

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,
 September 5, for the Labor Day Holiday.

All activities including the van are cancelled for this day.

SEPTEMBER IS NATIONAL SENIOR CENTER MONTH — The 2016 theme is: **Find Balance at Your Center!**

This September, the National Institute of Senior Centers (NISC) invites you to celebrate the many ways you can **Find Balance at Your Center** as part of National Senior Center Month 2016! All individuals including seniors search to find balance between their own needs and competing demands and responsibilities. It is something we have to work on daily. Taking a painting class, listening to a lecture, planting a community garden, laughing with friends are all moments that allow for a daily practice of living a balanced life. Join us at the Mashpee Senior Center not only in September but all year long to participate in the many varied fun, educational, and physical activities we have available.



National Council on Aging

VNA HEALTH FAIR — Monday, September 19, 10:30 am —



VISITING NURSE ASSOCIATION
 OF CAPE COD

12:30 pm. The Mashpee Council on Aging in conjunction with the Visiting Nurse Association of Cape Cod (VNACC) will be hosting a free health fair at the Mashpee Senior Center. During the event, VNACC nurses and staff members will be providing free health screenings and follow-up education including but not limited to: bone density, blood pressure, cholesterol, body mass index, etc. In addition, information tables will be set up highlighting aromatherapy, diabetes, falls prevention, and more. Join us for a fun filled event with free information and giveaways! For more information please contact Kathy Ganey in the VNACC Public Health and Wellness Department at (508) 957-7613. Rsvp's requested. Please Rsvp to the Senior Center at (508) 539-1440 or stop by the front desk to sign up.

QUAHOG JAZZ QUARTET — Tuesday, September 20, 2:00 pm. Back by popular demand! Join us to kick off the fall season by listening to the Quahog Jazz Quartet, a local group of fun musicians playing keyboard, sax, drums, and guitar. Rsvp's appreciated. Please stop by the front desk or call (508) 539-1440 to sign up.



ARTS & CRAFTS CLASS: CREATE A DECOUPAGE VASE — Monday, September 26, 1:00 pm. Create beautiful vases to showcase your favorite Fall arrangements, using wine bottles and colorful scrapbook paper! It is fun and easy to design these lovely pieces, and everything you will need is provided! **There will be a small fee. Rsvp's required.** Please stop by the front desk or call (508) 539-1440 to sign up and for more information.



NATURAL RESOURCES RESEARCH FINDINGS IN MASHPEE PRESENTATION — Friday, September 9,



1:00 pm presented by Waquoit Bay National Research Estuarine Reserve. Cape Cod's natural resources are abundant, but here like elsewhere preserving them is an on-going task. Learn about the current research and monitoring at Waquoit Bay National Estuarine Research Reserve and South Cape Beach. Highlights will include endangered species monitoring, salt marsh research and more. Rsvp's requested. Please call the Senior Center at (508) 539-1440 or stop by the front desk to sign up.

GRANDPARENTS DAY 2016 — Sunday, September 11. Grand Ideas

for Older Adults: How can you make Grandparents Day a little grander this year? Share your wisdom, perspectives, and key civic values with the young people in your life.

Then, reach out to policymakers and the media to make a grand difference for all children and youth in your community, state, or even nationwide. Check out <https://grandparentsday.org/> for more ideas on how to make Grandparents' Day Grand!

GETTING ALONG WITH YOUR CHILDREN AND GRANDCHILDREN—

Monday, September 12, 1:00 pm. Please join us in a discussion about family relationships. Are you struggling to connect with or get along with your children or grandchildren? We will be discussing how we are impacted by those interactions, and how we can better them. Sub topics will include positive relationships, communication, challenging behaviors and what to do about them as well as connecting with our children and grandchildren. There will also be open discussion and suggestion time. Presented by Reneelynn Proctor, Mental Health Clinic Director of South Bay Community Services. Rsvp's requested. Please call the Senior Center at (508) 539-1440 or stop by the front desk to sign up.



JUMPIN' JUBA CONCERT — Tuesday, September 13, 2:30 pm.



Join us at the Senior Center for Jumpin' Juba, rootsy-bluesy music inspired by many flavors of American blues music. You'll hear New Orleans swamp-rock, classic boogie-woogie, folk, Memphis rock & roll, and a playful use of everything from calypso to country are stirred into the band's blue stew. Sponsored by the Mashpee Cultural Council. Rsvp's requested. Please stop by the front desk or call (508) 539-1440 to sign up.

