

The **HILLTOPPER**

Hopkinton Senior Center Council On Aging

Director - Cindy Chesmore

Assistant Director and Transportation Coordinator - Sally Almy

Administrative Assistant - Judi Allessio

Outreach Supervisor - Mary McLeod

Outreach Worker - Marlene Troupes

Volunteer Resource Coordinator - Ellen Wright

8:30-4:00 Monday - Thursday

8:30-2:00 Friday

28 Mayhew Street

Hopkinton, MA 01748

508-497-9730

www.hopkintonseiorcenter.com

**APRIL
2012**

From The Director's Desk

The following programs at the Senior Center have been funded by the Hopkinton Cultural Council, a local agency in cooperation with the Massachusetts Cultural Council, a state agency:

John Root

"Songbirds of the Northeast" (March 30, 2012)

Richard Clark

"To kill a Mockingbird" (September 7, 2012)

Carol Mecagni

materials for experimentation in glazing
(Tuesday pottery classes)

The Senior Center has benefited many times over the years due to the generosity of the Hopkinton Cultural Council. We all appreciate their fine work which allows us to provide programs that otherwise would not be available.

When we work with things day in and day out we forget that the public isn't always aware of how things get done and who pays for it. Our senior center has had the greatest of track records being supported by many people and organizations. Most folks wouldn't know that our new freezers were purchased with a \$1,000 grant from BayPath Senior Services or that Polyarts has donated to our programs for many years. The Hopkinton Women's Club not only provided the funds for all of the office computers when we first opened but each year makes a sizeable contribution for our transportation, outreach programs, and other special needs. The Friends of Hopkinton Seniors contributes approximately \$50,000 plus a year.

I'd like to encourage people not to be shy and ask any of the staff questions you may have. It's the only way to learn.

Cindy Chesmore, Director

COMPUTER CLASSES AT THE SENIOR CENTER



The Council on Aging is proud to announce there are 6 new computer desktops available at the Senior Center thanks to the Friends of the Hopkinton Senior Citizens, Inc. and all their generous donors. In addition, there are 2 older units available making a total of 8 stations. The IT department has installed Wi-Fi and it's available to seniors with their own laptops, and hand held devices. A talented team of Senior Center IT volunteers have been working diligently to develop classes ranging from beginners through more advanced programs. The Volunteers want to develop more activity in our new computer lab on Thursday mornings by making available more advanced training opportunities. Please stop in and visit the computer lab. A survey "What is Your Computer Interest?", is available for you to check off to help us meet your needs.

Classes are held on Tuesdays from 9-11 for 4 week sessions. Follow-up and general help as well as assistance with your laptops and hand held devices are available to anyone on Thursday mornings from 9-11. Please contact our front desk to sign-up so we can be sure volunteers are prepared for you. If space is not available, your name can be put on a waiting list or on the following session list.

The computer lab is available to all senior citizens while the center is open. While classes are taking place it will be as space is available.

Many thanks go to the Volunteer IT Team for putting the computer program together and making it worthwhile to invest in new computers; the many generous contributions from the public to the Friends of the Seniors; and, the Town of Hopkinton IT department.

CAREGIVER'S SUPPORT GROUP

Monday, April 9 at 1:00

Participants who attended last month's Alzheimer's program have formed a monthly support group to help them manage the stress of caring for loved ones with the debilitating disease. The group will be led by social worker Judith Chaloux from Beacon Hospice. Anyone dealing with a loved one with Alzheimer's is urged to attend. Please sign up.

ANNUAL SENIOR CITIZEN TEA

April 10 2:30- 4:45 - Tuesday

Hopkinton's National Honor Society will be hosting the annual spring Senior Citizen Tea, at the High School cafeteria Tuesday, April 10th at 2:30. The students are excited to host this event and from past experience they will do an excellent job socializing, providing homemade goodies and entertainment. It's a wonderful way to bridge the generation gap and interact with teenagers and feel renewed by their enthusiasm.

