

The Mashpee Senior Connection

MASHPEE SENIOR CENTER/COUNCIL ON AGING

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www.mashpeema.gov



Mashpee Senior Center Holiday Schedule

The Mashpee Senior Center will be closed on **Monday, May 30, for Memorial Day.**



MAY IS OLDER AMERICANS MONTH — Each May, the Administration for Community Living celebrates Older Americans Month to recognize older Americans for their contributions to the

nation. The 2016 OAM theme is Blaze a Trail. Older adults are a growing and increasingly vital part of our country. The contributions they make to our communities are varied, deeply rooted, and include influential roles in the nation's economy, politics, and the arts. From 69-year-old NASA Administrator Charles Bolden, Jr. to 84-year-old actress Rita Moreno to 83-year-old Ruth Bader Ginsberg, who took her seat as a Supreme Court Justice at age 60, older adults are blazing trails in all aspects of American life. Discover OAM at <http://acl.gov/olderamericansmonth>.

AGEISM PRESENTATION AND DISCUSSION — Tuesday, May 10,

10:00 am. Society struggles to find a positive way to describe getting old. Ageism and fear of aging are rampant in modern western society - from discrimination against older workers in the job market to those ubiquitous 'humorous' birthday cards implying anyone over a certain age is a shapeless, toothless, wreck. The reality is that most seniors are mentally and physically active regardless of age with a great deal to contribute. We will be challenging ageism and promoting positive attitudes to aging by having a real life discussion and looking at how the world has changed and how it still needs to change. We encourage all to attend and participate as your input will be used for a possible future Senior Center project. Presented by South Bay Mental Health. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. Drop-in's are welcome.



TRAVEL SHOWCASE — Friday, May 6, 10:00 am.– 12:00 noon. Do

you want to learn more about potential travel destinations? Are you thinking of planning a vacation? Come to the Senior Center for the opportunity to hear presentations and to spend some one-on-one time with travel representatives to get your questions answered. Travel providers such as Viking River Cruises, Collette Vacations, Globus Vacations, Providence Performing Arts Center, and more will be available. Presented by the Mashpee Travel Club. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. Drop-in's are welcome.

SHOPPING RIGHTS PRESENTATION — Tuesday, May 10, 2:30 pm.

For most of us, shopping is a necessary fact of life, but have you purchased something, been unhappy with it, and aren't sure about what to do next? By knowing



some of the general laws that protect consumers, you can safeguard your rights. Join us for a presentation by a representative from the Massachusetts Office of Consumer Affairs. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. Drop-in's are welcome.

"THIS LAND IS YOUR LAND" CONCERT WITH ROGER TINCKNELL— Tuesday, May 24, 2:00 pm. Come to the Mashpee Senior Center to help us celebrate Older Americans Month and pay tribute to those honored on Memorial Day.



Roger Tincknell has been performing for children, families, adults, and seniors throughout North America and Europe for over 40 years. Join us at the Senior Center for his "This Land is Your Land" program consisting of traditional American folksongs, patriotic songs and sing-alongs celebrating our country's history and diversity through music. This program is funded by the Mashpee Cultural Council. Atria Woodbriar will be furnishing great patriotic treats! Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.

OPTIMAL KITCHEN: EATING FOR YOUR MEMORY — Wednesday, May 11, 2:00 pm.

Join our cooking class taught by Heather Bailey (the soups and stews chef). She will cook delicious, healthy foods focusing on cooking for reduction of inflammation which is at the root of mental decline and insulin resistance. Come with an appetite since you will not only watch the food being prepared, but also you will enjoy the delicious food while socializing with fellow classmates. There is a small fee. **We do have to meet a minimum, so please Rsvp early** to the Senior Center at (508) 539-1440 or stop by the front desk to sign up.

MEDITATION AT THE MASHPEE SENIOR CENTER — Wednesday, May 4, 1:00 pm.

According to psychology professionals, meditation gives you perspective: By observing your mind, you realize you don't have to be a slave to it. Meditation is quite simply mental hygiene: clear out the junk, tune your talents, and get in touch with yourself. As a consequence, you'll feel more clear and see things with greater perspective. We can't control what happens on the outside but we do have a say over the quality of our mind. **We meet the first Wednesday of each month at 1:00 pm at the Mashpee Senior Center.** Join us this month on May 4. The meditation for this month is entitled "Healthy Boundaries Imagery" and is about setting healthy boundaries and connecting with positive people. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. Drop-in's are welcome.



