

# 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



## HOPEDALE'S ANNUAL VETERANS' BREAKFAST

Thurs. Nov. 8, 2018  
9:00am - Hopedale  
Hopedale Sr. Center  
We are honored to serve you!  
Free to all Veterans. Please call  
(508)634-2208 by 10/05/18  
to reserve your seat.

## Hopedale Holiday Stroll - Sat. Dec. 1

Don't miss this wonderful community event! The Stroll is even bigger this year, with added activities and vendors.

*Hugs from Hopedale Knitters* through the Hopedale Friends of Elders will be selling their blankets, hats and mittens. Stop by the Hopedale Sr. Center from 10:00 am to 2:00 pm.  
All sales will benefit a local charity.



## Tax Credit Program Applications Available at Hopedale Sr. Center

Applications are available for the Sr. Citizen Real Estate Tax Credit Program. This highly successful program is open to seniors age sixty (60) and older who reside in their Hopedale homes and pay real estate taxes to the town of Hopedale.

Program participants will work in various town departments. Qualified seniors' job skills are matched to job requirements. In lieu of pay (\$11.00 per hour), seniors who complete the required 91 hours of service will receive a \$1000.00 real-estate tax credit (minus required taxes and withholdings). Please see the program application for complete requirements and policy details.  
**Deadline for applications is December 20, 2018.**



## Heating Assistance Available Nov. 1, 2018 Attention home owners and renters!

### Maximum gross income eligibility guidelines:

**1 person: \$35,510 - 2 people: \$46,437**

SMOC provides assistance through a fixed benefit amount for the cost of the primary source of heat with includes, but is not limited to: oil, electricity, natural gas, propane, kerosene, wood, coal.

If eligible, discounts may be automatically given on:  
electric bills, gas bills and telephones bills.



Weatherization programs and furnace/bolier repairs may be available as well.

Payments for actual usage or fuel delivery are made directly to the heating vendor for your primary energy needs from November 1st to April 30th except when the cost of heating is included in the rent.

Call the Sr. Center at (508)634-2208 for a confidential meeting.



## COMING IN DECEMBER!!!

**Mechanics' Hall Brown Bag Lunch**  
**NEC Chamber Singers & US Navy Band**  
**Concert Trip - Wed. Dec. 5, 2018**  
**\$7.00 p.p. (School bus)**

**Sr. Center Holiday Party**  
**Coachman's Lodge Restaurant**  
**Bellingham - Thurs. Dec. 13, 2018**  
**Meal and entertainment \$21.00 p.p.**

# 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 \$6.00 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**

**The Hopedale Sr. Center needs more volunteers to help us serve at our monthly lunches.**

**Call (508)634-2208. Are you new to town? Volunteering is a great way to meet people in our community. Feel good!**



## ASSISTANCE PROGRAMS AVAILABLE AT THE SR. CENTER

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

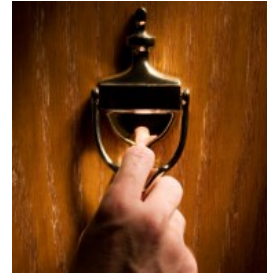
#### **OUTREACH SERVICES**

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*

*We are looking for new participants to join us!*



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.**

**\*\*\*We need help to create items for sale at The Hopedale Holiday Stroll 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

Instructor - Deb McGonnell

Meditation Made Easy.

\$5.00 / class Drop-ins welcome.



### 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 Nov. 5, 2018**

11:30 am at the Hopedale Sr. Center

**Meal is: Chicken Piccata**

\$3.00 Suggested Donation Tri-Valley Inc. Caterers

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

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



**Wednesday Nov. 14, 2018**

11:30 am at the Hopedale Sr. Center

**Meal is: Lasagna with Meatballs**

\$3.00 Suggested Donation Tri-Valley Inc. Caterers

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

TRIVIA follows lunch!!!



**Trip to Old Country Store  
& Emporium in Mansfield, MA  
Lunch at Café Assisi  
in Wrentham, MA  
Monday November 19, 2019**



**Explore this unique New England Country store that's been in operation for 185 years. The store is filled with many one-of-a kind unique gift items. Then, it's on to Café Assisi for delicious Italian food.**

**Depart: Hopedale Sr. Center 9:30 am**

**\$10.00 p.p. Bus Only**

**Lunch "on your own" at the restaurant.**

**\* Sign-up by 11/14/18. - (508)634-2208.**

**Candlepin Bowling  
Just for Seniors !!!**

**Hopedale Community House**

**Mondays 1:00 pm - 3:00 pm**

**\$3.00 per String. Includes**

**shoes. No reservations required.**



## **Free Safe Strides Balance Screening**

**Wednesday Nov. 14  
Hopedale Sr. Center**

**Presented by:**

**Lunch: 11:30 am - \$3.00**  
**Presentation: 12:15 pm Free**  
**\*Sign-up required by 11/8/18.**



**Are you at risk for falls?**

- 55 and older
- Weak
- Unsteady
- Poor Balance
- Poor Vision
- Dizziness or Vertigo
- Afraid to Fall
- Muscular or Joint Pain
- Use a Cane or a Walker
- Neuropathy
- Hypertension

**Matt, PT & Jen DPT from Kindred will give an interactive presentation on fall prevention and screen you for balance issues.**



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

**Market Basket - 11/7 & 11/14**  
**Walmart - 11/8**  
**Christmas Tree Shop - 11/15**  
**Solomon Pond Mall - 11/28**

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.



### **NEWS FROM SHINE NOV. 2018**

#### **Medicare Open Enrollment ends on December 7th**

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. Your Plan mailed this information to you in September. It's important to review your information 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.** Call the Sr. Center and ask for a SHINE appointment.

### **WELLNESS CLINICS WITH NURSE MARY WATSON**

**Wed., Nov. 7, & Wed., Nov. 28**  
**Hopedale Sr. Center**  
**10:30 am - 11:30 am**

**Free, confidential vital signs screening, medication questions and more.**  
**Sponsored by: The Hopedale Board of Health**



**Experience the Benefits of Reiki  
with Mary from Reiki Spirit & Sound**  
**Fridays - 10:00 am to 12:00 pm**

**By Appointment Only 15 minutes / \$5.00**

**Call the Sr. Center - (508)634-2208**



**ATTENTION PLEASE!**  
**We have delicious free baked goods from Panera on Mondays.**  
**Come early for the 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**

*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 \_\_\_\_\_

**HOPEDALE SR. CENTER ANNUAL HOLIDAY PARTY 2018**

**Thursday December 13, 2018 - 11:30 am - \$ 21.00 p.p.**

**Coachmens' Lodge Bellingham, MA Sign-up & Pay by 12/7/18.**

**Live entertainment. Transportation available from the Sr. Center.**

**HOLIDAY  
PARTY**