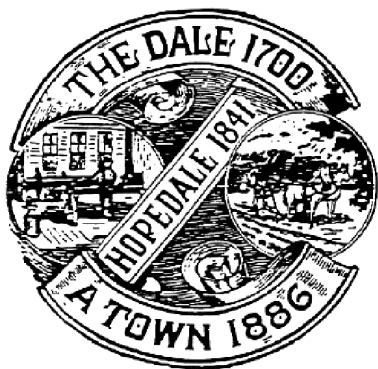


July 2016



# 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

*Most people who abuse  
prescription drugs say they get  
them from a friend or relative.*



**Medication Take Back Program  
Any Time, Any Day**

**You can now bring expired or un-  
used medications for safe and  
proper disposal at any time,  
24 hours a day to the:**

**HOPEDALE POLICE  
STATION**

**70 Hopedale Street, Hopedale, MA**

**NOTE:**

**No inhalers, needles, ointments,  
lotions, liquids or aerosol cans .**

**SR. CENTER CLOSED  
MONDAY JULY 4, 2016**



**FREE FREE FREE**

**ANNUAL ICE CREAM SOCIAL**



**THURSDAY JULY 7  
1:00 pm**

**HOPEDALE SR. CENTER**

**FREE RAFFLES  
SIGN-UP REQUIRED**

**THE COUNCIL ON AGING IS LOOKING  
FOR A FEW VERY SPECIAL PEOPLE**

**We would like to speak with women and  
men who would like to be considered for  
the *Friendly Visitor Volunteer Program*.**

**Your mission is simply, brighten the day of  
a older person. Our volunteers will spend  
time each week visiting with an isolated  
senior. A CORI check is required.**

**For an application and more  
information call  
(508)634-2208.**



# 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.

## 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 2<sup>nd</sup> 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.

The Sr. Center needs  
Volunteers !!!

Serve at Congregate meals,  
Call BINGO,

Assist on Grocery Bus or

Help with newsletter. Call us at (508) 634.2208.

You'll have fun, feel great and brighten an older person's day.



## NEED A WAY TO PAY FOR HOME REPAIRS ?

### HOME REPAIR LOAN PROGRAM

Bellingham-Hopedale-Franklin  
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.



## 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



\$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](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.

### 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 will accept clients effective Nov. 1, 2016. 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.

**COPY /FAX SERVICES** - 10 cents per page    **COMPUTER TUTORING** - Help with basic computer questions/ problems.

## GROUPS, CLUBS AND UPCOMING ACTIVITIES

### KNITTERS' GROUP

*Meets at Sr. Center*

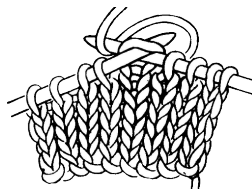
We're looking for people who like to knit or crochet

....or those who want to learn!

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.*



### BOOK CLUB - Meets at Bancroft Library

Helen Symonds Book Group

*No meetings July and August.*

### GENTLE YOGA - Meets at the Sr. Center

**DROP-INS WELCOME! TRY A CLASS**

Deb McGonnell Summer Instructor

Tues. & Thurs. - 9:00 am to 10:00 am

\$5.00 per class - All skill levels welcome.

*Classes through the summer.*



### MEDITATION CLASS

Meditation Made Easy - Wed. 12 to 1 pm Sr. Center

*Classes will continue through the summer.*

Classes will explore a variety of techniques, including working with the breath, body sensations, thoughts and emotions. By learning to apply a strategy, we can quiet and focus the mind. Practices include sound meditation, mantras, metta for loving kindness and walking meditation. Classes will begin with gentle stretches which help to prepare the body to sit comfortably & peacefully.

Deb McGonnell Instructor - Sign-up Required.

*No classes on July 6, 13 and 20.*



### ANYONE CAN DO IT!

**JUST**

**WALK**

**WITH US.**

*Meet at the Hopedale Sr. Center on Mondays and Wednesdays at 9:00 am. Consider a nice easy walk with our group. Refreshments follow. Start date Mon. July 11. Call (508)634-2208.*



Have a friendly lunch with us on:

**Monday July 11, 2016**

11:30 am at the Hopedale

Sr. Center

Meal is: Soup and Sandwich  
(Chicken Salad)

\$3.00 suggested donation

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

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

**Thursday July 14, 2016**

11:30 am at Hopedale Sr. Center

Meal is: Soup & Sandwich

Turkey Cape Cod Sandwich

\$3.00 suggested donation

Sign-up by "Trivia with Nancy" follows lunch.

