

The Mashpee Senior Connection

MASHPEE SENIOR CENTER/COUNCIL ON AGING

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Mashpee Senior Center Holiday Schedule

The Mashpee Senior Center will be closed on Monday, July 4, for the Independence Day Holiday.

All activities including the van are cancelled for this day.



THE MASHPEE SENIOR CENTER NEEDS YOUR HELP!

Newsletter: We have been very fortunate that the Friends of the Mashpee Council on Aging have contributed to the mailing costs of our monthly newsletter for quite some time. We have been looking for ways to reduce this expenditure. Do you know that the newsletter is posted on our website each month? Check out the June newsletter at this link: http://www.mashpeema.gov/sites/mashpeema/files/news/2016-06_june_newsletter.pdf. Many of you have let us know that you in fact prefer to read it on line. For those that do, we would like to delete your name from our monthly newsletter hard-copy mailing database. Please call the Senior Center at (508) 539-1440 or stop by the front desk and let the receptionist know that you no longer need to receive a hard copy of the newsletter and confirm that we have your correct email address on file. Thanks in advance for your help and consideration! Or you can send an email to coaofficeassitant@mashpeema.gov with your name and email address requesting to be deleted from the hard copy mailing list. *No action is needed on your part if you would like to continue receiving the mailed copy of the newsletter.*



UPCOMING ACTIVITIES

CURRENT EVENTS DISCUSSION — Tuesday, July 5, and Tuesday, August 2, 10:45 am. This group is an informal meeting of people who are interested in staying involved with current events in our state, our country, and the world. Each participant will be invited to add to the discussion and share his/her ideas, feelings, and thoughts. Participation, although encouraged, is not required. Subjects are determined by the members of the group, and all views are respected. Dr. Robert Calzini will lead the class. He has been a teacher and administrator overseas and in the United States. Come and join us and keep those synapses functioning! Rsvp's are not required. Just stop in!



HISTORY OF CAPE COD — A series of 5 Wednesdays, July 20 through August 17, 10:30 am. **Joan Houlihan is back by popular demand!** Join us as she takes us back in time and looks at what really happened on Cape Cod and how we got to where we are today. We'll look back at the beginning days of the Cape's development and history. Cape Cod was among the first places settled by the English in North America. The Cape's fifteen towns developed slowly, aside from Barnstable (1639), Sandwich (1637), and Yarmouth (1639). The final town to be established on the Cape was Bourne in 1884, breaking off from Sandwich. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.



PATRIOTIC HOLIDAY LUNCHEON — Tuesday, July 12, 12:00 noon.



Join us for Royal Health's annual holiday luncheon to celebrate the birthday of our great country! **Mashpee residents only, please. Rsvp's are required.** Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.

FIRE SAFETY TOUR OF MASHPEE FIRE HOUSE — Tuesday, July 26, 1:30 pm. Meet at the Mashpee Senior Center at 1:30 pm for a short talk on fire safety, and then join us as we walk over to the Mashpee Fire Department for a tour of the fire station by Chief Rullo. **Mashpee residents only, please.** Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.



SOC IT TO ME EXERCISE FOR HEALING & WELLNESS — A series of 6



Thursdays, July 21 — August 25, 2:00 pm **SOC It To Me** is a new exercise class for healing and wellness. Increase your physical activity with this easy and fun exercise program using a soccer ball — increase muscle strength, flexibility, and relaxation while having fun tossing a ball to a team mate! The instructor is Rose DiGregorio, M.Ed Health Science. There is a small fee per class.

A free demo will be held on Thursday, July 14 at 2:00 pm at which time the program will be explained and demo'ed to prospective participants. Class description, fees, any physical concerns, and equipment needed will be discussed.

Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up for the demo and/or for the on-going classes.

MASHPEETV PRESENTATION AND FREE CLASS — Tuesday, July 12, 10:00 am. MashpeeTV is looking for a few good people to join them in bringing Mashpee stories to the community. MashpeeTV will be holding an orientation describing what it takes to be a part of this growing media center. Join us at the Senior Center to learn about open positions in every area: on camera, behind the cameras and



MashpeeTV

Armchair Traveler, Sketching, Sight Loss Services Support Group, Social Dining Around, PC and Gadgets Clinic.

BARNSTABLE COUNTY HOME DOWN PAYMENT CLOSING COST

LOAN PROGRAM: Could \$20,000 help you buy a home? You may be eligible for Barnstable County's HOME Loan Program for Down Payment and Closing Cost Assistance. Read more at this link: <http://files.ctctcdn.com/c0bb8d8c001/36d3257a-cc9f-46c9-a0a6-2514a74e0d37.pdf> or call the program administrator, Karin Bar, at (508) 771-5400, ext 289 or email her at kbar@haconcapecod.org.

WHEN CALLING THE SENIOR CENTER — We are fortunate at the Mashpee Senior Center that our phone is answered during open hours by a real person, unlike other agencies that utilize an automat-

ed answering system. Please be aware that many of the individuals staffing our reception desk and answering the phone may be volunteers and may not necessarily know the answers to every question you ask when you call. So that you get the correct information, your call will be referred to the appropriate staff coordinator for response (Activities, Volunteer, or Outreach Coordinator as appropriate). If you know your question relates to either activities, volunteering, or outreach, feel free to ask to be transferred to the appropriate coordinator. And please be patient with our wonderful volunteers — their help is invaluable to ensuring the smooth operation of the Senior Center.



