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A National Flag Day ceremony will be held on June 14 from 6 p.m. to 6:40 p.m. at The Little Red Shop.

Photo source: Facebook @LittleRedShopMuseum

Town chooses Ruscitti as its next Town Administrator

By THERESA KNAPP

The Hopedale Select Board has chosen Mitchell Ruscitti of Milford as its new Town Administrator.

Interim Town Administrator Jeffrey Nutting has been serving in the position since December and his term is ending shortly.

Before the interviews began, John Petrin of Community Paradigm Associates, the consultant helping the town with the process, said his firm had received 17 applications for the position, six finalists were chosen by the firm and advanced to the town's seven-member screening committee. The final three candidates advanced to interviews with the Select Board.

At its meeting on May 10, the board interviewed the final candidates which included Justin Caggiano of Spencer who currently serves as Human Resources Director for the Town of Ware and has previously served

in a similar position for the Town of Millbury; Chad Lovett of Middleboro who currently serves as Director of Facilities and Capital Planning for the Town of Wrentham; before ultimately choosing Ruscitti.

Ruscitti who is the founder and chief consultant with Tillrock Consulting which "provides municipal and private clients with an array of services including but not limited to professional grant writing, the review and drafting of MOUs and other necessary contract agreements." He has held various municipal positions in Rutland, Worcester, and Kentucky. He said he is currently on Milford's Finance Committee where he does all of its grant writing and development work.

Ruscitti said, "I'll flat-out say this, I'm attracted to this community because it's a community

ADMINISTRATOR

continued on page 2

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Town receives ruling in open meeting law complaint

By THERESA KNAPP

The Attorney General has ruled on two complaints from Grafton & Upton Railroad Company which alleged the Hopedale Select Board “posted insufficiently specific notices for its May 23 and June 21 meetings” and “improperly met in executive session on June 21.”

The complaints are related to

the property located at 364 West Street.

In a letter to special town counsel from Assistant Attorney General Elizabeth Carnes Flynn dated May 10, the ruling stated:

“For the reasons stated above, we find that the Board violated the Open Meeting Law by posting insufficiently specific notices for its meetings held on May 23 and June 21. We find that the

Board did not otherwise violate the Open Meeting Law.”

It further stated, “We order the Board’s immediate and future compliance with the Open Meeting Law and caution that future similar violations may be considered evidence of an intent to violate the law. Because the Complainant understood that its property and the Board’s support of its IRAP grant application

would be discussed during the May 23 meeting, and because, on July 11, Special Town Meeting voted in favor of the warrant discussed during the June 21 meeting, we do not order additional remedial action.”

The full decision can be found in the Select Board’s meeting packet for its May 15 meeting at www.hopedale-ma.gov.

ADMINISTRATOR

continued from page 1

that I care deeply about so I’m not looking to move on after a contract, I’d like this to be kind of a long-term home,” he said, adding he would set a tone that reflected his desire to stay here for a while, which will help him in team-building.

Ruscitti said he has a calm demeanor, is an effective communicator, has an “all hands on deck approach” philosophy, and aims to build trust. He sees Hopedale’s top key issues include finances, natural resources, Draper property, and the railroad.

Asked what he would hope his accomplishments would be one year from now, he said he would hope the community was in a better position than it was when he started.

“I think that a year from now my goal would be to have a good working relationship with the board, that the board feels supported, that they feel like the decisions that they’re making are well-informed, and that the department heads feel like they’re supported and that they can do their jobs,” he said, adding he would also look for grants that could benefit the town. “Really, just putting the town on a good management footing is what I’d like to achieve in the first year.”

On a motion made by select person Bernie Stock, and seconded by Scott Savage, and voted unanimously to hire Ruscitti.

Stock said all three were strong candidates.

“This was not an easy decision by any stretch of the imagination. They all brought something strong to the table,” said Stock. “Every one of them came in here prepared. They watched these meetings on cable; they watched the finance committee meetings; they tried to search for things that they couldn’t find and were disappointed that they couldn’t bring the information to the table. That’s a level of interest that you rarely see. I was really, really impressed with that. Really good people.”

The Select Board ratified the contract with Ruscitti at its meeting on May 15, 2023. Ruscitti’s first day will be June 26.

Hopedale Police Department releases third quarter statistics

By THERESA KNAPP

The Hopedale Police Department has released its third-quarter statistics which reflect criminal and traffic statistics for January, February and March 2023.

According to the report, the highest number of incidents under criminal activity was “total [number] of calls for service” at 3,202, and “property checks made” at 791 and “officer investigative cases” at 665.

The highest rates of traffic activity (after 3,363 hours spent on preventative patrolling) were 552 motor vehicle citations issued, and 418 motor vehicle stops. There were also 409 written/verbal warnings issued.

There were no reports of missing persons/runaways, no reports of motor vehicle theft, and only one harassing phone call during the third quarter of FY23.

Criminal Activity (Jan., Feb., March 2023)

3Q total	
Alarm calls	19
Harassing phone calls	1
Breaking and entering	5
Summons served/delivered	17
Criminal damage	2
Missing persons/runaway/juvenile	0
Property checks made	791
911 calls	60
Disturbance/fight calls	14
Animal complaint calls	24
Arrests	50
Officer investigative cases	665
Field interviews	30
Calls for service	3,202

Traffic Activity (Jan., Feb., March 2023)

3Q total	
Motor vehicle accidents responded to	19
Parking tickets issued	40
Vehicles towed	32
Motor vehicle lockouts	4
Disabled auto/public assist	23



Motor vehicle thefts	0	trolling	3,363
Motor vehicle stops	418	Hours spent at court	60
Motor vehicle citations issued	552	Hours spent on community policing	5
Written/verbal warnings issued	409	Hours spent assisting other agencies	35
Hours spent on selective enforcement	62		
Hours spent for School Resource Officer	72		
Hours spent on preventative patrolling			

Data Source: Hopedale Police Department, Hopedale Select Board meeting packet, May 8, 2023.

