

The HILLTOPPER

Hopkinton's Hub for Boomers and Beyond



February
2021

Hopkinton Senior Center

INDOOR GROWING GARDEN PROGRAM

Friday, March 12 at 12:30 (Virtual)

Grow all kinds of plants, from ornamentals to edibles from the comfort of your own home. Grow hydroponically or with LED lights. Learn all about self-watering plants and soil created especially for indoor growing. Kate Donovan of Blackstone Valley Veggie Gardens is dedicated to the belief that most people should have the knowledge and opportunity to grow wholesome fruits and veggies in containers, raised beds, or in-ground gardens. Kate will be joining us to present this program. Please preregister.

ST. PATRICK'S DAY DRIVE THROUGH PARTY

Wednesday, March 17, 11:30—12:00 Dinner pick up/delivery Cost \$5

In addition to our regular lunch program we are inviting our Hopkinton Senior Citizens to enjoy a traditional Corned Beef and Cabbage dinner in honor of St. Patrick's Day. While we would love to regale you with music and entertainment as we have done in the past, this year we are offering a great meal on the go! Cost will be \$5 per person. - Checks made out to the Town of Hopkinton.

Please call to reserve your meal. We must have a headcount no later than 2:00 pm on March 10th. Delivery will only be available to those who have no means to pick it up outside of the Senior Center.

SLEEPING WELL- TIPS FOR A BETTER SLEEP

Friday, March 26 at 12:30

Do you chronically have trouble getting a good night's rest? Do you wake up feeling un-refreshed? An estimated 50-70 million US adults have sleep or wakefulness disorders. Join Robb Webb as he talks about the causes of sleep difficulties, treatments/procedures, and how to identify them- helping you get back on track with a healthier life! Better sleep is a healthier YOU.

Robb Webb, RPSGT, RST, Sleep Lab Manager, MetroWest Sleep Disorders Lab, MetroWest Medical Center will join us to give us tips for a better sleep. Please sign up.



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**BUILDING CURRENTLY CLOSED
WE ARE AVAILABLE BY PHONE DURING
REGULAR HOURS BELOW:**

8:30-4:00 Monday - Thursday

8:30-2:00 Friday

28 Mayhew Street

**Hopkinton, MA 01748
(508) 497-9730**

STAFF

Amy Beck, Director.....	1613
Judi Allessio, Admin. Assistant	1614
Marlene Troupes, Outreach Coord.....	1616
Kim Carson, Outreach Coord	1615
Susan Stewart, Volunteer Coord.....	1618
Lisa Deneen, Receptionist.....	1619
George Robinson, Bus Driver	
Louis Mongiat, Bus Driver	
Pat Lynch, Custodian	
Alice Rotfort, S.H.I.N.E Counselor	

FOOD SERVICE STAFF

Zahra Ali, Chef	
Diana Palmer, Chef	
Cate De Carolis	
Richard Munroe	
Volunteers who make it all happen!	

COUNCIL ON AGING BOARD

Don Wolf, Chairman	Donna Deneen
Jack Palitsch, Treasurer	John Gardner
Nancy Drawe, Secretary	Carole Slaman
Sam Docknevich	

Virtual Board meeting March 3, and April 7, 2021 at 1:00 pm. Sign-up to join by Zoom or phone.

A Letter from the Director

As I write this in early February, the snow is falling and it is hard to imagine that as you read this, spring is just around the corner. Or at least I hope it is! A year ago this month we closed the doors of the Senior Center to in-person activities. That was not a decision that we wanted to make, but as you know, the health concerns at the time made it the right thing to do. Since then so many things have changed but in-person programs are not one of them, yet. It is our hope that as more people are vaccinated, and as the weather gets warmer and outside activities expand, that we will be able to open up some more in-person programs to you with health safety protocols in place.

It is sad to think that one of our biggest events, our St. Patrick's Day party had to be cancelled last year. Boy, did I hate to make that decision, so I am excited to tell you that we are planning on hosting a drive-by St. Patrick's Day dinner (similar to our Holiday Dinner in December) that will be held on Wednesday, March 17. We wish we could all gather together at the Senior Center and entertain you with music and comedy as usual, but unfortunately not this year. Information about this event (and many others) can be found in this newsletter.

While many of you have received the vaccine, or are getting ready to schedule your shot, I urge you to continue to follow the safety guidelines that have been put in place - wear your mask, continue to social distance and continue with good hygiene (hand washing). If you are having difficulty scheduling the vaccine, please give us a call and someone will be happy to help you.

We look forward to seeing you all and celebrating with you soon!

Amy Beck, Director

As the first Americans line up for COVID-19 vaccine injections, so also are the scammers preparing to use this opportunity to scam you.