FALL & WINTER HAZARDS — HOW TO PREPARE FOR THEM —

Thursday, September 15, 10:30 am. Hurricanes on the Cape are a possibility through November, and following that, we then enter our traditional winter storm season. Both are solid reasons to prepare yourself, your family and your pets for emergencies or disasters. FEMA Administrator Craig Fugate stated, "Luck isn't a strategy when it comes to being ready." There are many ideas and resources available to help you



prepare for these powerful storms. Please join us when the Barnstable County Regional Emergency Planning Committee (BCREPC) presents a special education session at the Mashpee Senior Center. Fall and winter storms and hazards will be discussed. Information on understanding your risk, knowing when to evacuate or shelter-in-place, making a family emergency kit, and having a family communications plan are just some of the concepts you will learn. Rsvp's requested. Please Rsvp to the Senior Center at (508) 539-1440 or stop by the front desk to sign up.



SENIOR PAINTERS WATERCOLOR CLASS — Tuesdays, September 13-October 18, 1:00 pm. Join us for a 6-week class on basic water color technique. Here's your chance to learn from a skilled, experienced instructor, Gretchen Irving. There is a small fee per person, per class. At the first class, Gretchen will review what materials will be needed for future classes. Rsvp's requested. Please stop by the front desk or call (508) 539-1440 to sign up.

CUBA PEOPLE TO PEOPLE PRESENTATIONS — Thursdays, September 8 and 15, 1:00 pm. Join Karyn Wendell as she takes us on video tour of the real beauty of Cuba today presented in a film by Marlin Darrah. This film explores present day Cuba from the capital city of Havana to the beautiful seaport of Santiago de Cuba. See lush tobacco fields, sugar plantations, colorful towns, and Cuba's magnificent coastline unfold before your eyes! Rsvp's requested. Please call the Senior Center at (508) 539-1440 or stop by the front desk to sign up.



TALKING WITH YOUR DOCTOR WORKSHOP — Tuesday, September 27, 2:30 pm. Take an active role in your health care. How well you and your doctor talk is one of the most important parts of getting good health care. But, talking to your doctor isn't always easy. It takes time and effort on your part as well as your doctor's. Betty Blackham, Public Health RN from the VNA of Cape Cod, will be presenting a free workshop to give you some tips and tools to use to prepare for a doctor visit and get the most from the visit. Rsvp's appreciated. Please stop by the front desk or call (508) 539-1440.



AARP DRIVER SAFETY CLASS — Friday, September 23, 10:00 am — 2:30 pm. The AARP Driver Safety Class is four hours long and gives course attendees useful strategies that will help improve their driving skills. The course covers the following subjects: our changing hearing and sight; changing road/street designs; new automobile technologies; the effect of alcohol and prescription and over-the-counter drugs on our driving skills; driving tips for snow, ice and fog; and finally a discussion on knowing when it might be time to cease driving. The course includes a number of excellent videos that help bring the subject matter to life! There is no driving test but rather several quizzes that are taken as a group. Past student course evaluations clearly indicate that seniors enjoy the course and learn a great deal. Please bring your lunch. Class is \$15 for AARP members or \$20 for non-members. Feel free to contact Mark Thomas with any questions: Phone (508) 681-8088, email mwtslt@yahoo.com. Class space is limited. To sign up, please call (508) 539-1440 or stop by the front desk at the Senior Center.



HEALTH PLAN OPTIONS EDUCATIONAL PRESENTATION — Thursday, September 8, 10:30 am. If you're already enrolled in Medicare, you may be wondering if you chose the right options. Already have Medicare but wonder if you have the right coverage? We understand that Medicare can be confusing. This sem-



inar explains your health insurance options, including the rules for Medicare, so you can be confident you've made the right choices. This presentation and discussion will be led by a Blue Cross Blue Shield of Massachusetts representative and will include

- Explanation of Medicare Parts A, B, and C
- Medicare enrollment timeline
- Medigap plans that help supplement Medicare coverage
- Medicare Advantage plans, such as HMOs and PPOs
- Medicare Part D prescription drug plans

Rsvp's requested. Please call the Senior Center at (508) 539-1440 or stop by the front desk to sign up.

MONDAY MORNING MOVIE MUSINGS — Do you ever wonder about the elements of a movie? What makes a movie a classic? What must it contain to win an Academy Award? Similar to a book discussion group, after watching selected movies at home, we will have a chance to get together at the Senior Center and share thoughts with other movie fans. Movie Series #2 is **"Looking closely at Academy Award nominated movies from 2005"**. Why does one movie win the award and the others do not? Sit back, relax in your home or that of a friend's, watch the movie, and then come to the Senior Center ready to listen or be an active participant in one of the four Monday mornings in Series #2 as we take an in-depth look at each of the following movies from 10:00 am to 11:30 am:

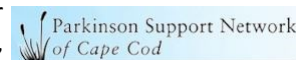
- September 12 "Munich" and "Good Night, and Good Luck."
- September 26 "Brokeback Mountain"
- October 17 "Crash"
- October 24 "Capote"

Please register 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 prior to August 31.** This is a new packet specific to Series #2.



