

February 2020

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

Be Prepared for Winter Storms

The town of Hopedale will share information about storms and emergencies on the Town website as well as deliver critical storm related information through the Code Red telephone notification system.



Be prepared for severe weather related situations. Create an emergency plan with family, friends or neighbors, have contact numbers ready, extra food, water, medications, charged phones, and extra batteries. Need more information about planning? Contact the Hopedale Sr. Center. We can help you sign-up for Hopedale's Emergency Notification System, Code Red. You can receive phone notification regarding emergency situations or critical community alerts.

Enrollment takes just a few minutes and it's free. We can come to you!

VALENTINE'S DAY LUNCHEON WED. FEB. 12, 2020

Join us for a special Valentine's Day lunch of
Penne Pasta and Meatballs,
Salad, Garlic Bread and a
holiday dessert.

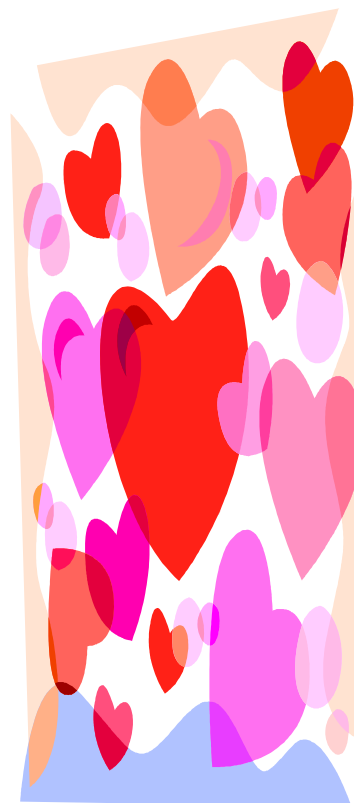
Jeopardy with Nancy follows the meal!

Meal catered by Olivas Market

\$5.00 per person

Sign-up and payment required by

February 7, 2020



Panera Bakery Donation Pick-up Volunteer Needed

The Hopedale Sr. Center seeks a volunteer to pick-up bakery donations from Panera in Milford, Ma by 8:00 am on Monday mornings (excluding Monday holidays). You will also bag items for distribution at the Sr. Center. The total time involved is approximately two (2) hours once each week. Eligible homeowners may be able to participate in the Sr. Tax Credit Work Program and earn a \$1,000.00 real estate tax credit. Interested? Call Carole at (508) 634-2208.



NEW BOOK GROUP AT HOPEDALE SR. CENTER

Beyond the Book readers' group.

1st Thursday in each month.
1:00 pm
Hopedale Sr. Center

Thurs. Feb 6, 2020

We are seeking individuals interested in introspective books that examine the art of living and personal growth.

Please call (508)634-2208 to join our group.



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



HOPEDALE SR. CENTER VAN FOR RIDES TO: THE SR. CENTER, GROCERY SHOPPING, HAIR SALONS, BANKS, ERRANDS & MORE!!!

You must register to use the Hopedale Sr. Center Van. Call the Sr. Ctr. at (508)634-2208.

scheduling your request for transportation far in advance of your appointment.

*Hours of Operation are Monday 9:00 am - 1:00 pm
Subject to Change Wednesday 9:00 am - 1:00 pm
& Driver Availability. Thursday 9:00 am - 1:00 pm



**NOTE HOURS
FOR 2020**

**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.)*



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 lunches or assist with day activities at the Sr. Center. We are open to 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 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.

GENTLE YOGA

Meets at the Sr. Center

Tues. & Thurs.

9:00 am to 10:00 am

\$5.00 / class

Instructor : 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

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

New classes for Mah Jong lessons starting. Sign-up required. We have wonderful teachers.

Lessons are free!

Hopedale Sr. Center (508)634-2208.



Delicious Food! Great Company!
Eat a hot meal with us on:

Monday February 3, 2020

11:30 am at the
Hopedale Sr. Center

Meal is: Chicken Pot Pie

\$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 Refresh-



ments.

Wednesday Feb. 12, 2020

11:30 am at the

Hopedale Sr. Center

Meal is: Penne and Meatballs

Catered by Olivas Market of

Milford

\$5.00 p.p.