Don't get scammed! You should know the following:

- ◆ Medicare beneficiaries will not have to pay to get this vaccine during this public health emergency.
- ◆ If someone offers to put you on a vaccination list in exchange for money, you are being scammed. You cannot pay to get on a list.
- ◆ If someone offers to get you early access to the vaccine in exchange for your credit card or Medicare number, you are being scammed. You cannot pay to get early access to the vaccine.
- ◆ No one from Medicare or your municipal or state health department will contact you and offer you the vaccine.
- ◆ No one from a vaccine distribution site or a private insurance company will call you asking for your Social Security number, your credit card number, or bank account information to sign you up to get the vaccine. If you get such a call you are being scammed.
- ◆ If you get a call, text, email, or even someone knocking on your door claiming they can get you early access to the vaccine, you are being scammed. You can report scams by calling the Massachusetts Senior Medicare Patrol Program's Report-A-Scam line at 978-946-1243 or email to ReportAScam@MASMP.org.

Remember: Never give your Medicare number, your bank account information, your credit card numbers, your Social Security number, or any other personal information to anyone you do not know and trust. Don't get scammed.



Virtual Programs

We hope you will all join our Virtual Programs! While you may not be able to see the presentation, you can still connect by phone to listen in. Someone is always here to help you connect. Please contact us at 508 497-9730 if you have any questions about how to join a program.

The Hopkinton Senior Center's website https://www.hopkintonma.gov/departments/senior_center.php has a tab titled, "Virtual Programs and Activities." By clicking on that tab you will see "YouTube" channels for some of our fitness instructors, and cooking classes by Chef Nathalie.

A few of our programs can be seen on HCAM.TV such as Chef Nathalie's cooking classes and a stretch class by Dr. Binh.

See all our virtual programming listed by date and time on Page 9 calendar.

Wednesday, 10:00-11:00 Coffee Chat.

Meet virtually with your senior center friends and staff, you can just listen or participate. Hosted by Sue Stewart and Lisa Deneen.



Friday, 10:00 am KEEPMOVIN w/ Hopkinton Senior Center (LIVE through Cable & YouTube)

Hosted by Director Amy Beck, a chance to hear what is happening through the Senior Center and around the town!



Books, Books, AND MORE Books

Friday, March 19, 12:30 pm

One of life's pleasures is a good book. We invite you to participate in our virtual (phone, laptop, or ipad) book club to share what you have been reading and to get reading suggestions. In February, *The Ride of a Lifetime* by Robert Iger. You are also welcome to discuss any other books that you may have read.

To join the meeting, please call the Hopkinton Senior Center to obtain the call in number or to receive the zoom meeting invitation link. In April we suggest you read *Ship of Brides* by JoJo Moyes.

RAPTOR TALES OF SHREWSBURY

(VIRTUAL) PROGRAM

Friday, April 2 at 12:30



Shrewsbury native Jessica Zorge is a licensed wildlife rehabilitator. Jessica specializes in helping Owls, Hawks, Falcons and Eagles. She is one of the few certified in Massachusetts to treat and release Raptors, otherwise known as Birds of Prey. In 2020, she received 110 raptors into her care. This is her specialty and is committed to these types of birds. She is also a licensed raptor educator and volunteers her time with local schools to educate students and the general public about these amazing birds.

Jessica holds state, federal and educational permits to help wildlife in Massachusetts. She accepts injured and orphaned birds of prey from members of the public, local police, Animal Control, MassAudubon, MassWildlife and Environmental Police. She also accepts patients from wildlife clinics needing long-term care. When Jessica is not volunteering as a wildlife rehabilitator, she works full time as an Animal Behaviorist and raising her daughter (who is a wildlife rehabilitator in the making).

SEVEN STEPS TO MANAGING YOUR MEMORY

Friday, April 9 at 12:30

Based on his award-winning book, Seven Steps to Managing Your Memory: What's Normal, What's Not, and What to Do About It, Dr. Andrew Budson will explain how individuals can distinguish changes in memory due to Alzheimer's versus normal aging, what medications, diets, and exercise regimes can help, and the best habits, strategies, and memory aids to use, in seven simple steps.

MUSICAL BASEBALL SHOW with Howie Newman

Friday, April 16 at 12:30



A unique entertainment experience, this concert includes baseball songs, baseball trivia and stories about Howie's days as a sportswriter. Howie Newman covered baseball for several major daily papers in the Boston area, including the Boston Globe and Patriot Ledger, as well as Associated Press and many national magazines.

Educated at Haverford College and Harvard Medical School, Dr. Budson is Chief of Cognitive & Behavioral Neurology at the Veterans Affairs Boston Healthcare System, Director of Education at the Boston University Alzheimer's Disease Center, Professor of Neurology at Medicine, and Lecturer in Neurology at Harvard Medical School.

