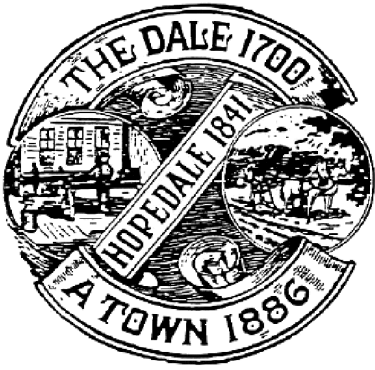


September 2016



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

Anxiety Management Program New Group Forming!

Yoga-Cognitive Behavioral Therapy (Y-CBT) is a new group that weaves together the relaxing effects of simple chair yoga and meditation with traditional therapeutic techniques. By working with both mind and body, you'll find that you feel better and are able to look at things in new ways. And the groups are humorous—so you'll have some fun!

Overall, you'll learn skills that will decrease your anxiety and stress and can even help you feel better about yourself.

There are six 1.5 hour sessions, followed by one review session about 2 months later. Each session teaches different skills covering topics that including:

What is Anxiety?

How does anxiety effect my thoughts and my body?

How does anxiety effect the way I relate to others?.

Dates: Sept. 28 – Nov. 2

Time: Wednesdays 1:30pm-3:00pm

Hopedale Sr. Center, 43 Hope St.

Classes are free and open to all area seniors. Space is limited, so sign up soon!

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



The Y-CBT Program is a Riverside Community Care program funded by a grant from MetroWest Health Foundation.

Join us for Lunchtime Chat

YOUR LIFE YOUR CHOICES

***A discussion on Healthcare Proxies,
MOLST and other Advanced
Directives***

Thursday Sept. 22, 2016

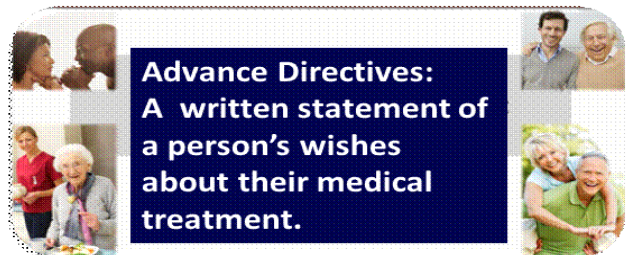
12:00 pm Hopedale Sr. Center

**Ann Wilkins, Director of
Care Management
from Milford Hospital will speak on
these critical medical/legal issues
seniors need to address.**

Lunch - 12:00 pm - \$3.00 p.p.

Speaker - 12:45 pm - Free

**Sign-up required by Sept. 19, 2016
(508)634-2208**



MONDAY SEPTEMBER 5, 2016

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.

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.

The Hopedale
Sr. Center needs
volunteers !!!



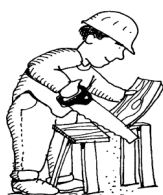
Serve at congregate meals, call BINGO, be an escort on the Grocery Bus or help with newsletter. Call us at (508) 634.2208. You'll have fun, feel great and brighten an older person's day.

NEED A WAY TO PAY FOR HOME REPAIRS?

HOME REPAIR LOAN PROGRAM

Bellingham-Hopedale-Franklin 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.



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

\$4.00 Roundtrip - Advance reservations.



GREAT STUFF FOR FREE!!!! BREADS, BAGELS AND ASSORTED PASTRIES

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

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.

HEATING ASSISTANCE (SMOC APPLICATION)

(Oil, Gas, Electric, Propane or Wood)

Information and application assistance for the Fuel Assistance Program is available at the Sr. Center. *The Fuel Assistance season will start on November 1 through April 30. The Program will accept clients effective Nov. 1, 2016. Repair and replacement of your heating system may be possible. Call the Sr. Center for details.*



HEATING ASSISTANCE THROUGH THE BLOCK GRANT FOR RESIDENTS OVER INCOME FOR SMOC OR FOR THOSE WHO EXHAUST THEIR SMOC BENEFIT

Please call the Hopedale Sr. Center if your income is \$46,100. or below for an individual or \$52,650 or below for a couple.

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 TUTORING** - Help with basic computer questions/ problems.

HOME VISIT



GROUPS, EXERCISE PROGRAMS AND UPCOMING ACTIVITIES

KNITTERS' GROUP

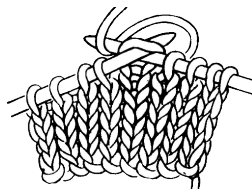
Meets at Sr. Center

We're looking for people who like to knit or crochet

....or those who want to learn!

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.**



BOOK CLUB - Meets at Bancroft Library

Helen Symonds Book Group

1st Wednesday in each month @ 1:00 pm.

Call (508)634-2209 for details.

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.



