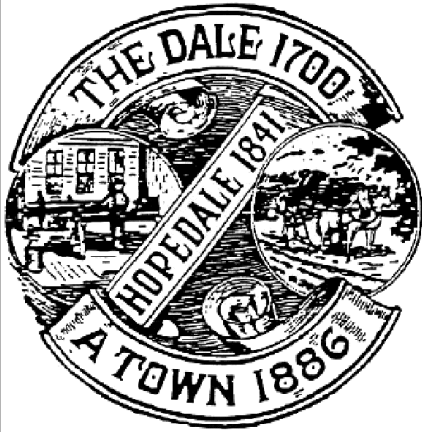


March 2019



# 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



**St. Patrick's Day Celebration**  
**Hopedale Sr. Center**  
**Thursday March 14, 2019**  
**11:30 pm / \$3.00 p.p.**

Join us for a traditional Corned  
Beef Dinner followed by a musical  
performance by Alexandra Bianco.  
Sign-up required by 3/11/19.

## **FREE TECHNOLOGY CLASSES FOR SENIOR CITIZENS AT HOPEDALE HIGH SCHOOL**

**Friday March 15, 2019 12:30 - 2:00 pm**  
**Friday April 12, 2019 12:30 - 2:00 pm**  
**Hopedale HS - Room 118**  
**Topics to include:**



Cell phones (email, pictures)  
How to tell if a website is reliable  
Saving on a desktop  
Creating user-friendly settings  
Facebook and Google Drive

No experience necessary. Call the Hopedale Sr.  
Center to register by 3/12/19.

## ***New Happenings at the Hopedale Sr. Center***



**Outdoor Adventure Group** - Call the Sr. Center for  
the next meeting date.



**New Series of 6 Watercolor Classes** - April 1, 2019  
**\$45.00 for the series**



**Wellness Fair - *Wake Up to Your Life*** - Sat.  
**May 4, 2019**

**Save the Date! Details in April 2019 Newsletter.**

## **MERCURY BUTTON CELL BATTERY REBATE PROGRAM**

**Watch, Camera, Calculator,  
Hearing Aid and Digital Organizer  
batteries taken.**



**Look for recycle boxes at the Sr. Center and throughout town.**  
**Let's keep batteries out of our town trash and help the Sr. Center  
receive a donation from Wheelabrator Technologies.**

## **HOPEDALE SR. CENTER TRIP TO MECHANICS' HALL FREE BROWN BAG CONCERT FEATURING**



### ***Army Field Band Jazz Ambassadors***

**Wednesday March 27, 2019**  
**Depart Sr. Center: 10:30 am - Return by : 2:00 pm**  
**\$5.00 p.p. - School Bus Transportation**  
**Bring a Bag Lunch**

**This 19-piece ensemble has received critical acclaim  
throughout the United States and abroad.**

**Call (508)634-2208 to reserve a seat.**

# 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.)*

**MONDAY**

**WEDNESDAY**

**THURSDAY**

**Open to your request**

**Open to your request**

**Open to your request**

**We need volunteers!**

Serve meals, help with activities, 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***

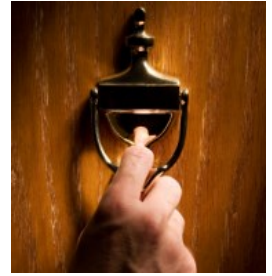
#### **OUTREACH SERVICES**

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.