In the Spotlight

Many of us have questions on medical issues, prescriptions, drug interactions, and more. Are you aware that we have two services available each month at the Mashpee Senior Center to help in these areas?

ASK-A-NURSE: Betty Blackham, RN, of the VNA of Cape Cod visits the Senior Center on the 4th Friday of each month at 9:00 am to answer your questions about health issues. She also provides monthly tips (see [Page 6](#) for July's tip). Betty will be

here this month on **Friday, July 22 at 9:00 am**. Just stop by to see her with any questions you may have.

ASK-A-PHARMACIST: Have questions about medications? Do you want to find out more about potential drug interactions? Richard Starzyk from Walgreen's is here on the 2nd Wednesday of each month from 11:00 am to 1:00 pm to answer any questions you may have. Drop in, meet Rich, and get your questions answered. Rich will be here this month on **Wednesday, July 13 at 11:00 am**.

SCAM ALERT

1) HACKED EMAIL...You get a flood of messages from friends and family. They're getting emails from you with seemingly random links, or messages with urgent pleas to wire you money. It looks like your email or social media account might have been taken over. What do you do? For starters, make sure your security protections are up-to-date, reset your password, and warn your friends.

How You Know You've Been Hacked — You might have been hacked if:

- ◆ Friends and family are getting emails or messages you didn't send
- ◆ Your Sent messages folder has messages you didn't send, or it has been emptied
- ◆ Your social media accounts have posts you didn't make
- ◆ You can't log into your email or social media account

In the case of emails with random links, it's possible your email address was "spoofed," or faked, and hackers don't actually have access to your account. But you'll want to take action, just in case. Check out the Federal Trade Commission's website <https://www.consumer.ftc.gov/articles/0376-hacked-email> on "What To Do When You've Been Hacked" and "What to Do Before You're Hacked".

2) TREASURER GOLDBERG ALERTS RESIDENTS TO UNCLAIMED PROPERTY SCAM — Illegitimate letters from a Massachusetts address are being sent to the state's citizens claiming "unclaimed property winnings". According to Massachusetts State Treasurer Goldberg, these letters are not being sent by either the Massachusetts Office of the State Treasurer or the National Association of Unclaimed Property Administrators (NAUPA). **Official unclaimed property notices will never direct owners to pay money, whether for processing fees, tax payments, or otherwise, when searching unclaimed property or filing a claim.** The official Massachusetts Treasury website for unclaimed property, <http://www.findmassmoney.com/> is free of charge to search and claim. There are a number of ways to discern official Treasury notices from scam notices. Letters will be mailed from Boston, Massachusetts with a return address; they will direct owners to an official <http://www.mass.gov/> website; and they will bear the official seal of the State of Massachusetts along with the signature of the Treasurer. If you have any questions regarding unclaimed property, please visit the Treasury's official website, <http://www.findmassmoney.com/> or call (888) 344-MASS (6277). You can view an example of a fraudulent letter at the following: www.mass.gov/treasury/scamletter.

HAVE A WONDERFUL AND SAFE FOURTH OF JULY!



- ◆ **One flag, one land, one heart, one hand, One Nation evermore!...** Oliver Wendell Holmes
- ◆ **Our greatest happiness does not depend on the condition of life in which chance has placed us, but is always the result of a good conscience, good health, occupation and freedom in all just pursuits...** Thomas Jefferson
- ◆ **In the process of gaining our rightful place, we must not be guilty of wrongful deeds. Let us not seek to satisfy our thirst for freedom by drinking from the cup of bitterness and hatred. We must forever conduct our struggle on the high plane of dignity and discipline...** Martin Luther King, Jr.

- ◆ **Let every nation know, whether it wishes us well or ill, we shall pay any price, bear any burden, meet any hardship, support any friend, oppose any foe, to assure the survival and success of liberty...** John F. Kennedy
- ◆ **America is much more than a geographical fact. It is a political and moral fact - the first community in which men set out in principle to institutionalize freedom, responsible government, and human equality...** Adlai Stevenson
- ◆ **Freedom has its life in the hearts, the actions, the spirit of men and so it must be daily earned and refreshed - else like a flower cut from its life-giving roots, it will wither and die...** Dwight D. Eisenhower
- ◆ **Those who won our independence believed liberty to be the secret of happiness and courage to be the secret of liberty...** Louis D. Brandeis

Tuesday	July 5	Current Events Discussions	10:45 am
Tuesday	July 12	Patriotic Holiday Luncheon	12:00 noon
Tuesday	July 12	MashpeeTV Presentation and Free Class	10:00 am
Thursday	July 14	Free SOC It To Me Exercise Class Demo	2:00 pm
Wednesdays	July 20—August 17	History of Cape Cod Presentation	10:30 am
Thursdays	July 21—August 25	SOC It To Me Exercise Class	2:00 pm
Tuesday	July 26	Fire Safety Tour of Mashpee Fire House—Presentation and Tour	1:30 pm

Mashpee Council on Aging Regular Events

Activities are held weekly unless indicated otherwise by a specific week in parentheses ().