BASICS, TIPS, TRICKS FOR WINDOWS 10 — Thursday, May 12, 12:00 noon to 2 pm.

Join Greg McKelvey, the PC and Gadgets guy, at the Senior Center, for a special class on



Windows 10. Microsoft has been promoting the upgrade to Windows 10 for some time. The PC and Gadgets guy will show you some tips and tricks to become more familiar with Windows 10. If you're considering upgrading your devices to Windows 10, Greg can help you identify your basic software needs. Rsvp's please to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.

WHAT TO KNOW WHEN HIRING PRIVATE IN-HOME CARE PRESENTATION — Tuesday, May 17, 10:30 am.



Attorney Tom Kosman of South Coastal Counties Legal Services, Inc. (SCCLS) will be at the Mashpee Senior Center to discuss the important topic of hiring private in-home care and what seniors and their families need to know about their legal obligations as employers, such as withholding and paying payroll taxes, issuing w2 forms, providing workman's compensation, etc. He will also

discuss the Massachusetts worker's bill of rights law that went into effect in 2015. This law offers protections for domestic workers. If you employ someone privately who does housekeeping, cleaning, cooking, elder care, or any other service of a domestic nature, you are likely affected by this law. All are encouraged to attend. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. Drop-in's are welcome.

SOCIAL DINING AROUND — Tuesday, May 10, 11:00 am

at the Canalside Dining Room, Upper Cape Cod Regional Technical School, 220 Sandwich Road, Bourne MA 02532. At the time of your reservation, you will need to select either a chicken or fish dinner. The price includes salad, entrée, dessert and beverage, tip not included. Since we must order dinners ahead of time, **firm commitments only. Rsvp's are required no later than Tuesday May 3.** Space is limited. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.

Luncheon



DRIVER SAFETY  **AARP SAFE DRIVING CLASS** — Friday, May 20 from 9:30 am — 2:00 pm. By taking the AARP Safe Driving Class, you'll learn the current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. You'll learn how you can manage and accommodate common age-related changes in vision, hearing and reaction time. Please bring your lunch. Class is \$15 for AARP members or \$20 for non-members. After taking this course, you may even be eligible for a discount on your car insurance! Class space is limited. To sign up, please call (508) 539-1440 or stop by the front desk at the Senior Center.

TICK BITE DISEASE PREVENTION PRESENTATION — Tuesday, May 24, 10:30 am. Anyone spending time outdoors — in the garden, on the trail, or around the playing field — should be aware of the risk of exposure to ticks and tick-borne disease. But that risk should not be debilitating. Think of it as another precaution like wearing sunscreen to protect from sun. Join Larry Dapsis from the Cape Cod Cooperative Extension to learn more. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.



ARMCHAIR TRAVELER'S PRESENTATION: THE NETHERLANDS — Tuesday, May 24, 1:00 pm. Tulips, clogs and windmills! We'll see them all as we take a photographic journey through the Netherlands. We'll visit the countryside, cities, small towns, seashore and the grandest flower show of all at Keukenhof. Join the armchair travelers for this show right in the comfort of your own seat presented by Jill Jillson. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. Drop-in's are welcome.



PRE-ARRANGING A FUNERAL — QUESTION AND ANSWER SESSION

— Monday, May 9, 2:30 pm. Do you wonder about what questions you will need to answer when arranging a funeral? Join us to get better educated on this important topic. Just some things to think about:



- ♦ Do you or your loved one want a religious service?
- ♦ Do you or your loved one want to be buried or cremated?
- ♦ Will the burial immediately follow the funeral?
- ♦ Who will give the eulogy at the memorial service?
- ♦ If not chosen prior to death, what hymns and other elements would you like to include in the funeral?
- ♦ What items would best represent your loved one at his or her memorial service?

Join Bill Chapman from Chapman, Cole & Gleason who will be available to discuss these topics and others related to funeral preparations. Rsvp's are not necessary, drop-ins are welcome.

MONDAY MORNING MOVIE MUSINGS — This new group is ready to start! Do you ever wonder about the elements of a movie or how a movie star evolves into an academy award winner? Similar to a book discussion group, periodically throughout the year we will be having a movie discussion group centered around a specific actor or movie genre. After watching selected movies at home, we will have the chance to get together at the Senior Center and share thoughts with other movie fans.

