

March 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



ATTENTION LAURELWOOD CONDO RESIDENTS

Are you struggling with high electric bills?

Does your heat pump need replacement? You may qualify for financial assistance through a federal heating assistance program called LIHEAP. Maximum income guidelines are as follows: 1 person - \$34,001, 2 people - \$44,463 3 people - \$54,925, 4 people - \$65,387.

The Hopedale Council on Aging will hold an informational session at the Laurelwood Condo meeting room on Wed. March 9, 2017 from 11:00 am to 2:00 pm. If you can't stop by please call us at (508) 634-2208 for more information.

St. Patrick's Day Dinner

Join us for a traditional corned beef dinner, dessert, free raffle and sing-a-long Irish music.

**Wednesday March 15, 2017
11:30 am - Hopedale Sr. Center
\$3.00 requested donation
Sign-up required by 3/13/17.
Don't forget to wear green!**



NEW PROGRAM COMING TO SR. CENTER IN MAY 2017

OUR PLACE CAFÉ ☺☺

Are you a caregiver who would like to share an entertaining activity with your loved one? Have you stopped driving and wish you could attend an occasional social event at the Sr. Center? Have people told you "to get out more"? Then..... why not consider attending one of the Sr. Center's events at:

OUR PLACE CAFÉ

**Upcoming dates: May, June and July -11:00am - 2pm
Lunch and entertainment included. \$3.00 p.p
Transportation. Check April's Newsletter for details.**

MATTERS OF THE HEART



Scams are everywhere, but this particular scam hit very close to home.

An elderly man received a call from a man claiming to be a police officer. The caller indicated that his granddaughter was in an accident and was in trouble. The caller indicated that the elderly man's granddaughter didn't want to call her parents because she knew they would be angry. The caller instructed the elder to obtain \$3,000.00 and wire the money to a specific account. The young girl was put on the phone and through her tears, she pleaded for her "grandfather" to send the money. So this loving grandfather went to a bank in Milford to withdraw \$3,000.00. He presented the withdrawal slip to the teller. She seemed to sense that the nature of the withdrawal was unusual for this elderly man and asked him if everything was alright. At that point, the elderly man told the teller that his granddaughter was in trouble and he was helping her out. She got him to elaborate and instantly she knew this was a scam. The bank manager was brought in and a call was placed to the elderly man's daughter. His daughter assured him that his granddaughter was fine.

Yes, he felt embarrassed but he was thankful for the concern of caring bank employees.

If this happens to you, please call a family member or go to the police before you ever wire a dime to anyone.



PODIATRY CLINIC WITH DR. BIANCAMANO

**FRIDAY MARCH 24, 2017
8:30 am - 12:30 pm Griffin-Dennett
Recreation Hall**



Call (508)634-2208 for an appointment .

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.

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.

The Hopedale Sr. Center
needs volunteers !!!

Do you have a spare 2 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. You'll feel great!!



**NEED A WAY TO PAY FOR
HOME REPAIRS? HAVE AN
EMERGENCY REPAIR 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. We're here to help.



**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)

\$4.00 Roundtrip - Advance reservations.



**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

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.

**HEATING ASSISTANCE (SMOC APPLICATION)
(Oil, Gas, Electric, Propane or Wood)**

Information and application assistance for the Fuel Assistance Program is available at the Sr. Center. *The Fuel Assistance season will start on November 1 through April 30. The Program is accepting new clients. Repair and replacement of your heating system may be possible. Call the Sr. Center for details.*

**HEATING ASSISTANCE THROUGH THE BLOCK GRANT FOR RESIDENTS OVER INCOME FOR SMOC OR FOR THOSE WHO EXHAUST THEIR SMOC BENEFIT**

Please call the Hopedale Sr. Center if your income is \$46,100. or below for an individual or \$52,650 or below for a couple.

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.

GROUPS, EXERCISE PROGRAMS AND UPCOMING ACTIVITIES

KNITTERS' GROUP

Meets at Sr. Center

SEARCHING FOR THOSE WHO LOVE TO KNIT

...or crochet or want to learn!