MONDAYS		TUESDAYS		WEDNESDAYS	
8:30-9:30	Strength Training	8:30-9:30	Exercise	8:30-9:30	Strength Training
9:15-11:00	Hearing Tests (1st) *	9:00-12:00	Woodcarving	9:00-10:00	Blood Pressure Clinic (3 rd)
9:45-11:00	Gentle Yoga	9:00-11:00	Atty Mello (2nd) *	10:00-3:30	Foot Care Clinic (3rd) *
10:00-11:00	TOPS	10:00-11:30	Men's Club (1 st)	10:00-Noon	Painting
10:00-11:30	Atty Kosman (4th) *	11:00-12:00	Zumba Gold	1:00-3:00	Painting
11:00-12:00	Chair Yoga	11:00-1:00	Ask-a-Pharmacist (1 st)	11:00-12:00	Zumba Gold
12:30-4:00	Mah Jongg	12:00-4:00	SHINE *	1:00-2:00	Line Dancing
1:00-3:00	Pinochle	1:00-2:00	Drum Circle	1:00-3:00	Meditation (1 st)
1:00-4:00	Hand and Foot Canasta	1:00-3:00	Atty Lavender (1st) *	1:00-3:00	Canasta
1:00-4:00	Rummikub	2:30-3:30	Aerobics for the Brain (2 nd & 4 th)	1:30-3:30	CARES Support Group (2 nd & 4 th)
				2:30-4:30	SHINE (2nd & 4th) *
				2:30-4:30	Tai Chi for Healthy Aging **
THURSDAYS		FRIDAYS		SATURDAYS	
8:30-9:30	Exercise	8:30-9:30	Strength Training	8:30-9:30	Exercise
10:00-11:30	Cribbage	9:00-10:00	Ask-A-Nurse (4 th)	NOTES: 1. Transportation is available for activities, either through our van or Cape Cod Regional Transit Authority at 1-800-352-7155 2. Activities are held weekly unless indicated otherwise by a specific week in parentheses (). * Appointments required; please call the Senior Center (508) 539-1440 or stop by the front desk to schedule ** Waiting list sign up required. Please stop by the Front Desk or contact the Mashpee Senior Center at (508) 539-1440 to add your name to the wait list.	
10:00-11:30	Parkinson Support Network (2 nd)	9:45-10:45	Ageless Yoga		
10:30-11:30	Coffee Talks (1 st and 4 th)	10:00-12:00	Independence House Relationship Education and Advocacy (2 nd)		
12:15-1:15	Ballroom Dancing	11:00-12:00	Zumba Gold		
1:00-4:00	Social Bridge	12:30-4:00	Mah Jongg		
7:00-9:30	Tai Chi (Beginners please come 1 st Thurs)	1:15- 3:30	Veterans Services (1st & 3rd) *		
		2:00-3:00	Book Club (3 rd)		

Save the Dates! More info in the August Newsletter!

Tuesday, August 9	Ice Cream Social	Thursday, August 16	Taking Care of Your Skin
Tuesday, August 16	Dental Health and Medications Presentation	Tuesday, August 23	"What if...." Box Luncheon



GRATITUDE — As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them...

John F. Kennedy
 Thank you to all who contributed this

month's gritudes:

- ♥ I am grateful for being here another day!! I'm 84-1/2 years old.
- ♥ Beautiful weather today.
- ♥ I went to my exercise class this morning and felt great afterwards. I've been going to this class off and on for 6 months and waiting to be able to say it's working....It's working!

Emergency Preparedness

EMERGENCY PREPAREDNESS - The Mashpee Council on Aging maintains a list of seniors who are homebound, and/or frail to help the town provide assistance to them during a civil defense emergency such as hurricane or blizzard. If you would like to be on the list, please call the Senior Center at (508) 539-1440 and request a simple registration form for you to complete and return. Should you need assistance completing the form, please call Outreach Coordinator, Darlene Perkins.



MASSACHUSETTS ALERTS — Join the thousands of residents of Massachusetts who receive emergency alerts and critical information about disasters and public safety incidents on their Smartphones. Massachusetts Alerts provides emergency notifications and public safety information based on your location, proximity to an event or incident, and the preferences you select. Find out more information and how to download the app to your Smartphone at <http://www.mass.gov/eopss/agencies/mema/massachusetts-alerts.html>.



HURRICANE SEASON IS HERE, and now is the time to prepare in case Mother Nature pays an unwelcome visit. You can find detailed preparedness information on the National Weather Service's website: <http://www.nhc.noaa.gov/prepare/ready.php> and at FEMA's ready.gov site for hurricanes <http://www.ready.gov/hurricanes>. To prepare for a hurricane, here are some of the following measures to take to protect you and your family:



Build an emergency kit and make a family communications plan; learn community hurricane evacuation routes and how to find higher ground. Determine where you would go and how you would get there if you needed to evacuate; make plans to secure your property; be sure trees and shrubs around your home are well trimmed so they are more wind resistant; clear loose and clogged rain gutters and downspouts; plan to bring in all outdoor furniture, decorations, garbage cans and anything else that is not tied down.

