



HOPEDALE SENIOR NEWS *May 2020*

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

The New Normal

That is not our favorite phrase. We prefer temporary normal. We are all struggling to comply with the restrictions put forth by the state. We know these things are necessary to keep us all safe and healthy. Senior residents seem to be doing okay. You seem pleased to hear our voices on the phone and chat about how things are going. Your generation has faced many life challenges and we believe you are doing your best with this one. We hear your concerns; you are scared and nervous about what is to come. What will the "new normal" look like? We do not know right now, so for the sake of our mental health let's take it a day at a time. Nancy Mosher and our staff will continue to reach out to the residents in the community. Please be aware that though our building is closed to the public, we continue to come to work at the Sr. Center. You can call the Sr. Center if there is something you need. We may be able to help immediately. You can also call just to say hello and chat with any of us. Finally, if you have a critical need for copies or to fax paperwork, we can still do that for you by meeting you outside the building. Please don't hesitate to call if you need something. We miss all of you. Stay safe, stay well. *Carole, Nancy and Jen*



NEED FOOD/HEATING ASSISTANCE?



The Sr. Center can assist with:

SNAP or Food Stamp applications

Referrals to Daily Bread Food Pantry (Milford, MA)
Fuel Assistance

The Fuel Assistance application period has been extended through 5/31/2020. You may qualify for reimbursements for fuel bills that you have already paid.



All inquiries are confidential.
Please call us at (508)634-2208.

The Census is still happening!

Census data is confidential and Census data impacts the amount of funds our community receives.

Responding to the Census is easy.
Response deadlines have been extended.

There are several scams out there. Never give your credit card numbers or your Social Security number to anyone who calls you or you call or to someone who comes to your door. Questions?? Call 1-844-330-2020 for the Questionnaire Assistance Line. You can provide answers over the phone. There may be long waiting times.



Tri-Valley, Inc. - May 2020

Dudley 508-949-6840, Franklin 508-520-1422, Milford 508-478-8102, Northbridge 508-234-2002, Oxford 774-289-2600, Southbridge 774-289-9438, Spencer 508-885-5767, Sturbridge 508-347-5063, Sutton 508-234-0703, Upton 508-529-9094, Uxbridge 774-482-6174, West Brookfield 508-867-1411
Tri-Valley receives federal financial support under the Older Americans Act furnished by the Central Mass Agency on Aging and the Executive Office of Elder Affairs.

Monday	Tuesday	Wednesday	Thursday	Friday
4 Teriyaki Beef Steamed Rice Broccoli Fruit Fortune Cookie Marble Rye Bread	5 Lemon Pepper Fish Potato Au Gratin Roasted Brussels Sprouts Fruit Whole Wheat Bread	6 Salisbury Steak Mashed Potatoes Jardinière Vegetables Dessert Pumpemickel Bread	7 <u>Mother's Day Meal</u> Chicken Cordon Royale with Gravy Garlic Mashed Potatoes Herbed Carrots Dessert Dinner Roll	1 Vegetable Cheese Bake Seasoned Potatoes Mixed Vegetables Fruit Italian Bread
11 Philly Cheesesteak Steak Cut Potato Wedges Green Beans Dessert Sandwich Roll	12 Marinated Pork Loin Cranberry Stuffing Honey Glazed Carrots Fruit Whole Wheat Bread	13 Meatballs with Onion Gravy Gemelli Pasta Country Blend Vegetables Fruit French Bread	14 BBQ Chicken Mashed Potatoes Scandinavian Vegetables Fruit Marble Rye Bread	15 Potato Crunch Fish Potatoes Au Gratin Mixed Vegetables Tartar Sauce Dessert Italian Bread
18 Lasagna & Meatballs Green Beans Dessert Italian Bread	19 Chicken Fajitas Spanish Rice Black Beans & Corn Sour Cream Fruit Pita Bread	20 Roast Pork with Gravy Cornbread Stuffing Roasted Broccoli Fruit Marble Rye Bread	21 Beef with Onions & Peppers Steak Cut Potato Wedges Carrots Dessert Sandwich Roll	22 Hot Dog on Bun Baked Beans Coleslaw Mustard Fruit
25 Memorial Day No Meal Served	26 Buttermilk Chicken Red Bliss Potatoes Country Blend Vegetables Fruit Corn Muffin	27 Baked Potato with Chili & Cheese Broccoli Sour Cream Fruit Pumpemickel Bread	28 Beef Stew Rice Corn Niblets Fruit French Bread	29 Shepherd's Pie Carrots Peas Dessert Italian Bread