Sign-up Required.

Call (508)634-2208.

Special Valentines' Day Party.

Jeopardy with Nancy follows the

meal.



MAINTINEE MOVIE

Thurs. Feb 27, 2020

2:00 pm - Sr. Center

Judy (Judy Garland story)

Starring Renee Zellweger

Sign-up Required.

FREE!



SPANISH LESSONS

WITH NANCY COLLINS

THURS. 10:00 AM

HOPEDALE SR. CENTER

\$5.00 PER CLASS



Get Happy Feet!

Podiatry Clinic with Dr. Biancamano

Friday Feb. 7, 2020

By Appointment Only.

Clinic held at Griffin-Dennett Rec

Hall on Hopedale St.

Call (508)634-2208 to sign-up.



News from SHINE February 2020**GREAT NEWS FOR MEDICARE BENEFICIARIES!!!**

Starting on January 1, 2020 the income and asset limits for the Massachusetts Medicare Savings Program increased significantly. These changes will make thousands of Massachusetts Medicare Beneficiaries eligible for this very valuable benefit. The income for a single person will go up to \$1,738 and for a married couple to \$2,346 this is an increase of more than \$300 a month in both cases. Asset limits are going to more than double as well, going up to \$15,780 for a single person and \$23,600 for a married couple. **This program pays your monthly Part B Premium, \$144.60 for 2020, you may be eligible for significant assistance in paying your Medicare costs. You will also be eligible for Extra Help from Social Security to help pay your prescription drug costs. Contact your local Senior Center for more information on these valuable programs.**

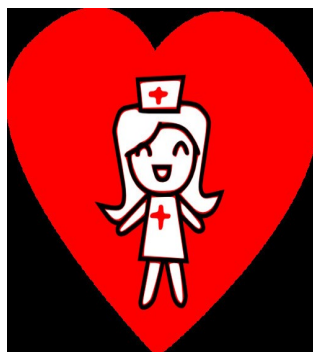
CAN I STILL CHANGE MY MEDICARE COVERAGE?***Medicare Advantage Plan Open Enrollment Period***

This period will run from January 1st to March 31st of each year. During this timeframe you can change to another Medicare Advantage Plan. You can also leave your Medicare Advantage Plan and return to Original Medicare and pick up a drug plan and supplement coverage. **YOU MUST BE IN A MEDICARE ADVANTAGE PLAN ON JANUARY 1ST TO TAKE ADVANTAGE OF THIS OEP.**

For Plan year 2020 The Tufts Medicare Preferred Plan continues to be designated as 5-star Plan by Medicare, as a reward for the excellence of their Plans. Basically, this means that Medicare Beneficiaries may enroll in or change to one of the Tufts Medicare Preferred Plans at any time between December 8, 2019 and November 30, 2020. Blue Cross/Blue Shield Part D Plans have also been designated as Five Star Plans and the same enrollment guidelines apply.

For those with **Prescription Advantage** or getting “**Extra Help**” paying for prescription drugs: You can change your plan during the year. Those with Prescription Advantage can do this only once each year. Those with “Extra Help” can change once each quarter.

If you want to take advantage of any of these opportunities to change your plans call the Sr. Center at (508)634-2208 and ask for a SHINE appointment.

FREE WELLNESS CLINIC WITH NURSE MARY WATSON**Wed. Feb. 12, 2020****9:30 am - 11:30 am****Hopedale Sr. Center.****Start your New Year with a free vital signs screening.****Confidential meetings.****Come for a 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 Sr. Center will be closed on
Monday February 17, 2020
for the Presidents' Day holiday.**



Chairperson Cheryl Moreci
Vice Chairperson Bob Casali
Secretary Dan Malloy

MEMBERS

Nancilee Fuller
Diane Frazier
Rebecca Wild-Wesley
Eileen Milaszewski
Karen Kuligowski

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

NON-PROFIT
RATE
U.S. POSTAGE
PAID
HOPEDALE, MA

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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 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 and The Hopedale Council on Aging thank
Arthur Hampton
for his generous donations to both our organizations
in memory of his wife Carole M. Hampton.**