



HOPEDALE SENIOR NEWS

July 2021

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



Try a FREE Lunch from *Heart to Home Meals*

When: Tuesday July 20, 2021 - 11:30 am
Pick-up at Sr. Center or Delivered to your Home

The team at **Heart to Home Meals** is offering a **free frozen** meal to Hopedale seniors. Meals are frozen and can be stored in your freezer until you are ready to heat and enjoy!

Sign-up required by 7/15/2021 (50 person max.)
Please call 508-634-2208 to reserve a meal.

CHOOSE ONE OF THE FOLLOWING MEALS:

Turkey with Cranberry Orange Sauce:

Sliced turkey with a cranberry and orange sauce, a side of stuffing, and served with seasoned potatoes and mashed turnip.

or

Crumb Topped Cod in Lemon Sauce:

Cod fillet, topped with a parsley crumb, in a lemon butter sauce. Served with rice, asparagus, and green beans.

Farewell Nancilee Fuller

Nancilee Fuller has retired from her long service as a Council on Aging Board member. We are so very thankful for her efforts on behalf of Hopedale's seniors. Her enthusiastic spirit and dedication to spreading happiness made a difference in the lives of so many Hopedale seniors. We are positive she will continue to spread sunshine everywhere she goes!



JOIN US FOR A
SUMMERTIME LUNCH
AT THE HOPEDALE
SR. CENTER

Thurs. July 15, 2021 - 11:30 am

\$3.00 p.p. suggested donation

Hot Dogs, Baked Beans, Coleslaw, Dessert

See old friends. Make new friends. Exercise your brain. Play TRIVIA with Nancy.

Your table is waiting!

Sign-up required by July 13, 2021.



Good News!

The Sr. Center will resume distribution of Panera Bread pastries and bread goods each Monday starting on:

Monday July 19, 2021

9:30 am - Hopedale Sr. Center

The Sr. Center will be closed on Monday July 5, 2021.



The Sr. Center is open!



BINGO, Mah Jong, Bridge & Cribbage games are back in session. Check-out our popular exercise classes,

Meditation and Tai Chi. Try something different. Also don't forget about our delicious monthly meals at the Sr. Center. Refer to the monthly Calendar in this Newsletter for dates and times of Sr. Center programs. Have a suggestion? Please call us at (508)634-2208.

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 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

FUEL ASSISTANCE AND HOME WEATHERIZATION PROGRAMS (SMOC)

New applications available for fuel season effective **Nov. 1, 2021**. Program open to renters and home owners. All forms of heating eligible.

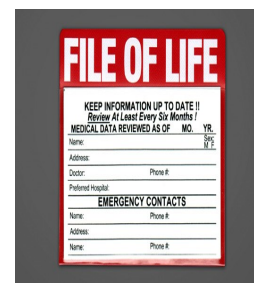
FILE OF LIFE PROGRAM - FREE

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.



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



COVID-19 restrictions : As of June 15, 2021, the number of van passengers per run will not exceed 4 people. Riders will continue to be required to wear masks.

FREE VITAL SIGNS CLINIC WITH NURSE MARY WATSON

Ladies' Parlor
Hopedale
Community
House



Wed. July 21, 2021
10:00 am - 11:00 am

Mary can take your vital signs and answer your general medical questions. Please stop in for a friendly visit.

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.

HOPEDALE KNITTERS' GROUP

Thurs. July 22, 2021
Hopedale Sr. Center
12:00 noon
Bring a Bag Lunch
We'll provide dessert



Calling anyone who loves to knit or wants to learn to knit. We have loads of beautiful free yarn just waiting to be turned into lovely knitted items. Let's resume our tradition of creating hats and mittens for underserved children. We meet once each month. Everyone is welcome. Call (508)634-2208 if you would like to attend.

KAYAK HOPEDALE POND

10:00 am - Meet at Bath House
July 14 and July 28
1.5 hour paddle \$20.00 p.p.



Kayaks provided by Fin and Feather.
Participants must be able to swim.
Events are pending approval by Parks Dept.
Sign-up Required by July 9, 2021. Call (508)634-2208.

PODIATRY CLINIC

August 6, 2021
with Dr. Biancamano



8 am - 12 pm By Appointment
Note: New location Hopedale Sr. Center
43 Hope St.
Call (508)634-2208 for an appointment.


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 _____

THE HOPEDALE SR. CENTER NEEDS YOUR HELP!!!

MEALS ON WHEELS DRIVERS
BINGO CALLERS
ACTIVITY AND MEAL HELPERS

Minimal time commitment required.
Meet wonderful people and help our community.
Call (508)634-2208 for details.