*\*The Knitters recently made a donation to The Milford Food pantry from the proceeds of items sold at the 2018 Hopedale Holiday Stroll.*



### 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. *New time!!*



### 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.



Enjoy a Lunch with us on:

**Monday, March 4, 2019**

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

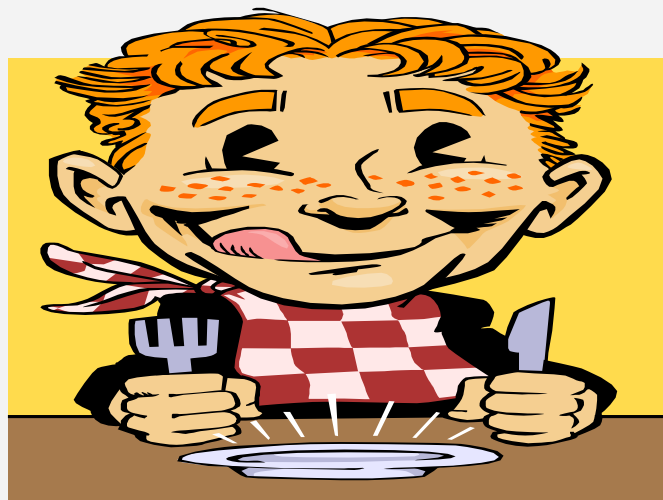
**Meal is:** Soup and Sandwich.

\$3.00 p.p. Suggested Donation

Tri-Valley Inc. Caterers

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

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



**We're having a Men's Lunch  
Come Hang-out with the Guys!**

**Thursday March 28, 2019**

**Hopedale Sr. Center**

**11:30 am /\$5.00 p.p.**

**Chicken Marsala, salad and dessert from Olivas!!!**

**Reservations by 3/25/19.**

**Call (508)634-22208 for reservations.**

**Veterans' Agent Pat Morris and SHINE Counselor Bob Casali will be available for questions and conversation.**

The Hopedale Sr. Center would like to thank the following individuals for their donations in memory of Alfred Andreola:

Stephen and Linda Barron

Marie Esteves

Richard and Janice Byron



## NEWS FROM SHINE MARCH 2019

### *New Medicare Advantage Plan OEP Continues*

Beginning in 2019 Medicare will have a NEW Medicare Advantage Plan Open Enrollment period. This new period will run from January 1st to March 31<sup>st</sup> of each year. During this timeframe you can change to another Medicare Advantage Plan. You can also leave your Medicare Advantage Plan and return to Original Medicare and pick up a drug plan and supplement coverage. **YOU MUST BE IN A MEDICARE ADVANTAGE PLAN ON JANUARY 1<sup>ST</sup> TO TAKE ADVANTAGE OF THIS OEP.**

**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.**

### “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 SHINE Program has recently launched a new more interactive website. You can visit us at [www.shinema.org](http://www.shinema.org). The site has valuable general information, links to other agencies and resources and applications that can may provide you with financial assistance.

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

**Wed., March 13, 2019  
Hopedale Sr. Center  
10:30 am - 11:30 am**

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



Our Sr. Center van gets you places. During the month of March we are going to the following places:

**Market Basket -Wed. March 13  
Wed. March 27  
Walmart - Thurs. March 14**

Check the monthly calendar inside this Newsletter.

**You may go other places for errands on Mondays, Wednesdays and Thursdays as well. Remember, you need to book a ride 48 hours in advance (not including weekends)!**

Call us with any questions.

### **PODIATRY CLINIC WITH DR. BIANCAMANO**



**Friday March 22, 2019  
8:30 am - 12:30 pm  
Griffin-Dennett Housing  
Recreation Hall  
By Appointment only.  
Call (508)634-2208.**

### **ATTENTION PLEASE!**

**We have delicious free baked goods from Panera on Mondays. Come early for the best selection.**



**LOOKING FOR  
CRIBBAGE PLAYERS  
PLAY CRIBBAGE ON  
WED. - 1:00 pm -  
HOPEDALE SR. CENTER**



Chairperson Cheryl Moreci  
Vice Chairperson Bob Casali  
Secretary Dan Malloy

**MEMBERS**

Pat Johnson  
Claudette Hughes  
Nancilee Fuller  
Diane Frazier  
Rebecca Wild-Wesley  
Eileen Milaszewski

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**  
*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 Friends of Elders want to thank the following individuals for their recent donations:  
Robert Babine in memory of his wife Jean Babine  
Betty Henneberry in memory of her husband Jim Henneberry