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Keyes says farewell to Select Board seat

By THERESA KNAPP

The last board meeting for Selectman Brian Keyes was May 8, 2023. He was elected to the board in 2017 then re-elected in 2020. He did not run for re-election this year.

“I have loved every minute of what I’ve done on both boards, it’s hard to walk away from. It’s been six years in this seat and some days it’s felt like six decades, and with all of the climate that’s been associated with it, I still love it and I will miss many things about it,” Keyes said in a prepared statement.

Keyes said he would be remiss if he did not summarize “some of the low points” that occurred during his tenure, calling some of the issues “disappointing” and “nonsense,” and negative comments from “knuckleheads.”

He said he endured personal insults and offensive hand gestures, and was accused of creating a hostile workplace for previous town employees. He



Former Select Board member Brian Keyes during his farewell message at the board’s May 8, 2023 meeting. Source: www.townhallstreams.com

also admonished the board for eliminating the Pledge of Allegiance from the start of its meetings.

Keyes thanked many people including the late Ed Small and the late Bob Burns “because I wouldn’t have served on the

Planning Board or even run for this position if it weren’t for either one of them.” He thanked various town employees and departments for their support of

FAREWELL
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Keyes contemplates legal action regarding ‘hostile workplace’ comment

By THERESA KNAPP

Former Selectman Brian Keyes indicated at his last Select Board meeting on May 8, that he may pursue legal action regarding comments made by Select Board Chair Glenda Hazard at the board’s Oct. 24 meeting after the resignation of former Town Administrator Diana Schindler.

At the May meeting, Keyes said, “I was advised by my counsel not to do anything until my tenure was up, my tenure’s up so we’ll see where that goes.”

At the Oct. meeting, Schindler said the board, which was under Keyes’ chairmanship for the majority of her tenure, “didn’t fulfill its obligations regarding my contract by not setting goals and objectives for me to implement, it has made it impossible for my performance review and contract

renewal to be administered fairly and effectively.”

Following Schindler’s statement, Hazard (who had since become Chair) said, “I can’t help but want to thank Brian Keyes and the band of persistent past and present town officials who have successfully created a hostile work environment for the Town Administrator; and I also wanted to thank them for impeding our efforts to get a future Town Administrator because I’m sure that any candidate that Google Hopedale is just going to run in the other direction.”

Keyes then filed a complaint against Hazard which was then discussed at the board’s meeting on Dec. 12 when Keyes acknowledged “there is a threat of litigation because I’m very upset.”

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U.S. Marines to hold 'Christmas in July'

The Hopedale Select Board has approved a "Christmas in July" event for the U.S. Marines to hold a "roadside cash collection" on Saturday, July 1, from 10 a.m. to 2 p.m. on Route 16. No further details were available at press time.

2023 Summer Band Concerts

Hopedale Town Park
Wednesdays 6:30pm
Sponsored by the Hopedale Cultural Council and the cooperation of the Parks Department
Rain dates on Thursdays
June 21
Family Fun Night 6:00pm
With DJ Mike Rutkowski
Hopedale Town Park

Wednesday,
June 21, 2023 6:00pm
Music and Dancing
Dance, limbo, and hula hoop contests
Balloon animals
"Hide the Diamond"

Candy and prizes
Food truck: "Potato Potato"
June 28**
Carolyn Rae and the Rumors
Pop hits
Food truck: "Potato Potato"
July 12**
4EverFab: Beatles Tribute Band (no rain date)
Food truck: "Methods of a Madwoman"
July 19**
Fantasy Big Band Swing to contemporary
Food truck: "Methods of a Madwoman"
July 26**
Southbound Train Contem-

porary country
Food truck: TBD
Pizza, snacks, and beverages available from the Boy Scouts and the Cultural Council
**Sign up at the Council concession for a free gift card giveaway
***Kayak and canoe rentals on the pond from Fin and Feather Outfitters
7/27, 8/3, 8/10 6-8pm
Pre-register 508-529-3901
Join us on Facebook: Hopedale Cultural Council - Community Organization

Hopedale Day in the Park

The Hopedale Cultural Council is making plans for the 43rd Day in the Park on Saturday, September 23.

Craft vendors, Hopedale businesses, and Hopedale business owners are invited to participate.

Applications can be accessed from the town website under Boards and Commissions > Cultural Council.

Facebook: Hopedale Cultural Council-Community Organization. email: hopedaleculturalcouncil@yahoo.com

Final Bridging Ceremony For Girl Scout Troop 30950



On April 29, Girl Scout Ambassador Troop 30950 led by leaders and parent volunteers Lisa Hodgdon and Sherri Guadagnoli, participated in their last Bridging Ceremony at Union Evangelical Church in Hopedale.

Troop 30950 is comprised of 10 seniors from Hopedale and Uxbridge:

In photo from left to right: Madeline Hodgdon, Mia Guadagnoli, Isabella Gannon, Emily Stewart, Franny Fitch, Joana

Meshreki missing in photo Sejal Abraham, Sophi Machado & Taylor Martin-LaVache

Many of the girls have been in the troop together since they were Daisies in Kindergarten.

Memorable troop highlights shared by the girls include participating in Teens Night Out and Pancake Breakfasts, as well as fun activities such as nighttime corn mazes, gingerbread house making, and camping trips.

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FAREWELL

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him and their contributions to the town.

Former selectman Louis J. Arcudi III attended the meeting to thank Keyes for his time on both the Select Board and Planning Board. Arcudi acknowledged that he and Keyes often did not see eye to eye on town topics but they respected each other.