**Color me Relaxed**  
**Tuesday July 12 and 26**  
**1:00 pm Sr. Center**



Join us for the activity that has everybody talking.

**Adult Coloring is a great way to de-stress and relax. We'll serve non-alcoholic cocktails and appetizers. All supplies provided.**

**\$3.00 p.p. - Sign-up (508)634-2208**

**Free Matinee Movies- 2 Times in July!!**  
**Hopedale Sr. Center - 12:30 pm**

Sign-up required.



**Wednesday July 6, 2016**  
**The Finest Hour**  
**Starring: Chris Pine**  
**& Cassey Affleck**  
**Based on a true sea rescue.**



**Wednesday July 27, 2016**  
**The Lady in the Van**  
**Starring: Maggie Smith**  
**Based on a true story.**



## ***NEWS FROM SHINE FOR JULY 2016***

### **WHEN CAN YOU ENROLL IN A MEDIGAP PLAN?**

Medigap plans are health insurance plans that provide extra protection beyond Medicare by filling in some of the “gaps” in Medicare coverage. In Massachusetts, these plans allow continuous open enrollment. You must have Medicare A and B to enroll, and cannot be enrolled in a Medicare Advantage plan. Anyone who is eligible may enroll or change plans or coverage levels at any time, with changes effective the first of the following month. Note that Medigap policies do not cover prescription drugs, which are covered separately under Medicare Part D.

In Massachusetts, seven insurers offer the same two Medigap plans, Core and Supplement 1. The Core plan pays some of the co-pays for Medicare covered services, while the Supplement 1 covers all the deductibles and co-pays for these services. This means that a Medigap policy will generally pay only when Medicare approves payment. With a Medigap policy, you are free to choose any doctor or hospital that accepts Medicare and you do not need referrals to see a specialist.

#### **IMPORTANT INFORMATION**

ALWAYS REMEMBER THAT IF YOU ARE TURNING 65 YOU SHOULD CONTACT SOCIAL SECURITY TO ENROLL IN MEDICARE. **MEDICARE ELIGIBILITY HAS NO CONNECTION TO YOUR ELIGIBILITY FOR SOCIAL SECURITY BENEFITS.** ALSO COVERAGE FROM THE HEALTH CONNECTOR DOES NOT EXEMPT YOU FROM THIS REQUIREMENT TO ENROLL IN MEDICARE, **AS YOU WILL LOSE YOUR HEALTH CONNECTOR SUBSIDY WHEN YOU TURN 65.** IF YOU HAVE ANY QUESTIONS YOU SHOULD CONTACT YOUR SHINE REGIONAL OFFICE AT 1-800-243-4636 OPTION #3.

**Trained SHINE (Serving Health Information 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 [www.shinema.org](http://www.shinema.org)**

#### **“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**

You can visit us on the web at [www.shinema.org](http://www.shinema.org). Our site has valuable general information and links to other agencies that can assist you with your insurance needs. **We also have a link to our very informative cable TV program Medicare and More.**



### ***FREE WELLNESS NURSE CLINIC SERVICES Fri. July 8 and 22***

**Mary Watson, RN**

-

**Hopedale Sr. Center**

**8:30 am - 10:30 pm “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.**

### **MARK YOUR CALENDARS!!!**

**PODIATRY CLINIC WITH DR. BIANCAMANO Aug. 5, 2016**

**SIGN-UP REQUIRED. CALL (508)634-2208.**



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

Return Service Requested

NON-PROFIT  
RATE  
U.S. POSTAGE  
PAID  
HOPEDALE, MA



**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 acknowledgement.

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** - **Volunteers Welcome!**

***Come see our re-decorated shop.***

***We accept household goods.***



***ARE YOU RUNNING THROUGH YOUR SAVINGS FASTER  
THEN YOU PLANNED?***

***HAVE YOU TAKEN ADVANTAGE OF ALL OF THE ASSIS-  
TANCE PROGRAMS FOR WHICH YOU MAY QUALIFY?***

***(Real Estate Taxes, Fuel, Medicare, Prescriptions, Food)***

A simple confidential conversation with the staff at the Senior Center may be very beneficial to your pocketbook. Call us at (508)634-2208.



