



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

APPLICATIONS AVAILABLE FOR THE 2018 SENIOR PROPERTY TAX CREDIT WORK PROGRAM



Sr. Tax Credit Work program applications are available at the Hopedale Sr. Center through **Dec. 22, 2017**.

The program offers qualified applicants the opportunity to work (91 hours) in various town departments and receive a property tax credit, minus required taxes and withholdings, in lieu of wages.

Applicant eligibility requirements are:

- Be at least age 60 or older
- Own your home as well as reside in your Hopedale home
- If your home is in a trust, your name must appear on the Trust as well as the deed of the home
- Be available to work 91 hours during the Program year, **Jan. 1, 2018 through Nov. 30, 2018**

Complete policy guidelines will be distributed with the program application. The Policy is also available online on the Council on Aging's town webpage.

Applications are available at the Council on Aging during our regular business hours.
Please call Carole at (508)634-2208 with any questions.

ANNUAL VETERANS' BREAKFAST

**Thurs. Nov. 9, 2017
9:00 am**

Hopedale Sr. Center

**Free to all Veterans
Please call (508)634-2208
for reservations.**



**YOU'RE INVITED TO ATTEND
THE HOPEDALE SR. CENTER'S
ANNUAL CHRISTMAS PARTY**

Thursday December 7, 2017
11:30 am

Coachmen's Lodge Restaurant
Entertainment by Johnny Diamond

273 Wrentham, Rd. Bellingham
School bus transportation
available.

Entrée choices: Baked Haddock,
Chicken Piccata, Pasta Primavera
\$21.00 p.p.

Paid sign-up required by
11/22/2017.

Free holiday raffles!!

NEED HELP HEATING YOUR HOME OR APARTMENT?



Heating assistance is available to qualified individuals. Let us help you make a confidential application. It doesn't matter how you heat your apartment or home (gas, electricity, oil, propane, kerosene, wood or coal). Please call the Sr. Center for details. Income guidelines: Individual.: \$ 34,380 and Couple \$44,958.

Two new classes at the Sr. Center
ZUMBA GOLD and TAI CHI
See Page 4 for details.



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.



The Hopedale Sr. Center always needs 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.



The Sr. Center is closed on:
Thurs. Nov. 23 & Fri. Nov. 24
for the Thanksgiving
Holiday.

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 the shopping date for reservations. If there are no sign-ups the trip will be cancelled.

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 the shopping date for reservations. If there are no sign-ups the trip will be cancelled.

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
AT THE SR. CENTER
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

ATTENTION 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.**



GENTLE YOGA

Meets at the Sr. Center

Tues. & Thurs.

9:00 am to 10:00 am \$5.00 per class

Lara Wahl - Instructor

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.



ZUMBA GOLD CLASS

Meets at Sr. Center

Tues. 10:30 am to 11:30 am Main Hall

Cassandra Hunt - Instructor

New participants welcome.

This is a great low-impact activity. Love to dance??

Drop-ins welcome.



TAI CHI CLASS

Meets at the Sr. Center

Thurs. 1:00 pm Downstairs

Robin Natanel - Instructor

Low impact exercise. Gain a sense of well-being, flexibility, strength and better balance. \$5.00/class



ARTHRITIS EXERCISE

Come see how this program can help!

Fridays - 10:00 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 Nov. 6 , 2017

11:30 am at the Hopedale Sr. Center

Meal is: Mac and Cheese

IF YOU LIKESTAY FOR

BINGO after lunch at 12:45 pm

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

Wednesday Nov. 8, 2017

11:30 am at the Hopedale Sr. Center

Meal is: Roast Beef Sandwich

& Soup of the Day

\$3.00 suggested donation.

Tri-Valley Inc. Caterers

"Trivia with Nancy" after the meal.



TRIVIA

Rug-hooked Ornament Workshop

Nov. 7 and Nov. 14

Ellen Gould - Instructor

\$15.00 for both sessions / All supplies provided.

Make adorable mitten ornaments.

This is an adult class. No experience required.

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



An Inconvenient Sequel Truth to Power

Come watch this documentary and join in a discussion after the film.

Wednesday Nov. 29, 2017

1:00 pm

Hopedale Sr. Center

Free Admission. Sign-up Required.



Free Matinee Movie - 1:00 pm

Sign-up required.

Tues. Nov. 28, 2017

Glass Castle

Starring Woody Harrelson, Naomi Watts and Brie Larson

A story about a successful young woman who was raised by dysfunctional and nonconformist parents. Her world gets turned upside down when they move to New York to be near her.



NEWS FROM SHINE NOVEMBER 2017

The Medicare Open Enrollment ends on December 7th

Don't Wait Until It's Too Late!

Open Enrollment Appointments are available!!!

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. In the case of Medicare Advantage Plans they can also drop providers from their Plan. It's important to review your options EVERY year to make sure you have the plan that works best for you for next year. This year we are anticipating that there may be some new plans and choices for you to make. Along with these new plans and choices we expect there will be some aggressive marketing with an unusual high volume of plan sponsored meetings. **REMEMBER!! YOU NEED TO BE SURE THAT YOUR PRIMARY CARE PHYSICIAN AND OTHER PROVIDERS ARE COVERED IN THE PLANS NETWORK BEFORE YOU CHANGE TO A DIFFERENT MEDICARE PLAN. YOU SHOULD ALSO BE SURE YOUR MEDICATIONS ARE COVERED AS WELL.**

Assistance is available from the SHINE program. Call your Senior Center and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

MEDICARE UPDATE MEETINGS

We have scheduled 25 Medicare Update Meetings in the Central Massachusetts area. Check with your local Senior Center to find a meeting near your home. Or check our website www.shinema.org for a list of our local meetings.

CENTRAL MASS SHINE WEBSITE

The Central Mass Region has recently launched its 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.

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 answering machine, leave your name and number. A volunteer will call you back. During Open Enrollment it may take a couple of days to return your call. You can now visit us on the internet at shinema.org

FREE WELLNESS NURSE CLINIC SERVICES

**Mary Watson, RN - Hopedale Sr. Center - Weds. Nov. 8 & Wed. Nov. 29
9:30 am - 11:30 am - 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. *Sponsored by the Hopedale Board of Health.*

MECHANICS' HALL CONCERT TRIPS - Depart from Sr. Center at 10:30 am/ Return by 2:00 pm

Wednesday Nov. 15, 2017

Michael Dutra and the Strictly Sinatra Band

Wed. Dec. 6, 2017

Annual Holiday Concert

NEC Symphonic Winds & Chamber Singers with the U.S. Navy Band N.E.



For each trip bring a bag lunch. We will supply a dessert! \$5.00 p.p. per trip - Sign-up required.

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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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).

In Memory of _____

In Honor of _____

Donor's Name _____



I would like to acknowledge and thank Sally Decelles and Tara Chambers for picking-up the donations from my home. They are both hard working and were pleasant to work with. The Friends Shop is very lucky to have both of them. Thanks to both of you. *Claudette Hughes*