The first series will focus on actor Leonardo DiCaprio.

Together we can share our thoughts as we discuss "Leo" movies. Watch the movies at home and then gather to discuss them at the Senior Center. **Save the dates: Mondays, June 6, 13, 20, 27 at 10:00 am.**

NEW



First movie: What's Eating Gilbert Grape? Make sure that you have viewed the movie before the first discussion group on Monday, June 6, 10:00 — 11:30 am. Subsequent movies must be watched prior to the specified discussion date. **NOTE:** For the first series, please register beginning May 1 by calling the Senior Center at (508) 539-1440 or stopping by the front desk. **Please pick up your "Musings Packet" at the front desk of the Senior Center prior to watching the first movie.** Contact Activity Coordinator Christine Foisy at (508) 539-1440 with any questions on this new activity!

Q&A WITH DON CHICOINE, MASHPEE ANIMAL CONTROL OFFICER — Monday, May 23, 1:00 pm.

What are the roles and responsibilities of the Mashpee Animal Control officer? How does he help Mashpee residents? Join us and Don Chicoine to learn about the various town regulations such as leash laws, barking ordinances, beach and park restrictions, microchips and scanning, what to do with an animal that has been injured, and what you should do if your pet is lost. And you'll go home with dog and cat treats for your 4-legged family member! Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. Drop-in's are welcome.



SOCIAL BRIDGE — The social bridge group at the Mashpee Senior

Center has been in existence a long time. If you are interested in the game of bridge and would like to get together for a pleasant afternoon, please join us! This is meant to be friendly, fun, and respectful; it is not competitive, and scores are not reported. No partners or fees are required. **Stop by any Thursday from 1:00 — 4:00 pm. We'd love to have you join us.**



PARKINSON SUPPORT NETWORK — Thursday, May 12, 10:00 am.

Join us for the monthly Parkinson Support Group at the Mashpee Senior Center. This month, back by popular demand, Dottie



Beaton and friends will lead us in Dance for PD, a program developed in 2001 by a PD support group and professional dance company. Dancers and people with PD experience some of the same challenges, such as balance, coordination, rhythm and movement sequencing. Join us for this highly social and fun activity that provides exercise and movement to stretch and strengthen muscles and increase flexibility. Participation is individual, so that persons with PD, caregivers and friends function at their own level. For further information please contact Jeanne Jackson at (508) 367-4267.

MASHPEE MEN'S CLUB MAY EVENTS – We invite retired or semi-retired men over the age of 50 to join our club formed in 1997. We meet on the first Tuesday of each month starting with coffee at 10:00 am followed by a brief business meeting and a speaker at 10:30 am. We look forward on Tuesday, May 3, to another entertaining presentation by the prolific author, Marty Sandler. Throughout the year (but not necessarily on a Tuesday) we have a variety of interesting trips on and off Cape. Later in the month we will enjoy our annual golf outing at Holly Ridge. If you have questions about our club, please contact Deane Turner at deane_turner@msn.com or Frank Lord at fjlord@msn.com.

BOOK CLUB – Book Club meets on the third Friday of the month at 2:00 pm at the Mashpee Senior Center. The selection for May 20 is the prize-winning “H is for Hawk” by British author and falconer Helen Macdonald. In this combination of memoir and nature writing, the author relates her experience in training a goshawk as a means of coping with the death of her father and in the process moving beyond to a deeper examination of humanity and the environment. Come join us!



TAKE ADVANTAGE OF THE MASSACHUSETTS IN-COME TAX AMNESTY before May 31, 2016. The vast majority of Bay Staters pay their taxes, but not all. Now there's an opportunity for those who have not filed, or have underreported, to get on track and pay no penalties through a tax amnesty program that is open to businesses and individuals who

- ◆ Have not filed all Massachusetts tax returns when obligated to do so – could be one or more returns, or

- ◆ Have underreported taxes on a previously filed tax return and want to correct the error.

The program is available through May 31, 2016. More information may be found at www.mass.gov/TaxAmnesty.

