktop?

Please complete the Technology Survey available at the Sr. Center so the upcoming classes can target participants' interests.

Call us to sign-up for Spring 2020 classes.

Classes held last year received very positive reviews.



## NEW BOOK GROUP AT HOPEDALE SR. CENTER

*Beyond the Book* readers' group.

1st Thursday in each month.  
1:00 pm  
Hopedale Sr. Center  
1st meeting Jan. 9, 2020.

We are seeking individuals interested in introspective books that examine the art of living and personal growth.  
The group will pick the first three (3) books at the Jan. 9th meeting.

Please call (508)634-2208 to join.



# 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, BANKS, ERRANDS & 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 - 1:00 pm
	Wednesday	9:00 am - 1:00 pm
	Thursday	9:00 am - 1:00 pm



**NOTE HOURS FOR JANUARY 2020**

**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

**SR. CENTER VOLUNTEERS HELP MAKE HOPEDALE A GREAT PLACE FOR SENIORS TO LIVE.**

**We can use your help during the weekday. Deliver meals, serve at our congregate meals or assist with activities at the Sr. Center. We are open to suggestions.**



**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.

**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**

**TECHNICAL ASSISTANCE - FREE  
COMPUTER, TABLET OR CELL PHONE**

Help with basic questions/problems.



**ATTENTION PLEASE!**

**We have free baked goods from Panera on Mondays (except on holidays).**



# GROUPS, EXERCISE PROGRAMS AND UPCOMING ACTIVITIES

## KNITTERS' GROUP

Meets at Sr. Center

### *We Need Knitters!*

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 too.



at

## GENTLE YOGA

Meets at the Sr. Center

Tues. & Thurs.

9:00 am to 10:00 am

\$5.00 / class

Instructor : Crystal Lee

All skill levels welcome.

Drop-ins welcome.



## MEDITATION CLASS

Meets at Sr. Center

Wed. 11:30 am to 12:30 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.



Come play with us on

**Tues. & Wed.!!!!**

## Mah Jong and Cribbage

Mah Jong -Tues. 1:00 pm (All levels)

Mah Jong Lessons - Wed. 1:00 pm

Cribbage - Wed. 1:00 pm (Call first)

\*\*\*\*\*

New classes for Mah Jong lessons starting in January. Sign-up required. We have wonderful teachers. Lessons are free!

Hopedale Sr. Center (508)634-2208.



*Delicious Food! Great Company!*

Eat a hot meal with us on:

**Monday Jan. 6, 2020**

11:30 am at the Hopedale Sr. Center

Meal is: Lasagna w/Meatballs

\$3.00 p.p. Suggested Donation.

Sign-up Required.

Call (508)634-2208.

**IF YOU LIKE ....STAY FOR**

**BINGO** after lunch at 12:45 pm

**Cash Prizes !!!! Free Refreshments.**



**Wednesday Jan. 29, 2020**

11:30 am at the

Hopedale Sr. Center

Meal is: Soup & Sandwich (Corned Beef or Turkey)

\$3.00 p.p. Suggested Donation.

Sign-up Required.

Call (508)634-2208.

*Special program after the meal.*

Our Health Nurse, Mary Watson

will give a short presentation on "Winter Preparedness for Seniors".

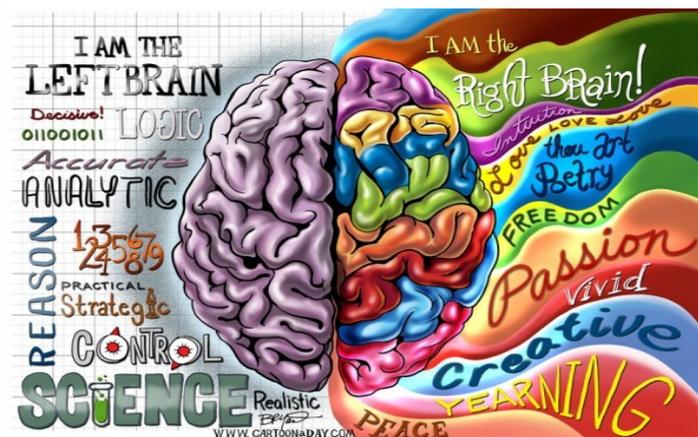


## Watercolor Painting Classes

at the Hopedale Sr. Center

Mari Steinmann Instructor

*Painting with the Right Side of the Brain*



**Class Series - 6 consecutive Tuesdays**

**11:00 am - 1:00 pm**

**at the Hopedale Sr. Center.**

**Jan. 14, 2020 - Feb. 18, 2020**

**Cost is \$45.00 per class . Sign-up Required.**

**All supplies provided.**

News from SHINE January 2020GREAT NEWS!!!

