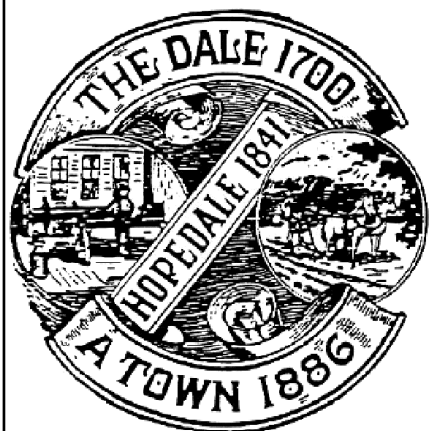


July 2019



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
Monday-Thursday 9:00 am - 3:00 pm and Friday 9:00 am - 12:30 pm

***Our Sr. Center
van can get you
places!***

**During the
month
of July we are
going to the
following places:**



**Market Basket Wed. July 10
 July 24**

**Walmart
 Thurs. July 11**
**You can request rides to other
local places as well on:
Monday, Wednesday & Thursday.**

**Give us a call. Please make your
reservation at least 48 hours in ad-
vance of your ride request.
If you have never taken our van
we will help you register. It's easy
and low cost.
Come meet our wonderful van
driver Ed Feijo. Let's roll!**

ATTENTION PLEASE!

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



**CHECK THE ACTIVITY
CALENDAR FOR OUR
MYSTERY LUNCH TRIP
ON JULY 30, 2019.**



OUR EXERCISE CLASSES ARE CHANGING JUST FOR JULY AND AUGUST AT THE HOPEDALE SR. CENTER

Mondays	9:00 am	Yoga with Deb McGonnell
Tuesdays	8:00 am	Walking Group (1 mile walk)
Wednesday	10:00 am	Line Dancing with Alice Kinahan
Wednesday	11:30 am	Meditation with Deb McGonnell
Thursday	9:00 am	Yoga (TBA)
Thursday	1:00 pm	Tai Chi with Jean O'Connor
Friday	8:00 am	Walking Group

**Classes start the week of July 8 and run through the last week
in August. Drop-ins welcome. All classes are \$5.00 per class.
Please call the Sr. Center with questions (508)634-2208.**



SUNDAES ON THURSDAY

**Join us for an ice cream sundae
bar and a performance by
master magician Jack Ryan.**

**Thursday July 25, 2019
1:00 pm**

Hopedale Sr. Center

FREE FREE FREE

Please make reservations by July 21, 2019.

FREE RAFFLE PRIZES!!!!



**ENJOY THE JULY 4th
HOLIDAY.**

**The Sr. Center will be closed:
Thurs. July 4 & Fri. July 5.**



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.)*

We always need volunteers!

Serve meals at the Sr. Center, help with activities, collate our Newsletter, deliver meals to home-bound seniors (day-time hours). We can use your help!



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.

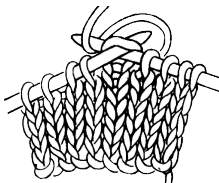


GROUPS, EXERCISE PROGRAMS AND UPCOMING ACTIVITIES

KNITTERS' GROUP

Meets at Sr. Center

We are looking for new participants !



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.**

We welcome quilters and sewers too.

GENTLE YOGA

Meets at the Sr. Center

Tues. & Thurs.

9:00 am to 10:00 am \$5.00 / class

Instructors : Deb McGonnell &

Kathleen Kavanaugh

All skill levels welcome. Drop-ins welcome.



MEDITATION CLASS

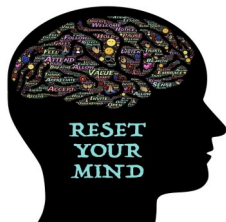
Meets at Sr. Center

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.

NEW FOR THE SUMMER!!!

LINE DANCING WITH ALICE KINAHAN

Wed. 10:00 am - First class July 10.

MAIN HALL - \$5.00 per class.

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



Don't eat alone!

Eat lunch with us on:

Monday July 1, 2019

11:30 am at the Hopedale Sr. Center

Meal is: Chicken Salad Sandwich

\$3.00 p.p. Suggested Donation.

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



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

Wednesday July 17, 2019

11:30 am at the Hopedale Sr. Center

Meal is: Salmon Boats

\$3.00 p.p. Suggested Donation

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



TRIVIA with NANCY AFTER THE MEAL.

Come to the COA Café

Join us for coffee, pastries and conversation.

Monday July 8

Monday July 21

We're air conditioned!



LOVE TENNIS? THEN YOU'LL LOVE PICKLEBALL

This game is sweeping the country. It's similar to tennis but the court is smaller and players use paddles. The game can be played indoors.

Curious? Interested in playing?

Call the Sr. Center; (508)634-2208.



Come play with us on Tuesdays & Wednesdays!!!!

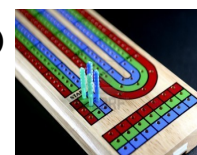
Mah Jong -Tues. 1:00 pm (All levels)

Mah Jong Lessons - Wed. 1:00 pm

(Sign-up required)

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

Hopedale Sr. Center. Please call to insure space for additional players.



NEWS FROM SHINE FOR JULY/AUGUST 2019

Staying Healthy with No Cost Medicare Preventative Benefits

An important goal for Medicare is to help people stay healthy by encouraging prevention. Medicare provides a number of preventive services. These services are free whether you have traditional Medicare or a Medicare Advantage plan, like an HMO.

Some of these services include:

- Colorectal cancer screening (including colonoscopies)
- Mammograms
- Pap tests and pelvic exams
- Prostate cancer screening
- Bone mass measurements
- Cardiovascular screening
- Flu and pneumonia shots
- Alcohol misuse screening and counseling
- Depression screening
- Obesity screening and counseling

There are very specific rules which state when and how often Medicare will pay for the above services. For a complete list of free preventive services, go to www.medicare.gov or see a SHINE counselor.

THIS IS OUR NEWLETTER FOR JULY AND AUGUST. WE WISH ALL OUR READERS A VERY HAPPY SUMMER SEASON. REMEMBER YOU CAN STAY UP TO DATE ON OUR WEBSITE: www.shinema.org

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 shinema.org

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

ANNUAL SR. CENTER BBQ 2019



Chairperson Cheryl Moreci
Vice Chairperson Bob Casali
Secretary Dan Malloy

MEMBERS

Pat Johnson
Nancilee Fuller
Diane Frazier
Rebecca Wild-Wesley
Eileen Milaszewski

Director Carole Mullen
Outreach Nancy Mosher
Staff Assistant Jennifer Bethel
Van Driver Ed Feijo

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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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 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 _____

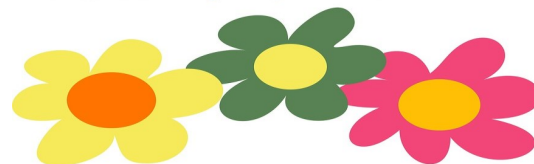
**The Hopedale Friends of Elders want to thank these individuals
for their donations:**

Virginia Doorly in memory of Florence Doorly

**Paul and Lu Ann Tosches in memory of Nick & Janet Tosches
and Al Bresciani**

Ann McHugh in memory of Joseph McHugh

Thank You



for your Kindness