SEA MIST SWIMMING — **PLEASE NOTE:** For your planning purposes, the last day for senior swimmers for this season will be **Thursday, June 16th.**



20TH ANNUAL SENIOR CITIZENS ART SHOW — Sponsored by the Secretary of the Commonwealth of Massachusetts, the show is open to all citizens age 62 and over. The theme of the 2016 show is: **Paint your Favorite Memory.** Entries will be accepted from both amateur and professional artists. The artwork will be exhibited at the Commonwealth Museum. All medium of art is acceptable (oil, watercolor, ink, pastels, etc.). The size requirements are a minimum of 5" x 7" and a maximum of 18" x 24". If an artist is unable to mat and frame the entry they will provide matting using basic materials. Please print name, address, telephone number, and medium on the back of the artwork. **The deadline for entries is July 1, 2016.** Entries must be mailed or delivered to the attention of: Dolores McCray, Commonwealth Museum, 220 Morrissey Boulevard, Boston, MA 02125. Questions? Please call Dolores McCray, (617) 773-5924.

UPCOMING ANNUAL MASHPEE TOWN EVENTS — Get into the act by participating in Mashpee town activities. The Special and Annual Town Meeting will be held on Monday, May 2, 2016 at 7:00 pm at the Mashpee High School. The annual Town election will be held on Tuesday, May 17, 2016 starting at 7:00 am at Quashnet School.

SPORTS HUDDLE — **Wednesdays through August, 10:00 am — 12:00 noon.** The Sports Huddle focuses on a discussion of sports-related issues, from professional down to college and high school levels with special emphasis on Boston and Cape Cod sports news. This course is part of the Academy of Life Long Learning. During May, June, July, and August, it is open to all seniors free of charge. No need to Rsvp; just drop in for a fun and lively discussion.

SCAM ALERT

It's a sad fact today that scams are a part of day-to-day affairs, and unfortunately seniors can be perceived as a likely target. We will be alerting you on a regular basis to scams that are making the rounds in our area. Here are some great prevention tips not only for seniors but for anyone to avoid becoming the victim of a scam. These tips are from the Massachusetts Executive Office of Elder Affairs.

- ◆ **If you have not initiated the phone call, never** give out personal information over the telephone such as Social Security Number, date-of-birth, credit card number, bank account number or Medicare number.
- ◆ Do not give out personal information in person **if you have not scheduled an appointment with the caller.** Many scam artists target seniors at home by going door-to-door.
- ◆ Give out personal information over the telephone **only** if you have initiated the call to make a purchase or a charitable donation.
- ◆ **Never give in to pressure tactics from a caller.** A legitimate business or charitable organization will not pressure you into making a purchase or giving a donation.
- ◆ **Remember,** if you feel pressured or suspicious of the caller, **you can always hang up!**
- ◆ **Remember,** you can request the caller to give you their telephone number and you can make the call yourself before giving out personal information. A tactic of the Drug Discount Card Scam is to give the elder person a telephone number that is disconnected.

Seniors who encounter benefits-related scams should report their suspicions to the Executive Office of Elder Affairs by calling 1-800-243-4636 and pressing 3; their local police; the MA Attorney General's office, and to Prescription Advantage at 1-800-AGE-INFO. Medicare related scams should be reported to Medicare at 1-800-MEDICARE.

ADDITIONAL INFORMATION FROM THE MASHPEE POLICE DEPARTMENT: There are many scams occurring around the country, most of which target the senior population. Scammers may claim to be from the IRS, the Sheriff's Department or other official agencies or may claim to be a relative stuck or hurt in a foreign country. The Mashpee Police Department urges the citizens of Mashpee to **NEVER GIVE OUT PERSONAL INFORMATION** over the telephone and to contact the Mashpee Police Department **before sending money** to any agency. The Mashpee Police Department would like to remind the citizens of Mashpee to report ANY scams to them for documentation or further investigation. If you have any questions on the legitimacy of a call, email or mail received, please contact the Mashpee Police Department at (508) 539-1480, ext. 1.

The Council on Aging Outreach Coordinator is also available for further discussion (if you feel you need it) after you have talked with the police.