And don't forget about your pets! Check out Cape Cod D.A.R.T at www.capecoddart.org for complete details, but here are some basics: Know which shelters in your area are pet-friendly. If you go to a shelter, if possible bring a crate for your pet. Prepare an emer-

gency go-kit for your pet including at least 3 days of food in an airtight, waterproof container, at least 3 days of water specifically for your pets, and an extra supply of your pet's meds in a waterproof container. List the name and contact information for your pet's veterinarian. Keep up-to-date copies of your pet's registration information, adoption papers, vaccination documents and medical records in a clean plastic bag or waterproof container in your kit.

Local Shelters (which ones will be designated as pet-friendly will be determined at the time of the emergency)

- ◆ Barnstable Intermediate School, 895 Falmouth Road, Hyannis
- ◆ Falmouth High School, 874 Gifford Street, Falmouth
- ◆ Sandwich High School, 365 Quaker Meetinghouse Road, Sandwich

DISABILITY INDICATOR FORM - Are you a disabled elder? Disabilities would include life support system, mobility impaired, blind, deaf and hard of hearing, teletypewriter, speech impaired, cognitive impairment, etc. If you have any of the listed disabilities, Clay Nicholson, Mashpee's 911 Municipal Coordinator, recommends that a **911 DISABILITY INDICATOR FORM** be completed and forwarded to him so that if an emergency occurs, public safety officials will be alerted that an individual residing at your address communicates over the phone via TTY and/or has a disability that may hinder evacuation or transport. **This information is confidential and will only appear at the dispatcher's location when a 911 call originates from your address.** Please contact Clay Nicholson, (508) 539-1400, ext. 8499 with any questions and to pick up a form. You can also pick up this form at the Mashpee Senior Center.

EMERGENCY ALERT SIGN UP - Did you know that you could receive automated messages by phone from the Town, helping you with storm preparedness or other town activities? If you do not already receive important/emergency messages from the Town, or if you want to edit your contact info, please go to the Town website: www.mashpeema.gov, and select the "Emergency Alert Sign-up" box in the upper center of the page. Then select the next signup button and enter your contact information so local leadership may contact you with timely, important messages.



SHINE news... When Can You Enroll in a Medigap (Supplement) Plan?



Medigap plans are health insurance plans that provide extra protection beyond Medicare by filling in some of the "gaps" in Medicare coverage. In Massachusetts, these plans allow continuous open enrollment. You must have Medicare A and B to enroll, and cannot be enrolled in a Medicare Advantage plan (HMO, PPO). Anyone who is eligible may enroll or change plans or coverage levels at any time, with changes effective the first of the following month. Note that Medigap policies that are sold now do not cover prescription drugs. A separate Medicare Part D plan would be needed if you have no other creditable prescription coverage. In Massachusetts, seven insurers offer the same two Medigap plans, Core and Supplement

1. The Core plan pays some of the co-pays for Medicare covered services, while the Supplement 1 covers all the deductibles and co-pays for these services. This means that a Medigap policy will generally pay only when Medicare approves payment. With a Medigap policy, you are free to choose any doctor or hospital that accepts Medicare and you do not need referrals to see a specialist.

For assistance with choosing a Medigap plan or any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. Please call the senior center to schedule an appointment with a SHINE counselor. **Please note that SHINE counselors are not at the Senior Center every day. Please check the schedule of regular events on page 4 for their scheduled days and times.**



Did you guess that our mystery girl from last month's newsletter is a younger **Darlene Perkins, the Outreach Coordinator for the Mashpee Senior Center?**

And who do you think this staff member is? →

Stay tuned next month for more details about our monthly guessing game. We would love to post childhood pictures of Mashpee seniors and let our members try to figure out who is who!





ASK-A-NURSE — BETTY BLACKHAM, RN — VNA OF CAPE COD — Friday, July 22 at 9:00 am.

Have questions about your health? Each month Betty Blackham of the VNA is at the Senior Center to answer your health questions on the 4th Friday of each month.

This month's topic:

More Hot Weather Safety Tips for Older Adults

Dehydration

What it is: A loss of water in your body. It can be serious if not treated.

Warning signs: Weakness, headache, muscle cramps, dizziness, confusion, and passing out.

What to do: Call your healthcare provider or 911. Meanwhile, drink plenty of water and, if possible, sports drinks such as Gatorade™, which contain important salts called “electrolytes.” Among other things, electrolytes play a key role in regulating your heartbeat. Your body loses electrolytes when you're dehydrated.

How to Spot and Treat Health Problems Caused by Heat

It's important to recognize when hot weather is making you sick, and when to get help. Here's a list of health problems caused by too much heat:

Heat stroke

What it is: A very dangerous rise in your body temperature. It can be deadly.

Warning signs: A body temperature of 103°F or higher; red, hot, and dry skin; a fast pulse; headache; dizziness; nausea or vomiting; confusion; and passing out.

