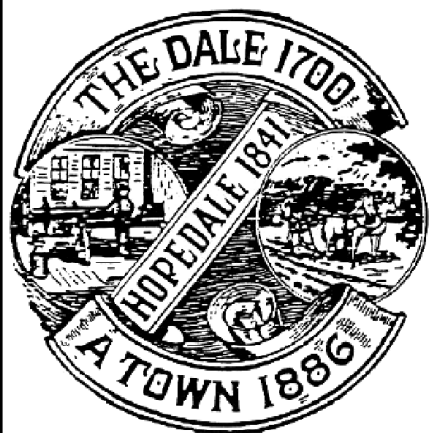


September 2019



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



NOTES FROM THE DIRECTOR

It's back to school for all of us. Once September comes regardless of whether we are school-age or not, a lot of us get that "back to school" feeling. We often find ourselves shifting to a more disciplined schedule.

In that spirit, I urge everyone to explore the programs offered by the Sr. Center and The Hopedale Community House. There are activities and exercise programs that appeal to a wide range of interests. Check for listings and details in this newsletter.

Would you like to socialize more? Are you new to Hopedale? Try one of our Sr. Center lunches. Come share great food and good company. You might even consider volunteering at the Sr. Center. Do good, feel great!

Lastly, if you no longer drive or limit your driving, use our errand van for hair salon appointments, grocery and personal shopping and other local errand requests.

Most importantly, remember that we are here to assist you. The Sr. Center is your local resource for aging information, services and so much more.

See you all soon!

Carole

Patricia Johnson retires from Council on Aging Board

Long-time Council on Aging Board member Patricia Johnson has decided that after fifteen (15) years on the COA board and reaching the glorious age of 90, maybe she should slow down...a bit. Throughout her tenure, Pat has served as both Chair and Vice Chair of the Council on Aging.



Pat's Hopedale roots run deep. Both she and her mother were graduates of Hopedale High School. With the exception of a short stint for her family while her husband worked in South Carolina with the Draper Corp., Pat has been a life-long active member of our community. Her "glass half full" approach to life is her hallmark. And, if you want an honest opinion, ask Pat. Her participation and guidance on the Board has been invaluable. Thank you. We will miss your presence.

No homage to Pat Johnson would be complete without a reference to her love and talent for the game of Bridge. You are still our raining "Bridge Queen". I will continue to look forward to seeing you and your gang on Tuesdays playing the game you love.

All our best,

Carole

JOIN US FOR A DAY OF SHOPPING & LUNCH THURSDAY SEPT. 26, 2019

Have an outing with a friend or join us and meet some new folks in town.



SHOPPING AT MANSFIELD CROSSING (LL BEAN etc.)
LUNCH AT DAILY CATCH RESTAURANT
MANSFIELD, MA

\$5.00 p.p. (School Bus) Sign-up required.
Depart Sr. Center 9:30 am - Return by 2:00 pm

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.

Take note



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

WEDNESDAY

THURSDAY

SR. CENTER VOLUNTEERS CHANGE LIVES OF HOPEDALE'S SENIORS.

We can use your help during the weekday. Deliver meals, serve at our congregate meals or assist with activities at the Sr. Center. We are open to your suggestions. Call (508)634-2208.



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.



GROUPS, EXERCISE PROGRAMS AND UPCOMING ACTIVITIES

KNITTERS' GROUP Meets at Sr. Center

We are looking for new participants !

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

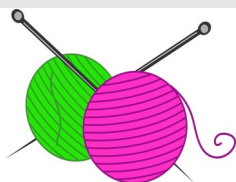
Bring a bag lunch and we will provide dessert.

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

Instructors : Crystal Lee

All skill levels welcome. Drop-ins welcome.



MEDITATION CLASS

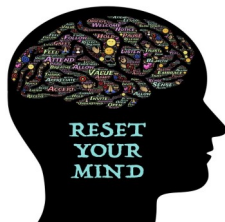
Meets at Sr. Center

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.



LINE DANCING IS BACK

Meets at Sr. Center
Wed. 10:30 am Upstairs
Instructor: Alice Kinahan
\$20.00 / 4 class
Sept. 11 - Oct. 2
Sign-up Required.

All levels welcome. Mixed music genres.
This is a great way to get moving and have fun.



Delicious Food! Great Company!
Eat lunch with us on:

Monday Sept. 9, 2019

11:30 am at the
Hopedale Sr. Center

Meal is: Roast Turkey Dinner

\$3.00 p.p. Suggested Donation.

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

**IF YOU LIKESTAY FOR
BINGO after lunch at 12:45 pm**



Wednesday Sept. 18, 2019

WELCOME BACK EVERYONE!

11:30 am at the Hopedale Sr. Center

Meal is: Spaghetti and Meatballs

\$3.00 p.p. Suggested Donation

Sign-up Required. Call (508)

634-2208.

TRIVIA with NANCY



WATERCOLOR CLASSES

WITH MARI STEINMANN

Tues. 10:00 am - 12:00 pm

Starts 9/10/19 - 6 week series
(\$45.00)



All levels/ All skill sets. Sign-up required.

SPANISH CLASSES WITH NANCY COLLINS

Thurs. 10:00 am

Starts 9/12/19

\$5.00 per Class Sign-up required.



**Come play with us on Tuesdays
& Wednesdays!!!!**

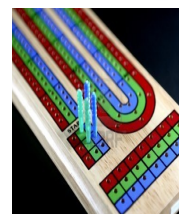
Mah Jong -Tues. 1:00 pm (All levels)

Mah Jong Lessons - Wed. 1:00 pm
(Call the day before)

We have wonderful teachers. FREE!

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

Hopedale Sr. Center. Please call to
insure space for additional players.
(508)634-2208.



NEWS FROM SHINE FOR SEPTEMBER 2019

IMPORTANT MAIL ABOUT YOU DRUG AND HEALTH PLANS!!

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 **2020**. **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.

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.

CENTRAL MASS SHINE WEBSITE

Our newly upgraded website: www.shinema.org has valuable information on Medicare, MassHealth and links and information that can be a valuable resource.

RELAX AND FEEL GOOD WITH THIS HEART WARMING MOVIE!

Matinee - Mon. Sept. 23 - 1:00 pm
A Dog's Journey

*Sign-up required.
6 sign-ups required to show movie.*



FREE WELLNESS CLINIC WITH NURSE MARY WATSON

Wed. Sept. 18, 2019

9:30 am - 11:30 am

Hopedale Sr. Center
Come for a vital signs check-up.



Fun and Functional Class Coming in September 2019

Fridays at 9:00 am

Christine Bositis - Instructor



Set to up-beat music, this fun class, designed for all levels, will train the body for real-life movements and activities. Functional fitness is focused on building a body capable of doing real-life activities in real-life positions. Every day movements such as walking, lifting, pushing, pulling, bending, twisting, turning, standing, people with some physical limitations (such as arthritis).

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

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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 _____

PICKLEBALL IS COMING TO HOPEDALE!!!

**SEASONED PLAYERS AND NEWCOMERS
WELCOME. THERE WILL BE CLINICS FOR NEW PLAYERS.**

**Mondays and Thursdays 6:00 pm - 7:00 pm - Draper Gym.
Community House Membership Required.
Sr. Center can answer questions (508)634-2208.**