Monday	May 9	Pre-arranging a Funeral — Question and Answer Session and Educational Discussion	2:30 pm
Tuesday	May 10	Ageism Presentation and Discussion	10:00 am
Tuesday	May 10	Shopping Rights Presentation	2:30 pm
Tuesday	May 10	Social Dining Around — Upper Cape Cod Regional Technical School. Rsvp's required.	11:00 am
Tuesdays	May 10-June 14	Basic Watercolor Class	1:00-3:00 pm
Wednesday	May 11	Optimal Kitchen: Eating for your Memory — Cooking Demonstration	2:00 pm
Thursday	May 12	Basics, Tips, Tricks for Windows 10	12:00 noon
Tuesday	May 17	Things You Need to Know When Hiring Private In-home Care Presentation	10:30 am
Friday	May 20	AARP Safe Drivers Program	9:30 am
Monday	May 23	Q&A with Don Chicoine, Mashpee Animal Control Officer	1:00 pm
Tuesday	May 24	Tick Bite Disease Prevention Presentation	10:30 am
Tuesday	May 24	Armchair Traveler's Presentation: The Netherlands	1:00 pm
Tuesday	May 24	This Land is Your Land Concert	2:00 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) *	9:00-3:00	Foot Care Clinic (3rd) *
10:30-12:00	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	11:00-2:00	Sea Mist Swimming **	1:00-2:00	Line Dancing
1:00-3:00	Pinochle	12:00-4:00	SHINE *	1:00-3:00	Meditation (1 st)
1:00-4:00	Hand and Foot Canasta	1:00-2:00	Drum Circle	1:00-3:00	Canasta
1:00-4:00	Rummikub	1:00-3:00	Atty Lavender (1st) *	2:30-4:30	SHINE (2nd & 4th) *
		2:30-3:30	Aerobics for the Brain (2 nd & 4 th)	2:00-3:30	CARES Support Group (2 nd & 4 th)
				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
9:30-11:30	Singing Seniors	9:30	Bowling (Ryan Amuse.)	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 ** Open to Mashpee residents only. Please stop by the Front Desk at the Senior Center to complete a liability form prior to going to Sea Mist for swimming. ***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	Cribbage	9:00-10:00	Ask-A-Nurse (4 th)		
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	Sight Loss Services Support Group (4 th)		
11:00-2:00	Sea Mist Swimming **	10:00-12:00	Independence House Relationship Education and Advocacy (2 nd)		
12:00-2:00	Gadgets & PC Clinic	11:00-12:00	Zumba Gold		
12:15-1:15	Ballroom Dancing	12:30-4:00	Mah Jongg		
1:00-4:00	Social Bridge	1:15- 3:30	Veterans Services (1st & 3rd) *		
7:00-9:30	Tai Chi (Beginners please come 1 st Thurs)	2:00-3:00	Book Club (3 rd)		

Save the Dates! More info in the June Newsletter!

Tuesday, June 7	Quarterly Birthday Party (April, May, and June birthdays)	Tuesday, June 14	CORD Program: Deaf and Hard of Hearing Independent Living Services
Tuesday, June 7	Presentation by South Coastal Counties Legal Services, Inc. : Whether to Wed: Issues for Same Sex Couples Contemplating Marriage	Tuesday, June 21	Dental Health and Periodontal Disease Presentation
Mondays, June 6, 13, 20, 27	Movie Musings Discussion Group—June discussion on Leonardo DiCaprio movies	Tuesday, June 28	Armchair Traveler Presentation: Central Europe
Tuesday, June 14	Kelly's Danzing Divaz Special Performance	Thursday, June 30	Just for Laughs Breakfast

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 OFFICIALLY STARTS ON JUNE 1, and now is the time to prepare in case Mother Nature pays us 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 emergency 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.

REVERSE 911 - Did you know that you could receive automated messages by phone from the Town, helping you with storm preparedness? 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 "Automated Messages Sign-Up Here" box on the lower left. Select a "resident" button on the left and enter your contact information here so local leadership may contact you with timely, important messages.

SHINE NEWS — Need help with prescription drug costs? Prescription Advantage may be your answer!



Prescription Advantage is a state-run program which assists many seniors with the costs of their medications. Eligibility is based on income only and there is no asset limit! Who can join? If you are a Massachusetts resident, eligible for Medicare, and are:

- ◆ 65 years or older with an annual income at or less than \$59,400 for a single person or \$80,100 for a married couple OR
- ◆ Under 65 years and disabled, with an annual income at or less than \$22,334 for a single person or \$30,118 for a married couple.

You may also join if you are 65 years or older and not eligible for Medicare. There is no income limit.

There is no charge for joining Prescription Advantage if you have an annual income at or less than \$35,640 for a single person and \$48,060 for a married couple. There is a \$200 per person annual enrollment fee for those with higher incomes. Call Prescription Advantage today to enroll on the phone. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say 2. You may also apply on line by going to www.prescriptionadvantagemma.org.