“When Brian was on the Planning Board, he actually did a lot as far as putting a lot of commercial districts in. He zoned a lot of commercial districts that continue to bring revenue into town - Hartford Avenue, Hopedale/Mendon Street, just for a few examples. He led the charge when it came to bringing hundreds of thousands of dollars of revenues on cannabis...He actually helped keep the adult entertainment out of Hopedale by changing some of the bylaws of town.”

Arcudi said Keyes was also instrumental in “getting the beginning of the downtown Draper Mill facility finally moving; it was stagnant for 15 years and part of the board that Brian sat on actually started that project going to what we see today.”

Arcudi said, “I just want people to remember the impact that Brian did bring to the town... After 32 years of living in town, I can’t think of anybody else that’s actually sat in that planning board role or even as a selectman that actually has had that much impact when we talk about

commercialization in town. So, thanks Brian for your service.”

Resident Len Guertin echoed Arcudi’s comments.

Guertin acknowledged that he and Keyes “were oil and water...I think we started seeing that we both saw the same goal. At the end of the day, maybe we had different paths to get there, maybe we had different delivery on how to get there, but at the end of the day we were pretty much the same on that topic. So, thank you for all your efforts in town, and thank you for everything you’ve done...and it was nice to go from an enemy to a friend.”

Chairperson Hazard said, “Obviously, there are so many things that we disagreed about but I always believed that you were in fact advocating for what you believed to be in the best interest of the town. So, I wish you well going forward; I hope you enjoy your new time with your family.”

Keyes ended his statement by saying, “In the end, I walk away feeling great about my experience and my legacy and, regardless of how some of you feel, I stand by everything I’ve done and only wish the best for the future of Hopedale.”

To hear Keyes’ comments in full, visit bit.ly/KeyesFarewell2023, starting at minute 1:17:37.

Library director wins literacy award

BY THERESA KNAPP

Celebrate Literacy Award from the Massachusetts Reading Association to Tricia Perry, the director of Bancroft Memorial Library.

According to the award letter from the MRA, she was nominated by Nancy Verdolino through the Nobscot Reading Council. The letter also said, “the award recognizes organizations, institutions, and individuals who have made significant contributions to literacy. The Massachusetts Reading Association has selected you in recognition of your impassioned commitment to literacy.”

Perry received the award in April.



Source: Facebook @BancroftMemorialLibrary

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Fairy Walk June 10



Join the Friends of Historic Hopedale & the Hopedale Park Commission for the 7th Annual Hopedale Fairy Walk on Saturday, June 10.

Join us as we turn the Hopedale Parklands into an enchanted forest & temporary home for fairies, gnomes, trolls, elves and all magical folk!

You'll stroll the pathways with

your family & friends while discovering magical homes, doors & fairies tucked into the landscape. Find a new adventure around every corner with performers & vendors placed throughout.

The fairy walk will take place along the 1-mile stretch of the blue trail between the Bath House and the Rustic Bridge.

Pandemic-related regulations remain in place

Remote or hybrid meetings continue through March 2025

Gov. Maura Healey has extended several pandemic-related relief provisions related to local town government. According to correspondence from Town Counsel to town officials, those include:

Open Meeting Law: Public bodies are authorized to continue to hold entirely remote meetings or hybrid meetings through March 2025; and

Quorum Reduction: Through March 2025, the Select

Board, in consultation with and approval of the Town Moderator, can reduce the quorum for Town Meetings to not less than 10% of the regularly required number, with advance notice.

New Scouts Welcomed

This spring, Troop 1 Hopedale welcomed three new Scouts and their families to the Troop.

Nathan A., Miles P., and Aidan R. crossed over following the Hopedale Pack Blue and Gold Ceremony where they each earned the Arrow of Light, the highest award a Cub Scout can receive.

Hopedale has a strong tradition of Scouting, and our troop is highly active. Highlights from our year have included campouts, competing with other Scout Troops at the Council sponsored Freeze-Out event, and taking a ski trip while earning the Winter Sports merit badge. A few of our members traveled to New York to join thousands of other scouts at the West Point Camporee - this was a unique opportunity and a tremendous success! Our Scouts are looking

forward to some exciting upcoming trips including a white-water rafting trip, summer camp at

supporting local charities, conservation efforts and community programs.



Camp Squanto near Plymouth, MA and a high-adventure excursion to Utah!

Closer to home we take pride in being active members in the Hopedale community, and over the past year, the Troop has provided over 330 volunteer hours

Are you a boy between the ages of 11-17 and would like to be part of Troop 1? Come talk to us at the pizza stand during the summer concert series, send us an email at hopedalescouts@gmail.com, or register online at beascout.org.

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Glenn Brown

Planning for the unexpected when things are good is a necessary evil.

This is true for electing work benefits, insurance, estate planning and access to equity.

When engaging in discovery with new clients, I often encounter misconceptions or bias against Home Equity Line of Credit (HELOC).

Their mindset is to seek one only when there is a large home repair or renovation project. True, it can be used for this purpose and the interest could be tax-deductible. But there's other

benefits to consider in using access to the equity you've built as a tool.

Let's take a step back, make we sure understand the tool.

What's a HELOC? - A second mortgage that allows you to borrow money using the equity in your home as collateral - a secured line of credit. There is an underwriting approval process with a hard credit pull and home appraisal, which determine terms including duration (usually 10-15 years), variable rate benchmark (-/+ Prime Rate) and credit limit.

Most banks/credit unions allow 70% or 80% Loan-To-Value (LTV) minus mortgage balance. For example, your house now appraises for \$800K. At 70% LTV is \$560K less mortgage balance of \$400K means potential \$160K HELOC. At 80% LTV, \$640K - \$400K = \$240K HELOC.

Upon closing, you're provided a checking account to move money into and out of the HELOC as you please. If you do borrow, you will only owe interest for a monthly payment. However, keep the balance at \$0, then no interest or fees.

