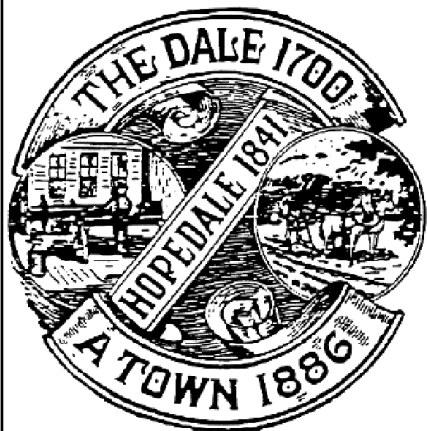


May 2019

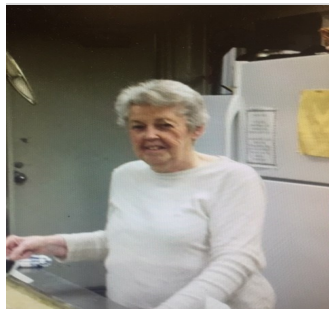


HOPEDALE SENIOR NEWS

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



Claudette Hughes Steps Down from

COA Board

After nineteen (19) years of service, Claudette Hughes is taking a well deserved rest. Chairwomen, Vice Chairwomen, Secretary, Meals on Wheels Driver, Knitter and Baker extraordinaire, Friends of Elders President and server of countless meals at the Sr. Center.

The titles only scratch the surface when attempting to capture the many roles and contributions this caring women has made to better the lives of Hopedale's seniors. Her late husband, Larry Hughes was always right at her side.

She is my friend and confident. The stories are legendary. Her contributions will last forever.

Claudette will become the COA's first Emeritus Board Member. We weren't going to let her go so easily. Claudette, you have our deepest gratitude. *Carole*

Lunch and Learn

Presentation from Rockland Trust Bank on Bank and Security Fraud



Wed. May 22, 2019 Hopedale Sr. Center

Lunch: 11:30 am (Pizza \$5.00) / Presentation: 12:30 pm

Learn how to protect yourself from bank fraud!
John Ciccarelli and Roberta Souza will give us vital information on this growing crime.

Sign-up Required. Please call (508)634-2208 by 5/20/19.



*Join Us for a Spring Luncheon
and Concert Featuring
Hopedale High School
Acapella Chorus*

Wednesday May 15, 2019

11:30 am

Hopedale Sr. Center

*Lunch \$3.00 Suggested donation
Lemon-Pepper Haddock*

*Reservation Required by 5/13/2019.
(508)634-2208*

The Sr. Center is closed Monday May 27, 2019
for the Memorial Day Holiday.



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**

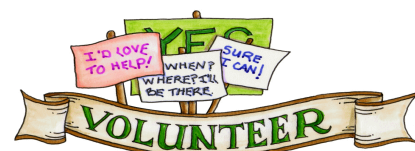
This van can be used for all requests other than medical.

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, collate our Newsletter, 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 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

We are looking for new participants !

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.**

We welcome quilters and sewers too.



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 Lunch with us on:

Monday, May 6, 2019

11:30 am at the Hopedale Sr. Center

Meal is: Pizza, salad and dessert

\$5.00 p.p.

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

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



Join us for the

Hopedale Sr. Center Annual BBQ party!

Thurs. June 6, 2019

12:00 noon - \$5.00 p.p.

Main Hall Community House

Burgers, Hot Dogs, Chicken, Salads, Dessert & more.

Entertainer: Singer, Gary Leanues

Sign-up by: 6/3/19.

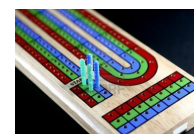
Come play with us on Tuesdays & Wednesdays!!!!

Mah Jong - Tues. 1:00 pm ((All levels)

Cribbage - Wed. 1:00 pm

Hopedale Sr. Center.

Please call to ensure we have enough tables for additional players.



NEWS FROM SHINE FOR MAY 2019

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 \$62,450 for a single person or \$84,550 for a married couple

OR

Under 65 years and disabled, with an annual income at or less than \$23,481 for a single person or \$31,791 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 \$37,470 for a single person and \$50,730 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.

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

FREE WELLNESS CLINICS WITH NURSE MARY WATSON

Wed., May 8, 2019
Hopedale Sr. Center
9:30 am - 11:30 am

Free, confidential vital signs screening, medication questions and more. Stop in for a friendly visit.
Sponsored by: The Hopedale Board of Health



ATTENTION PLEASE!

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



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

Market Basket -Wed. May 8
Wed. May 27

Walmart - Thurs. May 9
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.

COGNICITI



**Come to a Free
Brain Health Assessment
Workshop - Thurs. June 13
10:00 am**

Participant Qualifications:
Age 50+
Possess basic computer skills
(can click and type)
Read and speak English

You can participate in this 1 hour computer-based assessment of your "Brain Health".

Cogniciti, is a for-profit subsidiary of Baycrest Health Sciences. They are a Canadian company that has the largest educational training institute for geriatric doctors and nurses in North America.

**Sign-up Required: (508)
634-2208**

Chairperson Cheryl Moreci
Vice Chairperson Bob Casali
Secretary Dan Malloy

MEMBERS

Pat Johnson
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 thank Thomas George for his donation in memory of Ludovico Ambrogio



MASSACHUSETTS MEDAL OF LIBERTY

Medals of Liberty will be awarded to the next of kin of MA service men and women who were killed in action or died in service while in a designated combat area in the line of duty or who died as a result of wounds received in action.

Please contact : Ronald Howland Major U. S. Air Force (Retired)
Ron.howland@mass.gov - (508)422-1933

