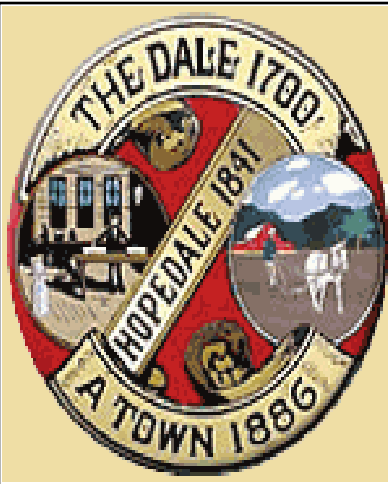


June 2017



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



IT'S TIME FOR THE ANNUAL HOPEDALE SR. CENTER BBQ!!!

Join us for good food, fun and great entertainment.

We are pleased to present singer and entertainer,

Manny Brandao

Thursday June 22, 2017
12:00 Noon

Main Hall Hopedale Community House
\$8.00 p.p.

Our menu includes, chicken, burgers, hotdogs, assorted salads, dessert and coffee. Free Raffle prizes.

Please sign-up by 6/16/17.

ZUMBA GOLD CLASSES COMING TO SR. CENTER



Do you like to dance?

*Experience a **FREE** class on
**Tuesday June 6, 2017 at 10:00 am, Main
Hall Community House** with instructor
Cassandra Hunt. She currently teaches at
the Sharon, MA Sr. Center.*

Zumba Gold is designed for active older persons who are looking for a modified Zumba class. Zumba focuses on improving the cardiovascular system, muscle conditioning, flexibility and balance.

Call for space at this free class on June 6. If there is enough interest, classes will start in September. Call (508)634-2208.

Legal updates with Attorney Fran Small

Come to a free Lunchtime Chat at the Hopedale Sr. Center with Attorney Fran Small on the legal "must haves" for all seniors.

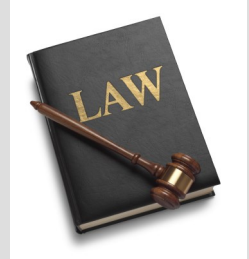
Attorney Small will also speak on the updates to current Medicaid law in conjunction with Long-term care applications.

Thursday June 8, 2017

Lunch is Free. But sign-up is required.

Lunch is at 12:00 noon - Pizza, salad & Dessert.

Speaker Attorney Small at 1:00 pm
Please call (508)634-2208 by 6/6/17.



The Sr. Center will be
closed on:

Monday July 3, 2017
Tuesday July 4, 2017



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 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.

OUR PLACE CAFÉ

A caring and entertaining
place for seniors.

Tuesday June 13, 2017

11:30 am Hopedale Sr.
Center

Lunch and entertainment
with *Laughter Coach*, Toni Cioto.
Sign-up by 6/12. (508)634-2208.



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 2nd 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 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



**WHERE ARE THE 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.**

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.



SAFE EXERCISE PROGRAM

Mondays and Wednesdays - 10:00 am

Mostly seated and some standing

fun non-impact exercises. Shirley Arcano Instructor. Sign-up with Hopedale Community House.



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 June 5, 2017

11:30 am at the Hopedale

Sr. Center

Meal is: Chicken Salad

IF YOU LIKESTAY FOR

BINGO after lunch at 12:45 pm

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

Wednesday June 14, 2017



11:30 am at the Hopedale Sr. Center

Meal is: Ranch Chicken

\$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 6/12/2017.

Photography Workshop with Billi Manning

Tuesday June 27, 2017

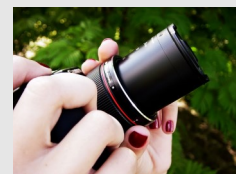
1:00 pm

Hopedale Sr. Center

Sign-up required by 6/23.

Billi is a wonderful photographer.

She will share tips for great photography and show us ways to display photos of trips and events.



Free Matinee Movies

Sign-up required.



Wednesday June 7, 2017

Hidden Figures - (Academy Award Winner) - 1:00 pm - Free

Based on the true story of the women behind the first US launch into orbit.

Starring Taraji Hensen, Octavia Spenser, Kevin Costner.



Thursday June 29, 2017

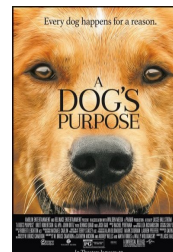
A Dog's Purpose

1:00 pm - Free

"Every dog happens for a reason".

Stories on the lives of dogs.

Starring Dennis Quaid and Peggy Lipton.



NEWS FROM SHINE FOR JUNE 2017**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.

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

“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.**

FREE WELLNESS NURSE CLINIC SERVICES

Mary Watson, RN - Hopedale Sr. Center - Wed. June 7 and Wed. June 14, 2017
9:30 am - 11:30 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.



Calling all Veterans !!!!!

**The Friends of Historic Hopedale and The Little Red Shop Museum
invite all Veterans to a :
Flag Day Celebration**

**Wednesday June 14, 2017 - Little Red Shop in Hopedale
6:00 pm - Please call if you need transportation.**



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

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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**

Check-out our large stock of new items!



*You matter
because you are
you and you
matter to the
end of your life.
Marie Peroni*



*The Hopedale Friends of Elders
want to thank Claudette Hughes for
her donation in memory of
her husband, Larry Hughes on the
one year anniversary of his passing.*