WE ARE ON TV! Senior Center volunteer Betsy Joseph is reporting on our monthly Senior Center activities on MashpeeTV. Check out Channel 99 each week Monday through Friday at 10:00 am, 4:00 pm and 8:00 pm! Thank you to Bill Nay of MashpeeTV for putting together this great communication opportunity.

PARKINSON SUPPORT GROUP — Thursday, September 8, 10:00 am, Mashpee Senior Center. Guest Speaker will feature Dr. Baron Duffy PT, DPT, OCS, EP-C, who will present PWR!® (short for Parkinson Wellness Recovery) a comprehensive and progressive system of exercises designed to address many of the physical problems linked with PD such as rigidity, bradykinesia, and incoordination. These problems can cause considerable difficulty with moving in bed, getting up from chairs, balancing, and walking. Please join us for a brief informational session on how the PWR!® exercises work and for some sample exercises. For further information please contact Support Group Leader Jeanne Jackson at (508) 367-4267.



PARKINSON SUPPORT GROUP FALL FLING — Sunday, September 25, 2016, 4:00 — 8:00 pm. Cape Codder Resort and Spa, 1225 Iyannough Road, Hyannis, MA 02601. This evening of camaraderie, dining, and entertainment is not to be missed. The popular band, Moonlighters, will be providing the entertainment. In addition to providing a wonderful social evening, this event is important to help us support programs and services on the Cape. To see an invitation, please visit this link: <http://www.parkinsonscapecod.org/wp-content/uploads/2016/06/invitation-2016.pdf>.

FRIENDS OF THE MASHPEE COUNCIL ON AGING (FOMCOA)

Thanks to the FOMCOA once again! Those of you who have email addresses in our database have been receiving a bi-weekly



email communication from us updating you on activities at the Senior Center and the surrounding communities. The Friends have been supporting the costs associated with this, and we are very appreciative of their help!

FOMCOA Thrift Shop: The Friends of the Mashpee Council on Aging are grateful to the many wonderful people who donate to its thrift shop! Your help goes to support the Senior Center as well as other community needs. We do ask, however, that you do not leave donations outside the shop when it is not open. We have had too many wonderful donations ruined by weather because our volunteers were not at the shop to accept the donations when they were left. **PLEASE drop off your donations ONLY during open hours**, which are Monday, Wednesday, Friday, and Saturday from 9:00 am - 1:00 pm, and Tuesday and Thursday from 9:00 am - 3:00 pm.

CAPE COD SENIOR APPRECIATION PICNIC — Wednesday, September 28, 11:00 am — 1:00 pm. This event is sponsored by the Barnstable County Deputy Sheriff's Association. Join them for a K9 demonstration, a free lunch for Cape Cod seniors, and bingo games with prizes. **Location:** Bass River Beach Parking Lot (aka Smuggler's Beach), Yarmouth, MA. For more information, please call Joseph Gordon (508) 563-4319.

MASHPEE MEN'S CLUB SEPTEMBER 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 September 6 to a presentation by

Tom Kelleher on the history of the Lowell Mills. Throughout the year (but not necessarily on a Tuesday) we have a variety of interesting trips on and off Cape. On September 14, members and guests will travel to Plimoth Plantation for a tour and lunch. If you are a prospective member and would like to join our club at these events, 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 Senior Center. The selection for September 16 is "Me Before You" by best-selling British author Jojo Moyes. Before you see the movie, join us for a discussion of Will and Lou — two people with little in common — and their entertaining, heart-warming, and thought-provoking story. Come join us! New members are always welcome!



DESCRIBE THE MASHPEE SENIOR CENTER IN JUST ONE WORD!

Help celebrate National Senior Center Month by letting us know how you would describe the Mashpee Senior Center and what it means to you in

JUST ONE WORD! The next time you come into the Mashpee Senior Center, you will see a jar in the lobby along with paper and pen. Jot down your one word and put it into the jar. At the end of the month, we'll accumulate these words and share them with you. You may also email your response by sending your one word to coaofficeassistant@mashpeema.gov.

SCAM

ALERT

BE AWARE! Telephone, email, and door-to-door scams are continuing at a rapid rate.

ASKED TO PAY BACK TAXES WITH AN ITUNES GIFT CARD? IT'S A SCAM!