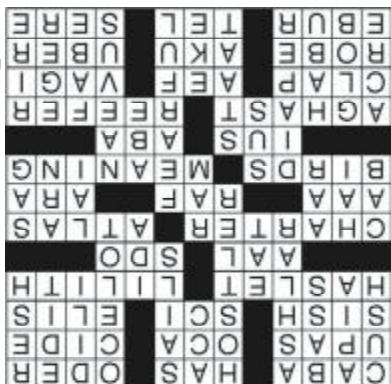
FUN PAGE

CROSSWORD PUZZLE

ACROSS

- Woman's work basket
- Laughter sounds
- Polish border river
- Arrow poison
- Edible root
- Killer (sut.)
- Slushy ice
- School course (abbr.)
- Ancient Gr. city
- Hog's gills
- Mate of Adam
- Mulberry of India
- Carriage
- Franchise
- Book of maps
- Antiaircraft artillery (abbr.)
- Royal Air Force (abbr.)
- Altar constellation
- Aviations

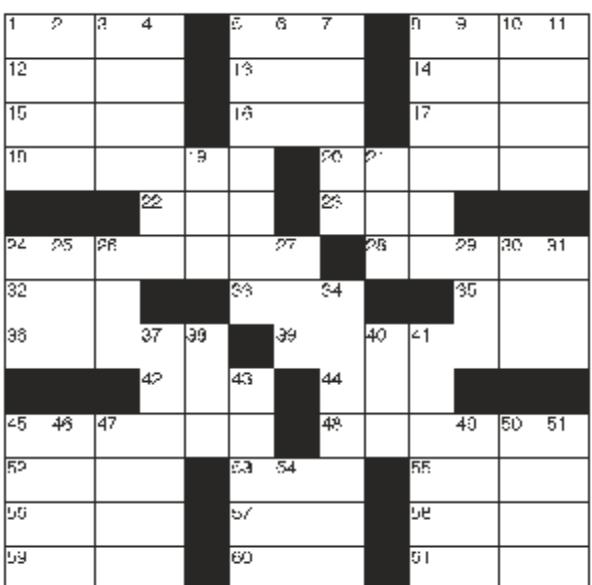
- Import
- Flight (Lat.)
- Camel hair cloth
- Fearful
- Hotted garment
- Applaud
- Amar.
- Expeditionary forces (abbr.)
- Cranial nerves
- Cloak
- Hawaiian fish
- Above (Ger.)
- Ivory (Lat.)
- To or from a distance (pref.)
- Withered



DOWN

- Son of Ham
- Samoa port
- Singing voice
- Square-cut stone
- Stableman
- Atl. Coast Conference

- (abbr.)
- Canvas
- Spotted cat
- Port, Timor's capital
- Blue-pennant
- Hebrew letter
- Sup
- Mountain on Crete
- Vehicle compartment
- Yellow Sea arm
- Rhine tributary
- Pack down
- Indo-Chin. languages
- Soul: alder tree
- Will
- Dire
- Didy
- Sub (pref.)
- Presidential nickname
- Mole
- State (Ger.)
- Land measure
- Amorphous mass
- Hyaku Islands viper
- Gooseberry
- Fibe tributary
- Laugh (I.r.)
- Barely get by



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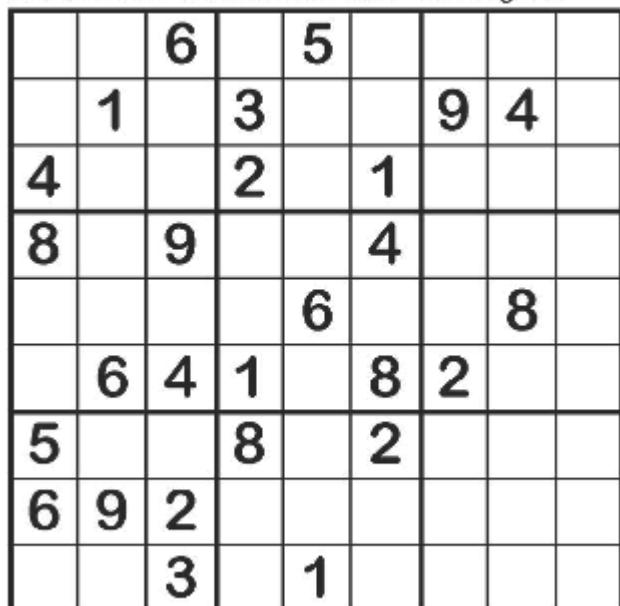


ANSWER TO SUDOKU

28 Mayhew Street, Hopkinton, MA 01748 - 508 497-9730

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.