TWO	STAND	TEN	RED	FIVE
BLUE	THREE	STRIPE	FIFTY	SPARKLER
NINE	SALUTE	RED	TWO	SING
STARS	WAVE	FOUR	STAND	BLUE
RED	ONE	FLAG	STRIPE	STARS
SPARKLER	FIVE	STARS	THREE	FOUR
ONE	LAND	TWENTY	SING	STRIPE
WHITE	SALUTE	BLUE	FIVE	SIX
EIGHT	WHITE	ONE	HEART	PARTY
THREE	THIRTY	SIX	TWO	RED
PICNIC	BLUE	ONE	NATION	SEVEN
TWO	WAVE	FORTY	PARADE	BLUE

1. Cross out all numbers that are greater than "one."

Do not cross out "one." Circle it all four times.

2. Cross out all the words "red," "white," and "blue."

3. Cross out "picnic," "parade," and "party."

4. Cross out "wave," "salute," "stand," and "sing."

5. Cross out all the words "stars," "stripes," and "sparkler."

6. Write the words that are left on the lines below.

_____	_____
_____	_____
_____	_____
_____	_____

NEWS FROM SHINE MAY 2020

Are you 65 or older, or eligible for Medicare because of disability? Are you losing your health care coverage from your employer?

If you delayed taking Medicare Part B because you were covered by an employer but may be losing coverage because of layoff or retirement, contact the SHINE Program.

SHINE (Serving the Health Insurance Needs of Everyone) can answer your questions. You have a window of opportunity to sign up for Medicare Part B if you are losing employer-based coverage. SHINE counselors can explain the process and the forms that need to be submitted to Social Security. They can also review what your medical and prescription coverage options are beyond Medicare Part A and Part B.

You may call the Hopedale Sr. Center at (508)634-2208 and request a SHINE appointment.

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. During the current Stay at Home order our staff and counselors are responding to calls remotely. During this time we are not doing face to face appointments. You can call 1-508-422-9931, or 1-800-AGE-INFO (1-800-243-46360 then press or say 4. You can also visit us on the Internet at shlnema.org

MEDICARE HEALTH INSURANCE	
1-800-MEDICARE (1-800-633-4227)	
NAME OF BENEFICIARY	JOHN DOE
MEDICARE CLAIM NUMBER	000-00-0000-A
DATE OF BIRTH	01-01-2007
SEX	MALE
DATE OF BIRTH	01-01-2007
DATE OF BIRTH	01-01-2007



Have You Considered Receiving Meals on Wheels (MOW)?

Tri-Valley Elder Services Meals-on-Wheels (MOW) is going strong. We want to take this opportunity to urge anyone who may be in need of home delivered meals to inquire about the possibility of receiving these services. There are eligibility requirements. Please call the Sr. Center for details. All meals drivers wear masks and gloves. Meals are delivered to your doorstep.

Check-out the meals schedule for May 2020 included in this newsletter.

Heating Assistance is available for Homeowners and Renters.

Electric, Oil, Gas, Wood, Propane, Kerosene and Coal

The application period has been extended until May 31, 2020.

Income eligibility guidelines: Maximum gross income :
1 person: \$37,360 2 people: \$48,855

SMOC provides assistance through a fixed benefit amount for the cost of your primary source of heat which includes, but is not limited to: oil, electricity, natural gas, propane, kerosene, wood, or coal. If eligible, discounts may be automatically given on: electric bills, gas bills and telephones bills. Weatherization services may also be available to qualified applicants (furnace, window and appliance replacement). ***Applications are available through the Sr. Center.*** Call the Sr. Center for assistance (508)634-2208. We can help.



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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
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Massachusetts 01747

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Answers to Word Puzzle on back of Meals-on Wheels Schedule

(In order of cross-outs)

1. two, ten, five, three, fifty, nine, two, four, five, three, four, twenty, five, six, eight, three, thirty, six, two, seven, two, forty
2. red-4x, blue-5x, white-2x
3. picnic, parade, party
4. wave-2x. Salute-2x, Stand-2x, Sing-2x
5. stars-3x, stripes-3x, sparklers-2x

Phrase: One flag, one land, one heart, one nation.

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