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

New 6 week session 3/1 - 4/12 (No class 3/29)

Meditation Made Easy - Wed. 11:45 to 12:45pm

Sr. Center - \$24.00 / \$5.00 - per class - drop-in

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 March 6, 2017

11:30 am at the Hopedale

Sr. Center

Meal is: Chicken Salad Sandwiches

IF YOU LIKESTAY FOR

BINGO after lunch at 12:45 pm

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

Thursday March. 9, 2017



11:30 am at the Hopedale Sr. Center

Meal is: Cracker Crumb Fish

\$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 3/7/17.

TRIP TO TWIN RIVER CASINO



Thursday March 23, 2017

Depart Sr. Center 9:00 am

Depart Griffin-Dennett 9:15 am

Return approximately 2:00 pm

School bus transportation to the Casino.

\$5.00 p.p. Sign-up Required.

Free Matinee Movies
Hopedale Sr. Center - 1:00 pm

Sign-up required.



Tuesday March 14, 2017

HACKSAW RIDGE

Starring Andrew Garfield.

WWII movie about the heroic efforts of a conscientious objector.

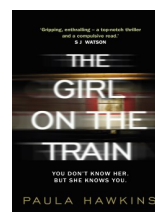


Thurs. March 30, 2017

GIRL ON A TRAIN

Starring Emily Blunt

A divorcee becomes entangled in a missing person investigation.



NEWS FROM SHINE MARCH 2017

Affordable Care Act Repeal and Medicare!!

If the Affordable Care Act (Obama Care) (ACA) is repealed Seniors and people with disabilities will pay more in Medicare costs. The ACA helped people with Medicare by closing the Medicare “donut hole” and providing free preventative services. One in four Medicare Part D enrollees has high enough prescription drug spending to fall into the Medicare “donut hole”. This means that 9 million seniors and people with disabilities would face much higher prescription costs. Since 2010, Medicare enrollees have saved \$2,272 per person on prescription drugs. Seniors and other beneficiaries would also see costs for Medicare preventative services that are free under the Affordable Care Act.

Does Medicare cover fitness programs?

While Original Medicare does not cover gym memberships or fitness programs, some Medicare Advantage (HMO or PPO) plans and Medicare Supplement Insurance (Medigap) plans do. Many offer a Fitness Benefit that can save you up to \$150 per calendar year in qualified health club membership fees and exercise classes. Some plans offer the Silver Sneakers program. Fitness classes available at senior centers may also be eligible for reimbursement.

Contact your plan to get information about what fitness benefits it offers. Make sure you don't miss the deadline for getting reimbursed for fitness expenses you paid in 2016!

“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. 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

FREE WELLNESS NURSE CLINIC SERVICES

Mary Watson, RN - Hopedale Sr. Center - Wed. March 8 & 22, 2017

9:30 am - 11:30 am “First Come Basis” No appointments needed.

All meetings are confidential and free of charge.

Nurse Mary Watson can check vital signs, review medications and ask questions associated with your medications and obtain general medical information, referrals and access to services.



March is Colorectal Cancer Awareness Month

People over age 50 have the highest risk of colorectal cancer. You may also be at higher risk if you are African American, smoke, or have a family history of colorectal cancer. Everyone can take these healthy steps to help prevent colorectal cancer. Get screened starting at age 50. Encourage your family members and friends over age 50 to get screened. Quit smoking and stay away from secondhand smoke. Get plenty of physical activity and eat healthy. **For more information go to healthfinder.gov/NHO and consult your physician.**



Chairperson Cheryl Moreci
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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** -

We accept household goods.

***WE NEED VOLUNTEERS TO WORK IN THE SHOPPE. CONTACT THE SR. CENTER FOR
DETAILS. GOT TWO HOURS EACH MONTH? WE CAN USE YOUR HELP!***



THE BANCROFT LIBRARY IS LOOKING FOR SOME VERY CARING PEOPLE

The Library is seeking volunteers who would like to work with developmentally challenged adults. The program would entail reading to a group and/or assisting with simple craft projects.

**If you or someone you know is interested please contact Ann Fields at the Bancroft Memorial Library
(508)634-2209.**

