

# 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

## New Van Arrives at the Sr. Center

Effective May 1, 2018 the Sr. Center van will be on the road and available for your transportation requests.

The van will operate as follows:

**Monday** 9:00 am - 3:00 pm  
**Wednesday** 8:30 am - 3:00 pm  
**Thursday** 9:00 am - 1:00 pm

Please refer to Page 2 in this newsletter for full schedule details and fares.



**Most importantly, if you want to use the Hopedale Van you must register as a van rider by calling the Sr. Center at (508)634-2208.**

Initially our van will be used for errand transportation. Use our van to come to the Sr. Center for classes and activities, grocery shopping, personal shopping, rides to the bank, hair salon, barber or other local transportation request you may have.

Please note that we will continue our partnership with the Milford Sr. Center for local medical transportation.

We are very excited about our ability to begin to bring people to the Sr. Center and take those of you who no longer drive or don't always want to drive to some of the places you need and want to go to.

Our primary van driver is long-time Hopedale resident, Ed Feijo. We welcome his addition to our Sr. Center staff.

We are here to help you with any questions you may have. We can come to you and register you in the comfort of your home. **Call the Sr. Center at (508)634-2208.**

## The Council on Aging Welcomes New Board Member Eileen Milaszewski

The Board of Selectmen recently approved the appointment of Eileen Milaszewski to the open Board position. She replaces long-time member Ed Holland Sr. who resigned earlier this year.

Eileen is an active volunteer at the Sr. Center and we look forward to her participation on the administrative side of the Council on Aging.

Her background as a nurse and active community member makes her a wonderful addition to our Board.



## Calling all senior men in Hopedale!

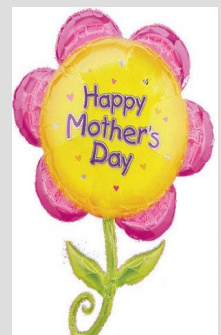
We would like to see a lot more of you at the Sr. Center. We know you're out there and we want to hear from you. What types of activities would bring you to the Sr. Center? Call us at (508)634-2208. Would a monthly men's lunch club appeal to anyone? Dominos or Bocce? Free coffee and donuts to anyone who responds.



## Mothers' Day Breakfast Friday May 11, 2018

**Hopedale Sr. Center at 10:00 am**

Join us for a continental breakfast and a chance to win a free manicure at a local salon. Free admission but you must sign-up by May 8. Call the Sr. Center at (508)634-2208.



**The Sr. Center is closed on Monday May 28, 2018 for the Memorial Day holiday.**



# NEW 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, 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 \$6.00 Roundtrip**

*Requests must be made 48 hours in advance (weekends not included.)*

Use the schedule below when planning your rides to these scheduled activities.

MONDAY	WEDNESDAY	THURSDAY
Exercise Class	Grocery Shopping	Walmart (1st Thurs. in the month in the morning)
BINGO	Exercise Class	Open to your request
Sr. Center Lunches	Sr. Center Lunches	
Open to your request	Open to your request	

**\*Once you have registered as a van rider you may call the ride reservation center at (508)820-4650.**

## ASSISTANCE PROGRAMS AVAILABLE AT THE SR. CENTER

### ***ALL OUR SERVICES ARE CONFIDENTIAL - WE CAN MAKE HOME VISITS***

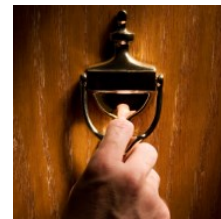
#### **OUTREACH SERVICES**

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*

#### ATTENTION LADIES

**WHO LOVE TO KNIT!!!**

...or crochet .... or want to learn! We have fun!

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.**

**\*\*\*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

Instructor : Lara Wahl

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. Instructor: Deb McGonnell*



### 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

Come see how this program can help you!

Fridays - 9:00 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 May 7, 2018**

11:30 am at the Hopedale Sr. Center  
Meal is: Chicken Salad Sandwich & Soup

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

\$3.00 suggested donation.

Tri-Valley Inc. Caterers

**Wednesday May 16, 2018**

11:30 am at the Hopedale Sr. Center

Meal is: Garlic Herb Chicken

\$3.00 suggested donation.

Tri-Valley Inc. Caterers

TRIVIA with Nancy after our meal! *Sign-up is required.*



### Hopedale Sr. Centers' Upcoming Trip



**May 17, 2018 - Pilgrim Belle Cruise**

Cruise through the waters of Plymouth, Harbor. Then enjoy a delicious lunch at Isaac's in Plymouth, MA. Time to browse shops or sit at the waterfront. \$79.00 p.p. / (508)634-2208.



**Free Matinee Movie - 1:00 pm**

*Hopedale Sr. Center*

*Sign-up required.*

**May 15, 2018**

*3 Billboards Outside of Epping, Missouri  
Drama, Comedy*

**May 22, 2018 The Darkest Hour**

*Biography, Drama*



## ***NEWS FROM SHINE FOR MAY 2018***

### **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 \$60,700 for a single person or \$82,300 for a married couple

OR

Under 65 years and disabled, with an annual income at or less than \$22,823 for a single person or \$30,945 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 \$36,420 for a single person and \$49,380 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.prescriptionadvantagemma.org](http://www.prescriptionadvantagemma.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](http://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**

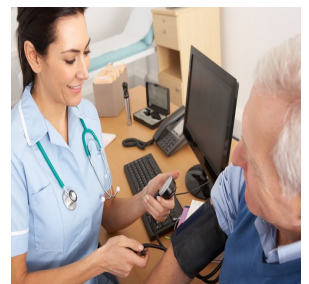
You can visit us on the web at [www.shinema.org](http://www.shinema.org). Our site has valuable general information and links to other agencies that can assist you with your insurance needs. **We also have a link to our very informative cable TV program Medicare and More.**



**PODIATRY CLINIC**  
with Dr. Biancamano  
Fri. May 25, 2018  
9:00 am 12:00 pm  
Griffin-Dennett Apts.  
Recreation Hall  
*By Appointment Only.*  
Call (508)634-2208.

#### **TAKE ADVANTAGE OF OUR FREE HEALTH NURSE SERVICES**

Free wellness checks with  
Nurse Mary Watson.



Hopedale Sr. Center:

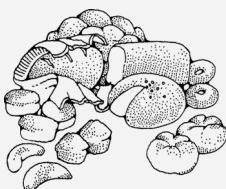
Wed. May 2, 2018

Wed. May 23, 2018

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

Come see Mary for a friendly chat and a “Vital Signs” screening. Private and confidential.

**Free Baked Goods from Panera**  
**Every Monday**  
**Come Early for Best Selection!**



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 acknowledgement 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 \_\_\_\_\_

**\* \*\* SAVE THE DATE \*\*\***

**Tues. June 26, 2018 - Annual Sr. Center BBQ  
Great food, fun and entertainment.**

