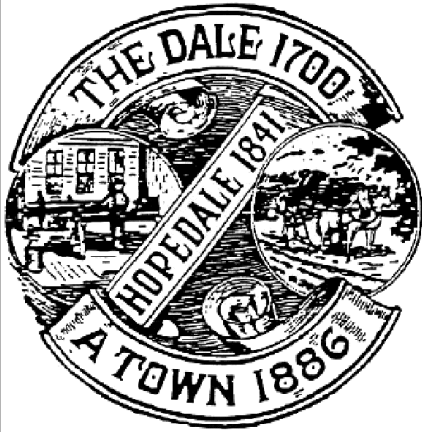


September 2018



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



NOTES FROM THE DIRECTOR

We hope everyone had an enjoyable summer. While there are many “summer-like” days still left, I can’t help that “back-to-school” feeling that comes over me each September. For many, fall seems to bring a return to more sched-

uled or routine activity.

All of us at the Sr. Center hope that you will consider making activities at the Sr. Center part of your regular routine. Please check-out our new fall programs highlighted in this newsletter. If you are considering an exercise class you are welcome to “try-it-out” free of charge.

We look forward to seeing you soon! *Carole*



SPANISH CLASSES WITH NANCY COLLINS RETURN!!!!

Thursdays at the Sr. Center 10:00 am - 11:00 am

1st Class Thursday Sept. 13, 2018

\$5.00/class

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



TAKING CONTROL OF YOUR LEGAL FUTURE: A FREE LEGAL CHECKUP

Tuesday Sept. 11, 2018 - 1:00 pm
Hopedale Sr. Center

Attorney & CPA Kevin Diamond of Millis will review legal planning and healthcare issues critical to all individuals. Each participant will receive a free *Planning Guide* filled with extensive information. Kevin has been practicing for 25 years and is the Chair of the Probate Council for the Mass Bar Association. Healthcare and estate planning topics will be discussed. A question period will follow the presentation. Sign-up required. Call (508)634-2208.

DRAWING CLASS

Instructor: Kathy Wotton

Drawing a perceived object, is a visual perceptual skill made up of five component skills.

Come learn what these are in a 6 week class called, “Drawing on the Right Side of the Brain. Lessons are taken from Betty Edwards’ acclaimed book. No experience necessary, just a love for looking.

Sign-up Required . 6 Mondays : 1:00pm - 2:30 pm
Hopedale Sr. Center

10/1, 10/15, 10/22, 10/29, 11/1 and 11/12.
(\$45.00 for 6 sessions).



DON'T FORGET ABOUT THESE PROGRAMS

Heating Assistance (SMOC) Starts 11/1

Call us now for information and details.



Oil, gas, propane or wood. Income guidelines apply. Weatherization and repair/replacement of heating system may be possible. Call the Sr. Center for assistance.

Medication Takeback (Unused & Expired Meds.)

Anytime, any day at the Hopedale Police Station



ATTENTION PLEASE!

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



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, 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**

Requests must be made 48 hours in advance (weekends not included.)

Use the schedule below when planning your rides to these scheduled activities.

MONDAY	WEDNESDAY	THURSDAY
Exercise Class	Grocery Shopping	Walmart (1st Thurs. in the month in the morning)
BINGO	Exercise Class	Open to your request
Sr. Center Lunches	Sr. Center Lunches	
Open to your request	Open to your request	

***Once you have registered as a van rider you may call the ride reservation center at (508)820-4650.**

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.

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.**

**We need help to create items for our *Silent Auction*
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 Sept. 10, 2018

11:30 am at the Hopedale Sr. Center

Meal is: Soup and Sandwich

IF YOU LIKESTAY FOR

BINGO after lunch at 12:45 pm

\$3.00 Suggested Donation Tri-Valley Inc. Caterers

Sign-up Required



Wednesday Sept. 19, 2018

11:30 am at the Hopedale

Sr. Center

Meal is: Chicken Marsala

\$5.00 per person.

Olivas Catering

TRIVIA with Nancy after our meal!



WELCOME BACK!!!

Luncheon at Hopedale Sr. Center

Wednesday Sept. 19, 2018

11:30 am

Hopedale Sr. Center

Menu: Chicken Marsala, salad,
bread, green beans roasted potatoes, coffee and des-
sert. \$5.00 p.p.

TRIVIA follows lunch.

We're celebrating the start of the fall season. If you're new in town, this is a perfect opportunity to meet other Hopedale seniors.

Join us for a delicious lunch catered by Olivas.

Sign-up required by 9/14/18.

Call (508)634-2208.



**THE HOPEDALE SR. CENTER IS
LOOKING FOR MEALS ON WHEELS
DRIVERS**

1 - 2 days per month.

PLEASE CALL (508)634-2208.



NEWS FROM SHINE FOR SEPTEMBER 2018

Need Help with your Medicare Plan Comparisons for Open Enrollment??

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 mailed an information package by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for **2019**. **Premiums, deductibles, co-pays, providers and the drugs covered by your plan can change significantly!** This is important information and if you do not understand it, you should discuss it with your family or caregivers.

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.

REMINDER: You should have received your new Medicare Card in the mail by the end of August. If you don't receive it by September 14th call Social Security to check on the status of your new card.

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 also 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 your insurance needs. **We also have a link to our very informative cable TV program Medicare and More.**

FREE MATINEE MOVIE!

Wednesday Sept. 5, 2018

Free Matinee Movie - 1:00 pm
Hopedale Sr. Center
Sign-up required.

BOOK CLUB - Comedy

Four lifelong friends have their lives forever changed after reading 50 Shades of Grey in their monthly book club. *Starring:* Diane Keaton, Jane Fonda, Candice Bergen, Mary Steenburgen.



WELLNESS CLINICS WITH NURSE MARY WATSON



Weds. - Sept. 12 and Sept. 26
Hopedale Sr. Center 10:30 am - 11:30 am

Confidential vital signs screening, medication questions and more.

Made possible 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

Experience a 15 minute chair session and feel what Reiki can offer!

COME PLAY MAH JONGG WITH US !

NEW PLAYERS WELCOME.

TUESDAYS - Hopedale Sr. Center

1:00 pm to 4:00 pm.

Call (508)634-2208.



HAPPY LABOR DAY !

THE SR. CENTER IS CLOSED.
MONDAY SEPTEMBER 3, 2018.



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 _____

The FRIENDS' SHOPPE IS FILLED WITH WONDERFUL ITEMS. STOP BY AND BROWSE. TAKE A LOOK AT THE NEW FALL INVENTORY.

**ENJOY SHOPPING AT THE SHOPPE? CONSIDER VOLUNTEERING.
JUST A COUPLE HOURS A MONTH WOULD BE A GREAT HELP.
CALL THE SR. CENTER FOR DETAILS (508)634-2208).**