Our bus is available for transportation. Students will greet the seniors at the main entrance of the High School and escort you to the cafeteria if you would like.

Please contact the senior center to sign up and let them know if you would like transportation at that time. Let's show the students that our seniors are interested in them by having a great turnout.

MUSLIM IN HOPKINTON

Friday, April 27 at 10:30

What's life like for a Muslim from Pakistan in Hopkinton? Zahra Ali, mother of two teenagers who attend HHS, will discuss the influence of U.S. culture on her family's customs, their Muslim Center on Wood Street, changes she has seen in visits to her homeland, and more. Bring your questions.

HOLLISTON BAND

Thursday, April 19 at 12:30



The big band sound of the talented musicians from Holliston is back by popular request. Join in on the fun by dancing, singing or just listening. There is no charge for the concert but you must make reservations if you are planning to have lunch first.

LEGAL PRESENTATION

Thursday, April 26 at 1:00

Will you be affected by the new Massachusetts Probate Code? Massachusetts has adopted a new Uniform Probate Code after almost two decades of debate. The adoption of the Code means significant changes in procedures for administering estates. This major change in the law also affects guardianships and conservatorships, power of attorney and health care proxy documents. Elder law attorney Kathleen Nealon will explain the changes and answer your questions on Powers of Attorney, Health Care Proxy documents, and the new Massachusetts Uniform Probate code.



MAY DAY BASKETS

Monday, April 30 at 10:00

Many of us have fond memories of assembling baskets of flowers to leave on unsuspecting neighbors' porches on the first day of May. May Day baskets are a sure sign of spring. Make yours with the expert help of Hopkinton Garden Club members! You must sign up. Supplies are limited.

BOOMER'S CORNER

"My mother lives halfway across the country. I can't help her so I thought I could help someone else's mother" says one volunteer driver. Another confides he is taking people to medical appointments because he "might need help myself someday." "I do it because I can and some other people can't" says another.

There are as many reasons for volunteering as there are volunteers. Data from the Corporation for National and Community Service indicates that one in four older Americans 55 and older – that's 18.7 million people – makes a positive impact on their communities through volunteering. Between 2008 and 2010, these adults contributed more than 3 billion hours of service per year. The economic benefit of their service to their communities totaled more than \$64 billion.

Three in five volunteers in a senior care network survey say they are volunteering more now because the need is greater as a result of the poor economy. Not only does the Senior Center rely heavily upon volunteers for operation and activities, individuals experiencing financial hardship depend upon volunteers for rides to their medical appointments. Many cannot afford cab fare to Framingham or Milford doctors or hospitals, and might forego needed medical attention without the help of others.

If you can spare a few hours now and then to drive your neighbors to medical appointments or want to volunteer in another way, contact Volunteer Coordinator Ellen Wright or Transportation coordinator Sally Almy for details.

W.O.W. - WEIGHT OFF WISELY

Springtime! Time to take assessment of ourselves -- are we on track with how we want to feed our bodies or could we use the support of meeting with a group of like-minded folks who would like to pay attention to good nutrition while shedding some of the winter pounds? Even though it wasn't a harsh winter, we probably still weren't able to get out as much as we would have thought we should. Lighter weather, clothes, and spirits are here now! Join us every Tuesday morning at 10:00 a.m. for our one hour meeting. It only costs \$1. What have you got to lose?

AROUND TOWN



Local events of interest to seniors

TAPS – Sunday, April 1, 7 P.M. at the Gazebo

ARTS IN BLOOM – April 6 – 27 at the Hopkinton Center for the Arts (Hopkinton Garden Club and Cultural Arts Alliance) (508) 435-0222

LIBRARY PROGRAMS –

April 3 (Hopkinton Trails Club on the history of Hopkinton railroads);

April 19 – “The Dark Tide, The Molasses Flood” (Library History Book Club in preparation of author Steve Puleo’s visit May 9);

April 24 – Author Ann Hood discusses her books “The RedThread”, “Comfort” and “The Knitting Circle.” (508) 497-9777

Note: Contact the local organizations for details.

