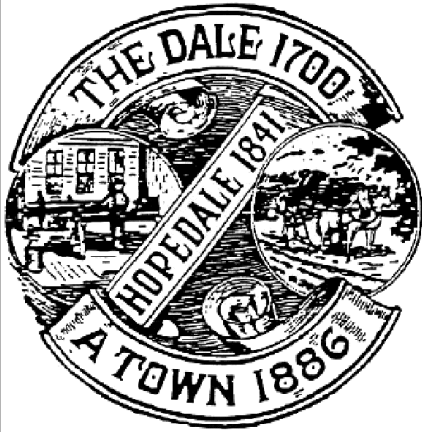


March 2018



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
Monday-Thursday 9:00 am - 3:00 pm and Friday 9:00 am - 12:30 pm

**St. Patrick's Day Celebration at the
Hopedale Sr. Center
Thursday March 15, 2018
12:00 pm**



Join us for a traditional Corned Beef
Dinner followed by musical entertainment by husband and
wife performers, "Glenshane".



**\$3.00 p.p. Requested Donation
Sign-up by March 13, 2018**

***This program is made
possible by a grant from the
Hopedale Cultural Council.**

It's Tax Time Again!

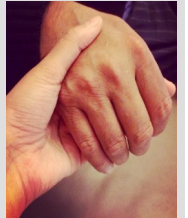
**We want to remind
eligible seniors to
claim the Circuit
Breaker Tax Credit.**



**Adults age 65 and older are eligible to re-
ceive this tax credit when your property
taxes and half of your water/sewer bills to-
tal more than 10% of your income. Or, if
you rent an apartment (without a state or
federal subsidy) you may get this tax credit
if your rent is more than 25% of your in-
come. Consult with your tax preparer for
details.**

**Experience Dementia Live
at the Hopedale Sr. Center**

**Right at Home (Westborough,
Mass.), a private duty in-home care
and assistance company, has part-
nered with the Hopedale Senior cen-
ter to offer the innovative Dementia Live™ train-
ing. The training will be led by a team of Right at
Home Certified Dementia Practitioners (CDPs) .**



**Hopedale Senior Center:
April 11, 2018**

**10am until 11:30am. Sign-up Required
Program is free of charge**

What is Dementia Live? Using specialized gear
within a safe, experiential setting, Dementia
Live™ gives participants a real-life simulation of
what it's like to live with dementia. Participants
gain greater awareness, understanding and a
stronger appreciation of the ongoing struggles
that affect people with dementia. Greater under-
standing leads to more sensitive care partner-
ing.

THE SR. CENTER IS LOOKING FOR VAN DRIVERS



**The Sr. Center is looking for van drivers with
driving experience to transport and assist el-
derly and disabled passengers. All trips will be
local shopping or personal errand transit. In
addition to driving our van, drivers will be re-
sponsible for monitoring vehicle fluids, tires,
systems etc.**

**Schedule: Mondays, Wednesday & Fridays.
Work schedule is very flexible. We are interest-
ed even if you can only work one (1) day a
week. A complete job description and require-
ments are available on the Town Website.
Please contact Carole Mullen at (508)634-2208.**

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 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 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.

Town-wide Shredding Event

Sat. April 14, 2018

9:00 am to 1:00 pm

Location to be announced.



DON'T MISS OUT!!!

The Hopedale Friends of Elders and The Hopedale Community House will be sponsoring an opportunity for you to securely dispose of old and no longer needed documents and paper. You will be able to watch as the papers are shredded by New England Security Shredders (large shredding truck).

Very nominal fees. We will detail the location and costs in our April Newsletter.

Also at the same time, The Friends of Elders Curiosity Shoppe will be open for donations and shopping. Now is a great time to start "Spring Cleaning"!

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 the shopping date for reservations. If there are no sign-ups the trip will be cancelled.**

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 the shopping date for reservations. If there are no sign-ups the trip will be cancelled.**

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)



**GREAT STUFF FOR FREE!!!!
BREADS, BAGELS
AND ASSORTED PASTRIES
AT THE SR. CENTER
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 FOR VETERANS AND SPOUSES OF VETERANS

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.

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 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.**

*****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

Lara Wahl - Instructor

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. Deb McGonnell Instructor.



TAI CHI CLASS

Meets at the Sr. Center

Thurs. 1:00 pm Upstairs

New Instructor: Jean O'Connor

New program. 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!

Fridays - 10:00 am Main Hall

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 5, 2018

11:30 am at the Hopedale Sr. Center

Meal is: Roast Turkey Dinner

IF YOU LIKESTAY FOR BINGO after lunch at 12:45 pm

\$3.00 suggested donation.

Tri-Valley Inc. Caterers



Check out The Hopedale Sr. Centers' Upcoming Trips 2018



April 12, 2018 Nashville Country Legends at Lake Pearl, Wrentham, MA
\$92.00 p.p. Paid Sign-up by March 26, 2018.

May 2018(TBA) Pilgrim Belle Cruise with Lunch at Isaac's in Plymouth, MA
\$79.00 p.p. Paid Sign-up by April 2018.

June 18 -20 2018 Boothbay Harbor, Maine 3 Day Trip (Detailed Flyer Available)

***See flyers at Sr. Center for complete details & information on other trips.**

Free Matinee Movie - 1:00 pm

Hopedale Sr. Center

Sign-up Required

Tuesday April 13

Wonder

Drama /Family movie starring Julie Roberts, Owen Wilson and Jacob Tremblay



Tuesday April 20

The Age of Adeline

Drama/Romance movie starring Blake Lively and Harrison Ford.



NEWS FROM SHINE MARCH 2018

MEDICARE WILL BE ISSUING NEW MEDICARE CARDS

You asked and MEDICARE listened! You will be getting a new Medicare card! Between April of 2018 and April of 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.

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



The YMCA is bringing a free year-long Diabetes Prevention Program to the Hopedale Sr. Center in May of 2018.

**Join us on: March 14 - 11:00 am
or
March 21 - 11:00 am**

A representative will be available to answer questions and clarify if you will qualify for this dynamic free program.



**TAKE ADVANTAGE
OF OUR FREE**

**HEALTH
NURSE SERVICES**

Free wellness checks with Nurse Mary Watson.

**Hopedale Sr. Center
Wed. March 7, 2018**

Wed. March 28, 2018

9:30 am - 11:30 am. No appointment required.



Chairperson Cheryl Moreci
Vice Chairperson Bob Casali
Secretary Dan Malloy

MEMBERS

Pat Johnson
Claudette Hughes
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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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**

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 Friends of Elders would like to thank the following people for their generous donations: *** James Carroll *** Valerie Lioce in memory of Constance Cox ***
*** Karlene G. Pedrolí in memory of Mario D. Pedrolí Jr. (Jack) ****