Medicare also has a program to help with the cost of your medications. For more information or assistance with 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 at (508) 539-1440 and make an appointment with a SHINE counselor or call the Regional SHINE Office, Barnstable County Department of Human Services, at (508) 375-6762.

ACTIVITIES UPDATE:



- ◆ **The knitting group** that previously met on Mondays will no longer meet at the Senior Center. All interested knitters can meet for a fun knitting group at the Mashpee Public Library on Mondays from 10:30 am to noon.
- ◆ **The sketching group** that meets on Thursdays will be taking the summer off effective immediately and will resume in September.



ASK-A-NURSE — BETTY BLACKHAM, RN — VNA OF CAPE COD — Friday, May 27 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 she will focus on the topic of everyday fitness.** Think about fitness questions and come in on May 27 at 9:00 am to get answers from Betty. **Appointments are not necessary.**

Everyday Fitness Ideas from the National Institute on Aging at NIH

Exercise generally falls into four main types: **endurance, strength, balance, and flexibility.** Try to include all four types of exercise in your exercise routine. Some activities fit into more than one type of exercise; for example, some endurance activities help build strength, and some flexibility exercises also improve balance. Your goal is to be creative and choose exercises from each of the four types. Mix it up, and you'll see the benefits!

Endurance — Exercises like brisk walking, dancing, or hiking improve the health of your heart, lungs, and circulatory system. They can make daily activities easier, such as mowing the lawn or climbing flights of stairs.

Strength — Strength training—like lifting weights or using resistance bands—can increase muscle strength and help with everyday activities like carrying groceries or lifting gardening supplies.

Balance — Balance exercises, such as standing on one leg or doing tai chi, can make it easier to walk on uneven surfaces and help prevent falls.

Flexibility — Stretching exercises can help your body stay flexible. They give you more freedom of movement for daily activities, such as bending to tie your shoes or looking over your shoulder as you back out of the driveway. Visit www.nia.nih.gov/Go4Life for more information.

CARES PROGRAM — HOPE DEMENTIA & ALZHEIMER'S SERVICES



This program is specifically for people with memory impairment and their care partners. Wednesday, May 11 and 25. 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 2:00 pm — 4:00 pm. To register or for more information please call Hope Dementia & Alzheimer's Services at (508) 775-5656.

HEARING TESTS — Monday, May 2, 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, May 18, 9:00 am — 3:00 pm by appointment. There is a fee. Call the Mashpee Senior

GRATITUDE THOUGHTS



- ♥ Grateful that I am awake for another day. At age 88, I can't take it for granted!
- ♥ Stepping onto the floor with gratitude I'm not too sore. Another day to begin again.



- ♥ Mothers hold their children's hands for a short while, but their hearts forever...Author Unknown
- ♥ All mothers are working mothers... Author Unknown
- ♥ Biology is the least of what makes someone a mother...Oprah Winfrey
- ♥ Sweater, noun: garment worn by child when its mother is feeling chilly...Ambrose Bierce
- ♥ Sing out loud in the car even, or especially, if it embarrasses your children...Marilyn Penland

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 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, May 23 at 10:00 am - South Coastal Counties Legal Services, Inc. (SCCLS)'s 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, May 3, at 1:00 pm — General legal problems, trusts, wills, estate planning and settlement. (1st Tuesday of each month)

Atty. Patricia Mello's office: Tuesday, May 10 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.

SIGHT LOSS SERVICES PEER SUPPORT GROUP — Friday, May 27, 10:00 am.

This support group meets at the Mashpee Senior Center on the 4th Friday of every month from 10:00 am — 12:00 noon. This group is open to anyone with vision issues from diagnosis to legal blindness and provides access and information on services available. For more information, call Sight Loss Services at (508) 394-3904 or visit their website: www.jwen.com/sls/.



INDEPENDENCE HOUSE RELATIONSHIP EDUCATION



AND ADVOCACY — Friday, May 13, 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.**

- ♥ Two grandsons to help me stay young.
- ♥ Grateful that I have a job.
- ♥ Grateful for the active, informative, enjoyable programs offered at the senior center.

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.

FUEL ASSISTANCE — NOTE: The period to apply for Fuel Assistance has been extended to Friday, May 13, 2016. The time period incurred for deliveries or usage remains April 30, 2016. Please contact Darlene Perkins, Outreach Coordinator, (508) 539-1440 for more information.

