

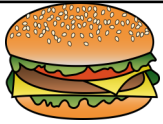


HOPEDALE SENIOR NEWS June 2022

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*



The Sr. Center BBQ Is Back!



**Thurs. June 23, 2022
12:00 pm
Hopedale Sr. Center
\$5.00 p.p.**



**Join us for the 1st BBQ of the summer!
Hot dogs, hamburgers, salads, desserts and
drinks.**

***Musical entertainment and Raffle Prizes
Reservations by 6/17/2022.***

Free Anxiety and Stress Reduction Classes



**The Sr. Center is offering free
classes that combine Yoga and
meditation.**

Anxiety Management classes will teach you easy and
fun ways to help you feel better and look at situations
in new ways.

There are six (6) sessions that are a little over an hour
each. The classes will explain what anxiety is, how it
affects your thoughts and body and how anxiety affects
the ways you relate to other people.

The dates of the classes will be determined. At least
twelve (12) participants are needed to hold classes.
This is a continuation of the posting from the April
2022 newsletter. Call the Sr. Center for sign-up at (508)
634-2208.



The Hopedale Sr. Center is in Critical Need of a Van Driver

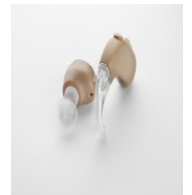
Drive our van! The Hopedale Sr.
Center is looking for an experi-
enced driver for our 8 passenger
van. The schedule is as needed,

on Tuesdays and Thursdays for approximately 3 hours
each day. All driving is to local area towns. A paid
training program in general operation and CPR is re-
quired through the MWRTA (MetroWest Regional
Transit Authority).

If you or anyone you know would like to help the Sr.
Center continue this valued service, please contact
Carole Mullen at (508)634-2208. Salary information
upon request.

Hearing Aid Clinic at Hopedale Sr. Center Thursday

June 16, 2022 at 10:00 am.



**Milford Audiology will hold a free hearing
aid cleaning and screening at the
Hopedale Sr. Center. Appointments are
required. Please call (508)634-2208.**

**Please note, the Community House is un-
dertaking construction on the stairs and
decking on the lawn side of the building
during the week of June 6th. Please pardon
any disruptions or program cancellations
that may occur. We will keep you updated.**



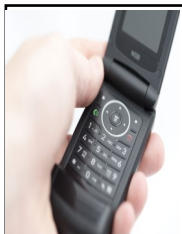
**The Sr. Center is closed
Monday June 20, 2022
in celebration of the
Juneteenth Holiday.**



*Help the Hopedale
Council On Aging
Celebrate 51 Years
of Serving Hopedale's
Seniors!*

This October the Sr. Center will host an overdue town-wide celebration for the COA in recognition of 51 years of service. We will host an "Open House" at the Sr. Center along with a separate "Artisan/Hobby Fair" that will showcase the talents and hobbies of some gifted seniors in our community.

You can help make this event extra special. We are seeking artisans of varied crafts who would love to share their talents at this event. Please contact Carole Mullen at (508)634-2208 for further details.



*Wireless Phone Providers Plan
to End 3G Service in 2022*

If you have a 3G mobile phone it may already be disabled. This means that you may no longer be able to call anyone including 911. You should call your phone service provider to see if and when you will be impacted. The 3G shut down is not limited to phones. Additionally, your medical or emergency devices may no longer work. Certain medical devices, alert systems, tablets and some home security products may depend on 3G technology.

Here are the shutdown dates for the different carriers:

AT&T: 2/22/2022

Verizon: 12/31/2022

T-Mobile: (Sprint) 3/31/2022

T-Mobile: 7/1/2022

Other wireless service companies such as Mint, Boost and Cricket will also be affected because they use these major carriers' networks. Don't know if you have a 3G phone? Call your phone carrier to obtain this critical information. Be advised that you may need to purchase or obtain a new mobile phone. Additionally, financial assistance may be available for Lifeline customers. Call (800) 234-9473.

*Are you Struggling with the High
Cost of Prescription Drugs?*



Prescription Advantage is the state-sponsored prescription drug assistance program for seniors and people with disabilities in Massachusetts.

Who is eligible for Prescription Advantage?

