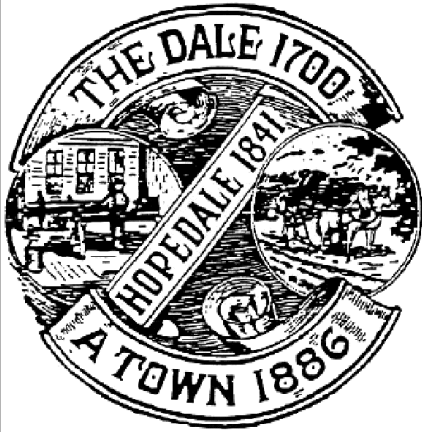


July 2018



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



Hopedale's Sr. Center Van is Available for Rides on:

Monday 9:00 am - 3:00 pm
Wednesday 8:30 am - 3:00 pm
Thursday 9:00 am - 1:00 pm

You may use this van to come to the Sr. Center for classes and activities, grocery shopping, personal shopping, rides to the bank, hair salon, barber or other local non-medical transportation request.

Please refer to Page 2 in this newsletter for full schedule details and fares.

If you want to use the Hopedale Van you must register as a van rider by calling the Sr. Center at (508)634-2208. The van will come directly to your home and pick you up!

Please remember that we have a separate van service for medical appointments and prescription pick-ups. Call the Sr. Center directly at (508)634-2208 for rides to you medical appointments.

Let us help you with any questions you may have. We can register you in the comfort of your home. **Call the Sr. Center at (508)634-2208.**

MetroWest Regional Transit Authority has provided seniors in Hopedale with a wonderful opportunity for expanded transportation services. Spread the word. We need to use the van so we don't lose the van!



HOPEDALE RESIDENT CARMELLA CEDRONE IS TURNING 100!

Come join her family and friends as we help her celebrate this momentous event on:

Monday July 9, 2018
1:00 pm - Hopedale Sr. Center

Please call us at (508)634-2208 if you would like to attend the party.



Check-out some of our new summer programs.

"Sit and Fit with Sue Sgambato, Line Dance Party with Alice Kinahan, Walk a Mile with Carole Experience a Reiki session, Day Trips, Sr. Center lunches and free coffee in the morning. The Sr. Center is air-conditioned. Stop by for a visit.

Don't Forget!
We Have Free Baked Goods
from Panera on Mondays.
Come Early for the Best Selection.



TRIP TO TWIN RIVER CASINO

JULY 19, 2018
DEPART SR. CENTER - 9:00 AM
\$6.00 Roundtrip
RESERVATIONS REQUIRED
(508)634-2208. SPACE LIMITED.



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, 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 \$6.00 Roundtrip**

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

Use the schedule below when planning your rides to these scheduled activities.

MONDAY	WEDNESDAY	THURSDAY
Exercise Class	Grocery Shopping	Walmart (1st Thurs. in the month in the morning)
BINGO	Exercise Class	Open to your request
Sr. Center Lunches	Sr. Center Lunches	
Open to your request	Open to your request	

***Once you have registered as a van rider you may call the ride reservation center at (508)820-4650.**

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 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.



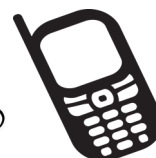
SHREDDING PROGRAM - FREE

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!

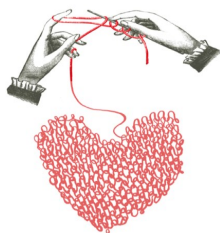
The Knitters' Group meets on the 3rd Thursday of each month at 10:00 am at the Hopedale Sr. Center. Bring a bag lunch and we will provide dessert.

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.**

*****Help us create items for our Silent Auction in December of 2018.**



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

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 July 2, 2018

11:30 am at the Hopedale Sr. Center

Meal is: Chicken Salad Sandwich

IF YOU LIKESTAY FOR BINGO after lunch at 12:45 pm

\$3.00 suggested donation.

Tri-Valley Inc. Caterers



Wednesday July 11, 2018

11:30 am at the Hopedale Sr. Center

Meal is: Roast Beef Sandwich

\$3.00 suggested donation.

Tri-Valley Inc. Caterers

TRIVIA with Nancy after our meal!

Sign-up is required.



CONSIDER ONE OF THESE PROGRAMS THIS SUMMER



Walk a Mile Mon. & Wed. 9:00 am

Hopedale Sr. Center

Meet at the Sr. Center and join us for an easy one (1) mile walk. Flat course.

Sit and Fit Wed. 1:00 pm

Hopedale Community House Main Hall

Arthritis Exercise Fri. 9:00 am

Hopedale Community House Main Hall

Instructor Sue Sgambato will offer these two classes that help you improve your overall functional fitness. Strengthen your body, mind and balance.

Line Dance Party Wed. 10:30 am

Hopedale Community House Main Hall

Instructor Alice Kinahan will help you get on your feet. Shake-off stress while learning the basic steps for line dances, including popular party dances as well as traditional line dancing. Simple step-by-step instructions make dancing easy and fun. All levels welcome.

Reiki Sessions Fri. 10:00 am - 12:00 pm

Hopedale Sr. Center By Appointment Only

Reiki Master Mary Archambault will perform a 15 minute individual session which works to bring deep relaxation while helping to balance and nourish the body and mind.

NEWS FROM SHINE FOR JULY 2018

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

“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. 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.**

RELAX AND ENJOY A FREE MOVIE!

Free Matinee Movie - 1:00 pm - Hopedale Sr. Center
Sign-up required .

July 10, 2018 - Wonder / July 24, 2018 - Chappaquiddick



□ WE ARE LOOKING FOR A
□ COUPLE MORE MAH JONG
□ PLAYER!

□ Possibility of Tues. , Wed., or Thurs.
□ 1:00 pm. Call (508)634-2208.
□



NEW DAY AND TIME
FOR OUR
HEALTH NURSE
SERVICES
(JULY & AUGUST)

**TAKE CARE OF
YOUR BODY.
IT'S THE ONLY
PLACE YOU HAVE
TO LIVE IN.**

Free wellness checks with Nurse Mary Watson.
Hopedale Sr. Center:

Fri. July 13, 2018 and Fri. July 27, 2018

8:30 am - 10:30 am. No appointment required.

Come see Mary for a friendly chat and a “Vital Signs” screening. Private and confidential.

Made possible by: The Hopedale Board of Health.

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

Return Service Requested

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RATE
U.S. POSTAGE
PAID
HOPEDALE, MA



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 the following individuals for their recent donations:

Barbara Levinson
Phyllis and Al Tarca in memory of John (Richie) Depaolo