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DIFFICULTY: ★☆☆☆

GETTING EVEN

A man had six children. Because he was very proud of this achievement, he started calling his wife "Mother of Six" in spite of her objections.

One night they went to a party. When the man was ready to go home, he shouted to his wife across the room, "Shall we go home, Mother of Six?"

His wife, irritated by her husband's lack of discretion shouted back, "Anytime you're ready, Father of Four!"



Many men go fishing all
of their lives without
knowing that it is not
fish they are after.

-Henry David Thoreau

©LPI

OUTREACH SERVICES

SMOC Fuel Assistance

The home heating fuel assistance program through SMOC (South Middlesex Opportunity Council) is available again for this year's heating season. The program runs November to April, and is available to all households in Metrowest if the total household income falls within their guidelines. The Outreach department at the Senior Center can assist any Hopkinton resident/household with their application. If you heat with natural gas, oil, propane, electricity, wood, coal or pellets, call the Outreach department at the Senior Center to find out if you income qualify. A household of one qualifies at \$39,105; a home of two, \$51,137; etc. You may also apply if heat is included in your rent. Because of health concerns during this pandemic, appointments will be made to assist applicants. Please call the Center at 508-497-9730 and ask for Marlene or Kim.

TAKE HOME CRAFT IN A BAG

Pick up on Monday, March 15 at 11:30-12:00

Deb Robbins has once again created new "Craft in a Bag" take home kits for you. Each kit comes with everything you need (unless otherwise noted) to complete these projects, including the instructions. For some projects you will need glue or a glue gun. Please let us know if you have your own glue gun, we have a limited supply.

**Please pre register to reserve a kits by March 8.
Kits may be limited.**

Wood Block Bunnies

Just in time for your spring or Easter table! Make your own painted Wood Block Bunnies.

Glue or glue gun will be needed. See message above if you need one.



Infinity Scarf

Make a beautiful infinity scarf to keep you warm. Fabric choice shown in picture is subject to change. **Please note: This kit will require you to have your own sewing machine.**



Have you heard about "TED Talks?" In 1984 TED Talks were created to bring Technology, Entertainment and

Design information to the curious and open-minded public. These videos cover a wide array of subjects and always lead to lively discussion and conversation. The Outreach program at the Senior Center will be having casual TED Talks group meetings over zoom for one hour every Monday at 12:30. We will view one of these videos and follow with a discussion. The program is free. Please register by calling the Senior Center at 508-497-9730.

LET'S GO SHOPPING! The online store will open from March 11 –25 , 2021

In addition to sweatshirts, long sleeved t-shirts and

t-shirts we are now offering baseball caps, tank tops and our favorite 2021 accessory, masks!

HOPKINTON SENIOR CENTER (HSC) APPAREL ON SALE - DON'T MISS OUT!

The online store is accessible through the link hscapparel.itemorder.com.

Call the Senior Center if you need assistance ordering online.

Make sure to order
your Hopkinton Senior
Center baseball cap in
time for Opening Day!



Walk Your Way to Health

Bottle & Can Drive up and operating again.

A receptacle is available by the staff entrance near the garage. Please don't bring them to the front door.



Or bring redeemables to the Hopkinton Recycling Center, 2nd Saturday of the month.



hopkintonseniorcenter.com
"Like" us on [Facebook](#): Hopkinton Senior

Participants of Outdoor Programs must complete a participation waiver in addition to a health checklist. Preregistration is required.

WALKING GROUP Mondays, 9:00 a.m. (Depart from Senior Center)

Lisa Deneen will continue this Walking Group during the winter - weather and pathway safety permitting. Masks and social distancing required. Max. 6.



MEDITATION & MOVEMENT CLASS WITH JEANNE FRISWELL

Fridays at 12 noon - Weather Permitting

Masks and social distancing required. Since this is an outside class, please call ahead if you are concerned about the weather. Max. 9.

LIBRARY AND COMPUTER LAB

TUESDAY THROUGH FRIDAY 9:00 TO 11:00



The library and computer lab will now be available **by appointment only on a limited basis as state and local health restrictions apply**. (Should rules and regulations change we may need to halt this program.) Only **one** appointment per day will be issued for each room. We **will not** be able to offer computer assistance while in the lab.



While here, you will be expected to complete a health attestation checklist (ensuring you are free from symptoms and exposure to someone with COVID-19). In addition, you will need to wear a mask and practice social distancing while in the building.

TECHNOLOGY ASSISTANCE

HOME Computer and technology assistance will be available Friday mornings from 10-12 with Armand Potenza by appointment. This is by phone and is **virtual assistance**. Please call the front desk for date and time appointment.

