



# HOPEDALE SENIOR NEWS<sup>September 2021</sup>

*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*

## SEPTEMBER, SEPTEMBER

As I write this newsletter in mid-August, I am thinking about how much we all are looking forward to the renewal each September brings. Our desire for re-sets is especially significant this September and clearly, there is much to be grateful for. Certainly, we are in a better space than any time in the last seventeen months. Yet, for many, there is still concern and worry about COVID's tenacious grip. We understand. We want to reiterate that vaccination and mask wearing are a first-line defense against COVID. If you cannot or choose not to be vaccinated, we ask that you wear a mask. If we truly care about each other, this simple act speaks volumes. Remember that in regard to COVID, our situation is fluid. We will adhere to all recommendations of our local Board of Health. With all of this in mind, let's go forward safely and dive-in.

Looking forward to seeing you! *Carole*



## Life-Long Learning Series: Literature Class

September 15, 22, 29 and October 6, 13, 20 (6 week series)

12:30 pm - 2:00 pm  
Hopedale Sr. Center

This class will examine short pieces of literature from a variety of genres, to help us to better understand what we read and increase our enjoyment of reading, itself. This is for adults of all ages and all work will be done in class with no prior preparation or homework. (This is not a book club, but rather, a deep dive into writing and discussion of our challenges and insights). The class will be taught by Deb McGonnell, certified, retired high school teacher with over 35 years of experience.



**COME MEET RUSSELL BOGARTZ**

**OWNER OF HIGH HOPES**

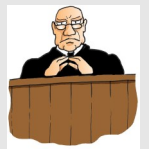
**CANNABIS STORE IN HOPEDALE**

**Thurs. Sept. 30, 2021 10:00 am - Sr. Center**

Russ will explain the preliminary work that was legally required to apply for a retail Cannabis business license in Massachusetts and the laws that govern all Cannabis retail stores in the state. Come learn about the wide variety of products sold at his store. This seminar is informational and Russ welcomes your questions. ***This is not a forum to debate issues relating to the legalization of Cannabis.***

Sign-up requested. Please call (508)634-2208.

## Community Legal Assistance



Community Legal Aid provides free civil legal services to low-income and elderly residents of central and western Massachusetts.

You can reach Community Legal Aid at (855) 252-534, Monday, Tuesday, Thursday, and Friday from 9:30 am to 12:15 pm and Wednesday from 1:30 pm to 4:15 pm.

Their online site is: [www.communitylegal.org](http://www.communitylegal.org)

Contact the Milford Bar Association for free legal aid at (508) 473-1161

You may visit the Milford District Court the first and third Wednesdays of the month from 2:00 pm to 4:00 pm.

## ASSISTANCE PROGRAMS AVAILABLE AT THE SR. CENTER

**OUR SERVICES ARE CONFIDENTIAL. WE CAN MAKE COVID-19 SAFE HOME VISITS**

### OUTREACH

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 (May be on hold due to COVID-19)

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)

### FUEL ASSISTANCE AND HOME WEATHERIZATION PROGRAMS (SMOC)

New applications available for fuel season effective **Nov. 1, 2021**. **Re-certifications sent by SMOC in August.** Program open to renters and home owners. All forms of heating eligible.

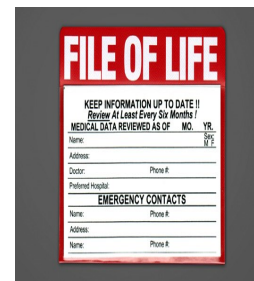
### FILE OF LIFE PROGRAM - FREE

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.

**COPY/FAX SERVICES** - We will make copies for you or Fax documents. Ten cents/copy.



[illegible]

*Check the Activity Calendar in this Newsletter for class start dates.*

Fun cognitive activities will be incorporated throughout the class. Set to upbeat music, the class, designed for all levels, will re-introduce sedentary individuals affected by Covid back into performing and functioning at a more healthy level.



## UPDATES TO VETERANS' BENEFITS

The Asset and Income for Veteran's Benefits (Chapter 115) have increased!