Starting on January 1, 2020 the income limits for the Massachusetts Medicare Savings Program are increasing significantly. This change will make thousands of Massachusetts Medicare Beneficiaries eligible for this very valuable benefit. The income for a single person will go up to \$1,738 and for a married couple to \$2,346 this is an increase of more than \$300 a month in both cases. Asset limits are going to more that double as well going up to \$15,460 single and \$23,200 married couple. This program would pay your monthly Part B Premium, \$144.60 for 2020, you may be eligible for significant assistance in paying your Medicare costs. You will also be eligible for Extra Help from Social Security to help pay your prescription drug costs. Contact your local Senior Center for more information on these valuable programs.

CAN I STILL CHANGE MY MEDICARE COVERAGE?*Medicare Advantage Plan Open Enrollment Period*

This period will run from January 1<sup>st</sup> to March 31<sup>st</sup> of each year. During this timeframe you can change to another Medicare Advantage Plan. You can also leave your Medicare Advantage Plan and return to Original Medicare and pick up a drug plan and supplement coverage. **YOU MUST BE IN A MEDICARE ADVANTAGE PLAN ON JANUARY 1<sup>ST</sup> TO TAKE ADVANTAGE OF THIS O.E.P.**

For Plan year 2020 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 to one of the Tufts Medicare Preferred Plans at any time between December 8, 2019 and November 30, 2020. Blue Cross/Blue Shield Part D Plans have also been designated as Five Star Plans and the same enrollment guidelines apply.

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 once each quarter.

If you want to take advantage of any of these opportunities to change your plans call the SHINE Regional Office. 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. Leave your name and number. A volunteer will call you back. Visit us at our Central Mass Website [www.shinema.org](http://www.shinema.org).

### FREE WELLNESS CLINIC WITH NURSE MARY WATSON

Wed. Jan. 15, 2020

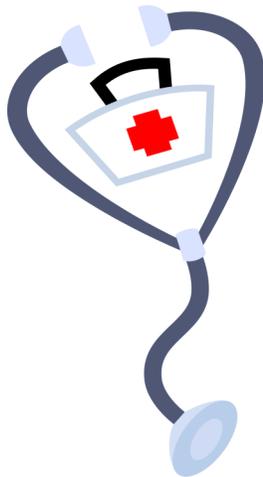
9:30 am - 11:30 am

Hopedale Sr. Center.

Start your New Year with a  
a free vital signs screening.

Confidential meetings.

Come for a check-up or a friendly  
chat!



*Heating Assistance is available for  
homeowners and renters.*

*No one should be cold this winter!*



**Income eligibility guidelines: Maximum gross  
income :**

**1 person: \$37,360**

**2 people: \$48,855**

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, or coal. If eligible, discounts may be automatically given on: electric bills, gas bills and telephones bills. Weatherization services may also be available to qualified applicants (furnace, window and appliance replacement). *Applications are available at the Sr. Center.* Call the Sr. Center for assistance (508)634-2208. We can help.

**The Sr. Center will be closed on  
Monday January 20, 2020  
for the Martin Luther King holiday.**



Chairperson Cheryl Moreci  
Vice Chairperson Bob Casali  
Secretary Dan Malloy

**MEMBERS**

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

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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 \_\_\_\_\_

The Hopedale Friends' of Elders thank Matt Masnik for his recent donation.



**Free Matinee Movie**  
Hopedale Sr. Center  
Monday January 27, 2020  
1:00 pm  
*Downton Abbey*, the movie  
Sign-up Required by 1/23/20.