CELL PHONES FOR SENIORS



Let your children and grandchildren know we collect old cell phones and small electronic devices to raise funds for Senior Center programs. Used phones are sent to a reconditioning center where they are processed and reused in third world countries. Collection boxes are located at the Senior Center, Woodville and Hopkinton Post Offices, the Verizon Store, St. Paul’s Church and St. John’s Church

KNITTING GROUP

We recently received a wonderful letter from MetroWest Medical Center thanking our knitters for baby hats and blankets donated there. The Knitting Group has also donated skull caps for soldiers to wear under their helmets, red/blue scarves for Special Olympiad participants, and afghans for Serenity House, Respite Center and Project Just Because. Friends of the Seniors has also been the recipient of afghans for fundraising. The Knitting group meets Thursday mornings and welcomes everyone.

TAPS VIGIL

The Taps Vigil is a wonderful program and spreading throughout the states. Hopkinton has been participating for several years. It’s a great way to renew the patriotic spirit.

The next three will each be at the Gazebo, (7pm first Sunday of every month). That is 1 April, 6 May & 7 June.

SOUTHBOROUGH

ROD AND GUN CLUB ANNUAL DINNER

Mark your calendars: The Southborough Rod and Gun Club will be hosting the annual Hopkinton Senior Citizen Dinner at their club Saturday, May 12 at 4:00. Transportation will be available.



MONDAY MOVIES

April 2 – “Tilly’s Punctured Romance” Silent movie 1914 (Charlie Chaplin)

April 9 – “The King and I” (Deborah Kerr, Yul Brynner)

April 16 – Closed for Patriot’s Day

April 23 – “Good Will Hunting” (Robin Williams, Matt Damon)

April 30 – “Sabrina” (Humphrey Bogart, Audrey Hepburn, William Holden)

HEALTH SERVICES

Podiatry Clinic – Monday, August 1, 9:00-12:00 with Dr. Cooper; Appt. needed \$30

Blood Pressure Clinic – Every Thursday, 11:00 – 1:00 No charge/Drop in

Weight Management - Every Tuesday, 10:00

Durable Medical Equipment if available to be loaned out free of charge (walkers, bath seats, commodes, wheelchairs, canes, crutches, Talking Radios for those with low vision)

REGULARLY SCHEDULED EVENTS

1st Friday at 9 am – Veteran’s Breakfast \$3 -- *Reservations encouraged*

1st & 3rd Monday – Hairdresser by appointment; \$10 cut \$15 wash, cut, dry

1st & 3rd Monday – Manicurist by appointment; \$10 for standard manicure (NEW)

2nd Saturday - Hopkinton Recycling Center – redeemable bottles and cans

2nd Thursday – Birthday lunch on us for Hopkinton residents whose birthday falls in that month. *Please call and reserve your free lunch.*

Mondays 11-1 Alternations for seniors; \$5 for hems, other needs priced accordingly.



TRANSPORTATION Day Trips

Monday, April 2 (9:30)

Water Fresh Farm / Imperial Buffet

Bus \$4; buy lunch

Friday, April 13 (10:00)

Solomon Pond Mall

Bus \$5; buy lunch

Friday, April 27 (10:30)

Museum of Work & Culture, Woonsocket, R.I.

Lunch at Ye Olde English Fish & Chips

Bus & museum \$12; buy lunch

Monday, May 7 (8:30)

Kittery Outlets, Maine

WeatherVane Outlets, Yummies Candy Shop

Bus \$12; Buy lunch

Wednesday, May 16 (10:30)

"Broadway Tonight" at Luciano's, Lake Pearl

Bus, show and meal \$52

BUS SCHEDULE

Monday	Most Day Trips
Tuesday	8:30 Mall walking Solomon Pond Mall 11-11:30 lunch pickup 12:45-3:00 Shopping (various discount stores) Approx. 3:30 rides home from Senior Center
Wednesday	No bus service
Thursday	9-11 local errands and Senior Center Activities 10:45-11:15 lunch pickup 12:30-3:00 Market Basket.... Approx. 3:30 rides home from the Senior Center
Friday	No bus service

"OUTREACH"

by Mary McLeod

Reflection: How My Garden Grows

April has arrived and who doesn't think about getting outside to work in our gardens? I know I do.

