

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



HOPEDALE FLU CLINICS 2017

Wed. Oct. 4 & 18
4pm to 6pm
Hopedale High
School
25 Adin St.

Our Flu Clinics are open to all Hopedale residents 6 months and older. No copays. Please bring your insurance cards. Wear short-sleeved shirts. Brought to you by:
The Hopedale Board of Health and Salmon VNA & Hospice. Call 473-0862 with any questions.

OPEN ENROLLMENT FOR MEDICARE 2018

Come to a presentation
at the Hopedale Sr.
Center on:

Wednesday Oct. 25, 2017
1:00 pm

Bob Casali our SHINE (Serving Health Insurance Needs of Everyone) Counselor will give a presentation on updates to Medicare and associated medical and drug insurance plans. We know this subject can be confusing. Let us help you make sense of it all. Call the Sr. Center at (508)634-2208 to reserve a space.



NO ONE SHOULD BE COLD THIS WINTER!



November 1st is the beginning of SMOG Fuel Assistance Program year. The Sr. Center can help qualified individuals 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. 2017 income guidelines: Indv.: \$ 34,001 Couple \$44,463. (2018 guidelines available 10/31/17)

ANNUAL VETERANS' BREAKFAST

Thurs. Nov. 9, 2017
9:00 am
Hopedale Sr. Center
Free to all Veterans
Please call (508)634-2208
for reservations.
Don't miss this wonderful
event!



Computer Basics 101

The COA is offering an introductory computer course to help seniors familiarize themselves with basic computer terminology and equipment. Learn how to use a browser to access the internet, use Google to find information, and identify trustworthy websites. You will also learn how to send and receive email, manage the inbox, practice downloading and attaching files. You will receive a Gmail account and be introduced to social media and explores Twitter and Instagram.

Classes will be held in the Computer Lab 118 at the Hopedale High and taught by 12th grade students.

Classes meet on: Wednesdays (Computer Lab)
Hopedale Jr/Sr High School
25 Adin Street) - 3:00 pm- 4:00 pm
Park in the lower lot and use the main door. *No previous computer experience is necessary.*

Fee is \$20.00 for 5 Classes:

Oct. 18, 25, Nov. 1, 8, 15

Course Fee: \$20 Checks payable to:
Hopedale Friends of Elders
Pay at Sr. Center by 10/15/17.



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.



Check your mail.

Now is the time to recertify for the SMOC heating Assistance Program.

The Sr. Center can help you complete the required forms. And, if you have never had home heating assistance please give us a call to see if you qualify.



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 shopping date for reservations.

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 shopping date for reservations.

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.

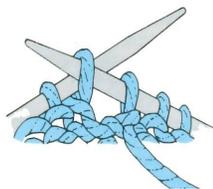
COPY /FAX SERVICES - 10 cents per page

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

DROP-INS WELCOME! Try a Class for free

Lara Wahl - Instructor Tues. & Thurs.

9:00 am to 10:00 am

\$5.00 per class - All skill levels welcome.

Pay instructor directly.



MEDITATION CLASS

Ongoing 6 week sessions.

Meditation Made Easy

Wed. 11:45 to 12:45pm

Sr. Center - \$24.00/\$5.00 - per class - drop-ins welcome.



****ZUMBA GOLD CLASS****

Classes on Tuesdays

Drop-in price \$5.00 /class



Tues. 10:30 am to 11:30 am

Main Hall 9/12 - 10/31. (508)634-2208.

New participants welcome.

This is a great low-impact activity.

ARTHRITIS EXERCISE PROGRAM

Come see how this program can help!

Fridays - Main Hall - 10:00 am

Hopedale 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 Oct. 2, 2017

11:30 am at the Hopedale Sr. Center

Meal is: Baked Potato Bar

IF YOU LIKESTAY FOR

BINGO after lunch at 12:45 pm

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



Wednesday Oct. 11, 2017

11:30 am at the Hopedale Sr. Center

Meal is: Pork Ribique

\$3.00 suggested donation.

Tri-Valley Inc. Caterers

"Trivia with Nancy" after the meal. Come exercise those brain muscles. This program is just too much fun! Sign-up required.



HALLOWEEN LUNCH & CARNIVAL

It used to be your favorite holiday...so come on down and enjoy once again!



Thursday Oct. 26, 2017

11:30 am - Hopedale Sr. Center

Hot Dogs, Cole Slaw, Baked Beans & Dessert. \$3.00 /Suggested Donation.

Carnival Games! Come in costume! Candy!

Call (508)634-2208 for reservations by 10/23/17.

Free Matinee Movies

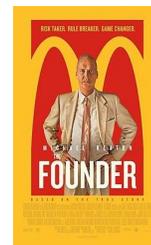
1:00 pm

Sign-up required.



Tuesday October 10, 2017

Founder - 1:00 pm - Drama/Based on true story. Michael Keaton Story of Ray Kroc & the men who founded McDonalds.



Tuesday October 31, 2017

Dunkirk - 1:00 - Drama /Action/History Harry Stiles , Tom Hardy



NEWS FROM SHINE OCTOBER & NOVEMBER 2017

The Medicare Open Enrollment begins on October 15th and ends on December 7th

Don't Wait Until It's Too Late!

Open Enrollment Appointments will begin in mid October.

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. Oct. 4 & Wed. Oct. 25
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.*

ARE YOU PREPARED FOR WINTER WEATHER EMERGENCIES?

Nurse Mary Watson will review a preparedness checklist for all seniors at the *COA monthly lunch on Wednesday Oct. 11, 2017.*

11:30 am at the Hopedale Sr. Center.

Come for lunch and get prepared!!! Sign-up required . Call (508)634-2208.



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

**NON-PROFIT
RATE
U.S. POSTAGE
PAID
HOPEDALE, MA**

Return Service Requested



HOPEDALE FRIENDS OF ELDERS

The Hopedale Friends of Elders Inc. want to acknowledge donations to their organization. Donations can be made in honor of births, birthdays, and anniversaries and in memory of loved ones. No minimum donation is required for a printed acknowledgement. All correspondence can be mailed to: **Hopedale Friends of Elders,**

PO Box 318 - Hopedale, MA 01747

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**

NEW ITEMS EVERY WEEK!!!!



THE FRIENDS OF ELDERS

NEED VOLUNTEERS TO WORK IN

THE CURIOSITY SHOPPE .

JUST A COUPLE OF HOURS

PER MONTH WOULD BE A

GREAT HELP!

PLEASE CALL THE SR. CENTER

FOR MORE INFO. (508)634-2208.



The Friends of Elders want to thank

Betty Henneberry

for a donation in memory of

her husband James Henneberry.

