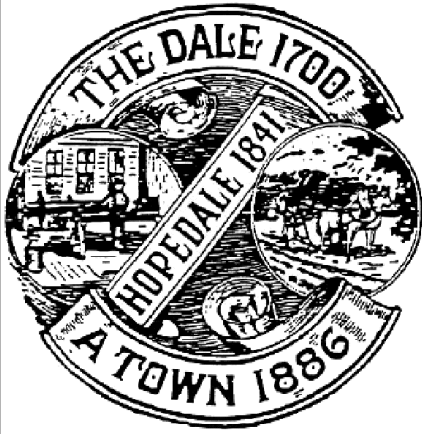


July 2017



# 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

JOIN US AT  
THE HOPEDALE SR. CENTER  
FOR A PARTY IN CELEBRATION OF

JOSEPH LEONCINI  
ON HIS 100th BIRTHDAY

Thursday July 20, 2017  
1:00 pm - Hopedale Sr. Center  
RSVP (508)634-2208

## Know the 10 Signs Early Detection Matters



Please join us for this  
free workshop  
presented by the Alzheimer's Association.

If you or someone you know is experiencing  
memory loss or behavioral changes, it's time  
to learn the facts. Early detection of Alzhei-  
mer's disease gives you a chance to begin  
drug therapy and enroll in clinical trials.

Julie McMurray from the Alzheimer's Assoc.  
will be our presenter on:

**Thurs. July 27, 2017**  
**1:00 pm - Hopedale Sr. Center**  
**Please call (508)634-2208 to sign up.**

## WANT TO TAKE A SHORT EASY WALK?

Walk with others from the Sr. Center on:  
Mondays & Wednesdays  
Meet at Sr. Center at 9:00 am.

The route is flat and easy.  
Walk to the Hopedale Park and  
back to the Sr. Center. Join us  
for coffee & refreshments after  
your walk.

**Program starts July 10.**  
We can go other places as well.  
You can do it! Take the first step.



The Sr. Center will be closed on :  
**Monday July 3, 2017**  
**Tuesday July 4, 2017**  
In celebration of the 4th of July.



# 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  
is still in critical need of  
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.

## BE PREPARED FOR SUMMER WEATHER RELATED EMERGENIES?

Items to keep on hand:

- Flashlights with new batteries
- Enough drinking water for 2 days
- Food items that don't require cooking
- A charged cell phone (make it a habit to charge your phone daily)

If you use a medical device that requires electricity please contact the Hopedale Fire Dept.



## 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.

## 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



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](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*



**WHERE ARE THE LADIES WHO LOVE TO KNIT?????**

**...or crochet .... or want to learn! We have fun!**

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

*1st Wednesday in each month @ 1:00 pm.*

*Call (508)634-2209 for details.*

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

**DROP-INS WELCOME! Try a Class for Free.**

Lara Wahl - Instructor Tues. & Thurs.

9:00 am to 10:00 am

\$5.00 per class - All skill levels welcome.



### MEDITATION CLASS

**Ongoing 6 week sessions.**

Meditation Made Easy - Wed. 11:45 to 12:45pm

Sr. Center - \$24.00/\$5.00 - per class - drop-ins welcome.

Classes will explore a variety of techniques, including working with the breath, body sensations, thoughts and emotions. Classes will begin with gentle stretches which help to prepare the body to sit comfortably & peacefully.

*Deb McGonnell Instructor. Sign-up w/Sr. Center.*



**NEW!**

### ZUMBA GOLD CLASS COMING IN SEPT. 2017

**Look for free class in August.**

**Fall class will be on Tuesdays**

**10:15 am Main Hall - 8 week sessions**

**\$32.00 or \$5.00 per class drop-in rate.**

### ARTHRITIS EXERCISE PROGRAM

**Come see how this program can help!**

**Fridays - Main Hall - 10:00 am**

**Hopedale 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 July 10, 2017**

**11:30 am at the Hopedale Sr. Center**

**Meal is: Roast Beef Sandwich**

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

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

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



**Wednesday July 19, 2017**



**11:30 am at the Hopedale Sr. Center**

**Meal is: Shepherd's Pie**

**\$3.00 suggested donation.**

**Tri-Valley Inc. Caterers**

**"Trivia with Nancy" after the meal. Come exercise those brain muscles. This program is just too much fun! Sign-up by .**

**One more try.....**

**¿HABLAS ESPAÑOL?**

**We have five people interested in Spanish language classes. We hope to be able to offer a classes in the fall.**

**We need a few more participants.**

**Interested????**

**Please call the Sr. Center to get on the list.**

**(508)634-2208.**

### Free Matinee Movies

**Sign-up required.**



**Thursday July 13, 2017**

***Beauty and the Beast* - 1:00 pm - Free**

*Starring Emma Watson & Dan Stevens. A wonderful remake of the original Disney classic. Musical /Drama*

**Tuesday July 25, 2017**

***Going in Style***

**1:00 pm - Free**

*Starring, Morgan Freeman, Michael Caine & Alan Arkin.*

*Retired lifelong buddies scheme to rob a bank to pay their mounting bills.*

*Action/Comedy*



## ***NEWS FROM SHINE FOR JULY 2017***

### **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 you insurance needs. **We also have a link to our very informative cable TV program Medicare and More.**

#### ***FREE WELLNESS NURSE CLINIC SERVICES***

Mary Watson, RN - Hopedale Sr. Center - Fri. July 14 and Fri. July 28, 2017 - *New day of the week & time for July & Aug.*

8:30 am - 10:30 am - No appointments needed.

*All meetings are confidential and free of charge.*

Nurse Mary Watson can check vital signs, review medications and answer questions associated with your medications. You can obtain general medical information, referrals and access to services.



#### ***FROM THE LAW OFFICES OF HEANEY & SMALL***

***Thanks, Attorney Small for your informative presentation last month. And for those of you who couldn’t attend, here are the 4 essentials estate planning documents everyone needs to consider.***

***Healthcare Proxy, HIPAA Authorization, Durable Power of Attorney and Last Will and Testament.***

***Please stop by the Sr. Center for his valuable handout.***



Chairperson Cheryl Moreci  
Vice Chairperson Bob Casali  
Secretary Dan Malloy

**MEMBERS**

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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**

The Hopedale 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**



**KNITTING EVENT AT THE HOPEDALE SR. CENTER !!!!!**

**July 11, 12 and 13 - 10:00 am - 1:00 pm each day**

**"Hugs from Hopedale" knitters are offering free knitting lessons to beginners & assistance to advanced knitters.**

**View displays of their beautiful work and learn from the best.**

**We have free yarn. Please call us to let us know you'll be stopping by!**

**Kids entering grade 5 and older are invited to participate.**

**Please call (508)634-2208 to sign-up.**