And that's the strategy - keep the balance at \$0 for the "what ifs" in life.

Take a dual-income household with slightly positive cash flow each month. When bonuses or RSUs vest, they build savings, pay cash for big expenditures, take vacations, etc. They could be approved for ~\$150K HELOC but choose not to plan and apply.

Then the following happens:

Job-Loss - Instead of coming from a position of strength, you're now at the mercy of a lender - good luck on those terms, even if approved.

Bank Balance Sheets Gone Mad - Fall 2008 saw banks stop issuing new HELOCs almost 2 years. Some tried to reduce, even close HELOCs, but regulators stepped as it is secured line of credit. As long as the collateral (house) and borrower uphold terms of agreement, the banks couldn't change terms - even if you lost your job. Same is not true for credit cards.

World Gone Mad - Remember when we'd shut down for 2 weeks to end a pandemic but instead laid off 38 million by end of April

2020? Banks stopped issuing new HELOCs and slowed new mortgages until October. And those with high limit HELOCs at \$0 balance became cash buyers of vacation homes from cash-seeking sellers. More opportunistic planning occurred using cash-out refi in 2021 on new property to lock in a low, fixed rate.

Economic Downturn - Banks reduce lending in anticipation of economic slowdowns. Regardless of your opinion on recession, we can all agree banks need deposits in order to underwrite new loans/lines. What's been a recent problem banks are having to maintain? Deposits. Declining deposits equals declining new lending applications.

There are more strategies to consider for HELOCs. Like using as an emergency savings

proxy to reduce opportunity costs or delay/spread out taxation from selling investments over calendar years to meet unexpected cash needs.

Talk to your Certified Financial Planner to learn more.

The opinions voiced in this material are for general information only and are not intended to provide specific advice or recommendations for any individual.

Glenn Brown is a Holliston resident and owner of PlanDynamic, LLC, www.PlanDynamic.com. Glenn is a fee-only Certified Financial Planner™ helping motivated people take control of their planning and investing, so they can balance kids, aging parents and financial independence.

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Select Board makes appointments, accepts donations

By THERESA KNAPP

At its meetings on April 24 and May 8, the Hopedale Select Board made the following appointments and accepted the following donations.

The board appointed Tracey Philips to the Community Preservation Committee.

In addition, the board accepted the following donations:

\$2,000 from the Hopedale Friends of Elders "for the specific purpose of supplement-

ing the cost of payments to our program Instructors"

\$375 donation for a tree from Jayme Solomon-Zissu

\$1,300 donation for trees from Glenda Hazard

\$5,000 from Seven Hills Foundation for Bancroft Memorial Library in honor of Library Director's recent Celebrate Literacy award

\$350.04 from Will Adamski for tree planting or care of trees planted for Scout project



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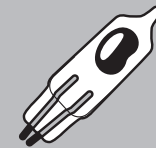
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Hopedale Goes to Washington

In late April, the 7th and 8th grade from Hopedale Junior Senior High School took our nation's capital by storm. 85 students and 8 chaperones spent 3 days exploring Washington DC, learning its history, and seeing our government in action. It was quite the adventure!

After a long morning of travel the students arrived in DC and hit the ground running! We went directly to Arlington National Cemetery where they saw the Changing of the Guard ceremony at the Tomb of the Unknown soldier. The weather was nice and made the mile long hike uphill seem a little easier. We stopped along the way to see several famous graves, such as the Kennedy's and the memorials to



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the space shuttles. From Arlington we stopped at Iwo Jima for a sunset visit and then enjoyed a delicious Mexican dinner buffet before exploring the city's monuments at night. Walking the perimeter of the national mall, the students explored the Lincoln

Monument, the Vietnam Wall, and the Korean War Memorial. The students were impacted by the stories behind these places and they definitely left a lasting impression.
 Day 2: After a good night's rest, the students ventured down

Pennsylvania Avenue to see the White House. The road was all set to receive the South Korean president that evening. The students then spent a couple

WASHINGTON
continued on page 9

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WASHINGTON

continued from page 8

of hours exploring the African American History Smithsonian. The students spent a lot of time examining the impactful exhibits that highlighted the Civil Rights journey and the culture and con-

tributions of African Americans. From there, the students went to Mount Vernon and spent an afternoon walking the grounds of our first president's historic home. Four of our students participated in a wreath laying ceremony honoring the Father of our Country. After a delicious Italian dinner, we spent some free



time shopping in Olde Towne before heading to the Capital Wheel to take in the skyline of DC from the air.

Day 3: To start our final day, the students stopped at the Jefferson Memorial, the FDR memorial, and the MLK memorial. In spite of the rain, the students took their time studying these sites. From there the students headed to the National Archives to see the founding documents of our country.

Then we had a guided tour of the Capitol building. We were all amazed at the beautiful architecture, statuary, and artwork that represents the American government. We spent some time exploring the Library of Congress and saw the Gutenberg Bible! We spent our last evening in DC having some fun at the Pentagon City Mall and enjoying dinner at the food court!

Submitted by Leslie Derochers, Hopedale Jr/Sr High School

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NEWS FROM SHINE: June 2023

Important Updates

Masshealth Renewals Are Back!!

Starting April 1, 2023, MassHealth has returned to its standard annual eligibility renewal process. All 2.3 million members will be reviewed over the following 12 months. Members who need to provide information to MassHealth will receive a redetermination package in a large blue envelope.

In preparation for this, it is important that you:

- Report any address changes or status updates to MassHealth as soon as possible.
- Update MassHealth by calling the Customer Service number at 800-841-2900
- Remember!! If Masshealth

Can't Reach You They Will Drop You.

- Open and read any communications from MassHealth as soon as it arrives in the mail.
- Follow the instructions in the letter and return any forms and required documentation.
- Make sure you reply well in advance of the deadline.