What to do: Call 911 immediately. Move to a cool, shady place and take off or loosen heavy clothes. If possible, wet yourself with cool water, or put cloths soaked with cool water on your wrists, ankles, armpits, and neck to lower your temperature. Try to see if you can safely swallow water or sports drinks. **Note:** If you are caring for someone else who has heat stroke, give them water or drinks ONLY if they are awake and can swallow.

Heat exhaustion

What it is: A serious health problem caused by too much heat and dehydration. If not treated, it may lead to heat stroke (see above).

Warning signs: Heavy sweating or no sweating, muscle cramps, tiredness, weakness, paleness, cold or clammy skin, dizziness, headache, nausea or vomiting, fast and weak pulse, fainting.

What to do: Without delay, move to a cool, shady place, and drink plenty of cool fluids, such as water or sports drinks. Call 911 right away if you have high blood pressure or heart problems, or if you don't feel better quickly after moving to the shade and drinking liquids.

Heat syncope

What it is: Fainting caused by high temperatures

Warning signs: Dizziness or fainting.

What to do: Lie down and put your feet up, and drink plenty of water and other cool fluids.

CARES PROGRAM — HOPE DEMENTIA & ALZHEIMER'S SERVICES



This program is specifically for people with memory impairment and their care partners. **Wednesday, July 13 and 27, 1:30-3:30 pm** CARES provides an opportunity for families affected by memory impairment to participate in

two separate support groups — held simultaneously — that provide information, guidance, and respite to Care Partners, and conversation and socialization for those with memory impairment. The sessions are available at the Senior Center on the 2nd and 4th Wednesday each month from 1:30 — 3:30 pm. To register or for more information please call Hope Dementia & Alzheimer's Services at (508) 775-5656.

HEARING TESTS — Will not be here in July due to July 4th holiday.



Next visit will be on Monday, August 1, 9:15 — 11:00 am by appointment. Please call the Mashpee Senior Center at (508) 539-1440 or stop by to schedule an appointment. Available the 1st Monday of each month.

FOOT CARE — Wednesday, July 20, 10:00 am — 3:30 pm

by appointment. There is a fee. Call the Mashpee Senior Center at (508) 539-1440 to make an appointment. Available the 3rd Wednesday of each month.



LEGAL ASSISTANCE —



We are fortunate to have attorneys that visit the Senior Center on a monthly basis. Their appointment schedules are always completely booked. Please be aware that these appointments are for Mashpee seniors only, for consultations only and not for dealing with on-going legal issues. We respectfully request that you limit your appointments during the year so that others may be accommodated. The Attorney and the fields that each would feel most qualified to assist seniors with **by appointment** are:

Atty. Thomas Kosman of SCCLS: Monday, July 25 at 10:00 am - The South Coastal Counties Legal Services, Inc. (SCCLS) Elder Law Project has attorneys who visit Cape and Islands senior centers weekly including Mashpee and provide legal services to elders who are economically or socially disadvantaged. Priority areas include housing, government benefits, Medicare, Medicaid, reverse mortgage counseling, and general health law concerns. (4th Monday of each month)

Atty. Michael Lavender: Tuesday, July 5 at 1:00 pm — General legal problems, trusts, wills, estate planning and settlement. (1st Tuesday of each month)

Atty. Patricia Mello's office: Tuesday, July 12 at 9:00 am — Wills, health care choices, nursing home/Medicaid planning, estate planning, asset protection, guardianships. (2nd Tuesday of each month)

Please try to consider the urgent questions that you have and try to choose the appropriate attorney. **PLEASE NOTE: The lawyers do not handle questions regarding criminal matters.**

INDEPENDENCE HOUSE RELATIONSHIP EDUCATION

AND ADVOCACY — Friday, July 8 at 10:00 am. Independence House, Inc., is the only comprehensive community-based organization on Cape Cod providing free and confidential specialized services and programs for adults, teens and children (ages 6 and up) who are survivors of or affected by domestic and sexual violence. Anyone who has experienced abuse in the past or present or has a friend that is experiencing abuse can call its toll free hotline at (800) 439-6507 to speak confidentially to a counselor. Independence House has a representative at the Mashpee Senior Center every 2nd Friday from 10:00 am – 12 noon who will be available for sharing information, answering questions and assisting individuals with relationship concerns, as needed. **Appointments are not necessary; just stop by.**



The Mashpee Senior Center respects all aspects of people including race, ethnicity, gender expression, sexual orientation, socioeconomic background, age, religion, body shape, size and ability.

MASHPEE COA OUTREACH PROGRAM MISSION STATEMENT

To assist seniors in our community to find the resources they need to help them make the best choices to maintain the highest quality of life possible.

Keeping in line with our Outreach Mission, please call Darlene Perkins, Outreach Coordinator, if you are struggling to make ends meet. Darlene is available to meet in her office, or she can set up a home visit if you are unable to come to the Senior Center. There may be options out there for you with transportation, food or just the knowledge of knowing what support is available in your community. Sometimes a "chat" can help, call Darlene Perkins, (508) 539-1440.