**Great News!! The Asset Limits for Veterans Benefits in Massachusetts have increased significantly.**

Chapter 115 of the Massachusetts General Laws entitles Massachusetts Veterans and their spouses to reimbursement of their medical expenses if they meet certain income and resources guidelines. If you are a veteran, widow or widower of a veteran with an income of \$2,147 or less and cash assets of less than **\$8,400**, or if you are a married veteran or married to a veteran, and your combined income is less than **\$2,904** per month and combined cash assets are less than **\$16,600**, then you may be eligible for these benefits. This program is an entitlement in recognition of your service. You may be reimbursed for your Medicare Premium and all your other health insurance expenses. **If you meet these guidelines, contact the Sr. Center at (508)634-2208 and ask to speak to the Veteran's Agent.**

**FREE Grab & Go Meal  
From Olivas' Market  
Tues. Sept. 14, 2021  
Hopedale Sr. Center**

**11:30 am**

*Pick from one of three options:*

- *Pick-up your meal at 43 Hope St. (Sr. Center)*
- *Pick-up your meal at Griffin-Dennett Housing (Hopedale St.)*
- *Request Home Delivery of your meal*

*Menu: Chicken Parm w/pasta  
Roll & Dessert*

**Reservations required by: 9/8/2021.  
Call (508)634-2208.**



## Honoring Hopedale Veterans

Once again, on the Veterans' Day holiday, the Hopedale Sr. Center and Hopedale Community House will fill the Community House lawn with signs bearing the names of living and this year, deceased Hopedale Veterans. While we retained all of the signs from last year, we will still need to confirm with anyone who wants to honor a living Hopedale Veteran.

There is no charge for a sign for a living veteran. If you wish to honor a deceased Hopedale Veteran, you may purchase a sign (approximately \$16.00). **The deadline for participation is October 25, 2021.** Please call the Sr. Center at (508)634-2208 for confirmations and further details.



**JOIN US FOR LUNCH AT THE SR. CENTER  
MONDAY SEPT. 27, 2021 - 11:30 am**

Just make a reservation! Lunch and TRIVIA with Nancy.

Menu includes: **Teriyaki Beef, Steamed Rice, Broccoli, Pineapple and Dessert**  
Requested Donation - \$3.00 p.p. Sign-up Required by: 9/22/2021.



## Hopedale Local Errand Van Schedule...Ride with Mike!!! (Shopping, Hair Salons, Barbershops, Banks and more!)

Please schedule your van ride 3 business days in advance of your requested ride.  
Our new schedule (hours of operation) for local errand transportation is as follows:

**Monday** 9:00 am to 2:00 pm  
**Tuesday** 9:00 am to 2:00 pm  
**Thursday** 9:00 am to 2:00 pm  
\$3.00 Rd. Trip



**Mike our  
Van Driver**

**COVID-19 restrictions : As of Sept. 1, 2021, the number of van passengers per run will not exceed 4 people. Riders will continue to be required to wear masks.**

## Hopedale Local Medical Van Schedule

Monday - Friday  
9:00 am - 2:30 pm (appointments)  
No transit between 11:15 am - 1:00 pm  
\$3.00 Rd. Trip  
Schedule appointments 3 business days in advance.



## Out of Town Medical Van Schedule



Monday - Thursday (Subject to Change)  
No appointments earlier than 10:30 am  
Ready to return home by 1:00 pm  
Framingham \$10.00 Rd. Trip / Boston \$25.00 Rd. Trip  
Natick /Westboro Worcester  
Franklin/Bellingham/Uxbridge \$5.00 Rd. Trip  
Schedule appointments 3 business days in advance.

## FREE WELLNESS CLINIC

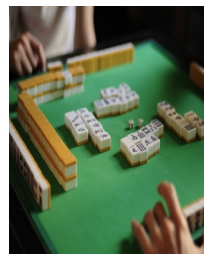
WITH NURSE  
**MARY WATSON**  
Wed. Sept. 15, 2021  
9:30 am - 10:30 am

Mary can take your vital signs and answer your general medical questions. Please stop in for a friendly visit. All information shared in visits is confidential.



## COME PLAY MAH-JONGG, CRIBBAGE AND BRIDGE AT THE SR. CENTER

<b>MAH-JONGG</b>	<b>TUESDAY</b>	<b>12:30 pm</b>
<b>BRIDGE</b>	<b>TUESDAY</b>	<b>1:00 pm</b>
<b>CRIBBAGE</b>	<b>WEDNESDAY</b>	<b>1:00 pm</b>



Chairperson Cheryl Moreci  
Vice Chairperson Bob Casali  
Secretary Dan Malloy

**MEMBERS**

Eileen Milaszewski  
Karen Kuligowski  
Julia Manning  
Arlene Williams  
David Guglielmi

Director Carole Mullen  
Outreach Nancy Mosher  
Staff Assistant Jennifer Bethel  
Van Driver Mike Rutkowski

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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**BECOME A FRIEND!**

**HELP SUPPORT HOPEDALE'S SENIORS**

*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 \_\_\_\_\_



**DON'T FORGET!! PICK-UP FREE,  
DELICIOUS, PANERA BREADS AND BAKED GOODS.  
MONDAYS - Doors open 9:00 am**