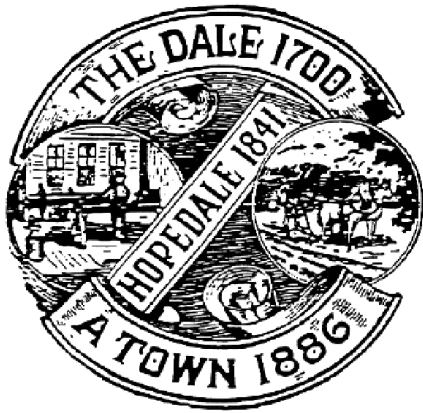


December 2019



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

Dear Friends,

On behalf of all of us at the Council on Aging and the Hopedale Sr. Center, we wish you a happy and healthy holiday season.

We urge you to keep connected with your friends and the community during the upcoming winter months. It's easy to just decide to stay at home when it's cold outside. Remember, Sr. Center programs offer opportunities to enable you to remain active and engaged. And as always, if you need assistance we are here to help.



TECHNOLOGY SURVEY

Hopedale High School students are interested in holding technology workshops to assist seniors with their questions and challenges.

Interested in learning more about Twitter, Facebook and Instagram ???

Do you have problems using your computer, laptop or desktop?

Please pick-up and complete the Technology Survey available at the Sr. Center.

Call us if you are interested in classes which will tentatively be held in the Spring of 2020.

Classes were held last year and we got very positive feedback from the participants.



2020 Sr. Tax Credit Program Applications Available at the Hopedale Sr. Center



Applications are available for the 2020 Sr. Citizens' Real Estate Tax Credit Program. The program is open to seniors age sixty (60) and older who reside in their Hopedale homes and pay real estate taxes to the town of Hopedale. Qualified program participants work in various town departments. In lieu of pay, seniors who complete the required 84 hours of service will receive a \$1000.00 real estate tax credit (minus required taxes and withholdings). Please note that there are a limited number of positions. Please review the program application and policy for complete requirements are details.

Applications are available at the Hopedale Sr. Center. Call (508) 634-2208 with any questions. **Application deadline 12/19/19.**

Hopedale Sr. Center trip to Mechanic's Hall Brown Bag Concert Wednesday December 4, 2019

N.E.C. Symphonic Winds & Chamber Singers with
the U.S. Navy Band Northeast



This annual holiday concert serves up the spirit of the season in a big way. The New England Conservatory plays a broad repertoire. Also performing, Navy Band Northeast, a 35-musician ensemble.

Depart Sr. Center: 10:15 am - Return by : 2:00 pm
\$5.00 p.p. - School Bus Transportation /Free Admission
Bring a bag lunch.
Call (508)634-2208 to reserve a seat.

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
Open to your request

WEDNESDAY
Open to your request

THURSDAY
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 congregational 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 yummy free
baked goods from
Panera on Mondays
(except on holidays).
Come early for the
best selection.**



GROUPS, EXERCISE PROGRAMS AND UPCOMING ACTIVITIES

KNITTERS' GROUP

Meets at Sr. Center

We Need Knitters!

The Knitters' Group meets on the 3rd Thursday of each month at 10:00 am at the Hopedale Sr. Center.

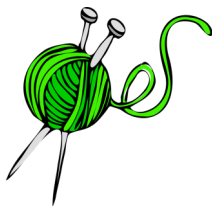
Bring a bag lunch and we will provide dessert.

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.



at

Delicious Food! Great Company!

Eat a hot meal with us on:

Monday Dec. 2, 2019

11:30 am at the Hopedale Sr. Center

Meal is: Hot Dogs & Beans

\$3.00 p.p. Suggested Donation.

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

IF YOU LIKESTAY FOR BINGO after lunch at 12:45 pm
Cash Prizes !!!! Free Refreshments.

B I N G O				
7	25	44	57	62
15	22	40	50	70
11	30	FREE SPACE	46	74
2	28	37	55	68
10	27	39	59	75

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

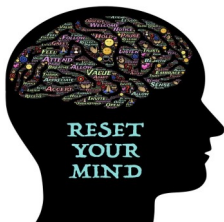
Meets at Sr. Center

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.



Come play with us on Tues. & Wed.!!!!

Mah Jong and Cribbage

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

Mah Jong Lessons - Wed. 1:00 pm
New classes starting - (Call the day before) . We have wonderful teachers.

FREE! FREE! FREE!

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

Hopedale Sr. Center.



Wednesday Dec. 18, 2019

11:30 am at the Hopedale Sr. Center

Meal is: Meat Loaf

\$3.00 p.p. Suggested Donation.

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

TRIVA with

Nancy after the meal.



Join us at the Hopedale Sr. Center for a
"Trim the Tree" Party
Friday December 6, 2019
10:00 am



We need your holiday decorating help!
Enjoy free holiday refreshments.

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

NEWS FROM SHINE DECEMBER 2019

Medicare Open Enrollment 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.

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. Dec. 11, 2019

9:30 am - 11:30 am

Hopedale Sr. Center.

Confidential meetings.

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



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.*** Call the Sr. Center for assistance (508)634-2208. We can help.**

The Hopedale Sr. Center is closed on:



**Tues. Dec. 24, 2019 - Closed at 12:00 pm
Wed. December 25, 2019 - Closed for Christmas
Tues. December 31, 2019 - Closed at 1:00 pm**

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 _____

Hopedale Sr. Center Annual Holiday Party - Thursday December 5, 2019

11:30 am - Coachmen's Lodge Bellingham, MA

Delicious food - Great entertainment - Free raffles

\$21.00 p.p.

Transportation Available from the Hopedale Sr. Center to Coachmen's