



HOPEDALE SENIOR NEWS June 2020

Published by the Hopedale Council on Aging

*43 Hope Street • Hopedale, MA, 01747
(Located inside the Community House)*

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Cable TV Programs for Hopedale



Seniors Coming Soon!

The Sr. Center is working with our local Cable Access TV station to produce a variety of free programs you can view on our local Cable Television Channels. Our line-up will include exercise, entertainment and informational programs.

Verizon - Channel 29

Xfinity - Channel 8

Look for programs starting in June 2020. Do you have an idea for a program? Please contact us to discuss!

Are You a Caregiver for an Elder with



Alzheimer's or Dementia?

Are you or one of your family members a caregiver for an elder?

Tri-Valley Elder Service has **Caregiver Scholarships** available for respite services and assistive devices. As a caregiver, you may use scholarship funds to pay another family member or a friend to provide some needed respite care for your loved one. Could you use devices like cameras and other technical equipment to make your daily life a little easier? Please contact Laura Black Silver at Tri-Valley @Lblack@Tves.org or call the Hopedale Sr. Center at (508)634-2208.

Turning 65 this Year or Next Year? Questions about Medicare?



Regardless of all that's going on around us, your 65th birthday and associated issues regarding Medicare enrollment will still happen. The Hopedale Sr. Center is a one stop shop for all questions regarding Medicare. Through a wonderful program called SHINE (Serving Health Insurance Needs of Everyone) individuals can obtain free information and education from certified counselors. Please don't assume or rely on second-hand information friends and family have given you. We have the details you need. Regarding 2021, we can answer general questions, but please note rates for 2021 insurance plans will not be available until September of 2020 during the Medicare Open Enrollment period.

Town Elections - Tuesday June 16, 2020

New Voting Hours: 1 pm to 6 pm

Draper Gym

Sanitation practices will be in place. Wear your mask!



Annual Town Meeting

Tuesday June 23, 2020

Tentative Date

*The time and place of the Annual Town Meeting
To Be Determined*

*Please check Town Website or call the Hopedale Sr. Center
for more information closer to the June 23rd date.*



A Brief Lesson in How to Use ZOOM

Zoom, is a *free* website that allows you to participate in video meetings. It's easy to use and a fun way to connect.

We will happily help you get started. Here are the things you will need to participate.

The Basics

- You'll need a computer with a camera. If you don't have one, you can use a smart phone or tablet or laptop.
- You will need an email account.
- Every time we have a meeting, we will send a Zoom invitation to your email, which includes a link to open Zoom. If you click on the link, Zoom should launch. (The first time you do this, your computer might ask you to Download Zoom, just follow the prompts to do this.)
- If the link doesn't work, go Zoom.us and click "Join Meeting" at the top of the screen. Type in the Meeting ID and password (that will also be included in the email invitation. Not all Zoom meetings will have a password.)
- When Zoom opens you'll have the option to use your video or not.

Important Tips

If you've never used Zoom before, go to Zoom.us/test. You can try-out the audio and video features you'll use in the programs. Once you register you will receive an email confirmation with the Zoom meeting link and or Meeting ID. Try to join the program a bit early. Remember, you can be seen and heard. Pick a place to sit where the background noise is low. Be aware of the sounds going on around you. Remember you can mute your mic. (You'll see a microphone icon, click on that.) You can also turn-off video if there is a lot going on in your background.

Unmute yourself when you want to be a part of the discussion.

There are different screen views for the meeting. To view only the speaker, click "Show Speaker View" or you can click "Show Presentation View," to see images of everyone in the meeting who has their camera on.

(Instructions adapted from Duxbury Sr. Center Newsletter May 2020)

Zoom with the Hopedale Sr. Center

Join the Sr. Center Director, Carole Mullen for ***Coffee and Conversation*** via *Zoom*. We would love to see your faces and hear how life is going. We will hold our first *Coffee and Conversation* discussion on :

Friday June 26, 2020

10:00 am

Let me know if you would like to participate. Please send an email to:

hopedalecoa@comcast.net

I will respond with an email invitation to join our meeting.

Please email me at least one day prior to the meeting. I look forward to seeing you.

Carole



ATTENTION DOG OWNERS OF HOPEDALE

Want to be in a short film about your wonderful dog? We know there are some fantastic fur friends in Hopedale. Make your dog a local TV star.

The Sr. Center is working on a program for Hopedale Cable TV on "Dogs of Hopedale". If you or anyone you know would like to showcase your pet please contact the Sr. Center at (508)634-2208. All filming will take place outside, respecting proper social distancing precautions. Sorry cats, next time.



Hopedale Board of Health Order for Mandatory Use of Face Coverings and Masks

The Board of Health issued an order for the mandatory use of face coverings or masks for all members of the public effective **May 6, 2020**. **Please read details online at the Board of Health webpage for the Town of Hopedale.**



This Order does not apply to persons who are engaged in permissible outdoor physical activity, riding in a personal vehicle, alone in a separate physical space or indoors with their own shelter group such as family or household members. This order does not apply to anyone whose health would be in jeopardy because of wearing a face covering. However, every person is advised to wear a mask or facial covering at all times when outside of their personal dwelling or private vehicle. **Need a mask ? Call the Sr. Center for assistance.**

Food Assistance is Available

You may have never needed or considered applying for Food Stamps. Now is a very different time. We urge anyone who needs help obtaining sufficient food to call us for application assistance or a voucher to The Milford, MA Food Pantry.



All inquiries are confidential. The Hopedale Sr. Center assists all Hopedale residents regardless of their age. Spread the word.

Need to Talk?

We're Here to Take
Your Call at the
Hopedale Sr. Center



Please don't hesitate to call us for a friendly chat. We would love to hear from you. Also, if you know someone who is struggling and think they might benefit from a "well-check" call, please let us know. We will keep the referral confidential. The isolation and lack of socialization we are experiencing can take a toll on our well-being. Stay healthy. Stay connected. **Our number is (508) 634-2208.**

Chairperson Cheryl Moreci
Vice Chairperson Bob Casali
Secretary Dan Malloy

MEMBERS

Nancilee Fuller
Diane Frazier
Rebecca Wild-Wesley
Eileen Milaszewski
Karen Kuligowski
Julia Manning

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.

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Hopedale
Massachusetts 01747

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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 hon-
or 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 Sr. Center would like to thank Nancy Mosher for her generous donation in memory of
Mary Volpe.