When you think about it, we are in partnership with nature, which is all around us.

Seeing a lovely flower bloom in my garden reminded me recently all flowers have a spring, summer winter and fall, just like mankind does. Another way of saying it is a full circle of living.

For us, each day is a gift. I must remember to nurture myself, as I do the flowers in my yard. I can do this by eating well, walking and exercise. However, staying connected with people is important also. The community of people here at the Senior Center is a good way to stay connected by joining activities, coming to lunch and enjoying the ongoing programs that hold your interest or just to hang out. Like the flower, you will be fed, nurtured and be radiant as you come into full bloom at the Senior Center.

Marlene and I have escorted many people to the Senior Center for their first time visit. We will give you a tour and even treat you to lunch. We will help you bloom in our Center of joy.

BayPath Elder Care Services – Nutritionist: Would you like to have a BayPath Nutritionist come to your home and answer questions about healthy food intake, just for you? Do your health issues make it difficult to eat certain foods? Call Outreach and we will do a referral to Barbara Gold, Culinary Dietitian from BayPath. There is no charge for one visit.

Senior View: Mondays 6:30 p.m. - HCAM-TV Cable Station - Wednesday s at 5:30 p.m.

Theme: Hearing Services from "Learning Center for the Deaf."

Before purchasing a hearing aid, please watch this program. Quality care is provided by this outstanding organization. Call Outreach for more details.

April Calendar: Palm Sunday – April 1

Easter – April 8

Revolutionary War began; 1775 - April 19

Volunteering: Volunteering provides many adults with a purpose. The purpose can help sustain a healthier lifestyle that includes increased physical, mental and social activity. You will experience joy, happiness and a real good feeling overall. Why not try it! Call Ellen Wright here at the Center. We need you!

Closing: "Don't knock the weather. If it didn't change once in a while, nine out of ten people couldn't start a conversation."
Kin Hubbard

MEDICARE FRAUD AND ABUSE

While most Medicare payment errors are simple billing mistakes, Medicare Fraud and Abuse does exist. Last year, a record amount of nearly \$4.1 billion in taxpayer dollars was recovered from individuals and companies who attempted to defraud seniors and taxpayers or who sought payments to which they were not entitled.

Fraud occurs when someone *intentionally* falsifies information or deceives the Medicare Program. A common example of fraud is knowingly billing Medicare for services or equipment that were never provided or received. **Abuse** occurs when doctors or suppliers do not follow good medical practices. These practices may result in unnecessary costs to the Medicare Program for services that are not medically necessary.

You can help stop fraud by reviewing your Medicare statement (Medicare Summary Notice – MSN) to make sure Medicare is not charged for items or services you did not receive. The MSN shows what Medicare was billed, what Medicare paid and what you may owe. If you have a question or concern regarding a Medicare claim, you should discuss it directly with your physician, provider, or supplier that provided the service.

For further assistance with this matter, you can make a SHINE appointment at the senior center or 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 SHINE Counselor will call you back as soon as possible.

Assistance is also available through the Massachusetts Senior Medicare Patrol (SMP), which is a group of trained volunteers who help Medicare and MassHealth beneficiaries avoid, detect, and prevent health care fraud. SMP volunteers teach Medicare beneficiaries how to protect their personal information, identify and report errors on their health care statements, recognize scams—such as illegal marketing, providing unnecessary services, and charging for services that were not provided—and report fraud and abuse to the proper authorities. You can contact the Massachusetts SMP program at Elder Services of the Merrimack Valley, 1-800-892-0890.