Scammers have come up with yet another way to get people to part with their hard-earned money. This time they are getting people to buy iTunes gift cards and share the code on the back of the card.

How it Works: A scammer will call, claiming to be from the IRS and that you will be arrested if you don't pay back taxes immediately. The caller will tell you to purchase an iTunes gift card and put the amount you owe on it. Then you are to call back and provide the 16-digit code that is on the card to complete your payment. The con artist then sells the codes on the online black market and pockets the cash.

What You Should Know: The IRS only accepts checks, cash and credit cards as forms of payment. Apple sells iTunes gift cards solely for purchases on the iTunes store and the app store. If you are not shopping on the iTunes or app stores, you should not be using an iTunes gift card.

What You Should Do: Never agree to pay anyone besides Apple with an iTunes gift card.

ARE YOU OVERSHARING ON PUBLIC WI-FI?

Connecting to the Internet in a public space like a coffee shop, the library or an airport is a wonderful modern convenience, but it comes with significant risk. Public Wi-Fi is never private, so we're asking for your help in preventing Wi-Fi fraud!

How it Works: Fraudsters have come up with a number of ways to steal information from you or attack your computer while you are on public Wi-Fi. New hacking tools that are available free online make it easy even for novice hackers to compromise your security.

What You Should Know: It is never safe to assume any privacy on public Wi-Fi, even when prompted for a password. Anything you do on public Wi-Fi — entering a password, typing in a credit card number, accessing a bank account — puts you at risk.

What You Should Do: Keep your surfing safe when on public Wi-Fi by sticking to things like reading the news and checking the weather. **In short, never do anything on public Wi-Fi that requires a password.**



TRAVEL CLUB NEWS: 9/06 Foxwoods, \$35; 9/22 "WICKED", 1 PM Matinee, \$80/\$115; 9/27 Winnepesaukee Scenic Railroad and Hart's Turkey Farm, \$95; 10/18 Covered Bridges of New Hampshire/Fall Foliage/Lunch, \$89; 11/04 The King and I, \$80/\$112; 11/09 overnight Turning Stone Resort, \$189; 12/09 Holiday Pops Boston, matinee, 1st balcony, \$105; 12/10 A Gentleman's Guide To Love and Murder, \$80/\$110. 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



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 \$3.00. 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 that the suggested donation has been increased to \$3.00.*

Day	Date	Time	Event	Day	Date	Time	Event
Thursday	Sept 8	10:30 am	Health Plan Options Educational Presentation	Thursday	Sept 15	10:30 am	Fall & Winter Hazards — How to prepare for them
Thursday	Sept 8 and 15	1:00 pm	Cuba People to People Presentations	Monday	Sept 19	10:30 am	VNA Health Fair
Monday	Sept 12 and 26	10:00 am	Monday Morning Movie Musings Discussion Group	Tuesday	Sept 20	2:00 pm	Quahog Jazz Quartet
Monday	Sept 12	1:00 pm	Getting Along with your Children and Grandchildren	Tuesday	Sept 27	2:30 pm	Talking with your Doctor Workshop
Tuesdays	Sept 13 thru Oct 18	1:00 pm	Senior Painters Watercolor Class	Friday	Sept 23	10:00 am	AARP Safe Driving Class
Tuesday	Sept 13	2:30 pm	Jumpin' Juba sponsored by the Mashpee Cultural Council	Monday	Sept 26	1:00 pm	Arts & Crafts Class— Create a Decoupage Vase