ALIENATED GRANDPARENTS ANONYMOUS, INC. (AGA) has a local Cape Cod area support group that started in June. They meet the 2nd Wednesday of each month from 2:00 pm to 3:30 pm at the Barnstable Senior Center, 825 Falmouth Road, Hyannis. AGA provides information & support to grandparents who feel alienated or estranged from access to their grandchildren. If interested, please contact Kathy at AGA.CapeCod@gmail.com or call (508) 563-3567.

RENTAL ASSISTANCE — Funds will be available under the Mashpee Housing Assistance Program for ongoing rental assistance (voucher), first/last/security deposits, emergency rent assistance, emergency mortgage assistance, and First Time Homebuyer down payment assistance. This program is available to all Mashpee residents who are at or below 100% of the Area Median Income. To apply or for more

information, please call (508) 477-6202, ext. 201 or go to their website: www.mashpeehousing.org.

BROWN BAG PROGRAM — The Mashpee Council on Aging in partnership with the Greater Boston Food Bank (GBFB) is pleased to continue to offer the Brown Bag program to Mashpee residents who may need a little extra help making it from month to month. Participants may pick up a bag of groceries once a month at the Mashpee Senior Center, 26 Frank E. Hicks Drive, Mashpee at no cost to you — it is free! You are eligible for this program as a SNAP, Fuel Assistance, MA Health or another public assistance program recipient.



A typical grocery bag weighs about 15 pounds and contains roughly \$35 worth of food items such as milk, cheese, pasta, rice, ground beef, tuna, green beans, peanut butter, and oatmeal, based on availability. If interested or if you have questions please call Darlene Perkins, Mashpee Outreach Coordinator at (508) 539-1440.

DO YOU SUSPECT THE ABUSE OF A PERSON WITH A DISABILITY?

The Commonwealth of Massachusetts has a hotline to report suspected abuse through its Disabled Persons Protection Commission (DPPC): call (800) 426-9009, or TTY (888) 822-0350. Abuse comes in many forms and may be physical, sexual, financial, neglect/omission, emotional, or mistreatment. The Commission's website www.mass.gov/dppc/ has a wealth of information on what to do and what not to do in cases of suspected abuse. If you have any suspicions of abuse, please call the hot line number above.

Deborah Converse's Volunteer Corner

**VOLUNTEER RECOGNITION**

It was a pleasure to honor our volunteers at our annual recognition event on June 10. Our volunteers are a critical cog in the wheel that keeps our Senior Center running smoothly, doing a wide variety of tasks from staffing the reception desk, leading activities, volunteering to drive people to and from medical appointments, preparing the monthly newsletter for mailing, and so much more! As always it was a pleasure to acknowledge two of our volunteers for their outstanding work this past year — one as "Volunteer of the Year" and one as "Rookie of the Year."

The "Volunteer of the Year" award was presented to Chang Joo Lee for his long-term involvement at the Mashpee Senior Center. He began in 2009 as a friendly visitor and as a volunteer driver for people needing rides to medical appointments. "I have received a lot of help and want to return it," he commented when he enrolled as a volunteer. In addition to driving, he has become an integral part of the newsletter mailing preparation and can be counted on every month to help.

Geraldine (Gerry) Gohring received the "Rookie of the Year" award, acknowledging her work as the leader of the Mashpee Sing-

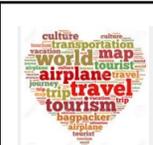
ing Seniors. Gerry hit the ground running, and since she began leading the group, its size has increased, the music options have been expanded and varied, and a guitar accompaniment has been added to the piano. Gerry also is responsible for scheduling the Singing Seniors' various performances in the area. Music was her hobby, and seeing all her accomplishments, one would think it is her career!

VOLUNTEERS NEEDED

Be a TV star! We are seeking volunteers who would be willing to go to MashpeeTV (the Mashpee community cable television station) once per month to be filmed as they read our newsletter. This will be broadcast on the MashpeeTV cable channel each month. We are looking for individuals with good speaking skills who are comfortable in front of a camera. Please contact Lynne Waterman, Senior Center Director, at (508) 539-1440 if you are interested in volunteering for this.

Start or lead a new activity. Do you ever find yourself saying, "I wish the Senior Center offered.....<fill in the blank>"? If you would be interested in starting an activity, we'd love to talk with you!

We are always looking for volunteers willing to share any interests or skills at the Center. Please give Deb Converse a call at (508) 539-1440 if you are interested in volunteering.



TRAVEL CLUB NEWS: Foxwoods 8/2, \$35; Carnival Provincetown "Back to the 80's" 8/18, \$35; Martha's Vineyard "Up Island" w/lunch - guide Norine Piscatelli, 8/30 \$105; Providence Performing Arts 2016/17 Season on Sale now! You can choose your seats: best value outer side orchestra, left/right orchestra or premium best available seating to: Lion King, Wicked, 42nd Street, Chicago, The

King & I, Gentleman's Guide to Love and Murder. For a complete listing of all trips, stop by the Senior Center or visit adventureswithkarynwendell.com. Karyn is here every Thursday from 9:00 am to 11:00 am. Contact Karyn Wendell at (508) 420-5288 for more information. Mail payments c/o Karyn Wendell, P. O. Box 161, Centerville, MA 02632



Please be aware when contacting the Senior Center staff that some positions are part-time grant funded, and those individuals are not in the office at all times. Please feel free to leave a message, and they will get back to you as quickly as possible when they return to the office.