MEDITATION CLASS

Meditation Made Easy - Wed. 12 to 1 pm Sr. Center
Classes start Sept. 14 through Nov. 2 - \$32.00 - 8 classes

Classes will explore a variety of techniques, including working with the breath, body sensations, thoughts and emotions. Classes will begin with gentle stretches which help to prepare the body to sit comfortably & peacefully. *Deb McGonnell Instructor.*

Sign-up required with Hopedale Sr. Center.



SAFE EXERCISE PROGRAM

Mondays and Wednesdays - 10:00 am

Mostly seated and some standing fun non-impact exercises. Shirley Arcano Instructor. Sign-up with Hopedale Community House.



ARTHRITIS EXERCISE PROGRAM

Fridays - Main Hall - 10:00 am

Hopedale Community House

Sue Sgambato Instructor

Feel good gentle exercise program mostly done while seated. Sign-up with Hopedale Community House.



Have a friendly lunch with us on:

Monday Sept. 12, 2016

11:30 am at the Hopedale Sr. Center

Meal is: Ham Salad Sandwich and Soup

\$3.00 suggested donation

IF YOU LIKE ...STAY FOR

BINGO after lunch at 12:45 pm

Tri-Valley Inc. Caterers

Thursday Sept. 8, 2016

11:30 am at the Hopedale Sr. Center

Meal is: TBA - Call Sr. Center

\$3.00 suggested donation

Sign-up by : 9/6/16 "Trivia with Nancy" follows lunch. Tri-Valley Inc. Caterers



We're Going to the Wayside Inn

Thurs. Sept. 29, 2016

Bus Departs Sr. Center

9:30 am

\$5.00 p.p. (Bus Fee)

Have a social lunch with folks from Hopedale. We'll stop at the Wayside Country Store before lunch. Order off the menu. Separate checks. Sign-up by 9/26/16.

**Free Matinee Movies – Twice in Sept.
Hopedale Sr. Center 1:00 pm**

Sign-up required.



Tues. Sept. 13 - Me Before You.

A wealthy London man's life is turned upside down when he is paralyzed in a car accident. When a young woman from a small town is hired to be his caregiver, the two form an unlikely bond.



Tues. Sept 27

Whiskey Tango Foxtrot - Tiny Fey

When reporter Kim Barker's life needs something more, she decides to 'shake it all up' by taking an assignment in a war zone. There, in the midst of chaos, she finds the strength she never knew she had.

NEWS FROM SHINE FOR SEPTEMBER 2016**NEWS FROM SHINE FOR SEPTEMBER 2016****Don't Ignore Your Medicare Mail!**

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for **2017** including changes to the plan providers, network, and changes to the drug plan formulary that would let you know if your medications will continue to be covered and if the tier and cost is changing. This is important information and if you do not understand it, you should discuss it with your caregivers or schedule an appointment with a SHINE Counselor during the Medicare Open Enrollment Period.

During the annual Medicare Open Enrollment Period (**October 15th - December 7th**), you will have a chance to **CHANGE** your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call early to get a SHINE appointment during Open Enrollment!

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. You can now visit us on the internet at shinema.org

"SHINE'S MEDICARE AND MORE" PROGRAM

The Central MASS SHINE Program is now sponsoring a monthly Cable TV program called SHINE's MEDICARE AND MORE", we hope your local cable channel will pick it up. This program is designed to educate and update MEDICARE beneficiaries and their families on MEDICARE and other programs that can assist you with your health insurance needs. If you don't see it on your local cable channel give them call and ask about it.

CENTRAL MASS SHINE 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 you insurance needs. ***We also have a link to our very informative cable TV program Medicare and More.***

***FREE WELLNESS NURSE CLINIC SERVICES - Fri. Sept. 14 and 28*****Mary Watson, RN - Hopedale Sr. Center****9:30 am - 11:30 am "First Come Basis" No appointments needed.*****All meetings are confidential and free of charge.***

Nurse Mary Watson can check vital signs, review medications and ask questions associated with your medications and obtain general medical information, referrals and access to services.

It's that time of year. If you are a SMOC (heating assistance) participant you should have received a letter requesting recertification information. The Sr. Center is here to help. Call us with any questions. We'll review your documents so your file will be up to date when the program year begins on Nov. 1, 2016.



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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HOPEDALE FRIENDS OF ELDERS

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** - **Volunteers Welcome!**



Come see our re-decorated shop.

The Hopedale Friends of Elders want to thank the following individuals for their recent donations:

In memory of Rose Fafard:

**Edna Cosetta and James Maclean
Susan Fontana
Mr. and Mrs. James Downing
Maria and Mark Calzolalo
Michael and Elaine Ciaramicoli**



In memory of Dorothy Lemon Tredeau:

Joanne (Lemon) and Ray Andreotti