LEGAL PHONE CLINIC APPOINTMENT

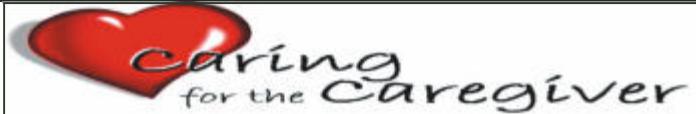
Friday, March 5 and April 2, 10:00-11:00

Elder Law Attorney, Arthur Bergeron of Mirick O'Connell, provides individual free 15 minute clinics. Call the front desk for an appointment.

CALLING ALL JIGSAW PUZZLERS

Monday, March 15 at 11:30 - 12:00

Could you use a new (to you) jigsaw puzzles? We have a number of puzzles you could borrow. Or, if you have too many in your home and want to share them with someone else Please **preregister** so we can make sure we have the correct number to share.



CAREGIVER SUPPORT GROUP VIRTUAL

**March 5 and 19
April 2, 6, & 30**

- ◆ Are you caring for parent spouse/partner or close friend?
 - ◆ Are you feeling overwhelmed and isolated?
- Our Caregiver Support Group provides an opportunity for learning and a space for sharing your concerns with others who face similar challenges.

For more information or to register call (508) 497-0108 or email info@ourtimememorycafe.org

Our Time Memory Café

Virtual Memory Cafe

March 9 & April 13 1:00-2:00

Our Time Memory Café is a welcoming gathering for those experiencing forgetfulness, mild cognitive impairment or living with dementia, and their care partner, family and friends. The Café is a place to socialize, share experiences with others going through similar changes and form friendships (This program is a joint venture between the Hopkinton Senior Center and Library).

For more information or to register call (508) 497-0108 or email info@ourtimememorycafe.org



ONE-ON-ONE NUTRITION APPOINTMENTS

If you have nutrition concerns or questions, and would like to talk to someone, please call Traci Robidoux at 508-573-7258 and leave a voicemail requesting a call back. Traci will be happy to set up a zoom meeting or phone consultation with you.

PROJECT JUST BECAUSE

Helping families in need from the Heart



PROJECT JUST BECAUSE (PJB)

Located at 109 South Street, Hopkinton

In addition to the ongoing Food Pantry, PJB wants **seniors** to know they can help with basic necessities, i.e., clothing, toiletry, shoes, bedding and warm blankets, etc. Their 'Baskets of Love' program can supply you with a gift for your loved one for a special occasion - so you can provide a nice gift for your grandchildren and children.

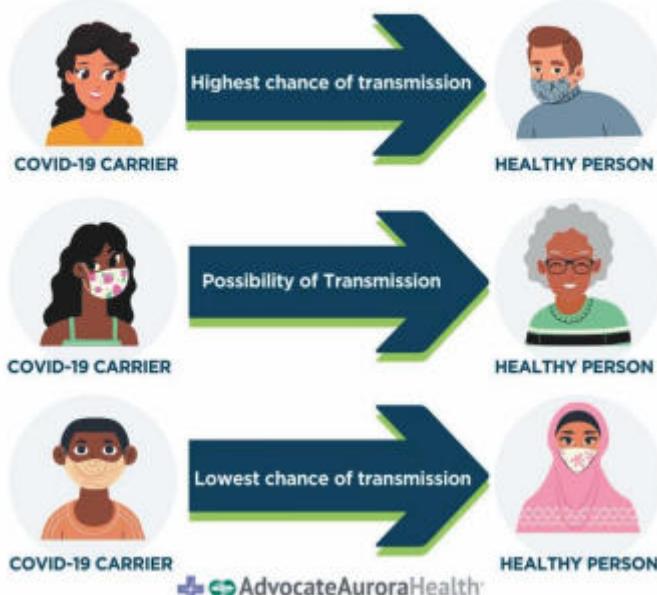
PJB understands the confidentiality of their work. For more information Call PJB 508 435-6511 or call the Senior Center's Outreach Department at 508-497-



12 WAYS TO STAY WELL DURING FLU SEASON & COVID19

- ◆ Wash your hands frequently with soap and water for 20 seconds or use hand sanitizing gel
- ◆ Get the flu vaccine as soon as it becomes available, and discuss with your health care provider if you are due for other vaccinations
- ◆ Stay home and limit your contact with others, especially if you are sick
- ◆ Cover your nose and mouth with a face covering in public places
- ◆ Avoid touching your nose, mouth and eyes
- ◆ Use tissues for coughs and sneezes and dispose of them in the trash
- ◆ Avoid large groups and practice physical distancing (stay at least 6 feet away from others) even when wearing a face covering or outside
- ◆ Avoid unnecessary travel
- ◆ Avoid sharing objects
- ◆ Get enough sleep
- ◆ Reduce stress
- ◆ Eat right and get regular exercise

**YOU WEAR A MASK TO PROTECT OTHERS.
THEY WEAR A MASK TO PROTECT YOU.**



FRIENDLY PHONE CALLS

Just when we all thought things would open up a little we are back to hunkering down to stay safe and healthy.