MASHPEE SENIOR CENTER VAN SERVICE



Are you getting tired of driving? Reluctant to drive in bad weather? Or just trying to save on gas? Don't be shy, give us a try; you're sure to love our van service! We will pick you up and drop you off at your door! Here is our schedule, come join us! The van will take you wherever you wish to go in each town it serves. To schedule rides, please call our receptionist at (508) 539-1440. ***Our van cannot guarantee time of pick up or drop off.***

- ◆ **Mashpee and Sandwich — Weekly — Mondays.**
 - ◆ Please make medical appointments between 10:00 am and 1:30 pm.
- ◆ **Mashpee only — Weekly — Wednesdays, Thursdays (except 2nd and 3rd Thursdays), Fridays (except last Friday).**
 - ◆ *Please note that Wednesdays are food pantry days.*
 - ◆ Please make Mashpee medical appointments between 10:00 am and 1:30 pm.
- ◆ **Falmouth — Weekly — Tuesdays.**
 - ◆ Please make Falmouth medical appointments between 10:30 am and noon.
- ◆ **Hyannis — Once a month — 3rd Thursday** of each month.
 - ◆ Please make Hyannis medical appointments between 10:30 am and noon.
- ◆ **Sagamore — Bourne — Sandwich — Once a month — 2nd Thursday** of each month.
 - ◆ Please make medical appointments between 10:30 am and noon.
- ◆ **SPECIAL MONTHLY OUTING** — On the last Friday of each month, you can ride the van to our “Day Trip Town of the Month.” When you reserve your spot on the van, let us know where you would like to go in that town. Perhaps you want to shop at a special store that you normally don't have the chance to visit, or see a physician. Maybe you have a friend who is recuperating in a rehabilitation or assisted-living facility in the town who you would like to visit. When you call in to reserve your seat, also be ready to let the receptionist know where you want to go! **Join us on July 29 to go to West Barnstable/Yarmouth Port.** Please plan to meet at the Mashpee Senior Center for a 9:00 am departure.

The van is handicapped-accessible with a wheelchair lift. If not in a wheelchair, riders must have independent mobility as safety is very important to us. We ask that if you need assistance, aides and companions are welcome to ride our van with you. Please include this information in your van reservation. If you need special assistance, please contact Darlene Perkins, Outreach Coordinator, at (508) 539-1440. Van rides are free of charge. Donations are gratefully accepted. If we are not able to meet your transportation need, please call the Cape's public transportation service, the Cape Cod Regional Transit Authority (CCRTA) at (800) 352-7155 for a ride.

CAPE COD REGIONAL TRANSIT AUTHORITY (CCRTA) INFORMATION

BOSTON HOSPITAL TRANSPORTATION — Enjoy comfortable, wheelchair-accessible transportation from Cape Cod directly to 15 Boston-area hospitals Monday-Friday by reservation. The bus stops in Wellfleet, Eastham, Orleans, Harwich, Barnstable Commuter Lot and the Sagamore Commuter Lot. **RESERVATIONS ARE A MUST!** Call (800) 352-7155 Monday — Friday, 8:00 am — 5:00 pm. **Fare:** \$30 round-trip, \$15 one way.

DIAL-A-RIDE TRANSPORTATION—DART (formerly B-bus) — CCRTA provides a daily door-to-door, ride-by-appointment transportation service available for any purpose. Service is available to 15 Cape towns: **Monday — Friday:** 7:00 am — 7:00 pm; **Saturdays:** 9:00 am — 7:00 pm; **Sundays:** 9:00 am — 1:00 pm in most towns.

Dial-A-Ride Passenger Procedures and Requirements:

- **Reservations** can be made Monday — Friday between 8:00 am — 5:00 pm by calling (800) 352-7155.
 - ◆ Reservations must be made by 5:00 pm two days (or 48 hours) before you intend to travel.
 - ◆ Same day reservations and changes are not permitted.
 - ◆ Reservations can be made up to one month in advance.
- **Exact fare is required.** Drivers cannot make change.
 - ◆ Adults and youths: \$3.00 per ride.
 - ◆ Seniors and people with disabilities: \$1.50 per ride.
 - ◆ Children five and younger accompanied by an adult ride free of charge.



MESSAGE FROM THE SOCIAL SECURITY ADMINISTRATION



SOCIAL SECURITY BENEFITS FOR U.S. CITIZENS OUTSIDE THE UNITED STATES — Over half a million people who live outside the United States receive some kind of Social Security benefit, including retired and disabled workers, as well as spouses, widows, widowers, and children. If you're a U.S. citizen, you may receive your Social Security payments outside the United States as long as you are eligible. “Outside the United States” means you're not in one of the 50 states, the District of Columbia, Puerto Rico, the U.S. Virgin Islands, Guam, the Northern Mariana Islands, or American Samoa. Once you've been outside the United States for at least 30 days in a row, we consider you to be outside the country. It's important that you tell Social Security the date you plan to leave and the date you plan to come back. Then they can let you know whether your Supplemental Security Income (SSI) will be affected. You can use this online tool to find out if you can continue to receive your Social Security benefits if you are outside the United States or are planning to go outside the United States at www.socialsecurity.gov/international/payments_outsideUS.html. This tool will help you find out if your retirement, disability, or survivor's payments will continue as long as you are eligible, stop after six consecutive calendar months, or if certain country specific restrictions apply. You can also read the publication titled *Your Payments While You Are Outside the United States* at www.socialsecurity.gov/pubs. Social Security is with you through life's journey, even if that journey takes you outside the United States.



