



HOPEDALE SENIOR NEWS

May 2021

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



Meditation and Tai Chi Classes return to the Sr. Center

The Sr. Center will resume Meditation and Tai Chi classes outside on the Community House Patio

beginning in May. **Classes will be weather dependent.**

Tai Chi with Jean **Tuesdays** 9:30 am - 10:30 am
\$5.00 per class. May 4, 11, 18, 25

Meditation with Deb **Wednesdays** 11:00 am - 12 pm
\$5.00 per class. May 5, 12, 19, 26

We will require that participants :

- Wear masks while participating in these activities
- Practice Social Distancing
- Enter the building through handicapped ramp door
- Go directly through hall to outside patio area
- Use handicapped bathroom if needed

Please be aware that the Sr. Center Office is "open by appointment" only. Your payment for classes will be collected by the instructor and placed in an envelope prior to the start of the class. **Please bring exact payment. We do not have the capacity to make change at this time.**

We are anxiously awaiting authorization from the Board of Health to allow indoor programs at the Sr. Center. Of course, that determination will be made at the state level. We are moving in a positive direction.

So, while you have been very patient, hold on a little longer. We're trying to create some beneficial and fun outdoor programs to engage you during this transition period. Please help us by following our guidelines. We are open to your suggestions!

Carole

FREE Grab & Go Meal

Tues. May 18, 2021

Hopedale Sr. Center

11:30 am

Pick from one of three options:

⇒ Pick-up your meal at 43 Hope St. (Sr. Center)

⇒ Pick-up your meal at Griffin-Dennett Housing (Hopedale St.)

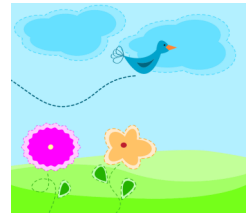
⇒ Request Home Delivery of your meal

Menu:

Meatloaf w/Gravy, Mashed Potatoes, Mixed Vegetables, Fruit Cocktail & Cookie

Sign-up required by 5/13/2021

Meals made possible through United Way grant.



ANNUAL TOWN MEETING

Saturday May 22, 2021

Outside - Community House

Afternoon Meeting

Time to be Announced



It's that time of year again. Residents will be voting on the town's budget for FY'22 as well as a host of warrant articles. We are facing critical decisions regarding how our tax dollars will be spent. A robust presence of seniors will help ensure that your viewpoints and concerns are reflected in the town's policies.

Senior parking on Draper St. - Arrive Early!!!
Call Sr. Center for Special Parking Placard.

ASSISTANCE PROGRAMS AVAILABLE AT THE SR. CENTER

OUR SERVICES ARE CONFIDENTIAL. WE CAN MAKE COVID-19 SAFE HOME VISITS

OUTREACH

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 (May be on hold due to COVID-19)

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

FUEL ASSISTANCE AND HOME WEATHERIZATION PROGRAMS (SMOC)

New applications available for fuel season effective **Nov. 1, 2020 – April 30, 2021**. Program open to renters and home owners. All forms of heating eligible.

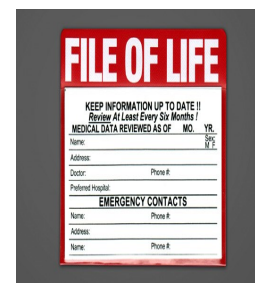
FILE OF LIFE PROGRAM – FREE

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.

COPY/FAX SERVICES - We will make copies for you or Fax documents. Ten cents/copy.



Hopedale Local Errand Van Schedule...Ride with Mike!!! (Shopping, Hair Salons, Barbershops, Banks and more!)

Please schedule your van ride 3 business days in advance of your requested ride.
Our new schedule (hours of operation) for local errand transportation is as follows:

Monday 9:00 am to 2:00 pm
Tuesday 9:00 am to 2:00 pm
Thursday 9:00 am to 2:00 pm
Friday 9:30 am to 12:00 pm (per availability of driver)
 \$3.00 Rd. Trip



Mike our Van Driver

COVID-19 restrictions : 2 passengers in the van at the same time and temperature screening & masks required.

Hopedale Local Medical Van Schedule

Monday - Friday
 9:00 am - 2:30 pm (appointments)
 No transit between 11:15 am - 1:00 pm
 \$3.00 Rd. Trip
 Schedule appointments 3 business days in advance.



Out of Town Medical Van Schedule

Monday - Thursday (Subject to Change)
 No appointments earlier than 10:30 am
 Ready to return home by 1:00 pm
 Framingham \$10.00 Rd. Trip / Boston \$25.00 Rd. Trip
 Natick /Westboro Worcester
 Franklin/Bellingham/Uxbridge \$5.00 Rd. Trip
 Schedule appointments 3 business days in advance.

STILL SEARCHING FOR A COVID19 VACCINE?

The Sr. Center can help.
 We can also arrange for an in-home vaccine if you are unable to leave your home.

Please call (508)634-2208 for assistance.



The Sr. Center
 will be closed for
 Memorial Day
 Mon. May 31, 2021



ARE YOU SIGNED-UP TO RECEIVE TOWN-WIDE EMERGENCY NOTIFICATIONS?

Make sure you receive Emergency Notifications through Hopedale's **CodeRED** Program. Important messages from the town will be relayed to you via your landline, cell phone or email. The application process is simple and free. You may self-enroll on the town's Webpage under the Fire Department's Page or the Sr. Center will be happy to assist you in the enrollment process. Stay advised and informed.



Chairperson Cheryl Moreci
Vice Chairperson Bob Casali
Secretary Dan Malloy

MEMBERS

Nancilee Fuller
Eileen Milaszewski
Karen Kuligowski
Julia Manning
Arlene Williams
David Guglielmi

Director Carole Mullen
Outreach Nancy Mosher
Staff Assistant Jennifer Bethel
Van Driver Mike Rutkowski

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 the following
individuals for their recent donations:*

Barbara Bennett

Jim and Deborah Carroll

Shirley Dennett in memory of Russ Dennett