Do you pay \$164.90 For your medicare part b premium?

- The income limits for the massachusetts medicare savings program have increased significantly and you may be eligible. The Massachusetts Medicare Savings Program pays your monthly Part B Premium that is deducted from your Social Security income. The 2023 monthly Part B premium is \$164.90. If eligible, you will also be eligible for Extra Help from Social Security. This program will help pay your prescription drug costs. You may be eligible if your income and assets are at or below these values.

o Individual Gross Income: \$2,734/month Assets: \$18,180

o Couple Gross Income: \$3,698/month Assets: \$27,260

SHINE (Serving the Health Insurance Needs of Everyone) has certified counselors available to assist you with questions about Medicare. Our services are free and unbiased: we are available to discuss all options related to Medicare and additional coverage, and we do not sell any plans. The program is federally funded and state administered.

To make an appointment, call the Hopedale Senior Center at (508)634-2208 or Central Mass Regional SHINE Office at 508-422-9931. A certified SHINE counselor will return your call. Counselors assist clients through in-person appointments, phone, video conferencing (such as Zoom), email, or postal mail. We also offer excellent resources online through our website at www.shinema.org, our Medicare 101 webinars, and our Facebook page: SHINE Central MA.

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5 9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:30 pm BINGO	6 9:00 am Grocery Shopping 9:00 am Yoga with Crystal 12:30 pm Mah-Jongg 12:30 pm Bridge 3:30 pm Dance Class <i>Errand Van Available</i>	7 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 1:00 pm Cribbage	8 10:00 am Watercolor Class 1:00 pm Tai Chi <i>Errand Van Available</i>	9 10:00 am Re-boot Strength & Balance 12:00 pm Senior Center closes
12 9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:30 pm BINGO	13 9:00 am Yoga with Crystal 12:30 pm Mah-Jongg 12:30 pm Bridge 3:30 pm Dance Class	14 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 1:00 pm Cribbage	15 10:00 am Watercolor Class 10:00 am Knitters' Group 1:00 pm Tai Chi 1:00 pm COA Board Meeting	16 10:00 am Re-boot Strength & Balance 12:00 pm Senior Center closes
19 CLOSED FOR JUNETEENTH HOLIDAY 	20 9:00 am Grocery Shopping 9:00 am Yoga with Crystal 12:30 pm Mah-Jongg 12:30 pm Bridge <i>Errand Van Available</i>	21 9:30 am Nurse Clinic 11:00 am Meditation 12:30 pm Literature 1:00 pm Cribbage  <i>Hello Summer!</i>	22 10:00 am Watercolor Class 12:00 pm Senior Center Annual BBQ <i>Errand Van Available</i>	23 12:00 pm Senior Center closes
26 9:00 am Free Panera 9:00 am Bridge 12:00 pm Pizza Lunch at Senior Center 12:30 pm BINGO	27 9:00 am Yoga with Crystal 10:00 am Facebook Class 12:30 pm Mah-Jongg 12:30 pm Bridge	28 11:00 am Meditation 12:30 pm Literature 1:00 pm Cribbage	29 8:00 am Walking Group Meet at Senior Center 10:00 am Watercolor Class 1:00 pm Tai Chi	30 12:00 pm Senior Center closes

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Living Healthy

Macular Degeneration

Causes, Symptoms, and Treatment Options

BY ROGER M. KALDAWY, M.D.
MILFORD FRANKLIN EYE CENTER

Macular degeneration, also known as age-related macular degeneration (AMD), is a progressive eye condition that affects millions of people worldwide. It is a leading cause of vision loss, particularly among older adults. Macular degeneration primarily affects the macula, a small area located near the center of the retina responsible for sharp, central vision. This article aims to provide an overview of macular degeneration, including its causes, symptoms, and available treatment options.

Causes of Macular Degeneration

While the exact causes of macular degeneration remain unknown, several risk factors have been identified. Age is a significant factor, as the condition predominantly affects individu-

als over the age of 50. Genetic factors, family history, smoking, obesity, high blood pressure, and prolonged exposure to ultraviolet light are also associated with an increased risk of developing macular degeneration.

Types of Macular Degeneration

There are two main types of macular degeneration: dry (atrophic) AMD and wet (neovascular) AMD.

Dry AMD

Dry AMD is the most common form, accounting for approximately 85-90% of cases. It is characterized by the gradual breakdown of the macula due to the accumulation of drusen, yellow deposits beneath the retina. As the condition progresses, central vision becomes blurred, making it difficult to perform tasks such as reading or recognizing faces.

Wet AMD

Wet AMD is less common but more aggressive than dry AMD. It occurs when abnormal blood vessels develop beneath the macula and leak blood or fluid, leading to rapid and severe vision loss. Individuals with wet AMD may experience distorted or wavy central vision, a dark spot in the center of their visual field, or rapid visual decline.

Symptoms and Diagnosis

The early stages of macular degeneration often present no noticeable symptoms, making regular eye exams crucial for early detection. As the condition progresses, symptoms may include:

- Blurred or distorted central vision
- Difficulty reading or performing activities that require fine detail
- Dark or empty areas in the central visual field



Normal Vision



View with AMD

- Decreased brightness or intensity of colors
- Difficulty recognizing faces

A comprehensive eye examination, including a dilated pupil examination, visual acuity test, and imaging tests such as optical coherence tomography (OCT) or fluorescein angiography, can help diagnose macular degeneration and determine its type and severity.