MASHPEE POLICE DEPARTMENT'S TIP OF THE MONTH

The fear of a loved one wandering or becoming lost is a frightening thought for anyone who cares for a person with Alzheimer's disease, dementia or other memory impairments. Wandering is one of the most common behaviors in persons with Alzheimer's or a related dementia. **If your loved one has a serious cognitive impairment, please register their name with the Mashpee Police Department's Special Officer and Advocate Tara Carline at (508) 539-1480, ext 7253.**

For further information, please contact the Victim/Witness Advocate at (508) 539-1480, ext. 7253, or visit Mashpee Police Department's website at www.mashpeema.gov to download the registra-

tion form. If you have any questions, please contact Special Officer and Advocate Tara Carline at (508) 539-1480, ext 7253.

THE CAPERS' DOINGS

The in-house presentation by The Capers in May rated more than a 10! A "multi-talented" Tom Madden with his voice, musical instruments and choice of songs made such an impression upon the audience that it was unanimously decided to book him for a return performance. If you missed the show, be sure to keep your eye on the Senior Center's bulletin board and/or become a Caper yourself by calling Mary Draheim at (508) 477-3920.

The Program Committee is currently planning next year's events, and we are looking forward to a glorious summer for all of us.



DID YOU KNOW...that Elder Services of Cape Cod and the Islands serves a luncheon at the Mashpee Senior Center on Monday - Friday at 11:30 am? This is a good way to help keep your food costs down — plus it is fun and social! A voluntary suggested donation is \$2.00. Come for an activity in the morning and stay for lunch! Make a day of activity at the Senior Center!

You need to call (508) 477-0910 24 hours in advance to reserve a meal. If you have questions, call Annette at the luncheon program at (508) 477-0910. **If you want to see the current menu**, please visit the Elder Services web site at <http://www.escci.org/>. Then click on "Our Programs and Services," then click on "Senior Nutrition Program." Once there, you can then select "Barnstable County Meal Sites Menu."

To get an on-line copy of this newsletter, visit <http://www.mashpeema.gov/council-aging> and click the appropriate newsletter link on the right side of the page.



If you wish to honor a loved one, the Mashpee Senior Center offers commemorative gold and silver leaves, prominently displayed in the entry foyer, beautifully engraved to memorialize family and/or friends. We also etch permanent patio bricks, preserving names and sentiments, on the patio area outside. For more information, please call the Director, Lynne Waterman at (508) 539-1440.

<p>Lynne Waterman, Director lwaterman@mashpeema.gov</p> <p>Darlene Perkins, Outreach Coordinator dperkins@mashpeema.gov</p> <p>Linda Wicks, Principal Clerk lwicks@mashpeema.gov</p>	<p>Deborah Converse, Volunteer Coordinator dconverse@mashpeema.gov</p> <p>Lisbeth Dineen, Office Assistant coaofficeassistant@mashpeema.gov</p>	<p>Peggy Rose, Receptionist prose@mashpeema.gov</p> <p>Robert Morton, Van Driver rmorton@mashpeema.gov</p> <p>Lewis Newell, Van Driver lnewell@mashpeema.gov</p>
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MASHPEE COUNCIL ON AGING MISSION STATEMENT:

The Council on Aging is a department of the Town of Mashpee. Its charge is to sponsor, coordinate, or conduct human service, educational, social and recreational services and programs at the Mashpee Senior Center, as well as to identify and create opportunities and solutions for the empowerment and betterment of the Town's seniors and their care partners. This is accomplished with the support of a volunteer advisory board, also known as the Council on Aging.

Our Core Values

RESPECTFUL ★ **WELCOMING** ★ **SUPPORTIVE**

Lynne Waterman, Director
Darlene Perkins, Outreach Coordinator
Irving Goldberg, Chairperson, Council on Aging
The cost of mailing this newsletter has been paid by the Friends of the Mashpee Council on Aging.

MASHPEE COUNCIL ON AGING
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Mashpee, MA 02649

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The Mashpee Senior Center offers many legal, financial, recreational, medical screening or other services and/or activities by volunteer or nominal-cost practitioners. Seniors participating in these services do so with the understanding that the Mashpee Council on Aging, The Mashpee Senior Center, the Town of Mashpee or its employees do not assume any legal responsibility for any advice or services rendered by such volunteer or nominal practitioner. Any act or advice or service by outside providers at the Council on Aging should not be presumed to be endorsed & sponsored by the Council on Aging.

DISCLAIMER