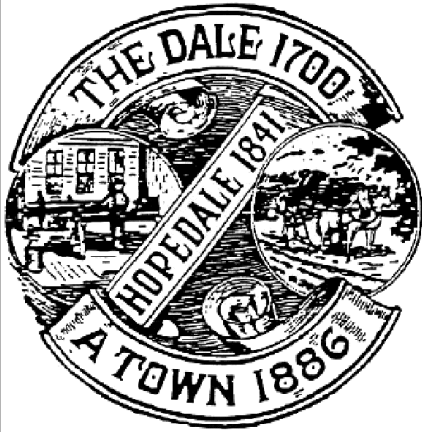


June 2018



# 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](mailto: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 on the Road!!

Maybe you have seen our van driving around town.

Just a reminder, that the van operates as follows:

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

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!*

Use the 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 transportation request you may have.

We are eager to bring people to the Sr. Center and take those of you who no longer drive or don't always want to drive to some of the places you want to go to.

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

**TRY IT ...YOU'LL LIKE IT.**



## Hopedale Sr. Center Annual BBQ

**June 26, 2018**  
**12:00 noon**  
**Main Hall**  
**Community House**

**\$7.00 p.p.**  
**Sign-up by 6/21/18.**



Come start the summer season with friends at the Hopedale Sr. Center. We'll enjoy delicious, hamburgers, hot dogs, BBQ chicken, salads, dessert and drinks.

The "Honky Tonk Piano Man" Gary Langdren will provide entertainment. Free raffle prizes.

## Mother's Day Breakfast Hopedale Sr. Center 2018



Pictured Right to Left:  
Diane Sears with her mother Josephine Tomassini  
Dot Besozzi and Mary Espanet.

# NEW 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***

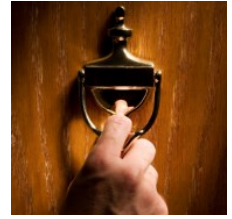
#### **OUTREACH SERVICES**

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](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*



#### ATTENTION 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.**

**\*\*\*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

Deb McGonnell - Instructor

Ongoing 6 week sessions.

Meditation Made Easy. Drop-ins welcome.



Sr. Center - \$5.00 / class

*Drop-ins welcome. Instructor: Deb McGonnell*

### 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!

Fridays - 9:00 am Main Hall

Community House - Sue Sgambato Instructor. Feel good, gentle exercise program mostly done while seated. Sign-up w/ Hopedale Community House.



Let us do the cooking. Enjoy Lunch with us:

**Monday June 4, 2018**

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

**Meal is: Meatloaf**

**IF YOU LIKE ....STAY FOR BINGO after lunch at 12:45 pm**

\$3.00 suggested donation.

Tri-Valley Inc. Caterers



**Wednesday June 13, 2018**

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

**Meal is: Fish of the Day**

\$3.00 suggested donation.

Tri-Valley Inc. Caterers

**TRIVIA with Nancy after our meal! Sign-up is required.**



### HOPEDALE SR. CENTER TRIP TO

**LYMAN ESTATE, LYMAN GREENHOUSE AND**

**CONCORD'S COLONIAL INN RESTAURANT**

**Thursday June 28, 2018**



**Lyman Estate and Greenhouse  
Waltham, MA**



**Colonial Inn, Concord, MA**

Day trip to Lyman Estate, a Federal style mansion with one of the oldest greenhouses in the United States. 45 min. tour of mansion with time to shop in greenhouse. Lunch "on your own" at Concord's lovely Merchants Row Restaurant.

Depart Sr. Center 9:00 am - Reservations by 6/22.

Return approximately 2:00 pm \$12.00 p.p.

School bus transportation - Bus/Tour

### CALLING ALL MAH JONG PLAYERS

**Tuesday June 12, 2018**

**1:00 pm - Hopedale Sr. Center-**

**Start-up /Informational meeting. (508)634-22208.**





## ***NEWS FROM SHINE JUNE 2018*** **NEW MEDICARE CARDS ARE COMING**

We want everyone to remember you will be getting a new Medicare Card between now and April 2019, Medicare will be removing Social Security numbers from Medicare cards and mailing each person a new card. This will help keep your information more secure and help protect your identity. You'll get a new randomly selected Medicare Number that's unique to you, and it will only be used for your Medicare coverage. The new card won't change your coverage or benefits. You'll get more information when your new card is mailed. **A couple of things to point out—If you change your address be sure to notify Social Security promptly so your new card can be mailed to the correct address. Also, beware of anyone who contacts you about your new Medicare card, Medicare will not ask you to give them personal or private information to get your new Medicare Number and card. We will keep you posted on the mailing schedule, as of now Massachusetts beneficiaries will get their new cards sometime after June 2018.**

### **“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**

The Central Mass Region has recently launched its 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.

**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)**

### **RELAX AND ENJOY A FREE MOVIE!**

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

**June 5, 2018**

***The Greatest Showman***  
***Musical***

**June 19, 2018 *All the Money in the World***  
***Biography, Drama***



### **TAKE ADVANTAGE OF OUR FREE HEALTH NURSE SERVICES**

Free wellness checks with Nurse Mary Watson.

Hopedale Sr. Center:

Wed. June 6, 2018 - Wed. June 20, 2018

9:30 am - 11:30 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.*



### **VOLUNTEERS NEEDED!**



The Sr. Center needs volunteer assistance for the following programs: Congregate Meals, Delivering MOW, Grocery Escorts and Activity Helpers. Maximum 1.5 - 2 hours a month. Please call (508)634-2208 for details.

### **Free Baked Goods from Panera Mondays**

**Come Early for Best Selection**



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

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**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  
acknowledgement 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**

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

**Jim Carroll for his recent donation.**

