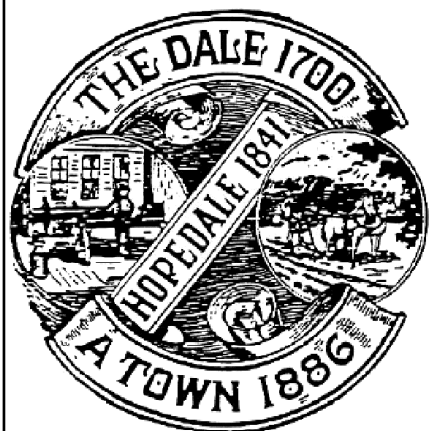


June 2019



# 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](mailto:hopedalecoa@comcast.net)  
Monday-Thursday 9:00 am - 3:00 pm and Friday 9:00 am - 12:30 pm

## COGNICITI

**Come to a  
Free  
Brain Health  
Assessment  
Workshop**



**Thurs.**

**June 13**

**10:00 am**

**Hopedale Sr. Center**

**Participant Qualifications:**

**Age 50+**

**Possess basic computer skills**

**(can click and type)**

**Read and speak English**

**You can participate in this  
1 hour computer-based assessment  
of your "Brain Health" for free.**

**Cogniciti, is a for-profit subsidiary  
of Baycrest Health Sciences. They  
are a Canadian company that has  
the largest educational training in-  
stitute for geriatric doctors and  
nurses in North America.**

**Sign-up Required.**

## NEW EXERCISE CLASSES AND TIMES FOR JULY AND AUGUST

**Mon. :** Gentle Yoga - 9:00 am  
Sr. Bowling - 1:00 pm (Call First)

**Tues.** Walking Group 8:00 am (Meet at Sr. Center)

**Wed.** Line Dancing - 10:00 am  
Meditation - 11:30 am

**Thurs.:** Gentle Yoga - 9:00 am  
Tai Chi - 1:00 pm

**Anyone interested in Pickle Ball????**

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

## Join us for the Annual Hopedale Sr. Center BBQ party!

**Thurs. June 6, 2019**

**12:00 noon**

**\$5.00 p.p.**

**Main Hall Community House**

**Burgers, Hot Dogs, Chicken, Salads, Dessert &  
more.**

**Entertainer: Singer, Gary Leanues**

**Sign-up by: 6/3/19.**

**(508)634-2208**



### ATTENTION PLEASE!

**We have delicious free baked goods  
from Panera on Mondays.**

**Come early for the best  
selection.**



# 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 need volunteers!

Serve meals, help with activities, collate our Newsletter, deliver meals to home-bound seniors (day-time hours) ! Call us at (508)634-2208 for details.



## ASSISTANCE PROGRAMS AVAILABLE AT THE SR. CENTER

### ***ALL OUR SERVICES ARE CONFIDENTIAL - WE CAN MAKE HOME VISITS***

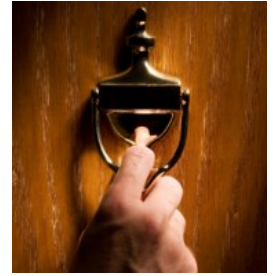
#### **OUTREACH SERVICES**

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*

*We are looking for new participants !*

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.**

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

Instructor : Crystal Lee

All skill levels welcome. Try a class for free.

Pay instructor directly. Drop-ins welcome



### MEDITATION CLASS

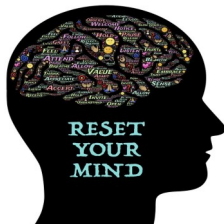
Meets at Sr. Center

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.

### ARTHRITIS EXERCISE w/ SUE

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.

**Don't eat alone!**

**Eat lunch with us on:**

**Monday June 3, 2019**



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

**Meal is: Chicken Picatta**

\$3.00 p.p. Suggested Donation

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



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

**Wednesday June 10, 2019**

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

**Meal is: Buttermilk Chicken**

\$3.00 p.p. Suggested Donation

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



**12:15 pm Program on Emergency Preparedness** presented by Nurse Mary Watson.

Find out which items should be on your checklist. your **Emergency Checklist**.