With the cold weather upon us and the inability to get easily outdoors for a walk and some exercise, or maybe sit in a large circle of friends with masks and chat, you may be feeling isolated and lonely.



If anyone is interested in receiving a Friendly Call we'd love to hear from you. We have a team of volunteers who would love to give you a call (on your terms). We will connect you to a *Friendly Caller*. Please call us at 508 497-9730 and give the receptionist your name and best phone number to reach you.



If you have questions or concerns Sue Stewart, our volunteer Coordinator will be happy to answer your questions.



PUBLIC HEALTH NURSE KASEY MAURO

Kasey can assist with medication review, blood pressure screening, health and fall risk assessment. Feel free to contact her directly:
Office: (508) 497-9725 ext. 1156
Cell (339) 223-7968
kmauro@hopkintonma.gov

Durable Medical Equipment for Hopkinton residents use only, as available, to be loaned out free of charge (walkers, bath seats, canes, crutches). (**We no longer issue used commodes.**)

Wheelchairs, both standard and transport, require a \$25 refundable deposit and are limited to 2 months.

Monthly Observances

Bleeding Disorders Awareness Month

March Madness

National Brain Awareness Month

National Colorectal Cancer Awareness Month

National Craft Month

National Flower Month

National Kidney Month

National Mad for Plaid Month

National Nutrition Month

Problem Gambling Awareness Month

Save Your Vision Month



ELDER LAW WITH FRANK AND MARY

by Arthur P. Bergeron and Leah A. Kofos

Arthur and Leah are elder law attorneys in the Trusts and Estates Group at Mirick O'Connell.

A FEW TIPS FOR TAX SEASON

I love being at Mirick O'Connell because when my elder clients inevitably call me at this time of year asking tax questions, I can always rely on the lawyers here who have focused on tax issues their entire lives instead of looking things up. Here are a few quick tips that are especially relevant to Frank and Mary and the many seniors like them:

- You probably have to file a federal income tax return. Under federal law, the filing requirement is not based on your income, but on the amount of your combined federal standard deduction and the deduction you get from being 65 or older. For 2020, if you're single, that amount is \$14,050; if you're married filing jointly, it is \$27,400.
- Up to 50% of Social Security payments are taxable if your 2020 income exceeds \$25,000 if single, \$32,000 if married, or up to 85% of the payments are taxable if your income exceeds \$34,000 if single, \$44,000 if married. In determining amount of income, add 50% of Social Security payments to your other income.
- You must file a Massachusetts income tax return if your income exceeds \$8,000.
- If your local real estate taxes (plus 50% of your water/sewer bill) exceeds 25% of your income, or if you're a tenant and your rent exceeds 25% of your income, you're probably entitled to get a check back from the Commonwealth of up to \$1,150 after filing state returns.
- Certain improvements to your home, as well as payments to health care providers who helped you or your spouse, may be deductible as medical deductions. Small (grab-bars) and big (elevators) improvements you made to your home may be tax-deductible, as well as the costs of the aides that help you stay home. You should start thinking about the home improvements you want to make this year so you can deduct them next year. By paying for these with some of your IRA or other tax-deferred funds, you are effectively eliminating the tax on those funds.
- If your child is paying for those improvements or for extra care at home, and if that total cost was over 50% of your annual expenses, your child may be able to claim you as a dependent and take the medical deduction. That may be useful if you have previously given away some of your assets to your child (or to an irrevocable trust for his/her benefit) since your child's income, and therefore the effect of the tax benefit, may be much larger than it would be for you.

I will be discussing tax issues in more depth during this month's elder law virtual seminar, ALL ABOUT TAXES, which can be watched on Frank and Mary's YouTube channel, www.youtube.com/elderlawfrankandmary, and on your local cable station, HCAM-TV (Comcast Channel 8; Verizon Channel 30), along with Frank and Mary's local cable shows, where my co-hosts and I address many common issues facing seniors and the resources available during the pandemic. As always, if you have any questions or would like additional information, please contact me at (508) 860-1470 or abergeron@mirickoconnell.com.

*Paid for by Mirick O'Connell

THOMAS F. CRONIN, Director
34 CHURCH STREET, HOPKINTON

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www.callanancronin.com

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ATTORNEYS AT LAW

To learn how Mirick O'Connell's
Estate Planning
Elder Law Attorneys
can assist you and your loved ones, contact

Arthur P. Bergeron
508.860.1470
abbergeron@mirickoconnell.com



Watch our elder law
legal clinics on YouTube:
“[ElderLawFrankAndMary](#)”

Follow our Blog:
“[Getting All Your ‘Docs’](#)
in a Row”

Excellence in our work.
Excellence in client service.
Excellence in value.