ARE YOU HOMEBOUND? DO YOU LIKE TO READ? WOULD YOU LIKE TO SHARE YOUR LOVE FOR READING? The Senior center has a special volunteer for you: "The Library Lady." Our Library Lady will meet with you to find out about your needs and interests, and she will help you to obtain a library card. Then she'll go to the library, select appropriate books, tapes, etc., for you, and when you are finished with them, she will return them to the library. Let the Library Lady help you to explore new places, new people and adventures through books! Call Darlene Perkins, Outreach Coordinator, (508) 539-1440 to set up this service.

TRANSPORTATION ASSISTANCE — Public transportation is very limited on Cape Cod and can be expensive, and this can create stress for those Mashpee seniors without access to a car or couples with only one car. The Mashpee Senior Center may help relieve your stress and perhaps save you money. We have a van that can take you to

the grocery store, bank, doctor appointments, activities and even other towns during the month. We may be able to help you stay independent. Call Darlene Perkins, Outreach Coordinator to discuss your transportation needs. 508-539-1440.

OUTREACH UPDATES — Staying current on issues affecting the Mashpee senior population is a critical part of my role as Outreach Coordinator. There is always something new or updated information that is helpful for seniors and their care partners. I was able to attend some very interesting training sessions over the last few months described below. If any of these topics are of interest to you and you would like more information, please let me know. I would be happy to discuss them with you.

LGBT Aging Project: This training gave me an opportunity to learn more about LGBT issues and how to provide services to clients. The LGBT Aging Project is a non-profit organization dedicated to ensuring that lesbian, gay, bisexual and transgender older adults have equal access to the life-prolonging benefits, protections, services and institutions that their heterosexual neighbors take for granted.

Adapting and Planning for Disease Progression, presented by Hope Dementia & Alzheimer's Services: This conference was very informative, providing information on the different stages of Alzheimer's and dementia. As we know, there can be many years of caregiving for someone who is affected by this disease. The program provided information to help the care partner find support and resources and to learn what is new in technology.

Hoarding Assistance: The program included information on topics such as how to help people establish a de-cluttering plan and other tools to help someone who has a tendency to "over collect." I have information about support groups on Cape Cod to help anyone who is having a problem sorting through their treasures.

Anyone who is interested in these subjects or looking for more information, please call me, Darlene Perkins, Outreach Coordinator at (508) 539-1440.

Deborah Converse's Volunteer Corner



In 1963 President John F. Kennedy established May as "Older American's Month." Each year there have been activities and events to honor our older Americans. This year's theme is "Blaze a Trail." This brings to mind the role that our volunteers play in the activities of the Mashpee Senior Center. Volunteers help the Senior Center bring services to the community and provide the support for the programs offered here. **As always, we treasure each and every one of you.**

WELCOME TO OUR NEWEST VOLUNTEERS — Neil Arsenault, Doris Crocker, James Dooley, Carole Dorsky, Katherine Jacobsen, Rachel MacLaughlin, Ruth Nash, Carole Ringer, Idell Stein.

VOLUNTEER RECOGNITION — We at the Mashpee Council on Aging/Senior Center look forward to honoring our volunteers. This year, our annual volunteer recognition event will be a special breakfast buffet on Friday, June 10, at 10:30 am at the New Seabury Country Club. Invitations will be mailed early this month.

VOLUNTEERS NEEDED — We have volunteer opportunities available in a number of areas:

◆ **Newsletter Mailing** — The newsletter from the Mashpee Senior Center goes to a few thousand seniors in the Town of Mashpee. Each month a group of volunteers prepare it for mailing. This is a large group activity with more than 20 people who help out each month. Since this is a big undertaking, we always need people who can help us on a monthly and regular basis. There are 2 activities for which we need volunteers to publish our newsletter each

month: 1) A couple of volunteers to prepare the mailing supplies (trays, labels, etc.); and 2) about 20 volunteers to do the actual newsletter mailing. We even provide doughnuts and coffee!

◆ **Photographer** — We are looking for someone who is flexible and available to take pictures of activities at the Senior Center. The pictures are used to highlight seniors, volunteers, and the activities at the Mashpee Senior Center throughout the year. The volunteer does not have to be a professional photographer, but be able to take clear shots and be flexible with the time.

◆ **Front Desk Receptionist** — Front Desk volunteers are needed on a regular weekly basis. This includes answering phones, administrative tasks and interaction with the public.