**TRIP TO TOWER HILL BOTANIC GARDENS AND LUNCH AT ARTURO'S IN WESTBOROUGH**  
**Tuesday June 25, 2019**



**Admission and Transportation - \$15.00**

**School bus Transportation**

**Lunch "on-your-own" at Arturo's**

**Depart from Sr. Center at 9:30 am**

**Reservations by: 6/20/19.**

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

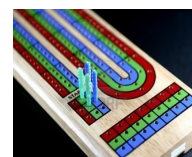
**Mah Jong -Tues. 1:00 pm (All levels)**

**Mah Jong Lessons - Wed. 1:00 pm**

**Cribbage - Wed. 1:00 pm (call first)**

**Hopedale Sr. Center.**

**Please call to ensure we have enough tables for additional players.**



## **NEWS FROM SHINE JUNE 2019**

### **MASSACHUSETTS VETERANS ENTITLED TO REIMBURSEMENT FOR MEDICAL EXPENSES**

Chapter 115 of the Massachusetts General Laws entitles eligible Massachusetts veterans and their spouses, or in some cases widows / widowers, to reimbursement of medical expenses if they meet certain income and asset guidelines.

#### **Income**

Number in Family	Maximum Monthly Income
1	\$2081.00
2 (+)	\$2817.00

#### **Assets**

Single	\$5,000.00
Married	\$9,800.00

This program is an entitlement in recognition of your service and not charity. You may be reimbursed for your Medicare Premium and all your other health insurance expenses. **If you meet these guidelines, contact your local city or town Veteran's Service Officer and tell them you would like to submit a Chapter 115 application for benefits. The only requirement is the income guidelines above and a copy of the veterans discharge DD214 indicating active service. If you have any questions regarding these benefits call our Regional Office at 508-422-9931.**

#### **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.

You can visit us on the web at [www.shinema.org](http://www.shinema.org).

**You may also call your local Sr. Center with any questions.**

***Our Sr. Center van gets you places!***



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

**Market Basket -  
Wed. June 8  
June 19**

**Walmart -  
Thurs. June 13**

**\* You can request rides to other local places on:  
Monday, Wednesday and Thursday.**

**Give us a call.  
We require a  
48 hour  
advance notice.**

### **FREE WELLNESS CLINICS WITH NURSE MARY WATSON**

**Wed., June 12, 2019  
Hopedale Sr. Center  
9:30 am - 11:30 am**



**Free, confidential vital signs screening, medication questions and more. Stop in for a friendly visit.**

***Sponsored by: The Hopedale Board of Health***

### ***Do you have a Healthcare Proxy and a Power of Attorney?***



**In the event that you can not make medical and/or financial decisions for yourself, it is crucial to designate someone to act on your behalf. Do not delay in making these significant decisions. There are on-line forms if you can not afford an elder law attorney. Call us.**

Dear Friends,

We are being "scammed to death"! Older people especially are being targeted. As a group, you are kind and willing to give others the benefit of the doubt. These traits are being exploited and the results can be devastating.

#### **Please be aware:**

- The IRS will not call you on the phone!
- Do not give anyone your bank account or Social Security numbers over the phone.
- It is OK to just hang-up the phone.
- Get a Caller ID phone so you don't have to talk to random callers.
- If someone calls claiming to be your grandchild and is requesting that you wire money because he/she is in trouble and is afraid to call his/her parents, hang-up and call their parents immediately. Do not wire any money. This is a well documented scam.

**Learn to just say "no" and hang-up that darn phone!!!**



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

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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 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 \_\_\_\_\_

**MASSACHUSETTS MEDAL  
OF LIBERTY**



Medals of Liberty will be awarded to the next of kin of MA service men and women who were killed in action or died in service while in a designated combat area in the line of duty or who died as a result of wounds received in action. Hopedale will have a program to honor these individuals in the fall of 2019. Please contact : Ronald Howland Major U. S. Air Force (Retired) Ron.howland@mass.gov - (508)422-1933.