Treatment options

Macular degeneration is a progressive eye condition that affects the central portion of the retina, called the macula. Although there is no known cure for macular degeneration, there are several treatment options available that can help slow down its progression and manage the symptoms. Here are some of the common treatment options:

Anti-VEGF Therapy

Anti-vascular endothelial growth factor (anti-VEGF) drugs are injected into the eye to reduce the growth of abnormal blood vessels in the retina. These drugs include medications like ranibizumab (Lucentis), bevacizumab (Avastin), and aflibercept (Eylea). Anti-VEGF therapy has shown significant success in stabilizing or improving vision in many cases of macular degeneration.

Photodynamic Therapy (PDT)

This treatment involves the use of a light-activated medication called verteporfin (Visudyne). The medication is injected into a vein, and then a laser is applied to the abnormal blood vessels in the retina to activate the drug, causing the vessels to close and reduce their leakage.

Laser Therapy

In some cases, laser therapy may be used to target and destroy abnormal blood vessels in the macula. This treatment is

known as focal laser photocoagulation.

Implantable Miniature Telescope

For individuals with end-stage macular degeneration in both eyes and severe vision loss, an implantable miniature telescope (IMT) may be an option. The IMT is surgically placed in one eye to improve central vision by magnifying the images that reach the healthy portion of the retina.

Low Vision Aids

These include devices such as magnifying glasses, telescopic lenses, and electronic visual aids that can help individuals with macular degeneration make the most of their remaining vision.

Lifestyle Changes

Certain lifestyle modifications can help manage macular degeneration. These include quitting smoking, eating a healthy diet rich in antioxidants and nutrients (e.g., leafy green vegetables, fish, and fruits), exercising regularly, maintaining normal blood pressure and cholesterol levels, and protecting the eyes from harmful ultraviolet (UV) light.

Supplements

The AREDS study conducted by the National Eye Institute and concluded in 2001. It showed that the AREDS formula can reduce patients' risk of the advanced form of AMD by about 25 percent. The formula helps protect people's central vision, which is needed for reading, driving, recognizing faces and other daily activities.

The AREDS 2 study, which concluded in 2011, tested several antioxidant nutrients that earlier research had suggested might protect the eyes: lutein, zeaxanthin, and omega-3 fatty acids. Omega-3 fatty acids are



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Hopedale DECA goes to Florida

By DYLAN WHITING

This year, Hopedale DECA sent out 20 DECA members to Orlando, Florida to participate in the 2023 International Career Development Conference, also

known as ICDC. Students were able to attend following their great success at the state-level competition in Boston a month prior. Some students competed in individual roleplays in which they met with a judge to discuss

a specific business scenario. Others competed in events, such as presenting their work on running the FinFit Fair or a business plan based on company research. More students participated in the Leadership Academies, in



which they were taught valuable life skills, how to improve their DECA chapter, and how to use their knowledge after high school. Hopedale DECA would like to thank the DECA parents for their support of their children, our sponsors such as Mil-

ton CAT, Consigli Construction, D+M Auto Parts, and Maloney Coffee Consulting for their generous support of the program making the trip affordable, and the Hopedale DECA members for giving it their all!

EYES

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produced by plants and are present in oily fish such as salmon. Lutein and zeaxanthin are carotenoids, a class of plant-derived vitamins that also includes beta-carotene, and are present in leafy green vegetables. The body uses these nutrients to maintain the health of the retina, the part of the eye that can be damaged by AMD. The AREDS 2 research team did find that the risk of developing advanced AMD was reduced by about 18 percent in study participants who took the variant that included lutein and zeaxanthin but no beta-carotene, compared with participants who took the variant that had beta-carotene but no lutein or zeaxanthin. And those participants whose diets were low in lutein and zeaxanthin at the start of the study, but who took a variant with lutein and zeaxanthin during the study, were about 25 percent less likely to develop advanced AMD, compared with similar participants who did not take lutein and zeaxanthin.

The researchers say that removing beta-carotene from the AREDS formula and adding lutein and zeaxanthin will result in a single formula that is safe and effective for all AMD patients. Another recent AREDS report showed that the benefits of tak-

ing the AREDS formula appear to be long-lasting. Participants in the first AREDS study who took the original formula daily for five years continue to enjoy a 25 percent lower risk of developing advanced AMD.

It's important to note that the choice of treatment depends on the type and severity of macular degeneration, as well as individual factors. If you or someone you know has macular degeneration, it's crucial to consult with an ophthalmologist or retina specialist who can provide personalized recommendations and guidance based on the specific situation.

At Milford Franklin Eye Center, we use state-of-the-art technology to treat a variety of eye problems, including macular degeneration. We are proud to have a Boston Harvard dedicated retina specialist in our practice, specializing in the treatment of retinal eye disease and AMD. With the presence of this service and equipment that rivals the best found in major teaching eye hospitals, our practice continues to provide world class eye care closer to home.

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Sports

Hopedale Looking To Reestablish Hall Of Fame

By CHRISTOPHER TREMBLAY
STAFF SPORTS WRITER

During the 2010-11 high school year, Hopedale athletic Director Kelly Butler established the Blue Raiders Hall of Fame announcing the first class ever to be enshrined.

That inaugural class included cross country runner Paul Abbruzzese, Athletic Director and Coach (from 1969-99) Dan Klocek, 1993 Division 2 State Field Hockey Championship team and 1968 Class C State Baseball Championship team.

Unfortunately, following that first induction, Hopedale never put in another class of athletes. Stephanie Ridolfi, the current Hopedale AD, is looking to bring back the tradition and give the recognition to those athletes and

teams that deserve it.

“For reasons unknown, it was stopped,” Ridolfi said. “When I first became Athletic Director four years ago it was my plan to get the Hall of Fame back up and running. People wanted it back and we were on the verge of doing so then Covid hit, and those plans took a back seat.”

Now with the pandemic hopefully behind us, Ridolfi is looking to reestablish the Hall of Fame and get nominations for the next class. Thus far she has sent out letters to the Alumni Association looking for valuable candidates.