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MARCH CALENDAR

We hope you will all join our Virtual Programs! While you may not be able to see the presentation, you can still connect by phone to listen in. Someone is always here to help you connect. Please call us at 508 494-0321 if you have any questions about how to join a program.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00 Walking Group w/L.Deneen 9:00 –10:15 Chair Yoga w/ Crystal Lee 12:30 Ted Talk Chat 2:00 Zumba w/ Rebecca	2 10:30 French w/Nathalie Scott 12:30 Exercise w/ Joni Lebov 2:00 Tap Dancing w/ Rebecca Tredeau	3 1:00 February 3, COA Board Meeting Check Hopkinton Town Calendar for virtual connection. 10:00 Coffee Chat 2:00 Barre Above w/ Rebecca Tredeau	4 10:30 French w/Nathalie Scott 2:00 Bootcamp w/Rebecca Tredeau	5. 10:00 KEEPMOVIN 10:00-12:00 apt. Technology Assist. w/ Armand Potenza 10-11 Bergeron Clinic, by appoint. 10:30 Caregiver Support Group
8 9:00 Walking Group w/ L.Deneen 9:00 –10:15 Chair Yoga w/ Crystal Lee 12:30 Ted Talk Chat 2:00 Zumba w/ Rebecca	9 10:30 French w/Nathalie Scott 12:30 Exercise w/ Joni Lebov 2:00 Tap Dancing w/ Rebecca Tredeau 1:00 Memory Café	10 10:00 Coffee Chat 2:00 Barre w/ Rebecca Tredeau	11 10:30 French w/Nathalie Scott 2:00 Bootcamp w/Rebecca Tredeau	12 10:00 KEEPMOVIN 10:00-12:00 apt. Technology Assist. w/ Armand Potenza 12:30 Garden Prog.
15 9:00 Walking Group w/L.Deneen 9:00 –10:15 Chair Yoga w/ Crystal Lee 11:30 Puzzle pick-up 11:30-12 Craft Bag PU 12:30 Ted Talk Chat 2:00 Zumba w/ Rebecca	16 10:30 French w/Nathalie Scott 12:30 Exercise w/ Joni Lebov 2:00 Tap Dancing w/ Rebecca Tredeau	17 10:00 Coffee Chat 11:30-12:00 St. Patrick Day Takeout Dinner 2:00 Barre w/ Rebecca Tredeau	18 10:30 French w/Nathalie Scott 2:00 Bootcamp w/Rebecca Tredeau	19 10:00 KEEPMOVIN 10:30 Caregiver Support Group 10:00-12:00 apt. Technology Assist. w/ Armand Potenza 12:30 Book Group
22. 9:00 Walking Group w/L.Deneen 9:00 –10:15 Chair Yoga w/ Crystal Lee 12:30 Ted Talk Chat 2:00 Zumba w/ Rebecca	23. 10:30 French w/Nathalie Scott 12:30 Exercise w/ Joni Lebov 2:00 Tap Dancing w/ Rebecca Tredeau	24 10:00 Coffee Chat 2:00 Barre w/ Rebecca Tredeau	25 10:30 French w/Nathalie Scott 2:00 Bootcamp	26 10:00 KEEPMOVIN 10:00-12:00 Tech. Assist. w/ A.Potenza 12:30 Sleeping Well
29 9:00 Walking Group 9:00 –10:15 Chair Yoga w/ Crystal Lee 12:30 Ted Talk Chat 2:00 Zumba w/ Rebecca	30. 10:30 French w/Nathalie Scott 12:30 Exercise w/ Joni Lebov 2:00 Tap Dancing w/ Rebecca Tredeau	31 10:00 Coffee Chat 2:00 Barre w/ Rebecca Tredeau		

#KEEPMOVIN



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Hopkinton Council on Aging, Hopkinton, MA 06-5108

FRIENDS OF THE HOPKINTON SENIORS, INC.

(a 501c3 organization) Monthly Meeting on the 4th Monday at 10:00 am.
Friends of Hopkinton Seniors

BOTTLE & CAN DRIVE.

NOW open to taking clean bottles & cans, ALLELUIA!

A receptacle is available by the staff entrance near the garage. Or bring redeemables to the Hopkinton Recycling Center, 2nd Saturday of the month.

BUTTON BATTERY COLLECTION

Thank you for your batteries. We have again reached the goal of 10 pounds. This program will not continue into 2021.

Thrift Shop Hours: CLOSED UNTIL FURTHER NOTICE.

We are unable to take donations at this time. Please don't leave anything outside without approval first.

All donations support the daily activities and needs of the Senior Center that are not covered by Town Budget.