NEW STATE ADMINISTRATION OF THE SSI STATE SUPPLEMENT PROGRAM

Effective April 2012, Massachusetts will administer its Massachusetts SSI state supplement under the Massachusetts State Supplement Program (SSP). Prior to this change the federal government administered both the federal benefit portion of SSI and the state supplement program. As a result, SSI recipients received a single check from the SSA for the combined total of the federal benefit rate plus the state supplement.

Beginning April 1, 2012 eligible SSI/SSP individuals will receive two separate checks, one from the Social Security Administration and one from Massachusetts. Payments will be issued to recipients in the same way and on the same schedule in place prior to the change. Eligibility requirements and computations will also be the same. A letter from Massachusetts and from the Social Security Administration will be mailed to all recipients describing the change.

Recipients and interested parties should contact to the Massachusetts SSP Customer Service line at 1-877-863-1128 with any questions or visit www.mass.gov/hhs/spp

SENIOR CENTER WISH LIST

We can use a variety of items at the Senior Center that we can't accommodate with our budget. We are usually in need of the following items: individually wrapped hard candy, sandwich baggies, hand sanitizers and wipes, tissues, 1 pound plastic containers (i.e.: butter tubs, sherbet containers, cool whip containers). Donations are gratefully accepted.

SNAP/FOOD STAMPS

Please know that a user-friendly website with respect to Medical Expense Deductions that may enhance support from the SNAP program may be found at <http://www.masslegalhelp.org/income-benefits/food-stamps/medical-expense-deductions>.

The Executive Office of Elder Affairs sent the above statement to senior centers so we can help spread the word about SNAP. The linked website has fantastic information and is well worth taking a look at. Many people are qualified to receive benefits and are not aware of it.