“It’s been too long and so many teams and players have gone unrecognized over the years and we haven’t been able to give them the recognition that they rightfully deserve,” the Blue raider AD said.

Qualifications to be considered for the Hall of Fame are as follows:

Athletes must have brought distinction, honor, and Raider Pride to himself/herself and to the school athletic program through athletic achievement. Demonstrated outstanding character, sportsmanship, and citizenship while at Hopedale High School, graduated and be at least 10 years removed from graduation and received recognition for exceptional athletic performance.

Teams, in addition to bringing distinction, honor and raider Pride to itself and to the school through its efforts and achievements, must also achieve success at the District / State level while demonstrating outstanding sportsmanship on the playing

field. They too must be 10 years beyond their championship date.

Coaches, Administrators and /or Contributors must have made a significant and substantial contribution to the athletic program, dedicated a dedication to the growth of his or her athletes both on and off the field and shown through dedication, character and enthusiasm a true love for the sport. They must have also had a significant impact and brought credit, distinction and honor to the Hopedale Athletic Program and the Hopedale Jr-Sr High School.

The official nomination forms may be found on the Hopedale Athletics home page or on their Facebook page. Applications must be mailed to Hopedale High School Hall of Fame c/o Stephanie Ridolfi, 25 Adin St.,



Hopedale 01747, and received by Aug. 1, so that the committee can begin going through them. Acknowledgment of the winners will take place in spring 2024.

Ridolfi noted that how many inductees are selected all depends on the number of nominations that the school receives. If all goes well the AD’s plan is to have a class elected every two to three years.

Bancroft Memorial Library

50 Hopedale Street, Hopedale MA 01747

Contact: Tricia Perry, Library Director
508-634-2209
tperry@cwmars.org

Juneteenth

The Bancroft Memorial Library will be closed on Monday, June 19 in observance of Juneteenth.

Hopedale Fairy Walk

Look for the Fairy Houses

created by the Library and The Friends of the Hopedale Library at the Hopedale Fairy Walk on Saturday, June 10. The Friends will be sharing free children’s books!

Community Conversations Sponsored by Hopedale For Change

Community Conversations will meet on Monday, June 12 from 6:30-7:30pm. This month they will discuss the topic of

Freedom. What does it mean for each of us? Individually and Collectively? If you are interested in joining the conversation, please sign up at the Circulation Desk.

Massachusetts Library Collaborative 50+ Job Seekers Networking Group

The free, biweekly skillbuilding and networking group meetings for people 50 years and older looking for a new job, a new career direction, or a Second Act career continue this month on Zoom. Topics this month: June 7/14 Thinking Outside the Box and June 21/28 Networking 2.0 - Give to Get! Please check our website for more information. This program is sponsored by the Friends of the Hopedale Library.

Helen Symonds Book Group

The Helen Symonds Book Discussion Group will meet on Wednesday, June 7 at 1:00 pm in the Bancroft Memorial Library meeting room. The book group is open to everyone. If you are interested in joining the group, please leave your contact information at the Circulation Desk and ask them to order a copy of the book for you.

Our June discussion book will be The Personal Librarian by

Marie Benedict. “In her twenties, Belle da Costa Greene is hired by J. Pierpont Morgan to curate a collection of rare manuscripts, books, and artwork for his newly built Morgan Library. Belle becomes a fixture on the New York society scene and one of the most powerful people in the art and book world. But Belle has a secret: she was born Belle Marion Greener, daughter of Richard Greener, the first Black graduate of Harvard and well-known advocate for equality. Belle’s alleged Portuguese heritage lets her pass as white, but she will go through great lengths to preserve her carefully crafted identity in a racist world.” -- adapted from C/W MARS catalog

Wednesday Needlework Group

Join us for an evening of needlework every Wednesday night from 6:00pm until 7:45pm. Bring your latest project. No commitment required – come when you can!

News from The Friends of the Hopedale Library

Raffle Baskets

Stop by the Library from Monday, June 12th through Saturday, June 24th to purchase gift basket raffle tickets to support

the Friends of the Hopedale Library. Tickets will be \$1 each or 6 for \$5. The winning tickets will be pulled on Monday, June 26th. All monies raised goes towards library programming, including summer reading, museum passes, and adult programs. Thank you to our generous sponsors!

Pop-Up Book Sale

The Friends of the Hopedale Library will hold a book sale outside the Library on Saturday, June 24th from 10 am - 6 pm. Come and stock up on summer reading for the family while supporting library programs. Don’t forget you can shop the Friends of the Library Ongoing Book Sale anytime the Library is open! The Ongoing Book Sale is located downstairs in the hallway right outside the Children’s Room.

About the Friends of the Library

The Friends of the Hopedale Library, founded in 1983, is an active volunteer, non-profit organization consisting of town-wide membership and a representative executive board. We work with the library staff and the

LIBRARY

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Volunteer opportunities for seniors

Are you a senior citizen looking for a way to volunteer in the community? If so, consider any of these volunteer opportunities:

Become a "Grandfriend" at the Bright Beginnings Center Preschool in Hopedale

Become a "Reading Buddy" at the Bancroft Library (Summer Program)

Call BINGO (Monday afternoon)

Assist in preparing the monthly Newsletter for mailing

Deliver Meals on Wheels (Meals are delivered on weekdays only around 11:30 am.

Teach a Class at the Sr. Center

Escort Grocery Bus or Help Us Serve Meals at Our Monthly Lunches

Train to be an AARP Tax Preparer

Source: <https://www.hopedale-ma.gov/council-aging>

LIBRARY

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trustees to support the library in providing funds for equipment, materials, and programs not covered by the library's regular operating budget. The Friends of the Hopedale Library normally meets the second Wednesday of the month, September through June, at 6:30 pm. However, our June meeting will be Monday, June 12th due to Flag Day. New members are always welcome

News from the Marjorie Hattersley Children's Room

Registration is encouraged but not required for all events. Please call Mrs. Kraimer at (508)634-2209 to register!