Please contact Deborah Converse, Volunteer Coordinator, if you are interested in volunteering, (508) 539-1440.

CHRONIC DISEASE SELF-MANAGEMENT LEADER TRAINING — Healthy Living Cape Cod is looking for adults who are motivated to join their team of leaders to facilitate Stanford University's Chronic Disease Self-Management program known as "My Life, My Health". No prior teaching experience necessary, but must be comfortable speaking in front of a group and either live with a chronic health condition and/or care for someone living with a chronic condition. Leadership training begins on May 16. Please contact Gina at 508-470-1125 for more information or send an email to healthylivingcapecod@gmail.com or visit their website at www.healthylivingcapecod.org.





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 May 27 to go to Harwich and Harwich 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 roundtrip, \$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.

TRAVEL CLUB NEWS: Travel Club Showcase: Friday, May 6, 10:00 am - noon — Rsvp's appreciated. **Upcoming trips:** **Art In Bloom** at MFA 5/02, \$65; **Foxwoods** 5/03, \$35; **Carol Burnett Live*** 5/22, \$110; **Bullets Over Broadway** Musical Comedy* 6/05, \$75 (special pricing-great seats); **Foxwoods** 6/7, \$35; **Boston Pops Spring Concert Series: Tapestry: The Carole King Songbook** first balcony, 6/10, \$98, **Golden Age of Broadway**, first balcony 6/16, \$98; **New-**

port Flower Show "Gilded Artful Living" 6/24, \$59; **Celtic Woman Destiny**, center orchestra, 6/29, \$120. For a complete listing of all trips, stop by the Senior Center or visit adventureswithkarynwendell.com. Karyn Wendell is here every Thursday from 9:00 am to 11:00 am. Contact her at (508) 420-5288 for more information. Mail payments c/o Karyn Wendell, P. O. Box 161, Centerville, MA 02632 *matinee, orchestra seating

A second chance doesn't mean anything if you haven't learned from your first **MISTAKE.**

- ♥ Perhaps the greatest social service that can be rendered by anybody to the country and to mankind is to bring up a family... George Bernard Shaw
- ♥ Learning is finding out what you already know. Doing is demonstrating that you know it... Richard Bach
- ♥ It is better to be prepared for an opportunity and not have one than to have an opportunity and not be prepared... Whitney Young, Jr.



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.



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

MASHPEE POLICE DEPARTMENT'S TIP OF THE MONTH



Please don't forget to "like" Mashpee Police Department on our Facebook page and keep an eye out for upcoming Firearms Safety Classes, special events and news. Any questions please contact Special Officer and Advocate Tara Carline at (508) 539-1480 , ext 7253.



THE CAPERS' DOINGS

A program not to be missed will be presented at the Mashpee Senior Center on Monday, May 16 at 1:00 pm. It will feature Tom Madden, a consummate entertainer who will provide us with a full band sound as he features, with voice and accompaniments, the music we love. As usual, the program will include delicious refreshments and the warmth of the old and new members. Programs at the Senior Center are always free of charge with delicious refreshments, and open to anyone who wishes to attend. Check the bulletin board at the Senior Center entrance for more details and call Mary Draheim (508) 477-3920 for membership information.



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."



PLEASE NOTE: If AARP did your taxes at the Mashpee Senior Center and you have additional questions about your taxes or refund, **for your Federal return**, please go to the IRS web site www.irs.gov or call 1-800-829-1040. **For the state of Massachusetts return**, please go to their web site www.mass.gov/dor or call 1-800-392-6089. The staff at the Senior Center is not trained to answer tax return questions.

45 *It's hard to believe but it was 45 years ago that the Town of Mashpee approved the creation of the Council on Aging! We've come a long way since then. Thank you for all your support during the past years as the Council on Aging went from an idea to the reality that we know today as the Council on Aging and Mashpee Senior Center!*

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To get an on-line copy of this newsletter, visit http://www.mashpeema.gov/Pages/MashpeeMA_Aging/index and click the appropriate newsletter link at the bottom of the page.

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

The Council on Aging is an organized commitment by the population of the Town of Mashpee to coordinate or carry out human service, educational, social and recreational services and programs designed to identify and address opportunities and solutions for the empowerment and betterment of the senior community.

Our Core Values

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

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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

MASHPEE COUNCIL ON AGING
26 FRANK E. HICKS DRIVE
Mashpee, MA 02649
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.