Prescription Advantage is available to Massachusetts residents who are:

- Age 65 or older, eligible for Medicare, and have a gross annual household income less than 500% of the Federal Poverty Level, or
- 65 years of age or older and not eligible for Medicare, or
- Under age 65, and work no more than 40 hours per month, meet MassHealth's CommonHealth disability guidelines, and have a gross annual household income at or below 188% of the Federal Poverty Level.
- Not MassHealth or CommonHealth members

*In some cases, individuals receiving assistance from MassHealth to pay for Medicare Part A and/or Part B premiums, deductibles, and co-payments may still be eligible for Prescription Advantage.

How Does Prescription Advantage Work with a Medicare Part D or Creditable Coverage Plan?

First, you must be enrolled in a Part D Plan (Drug). Prescription Advantage supplements prescription drug benefits by helping to pay for medications covered by Medicare Part D or creditable coverage plans. Membership categories determine when Prescription Advantage benefits begin. At that time, members pay no more than Prescription Advantage co-payment amounts.

For additional information, please call the Hopedale Sr. Center and ask for an appointment with a SHINE, (Serving Health Insurance Needs of Everyone) counselor.

**Happy
Father's
Day**



*And Dad,
By the way... if you
haven't gotten a 2nd
COVID Booster, talk to
your Doc....stay healthy
stay well!!!*



Join Us for Lunch at the
Hopedale Sr. Center
Wed. June 15, 2022

12:00 pm

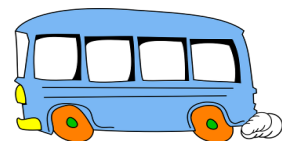
Suggested Donation: \$3.00 p.p.

Menu is: Hot Dogs, Baked Beans Cole

Slaw, Drinks and Dessert

Sign-up by 6/10/2022. Bring a friend!!

Hesitant to drive or
have you stopped
driving? Let the Sr.



Center van take you to your medical
appointments.

MEDICAL TRANSPORTATION

Local (Hopedale and Milford)

Monday - Friday

9:00 am - 2:30 pm (appointments)

No transit between 11:15 am - 1:00 pm

\$3.00 Rd. Trip

Schedule appointments 3 business days in
advance.

LIMITED OUT OF TOWN MEDICAL TRANSPORTATION

Monday - Thursday (Subject to Change)

No appointments earlier than 10:30 am

Ready to return home by 1:00 pm

Framingham \$10.00 Rd. Trip / Boston

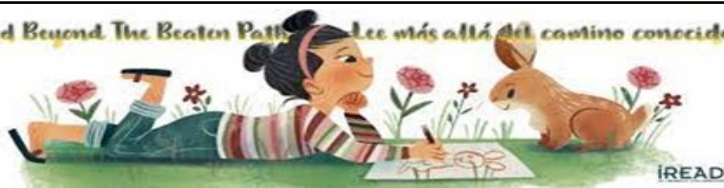
\$25.00 Rd. Trip

Natick /Westboro/Worcester

Franklin/Bellingham/Uxbridge \$5.00 Rd. Trip

Schedule appointments 3 business days in ad-
vance.

Read Beyond The Beaten Path. Lee más allá del camino conocido



Reading Buddies" Summer Reading 2022

As part of this year's Summer Reading Program, the Library and the COA will be collaborating on a special "Reading Buddies" program that will pair 3rd and 4th graders with a senior on Thursday mornings. Each "Reading Buddies" pair will select the stories that they would like to read together and will meet together each week to talk about the book, and share stories. When they have finished reading their first book, they can select another book together. Library staff will be available to suggest authors and titles, and will provide discussion questions for the groups.

"Reading Buddies" will meet from 10:30 – 11:15 AM at the Library on July 7, 14, 21, 28 and August 4, and 11. "Reading Buddies" will meet for 6 consecutive weeks. As part of the program, "Reading Buddies" will also have an opportunity to read to several therapy dogs.

If you are interested in participating, please contact Carole Mullen at (508 634-2208).



Having a little too much Cinco de Mayo fun
at the Hopedale Sr. Center!

Free Panera Bread & Pastries
Mondays Hopedale Sr. Center

9:30 am

(Not available on Mon. holidays)



Chairperson Cheryl Moreci
Vice Chairperson Bob Casali
Secretary Dan Malloy

MEMBERS

Eileen Milaszewski
Karen Kuligowski
Julia Manning
Arlene Williams
David Guglielmi
Charles Duczakowski

Director Carole Mullen
Outreach Nancy Mosher
Staff Assistant Jennifer Bethel
Van Driver Mike Rutkowski

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
RATE
U.S. POSTAGE
PAID
HOPEDALE, MA

Return Service Requested



BE A FRIEND!

HELP SUPPORT HOPEDALE'S SENIORS

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 _____