Pre-Teen Advisory Board

The Pre-Teen Advisory Board will meet on Monday, June 5 at 5pm. Open to ages 9-14. Free pizza! Can't make it but would like to share your ideas? Stop by and let us know!

Fairy Craft

Create your own fairy on Friday, June 9 from 2:30-4:30pm to take on Saturday's Fairy Walk! Ages 5 to adult

Keepsake Garden Stepping Stones

On Saturday, June 17, from 10am-1pm, Hopedale residents of all ages are invited to join us to create a keepsake garden stepping stone! Materials will be provided, but you may also choose to bring some of your own "bits and pieces" to personalize your creation. This is a drop-by and drop-in activity. However, for scheduling purposes, we do encourage individuals to pre-register so that we can gauge how much concrete we'll need to mix! To register for a specific time

slot, please call the Library at 508-634-2209. Stepping stones must be left overnight to set up, so you'll need to return to the Library anytime on Sunday or Monday to pick up your masterpiece! Thank you to the Friends of the Hopedale Library for sponsoring this event.

Summer Reading 2023 Registration - For Readers of All Ages!

Registration for Summer Reading 2023 begins on Tuesday, June 20! This year's theme is "Find Your Voice." Come in, register, and receive your first reading log. Children, ages birth through 5(The Altos), will complete activities and receive prizes from a treasure chest and earn raffle tickets for themed prize baskets! Children, ages 6-17(The Tenors), will get a chain and tag for Read and Bead, track their reading minutes on the reading log, and earn beads for their chain. Complete 2 hours of reading and receive raffle tickets for themed baskets! Adults will receive a raffle ticket for a completed reading log. Prizes this year include an iPad, AirPods, Lego Super Mario Castle, Build-a-Bear stuffed animals, special rides to school, and more!

ONE UP GAMES

ONE UP GAMES will host a free open video gaming event on Wednesday, June 21 from 3-6pm. Explore Virtual Reality worlds and play the latest video games! Thirty spots are available. Registration is required. Thank you to the Friends of the Hopedale Library for sponsoring this event. Ages 8+

Stories and Crafts with Mrs. Kraimer

Celebrate summer on Tuesday, June 27 at 10:30am! Ages 3-5

Knitting Club

Join Mrs. Kraimer on Tuesday, June 27 at 1pm for the first Knitting Club session of the summer! Ages 9+

Otha Day - Drum to the Beat

Enjoy a fun drumming program for the whole family on Wednesday, June 28 at 6pm at the Community House! This program is supported by a grant from the Hopedale Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.

Voices of the Past

Join Hopedale Historian, Dan Malloy, on Thursday, June 29 at 11am or Friday, June 30 at 3pm for a walking tour of downtown Hopedale, complete with a scavenger hunt and challenge questions! The tour begins and ends at the Bancroft Memorial Library; children must be accompanied by an adult. Registration is required.

Summer Required Reading for Grades 7-9

The Hopedale Jr./Sr. High School has shared their proposed Summer Reading Project for students in Grades 7, 8 and 9. This summer, the featured author will be Francisco X. Stork. Copies of the required reading titles will be available at the Bancroft Memorial Library beginning in early June. These include:

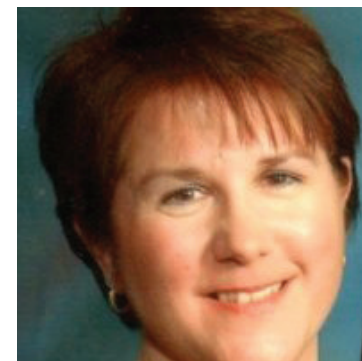
Disappeared, Marcello in the Real World, Memory of Light, On the Hook, and I Am Not Alone (scheduled to be published 7/2023).

For updates throughout the month, Friend us on Facebook and sign up at www.wowbrary.org to discover the Library's newest books, movies and music. Our webpage is <https://www.hopedale-ma.gov/bancroft-memorial-library>.

Blackstone Heritage Corridor's Board of Directors Elects Two New Members

The Blackstone River Valley National Heritage Corridor Board of Directors elected two new Board members at its March meeting, including Sue Ciaramicoli of Hopedale, and Paul Jones of North Smithfield, RI. Sue is the Volunteer Curator at the Little Red Shop Museum in Hopedale and Co-Chair and Recording Secretary of Hopedale's Historical Commission. Paul is the president of The Care Concierge of New England. Both were elected for a three-year term.

Working with community partners, Blackstone Heritage Corridor provides strong leadership to preserve, promote, and celebrate the Valley's historic, natural, and recreational resources for current and future generations. Learn more at BlackstoneHeritageCorridor.org.



Real Estate Corner Recent Home Sales

Date	Hopedale	Amount
05/15/2023	4 Patrick Road	\$636,000
05/12/2023	4 Whitney Road	\$735,000
05/08/2023	15 Tammie Road	\$530,000
05/08/2023	210 Laurelwood Drive	\$400,000
05/02/2023	4 Cemetery Street	\$270,270
04/27/2023	8 Moore Road	\$585,000
04/20/2023	44 Progress Street	\$350,000
04/20/2023	54 Laurelwood Drive	\$425,000

Source: www.zillow.com / Compiled by Local Town Pages



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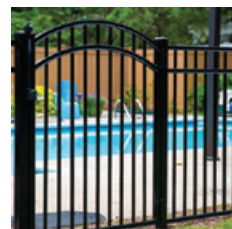
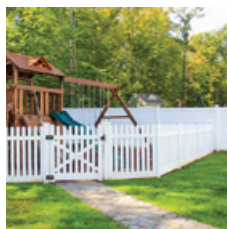
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