There is too much information to print in our newsletter. If you do not have access to a computer or do not use one you can contact the senior center and we will arrange for someone to assist you in our computer lab.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Day Trip @ 9:30</p> <p>Hairdresser9:00</p> <p>Manicurist9:00</p> <p>Exercise.....9:30</p> <p>Mind Games10:30</p> <p>Alterations11-1</p> <p>Movie1:00</p>	<p>3</p> <p>Computer Class9-11</p> <p>Muscle cond.9:00</p> <p>Pottery9:30</p> <p>WOW10:00</p> <p>Yoga for Senior11:00</p>	<p>4</p> <p>SHINE (Appoint).....9-12</p> <p>Tai Chi9:30</p> <p>Painting.....10:30</p> <p>Dancercise11-12</p> <p>Corintho.....12:30-4</p> <p>Chorus1:00</p>	<p>5</p> <p>Computer Asst.....9-11</p> <p>Boot Canasta9:00</p> <p>Quilting.....9:30</p> <p>Knitting9:30</p> <p>Ping Pong.....9:30</p> <p>Chair Volleyball.....10:45</p> <p>Blood Pressure11-1</p> <p>Pitch1:00</p>	<p>6</p> <p>Veterans Breakfast 9:00</p>
<p>9</p> <p>Exercise.....9:30</p> <p>Mind Games10:30</p> <p>Alterations11-1</p> <p>Caregiver Support... 1:00</p> <p>Movie1:00</p>	<p>10</p> <p>Computer Class9-11</p> <p>Muscle cond.9:00</p> <p>Pottery9:30</p> <p>WOW10:00</p> <p>Yoga for Senior11:00</p> <p>Annual Senior Tea Honor Society@High School 2:30</p>	<p>11</p> <p>SHINE (Appoint).....9-12</p> <p>Tai Chi9:30</p> <p>Painting.....10:30</p> <p>Dancercise11-12</p> <p>Corintho.....12:30-4</p> <p>Chorus1:00</p>	<p>12</p> <p>Computer Asst.....9-11</p> <p>Boot Canasta9:00</p> <p>Quilting.....9:30</p> <p>Knitting9:30</p> <p>Ping Pong.....9:30</p> <p>Chair Volleyball.....10:45</p> <p>Blood Pressure11-1</p> <p>Pitch1:00</p>	<p>13</p> <p>Day Trip @10:00</p>
<p>16</p>  <p>Closed Patriot's Day</p>	<p>17</p> <p>Computer Class9-11</p> <p>Muscle cond.9:00</p> <p>Pottery9:30</p> <p>WOW10:00</p> <p>Yoga for Senior11:00</p>	<p>18</p> <p>SHINE (Appoint).....9-12</p> <p>Tai Chi9:30</p> <p>Painting.....10:30</p> <p>Dancercise11-12</p> <p>Corintho.....12:30-4</p> <p>Chorus1:00</p>	<p>19</p> <p>Computer Asst..9-11</p> <p>Boot Canasta9:00</p> <p>Quilting.....9:30</p> <p>Knitting9:30</p> <p>Ping Pong.....9:30</p> <p>Chair Volleyball.....10:45</p> <p>Blood Pressure11-1</p> <p>Holliston Band 12:30</p> <p>Pitch1:00</p>	<p>20</p>
<p>23</p> <p>Exercise.....9:30</p> <p>Mind Games10:30</p> <p>Alterations11-1</p> <p>Movie1:00</p>	<p>24</p> <p>Computer Class9-11</p> <p>Muscle cond.9:00</p> <p>Pottery9:30</p> <p>WOW10:00</p> <p>Book Club10:00</p> <p>Yoga for Senior11:00</p>	<p>25</p> <p>SHINE (Appoint).....9-12</p> <p>Tai Chi9:30</p> <p>Painting.....10:30</p> <p>Dancercise11-12</p> <p>Corintho.....12:30-4</p> <p>Chorus1:00</p>	<p>26</p> <p>Computer Asst..9-11</p> <p>Boot Canasta9:00</p> <p>Quilting.....9:30</p> <p>Knitting9:30</p> <p>Ping Pong.....9:30</p> <p>Chair Volleyball.....10:45</p> <p>Blood Pressure11-1</p> <p>Pitch1:00</p> <p>Legal Presentation 1</p> <p>Decorative Painting 1</p>	<p>27</p> <p>Day Trip @10:30</p> <p>Muslim in Hopkinton 10:30</p>
<p>30</p> <p>Exercise.....9:30</p> <p>MayDay Basket10:00</p> <p>Mind Games10:30</p> <p>Alterations11-1</p> <p>Movie1:00</p>	 <p>April 2012</p>			

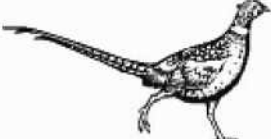


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April Lunch Menu

Reservations are suggested

(508 497-9730) two seatings: 11:30 & 12:15 Cost \$4.00

BREAKFAST – CONTINENTAL MONDAY - FRIDAY 8:30 – 10:00 \$1.00

VETERANS' BREAKFAST 1ST FRIDAY \$3.00

Daily: a Variety of sandwiches, salad plates, soup • Menu subject to change

WEEK 1

- Mon. 2Shrimp on a skewer
Tues. 3Beef Puffed pastry
Wed. 4Spaghetti & Meatballs
Thurs. 5BBQ Chicken
Fri. 6Chef's Choice

WEEK 2

- Mon. 9Manicotti
Tues. 10Baked haddock
Wed. 11Ham
Thurs. 12 ...Stuffed Chicken Breast
Fri. 13Chef's choice

WEEK 3

- Mon. 16CLOSED
Tues. 17Chicken Parmesan
Wed. 18Hot Dogs and beans
Thurs. 19 ...Meatloaf
Fri. 20Chef's choice

WEEK 4

- Mon. 23Stuffed Sole
Tues. 24Chicken Stir Fry
Wed. 25Italian Sausage & Pasta
Thurs. 26 ...Beef Stew
Fri. 27Chef's choice

WEEK 5

- Mon. 30Baked Apricot Chicken



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Council on Aging
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TOTAL \$ _____

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