

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



Honoring Our Hopedale Sr. Center Volunteers

This month we honor our more than fifty Hopedale Sr. Center Volunteers at our Annual Volunteer Breakfast. Without volunteer assistance, the Hopedale Sr. Center simply could not provide the programs and services offered under the umbrella of the Council on Aging. We want to thank our volunteers for their time and compassion. Their efforts enrich the lives of seniors in our community.

A special thank you is extended to our community partner Atria Draper Place, who has graciously catered our Breakfasts for many years.

Our Hopedale Sr. Center Volunteers:

Carol Andreola, Joanne Andreotti, Joyce Beard,
Pat Boudreau, Janice Bresciani, Bob Casali,
Tara Chambers, Yola Collins, Barbara Creamer,
Pat Curley, Kathy Daige, Sally Decelles,
John Dipietropolo, Carol Donaher, Dawn DuBoise,
Mary Espanet, Tom Fee, Marion Francis,
Diane Frazier, Nancilee Fuller, Nancy Gannon,
Eric Garner, Joyce Gorman, Mona Gross,
Joanne Head, Jeanne Heath, Ed Holland,
Karla Hopkins, Claudette Hughes, Helen Hupe,
Susan Iarossi, Pat Johnson, Gail Jussame,
Alice Luby, Jane Maffia, Dan Malloy,

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, consider attending one of the Sr. Center’s events at:



OUR PLACE CAFÉ

Tuesday May 16, 2017
11:15 am - 2pm
Hopedale Sr. Center



Lunch and entertainment by Larry Parker
“Mr. Magic” - \$3.00 p.p
Sign-up Requested by May 12, 2017

Call the Sr. Center if you need transportation.
Upcoming Cafés will be held in June and July.
Check this newsletter for details.

Hopedale Sr. Center Volunteers Continued:

Carol Missagia, Joan McMullen, Eileen Milaszewski,
Muriel Mitchell, Cheryl Moreci, David Nichols,
Ruth O'Connor, Jennene Pasquarosa,
Grace Pool, Kelly Santoro, Donna Tartaglia,
Betty Tattersal, Tom Tattersal, Rosemarie Trevani,
Lorraine Vitali, Sandra Volpicelli, Rebecca Wild-Wesley,
The Ledges, Horace Mann Students and Rachel's
Challenge Volunteers at Blackstone Valley
Technical High School.



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.

Please Notice This



The Hopedale Sr. Center is in critical need of volunteers !!!
Do you have 2 spare 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.



TOWN ELECTIONS: TUESDAY MAY 9, 2017

ANNUAL TOWN MEETING:

TUESDAY MAY 23, 2017

**HOPEDALE HIGH SCHOOL AUDITORIUM
@ 7:00 pm**

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.

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**



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

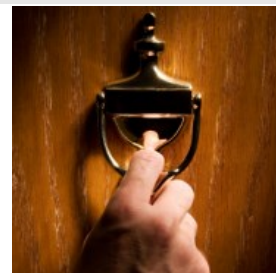
Leaking roofs, failing heating systems, etc. requiring immediate emergency assistance may be eligible for this grant. Call the Sr. Center for eligibility requirements and more information.

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

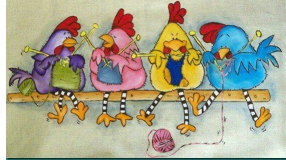
COMPUTER, TABLET OR CELL PHONE TECHNICAL ASSISTANCE - Help with basic questions/ problems.



GROUPS, EXERCISE PROGRAMS AND UPCOMING ACTIVITIES

KNITTERS' GROUP

Meets at Sr. Center



WHERE ARE THE 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.**

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 begins 4/26/17



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 May 1, 2017



11:30 am at the Hopedale Sr. Center

Meal is: Roast Pork w/ Gravy

IF YOU LIKESTAY FOR

BINGO after lunch at 12:45 pm

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

Wednesday May 10, 2017



11:30 am at the Hopedale Sr. Center

Meal is: Lemon Thyme Chicken

\$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 5/9/2017.

NEW CLASSES COMING TO THE SR. CENTER THIS SUMMER



WATERCOLOR PAINTING &

INTRODUCTORY SPANISH LANGUAGE CLASS



Last chance....We need at least eight (8) participants to hold each class. Try something different! Call the Sr. Center for sign-up and details.

Free Matinee Movies

Sign-up required.



Thursday May 4, 2017

***La La Land* - Musical/Drama**

Movie: 1:00 pm - Free

Starring Ryan Gosling & Emma Stone

Tuesday May 23, 2017

***Lion* - Drama based on a true story.**

12:30 pm Brown Bag Lunch

(Bring a bag lunch.

We'll provide dessert.)

1:00 pm - Movie starring Dev Patel, Nicole Kidman and Rooney Mara.



NEWS FROM SHINE FOR MAY 2017

Need Help with the Cost of your Prescription Medications?? **Prescription Advantage can Help!!**

Prescription Advantage is a state-run program which helps many seniors pay for their prescription drugs. Eligibility is based on ***income only*** and there is ***no asset limit!***

Who can join?

If you are a **Massachusetts resident, eligible for Medicare**, and are:

65 years or older with an annual income at or less than \$60,300 for a single person or \$81,200 for a married couple OR

Under 65 years and disabled, with an annual income at or less than \$22,673 for a single person or \$30,531 for a married couple.

You may also join... if you are 65 years or older and **not eligible for Medicare**. **There is *no income limit***.

There is **no charge** for joining Prescription Advantage, if you have an annual income at or less than \$36,180 for a single person and \$48,720 for a married couple. There is a \$200 per person annual enrollment fee for those with higher incomes.

Call Prescription Advantage today to enroll on the phone or ask for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say 2. You may also apply on line by going to **www.prescriptionadvantagemass.org**.

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 voice mail, leave your name and number. A volunteer will call you back. You can also visit us on the internet at shinema.org

“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

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. **We also have a link to our very informative cable TV program Medicare and More.**

FREE WELLNESS NURSE CLINIC SERVICES

Mary Watson, RN - Hopedale Sr. Center - Wed. May 10 and Wed. May 24, 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 answer questions associated with your medications. You can obtain general medical information, referrals and access to services.



PODIATRY CLINIC WITH DR. BIANCAMANO - FRIDAY JUNE 2, 2017 - 8:30 am to 12:00 pm
BY APPOINTMENT ONLY

**THE CLINIC IS HELD AT THE GRIFFIN-DENNETT RECREATION HALL AT THE
HOPEDALE HOUSING AUTHORITY.**

PLEASE CALL (508)634-2208 FOR AN APPOINTMENT.



Chairperson Cheryl Moreci
Vice Chairperson Bob Casali
Secretary Dan Malloy

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**



TRIP TO PATRIOTS' PLACE IN FOXBORO, MA - THURSDAY MAY 18, 2017

& LUNCH AT SKIPJACKS RESTAURANT

WE'RE ON THE GO!! WE'LL DO THE DRIVING AND THE PARKING.

YOU'LL HAVE TIME TO SHOP AROUND, THEN LUNCH

ON YOUR OWN AT SKIPJACKS RESTAURANT.

DEPART THE HOPEDALE SR. CENTER: 9:30 am

RETURN BY: 1:30 pm

\$6.00 p.p. (transportation) SIGN-UP BY 5/15/17.