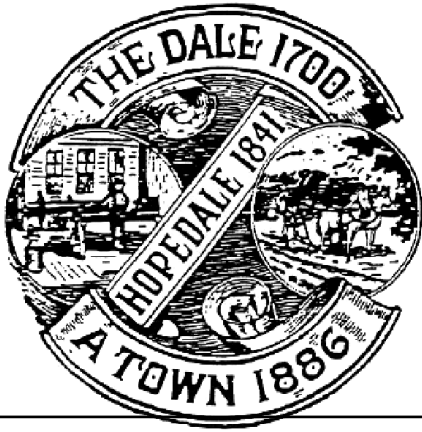


October 2019



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

LUNCH AND LEARN HOLIDAY FRAUD PREVENTION

October, 23, 2019

Hopedale Sr. Center

Lunch: 11:30 am
Pizza/\$5.00 p.p.

Discussion: 12:15 pm



Robin Putnam from the Office of Consumer Affairs and Business Regulation in Boston will give a presentation on : credit card skimming, store return policies, defective merchandise, lost or stolen packages, online shopping and identity & fraud prevention.

Please take the time to attend this important discussion. You can protect yourself and your family from these unscrupulous practices. A question and answer period will follow the presentation. Call (508) 634-2208 to sign-up.

MEDICARE OPEN ENROLLMENT SEMINAR WITH SHINE COUNSELOR BOB CASALI

Tuesday Oct. 29, 2019
Hopedale Sr. Center

10:00 am



Come hear about changes to Medicare for 2020.

Plan premium cost information will be available.

We will hold a general question and answer period as well.

Remember Open Enrollment is held from Oct. 15, 2019 through Dec. 7, 2019.

Hopedale salutes some of our town seniors
celebrating at our 90 and older birthday party.



**Heating Assistance is available for homeowners
and renters.**

No one should be cold this winter!



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 at the Sr. Center on Nov. 1, 2019.
Call the Sr. Center for assistance (508)634-2208.

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 - \$5.00 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

SR. CENTER VOLUNTEERS HELP MAKE HOPEDALE A GREAT PLACE FOR SENIORS TO LIVE.

We can use your help during the weekday. Deliver meals, serve at our congregate meals or assist with activities at the Sr. Center. We are open to your suggestions.



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 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.

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

TECHNICAL ASSISTANCE - FREE COMPUTER, TABLET OR CELL PHONE

Help with basic questions/problems.



ATTENTION PLEASE!

We have delicious free baked goods from Panera on Mondays. Come early for the best selection.



GROUPS, EXERCISE PROGRAMS AND UPCOMING ACTIVITIES

KNITTERS' GROUP Meets at Sr. Center

We are looking for new participants !

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.**

We welcome quilters and sewers too.



GENTLE YOGA

Meets at the Sr. Center

Tues. & Thurs.

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

Instructors : Crystal Lee

All skill levels welcome. Drop-ins welcome.



MEDITATION CLASS

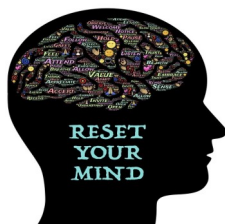
Meets at Sr. Center

Wed. 11:30 am to 12:30 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.



ESSENTIAL OILS AND SELF-CARE WORKSHOP WITH KATHY WOTTON

Thursday Oct. 24, 2019

11:30 am Hopedale Sr. Center

Join us for a free workshop on the many uses of essential oils with Kathy Wotton. Everyone will leave with a plant-based cleaner. Free!

Light refreshments served.

Sign-up required (508)634-



Delicious Food! Great Company!
Eat lunch with us on:

Monday Oct. 7, 2019

11:30 am at the

Hopedale Sr. Center

Meal is: Shepherd's Pies

\$3.00 p.p. Suggested Donation.

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

IF YOU LIKE ...STAY FOR

BINGO after lunch at 12:45 pm

SUPER BINGO!

FREE ICE CREAM

SUNDAE DESSERTS!!!



Wednesday Oct. 30, 2019

**HALLOWEEN PARTY AT THE
SR. CENTER**

11:30 am at the Hopedale Sr. Center

Meal is: Chicken Parmesan - \$ 7.00 p.p.

Salad, Rolls, Dessert & Coffee

Caterer: Olivas in Milford

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

Wear a costume if you like.

Sign-up Required by

10/28/2019.



**Come play with us on Tuesdays
& Wednesdays!!!!**

Mah Jong -Tues. 1:00 pm (All levels)

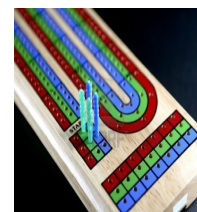
Mah Jong Lessons - Wed. 1:00 pm

(Call the day before)

We have wonderful teachers. FREE!

Cribbage - Wed. 1:00 pm (Call first)

**Hopedale Sr. Center. Please call to
insure space for additional players.
(508)634-2208.**



NEWS FROM SHINE OCTOBER 2019

Medicare Open Enrollment begins on October 15th and 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. 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.

ADDITIONALLY STARTING THIS YEAR, WE ARE STRONGLY URGING ALL BENEFICIARIES, TO SIGN UP FOR A "MyMedicare Account". HAVING THIS ACCOUNT WILL ALLOW US TO ASSIST YOU MORE COMPREHENSIVELY WITH YOUR CHOICES FOR 2020. INFORMATION ON SIGNING UP IS AVAILABLE ON OUR WEBSITE www.shinema.org. JUST CLICK ON THE MYMEDICARE LINK.

MEDICARE UPDATE MEETING AT HOPEDALE SR. CENTER

Tuesday Oct. 29, 2019 at 10:00 am

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 at (508)634-2208 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 CLINIC WITH NURSE MARY WATSON

Wed. Oct. 16, 2019

9:30 am - 11:30 am

**Hopedale Sr. Center. Confidential
meetings.**

Come for a free vital signs check-up or a friendly chat!



The Hopedale Council on Aging

**thanks Dot Besozzi for her recent donation
in memory
of her friend Josephine Tomassini.**



Chairperson Cheryl Moreci
Vice Chairperson Bob Casali
Secretary Dan Malloy

MEMBERS

Nancilee Fuller
Diane Frazier
Rebecca Wild-Wesley
Eileen Milaszewski

Director Carole Mullen
Outreach Nancy Mosher
Staff Assistant Jennifer Bethel
Van Driver Ed Feijo

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
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U.S. POSTAGE
PAID
HOPEDALE, MA

Return Service Requested



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:

Arthur Hampton in memory of Carole Hampton

Jeanne Heath in memory of Joan McMullen

Thank You



for your Kindness