Friends of the Hopkinton Senior Citizens, Inc. (501c3)

Barbara Beale, President
Sally Almy, Vice President
Marion Intinarelli, Secretary
Dolores Ivester, Treasurer
Directors: Elizabeth Swenson

Mary McLeod
Juliet Smith
Gail Tonelli
Patricia Srodawa
Sheila Frackleton
Betsy Dionne

MEDICARE UPDATES

Can You Change Your Medicare Plan?

You may still be able to change plans during 2021. If you believe you are in the wrong plan due to an enrollment error or being given wrong information, you may be allowed to make a change.



If you have been in a Medicare Advantage (HMO or PPO) plan since the beginning of the year, a change can be made once from January 1 through the end of March. You can switch to a different Medicare Advantage plan or go back to Original Medicare and a drug plan, and add a Medigap plan, if you want.

You may also be able to change plans if you're a Prescription Advantage member, if you're getting Extra Help with your Medicare drug coverage, if you've recently moved, or for other reasons.

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential counseling on these issues and all Medicare options. Due to COVID-19, counseling is being done by phone. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name, town and phone number.

Become a Volunteer SHINE Counselor

Like to help people? Do you like technical information? Have some spare time? If so you may be the perfect SHINE volunteer. SHINE volunteers offer free, confidential counseling on Medicare options to beneficiaries and their families. If you become a certified counselor, we are sure that you will find SHINE a rewarding as well as a challenging volunteer experience.

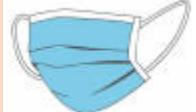


Without volunteers SHINE would not be able to help the many Medicare beneficiaries in the 22 cities and towns in the MetroWest region. Our group of more than 60 volunteers has monthly meetings where you can connect with your fellow SHINE counselors.

To volunteer, the interested person must participate in a 10-day training and pass a state certification test. To meet the needs of our communities you may be asked to serve in an area other than where you live. If you would like more information or an application please contact us at metrowestshine@needhamma.gov or 781-453-8076.

MASKS ANYONE?

If you are in need, please call us and leave a message, with your phone number and address for delivery. Someone will get back to you ASAP.





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Hopkinton Council on Aging, Hopkinton, MA 06-5108

March (Take-out) Lunch Menu

Home Style Cooking prepared here with our own Chefs

Hopkinton Seniors are eligible for take-out meals Tuesdays through Fridays. Note there are a limited number of openings, if you are interested call 508-497-9730.

Please call on Monday to order specific days that week.

Regulars need not call unless you have changes.

Cost is \$2. Checks payable to: Town of Hopkinton at the end of the MONTH.

PLEASE DO NOT HAND CASH TO THE PERSON HANDING YOU YOUR MEAL.

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) Individual Chicken Pot Pie	3) Stuffed Shells, Salad, Garlic Bread	4) Palak Paneer w/Rice	5) Fish of the Day
9) Fall-off the Bone BBQ Ribs, Corn Bread, Cole Slaw	10) Salisbury Steak, Garlic Smashed Potato, Veg.	11) Chicken Stir Fry	12) Fish of the Day
16) Rotisserie Chicken 1/4, Roasted Sweet Potato, Veg.	17) Beef and Rice Stuffed Peppers, Veg.	18) Vegetable Stew	19) Fish of the Day
23) Chicken Broccoli Alfredo	24) EASTER DINNER "Special"	25) Aloo Gobi (Potato Cauliflower)	26) Fish of the Day



To lunch recipients: Winter is here! If we feel weather conditions make it unsafe for delivery and pick-up, we will notify you by phone of the cancellation of the lunch program that day. Please refer to "Weather Closings" on page 5. Lunch program will be automatically cancelled if we are officially closed.

February Reflection: By Mary McLeod

March winds bring us new life for the coming season ahead.

Thank you Mother Nature.



March 2021 Senior View

Meditation & Mindfulness

Guest: Robin Natanel

Host: Mary McLeod

<http://www.hcam.tv/senior-view>



Senior View is shown on local cable HCAM TV Mondays: 6:30 p.m. Wednesdays: 5:30 p.m. and Thursdays: 11:00 a.m.

Paperless Hilltopper anyone? email jallessio@hopkintonma.gov or call 508 497-9730

FRIENDS OF THE HOPKINTON SENIOR CITIZENS, INC.
501c3

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2021 DUES - \$5 PER YEAR

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ADDRESS _____

PHONE: _____

EMAIL: _____

CHECKS MAY BE MADE PAYABLE AND MAILED TO:

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28 MAYHEW ST., HOPKINTON, MA 01748

MEMBERSHIP \$ _____

DONATION \$ _____

TOTAL \$ _____

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Membership does not include mailing outside Hopkinton