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 (1 st) *	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 (2 nd) *	10:00-3:30	Foot Care Clinic (3 rd) *
10:00-11:30	Atty Kosman (4 th) *	10:00-11:30	Men's Club (1 st)	10:00-Noon	Painting
11:00-12:00	Chair Yoga	11:00-12:00	Zumba Gold	1:00-3:00	Painting
12:30-4:00	Mah Jongg	11:00-1:00	Ask-a-Pharmacist (1 st)	11:00-12:00	Zumba Gold
12:30-3:00	Pinochle	11:00-2:00	Sea Mist Swimming *** (as of Sept 20)	1:00-2:00	Line Dancing
1:00-4:00	Hand and Foot Canasta	12:00-4:00	SHINE *	1:00-3:00	Meditation (1 st)
1:00-4:00	Rummikub	1:00-2:00	Drum Circle	12:30-3:00	Canasta
		1:00-3:30	Armchair Traveler (4 th)	1:30-3:30	CARES Support Group (2 nd & 4 th)
		1:00-3:00	Atty Lavender (1 st) *	2:30-4:30	SHINE (2 nd & 4 th) *
		2:30-3:30	Aerobics for the Brain (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
9:00-12:00	SHINE *	9:00-10:00	Ask-A-Nurse	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. ***Open to Mashpee residents only age 59-1/2 or older. Please stop by the Front Desk at the Senior Center to complete a form prior to going to Sea Mist for swimming.	
9:30-11:30	Mashpee Singing Seniors	9:30	Bowling (at Ryan Amusements)		
10:00-11:30	Cribbage	9:45-10:45	Ageless Yoga		
10:00-11:30	Parkinson Support Network (2 nd)	10:00-12:00	Independence House Relationship Education and Advocacy (2 nd)		
10:30-11:30	Coffee Talks (1 st and 4 th)		Sight Loss Services Support (4 th)		
11:00-2:00	Sea Mist Swimming *** (as of Sept 20)	10:00-11:30	Zumba Gold		
12:00-2:00	PC and Gadgets Clinic *	11:00-12:00	Mah Jongg		
12:15-1:15	Ballroom Dancing	12:30-4:00	Veterans Services (1 st & 3 rd) *		
1:00-2:30	Sketching	1:15- 3:30	Book Club (3 rd)		
1:00-4:00	Social Bridge	2:00-3:00			
7:00-9:30	Tai Chi (Beginners please come 1 st Thurs)				

Save the Dates! More info in the October Newsletter!

Monday, Oct 17	Smoking Cessation Presentation	Tuesday, Oct 25	Armchair Traveler Photographic Journey
Thursday, Oct 13, 27	How to get the Most from Your Smartphone	Friday, Oct 28	Gothic Ghost Tales by Candlelight Tea
Tuesday, Oct 18	Voter Registration at the Senior Center	Monday, Oct 31	Halloween Party

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 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 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... **OPEN ENROLLMENT IS JUST AROUND THE CORNER SO DON'T DELAY!**



Medicare's Part C (Medicare Advantage Plan) and Part D (Prescription Drug Plan) Annual Open Enrollment (October 15 – December 7) will be here before you know it, and it is very important to review your Medicare options during this period. You will receive a notice from your Prescription Drug or Medicare Advantage (HMO, PPO) Plan in September. Make sure you read this notice- it will explain the changes (premiums, copays, tiers) to your plan for 2017.

During the Annual Open Enrollment (October 15 - December 7), you will have a chance to CHANGE your plan. This change takes effect January 1, 2017. SHINE Counselors can help you understand your plan's changes, screen you for assistance programs and discuss other options you may have. If you do not change your plan during this period you may have to stay with your existing plan for another whole year. (Note: the open enrollment may not affect those with retiree coverage).

DO NOT WAIT UNTIL IT'S TOO LATE- Appointments fill up fast! Call the Mashpee Senior Center and make an appointment with a SHINE counselor for this year's open enrollment. Make sure you bring the list or bottles of your current medications to the appointment and if you are a couple, please ask for 2 appointments.

SHINE Appointments: SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Please call the Senior Center at (508) 539-1440 to schedule a SHINE appointment. **Please note that 1) for couples, individual appointments should be booked for each person; and 2) 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.**



GRATITUDE — *Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings...* William Arthur Ward.

Jot down what you are grateful for and drop it in the gratitude jar in

our lobby!

- ♥ Grateful for the ability to vote, a neighbor to drive me to register, and for America's voting rights.
- ♥ Grateful for all the senior center volunteers who help out in so many ways and bring their smiling faces!



ASK-A-NURSE — BETTY BLACKHAM, RN — VNA OF CAPE COD — Friday, September 23, 9:00 am.

Have questions about your health? We all at one time or another have questions we would like to ask a nurse. Each month Betty Blackham, RN, of the VNA is at the Senior Center to answer your health questions on the 4th Friday of each month. **Take advantage of this free service at the Senior Center and stop by!**

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This month's health topic: What is High Blood Cholesterol?



What is Cholesterol? Cholesterol is a waxy, fat-like substance that your liver makes. It is also found in some foods that come from animals. Cholesterol is found in all parts of your body. It plays a vital role in your body. It makes hormones, helps you digest food, and supports the workings of all the cells in your body. But your liver makes all the cholesterol that your body needs to do this.

Lipoproteins and Cholesterol. Cholesterol circulates in your blood stream. But it's fatty while your blood is watery. Just like oil and water, the two do not mix. As a result, cholesterol travels through your bloodstream in small packages called lipoproteins. The packages are made of fat (lipids) on the inside and proteins on the outside.

Two kinds of lipoproteins carry cholesterol through your bloodstream. It's important to have healthy levels of both:

- ♦ low-density lipoproteins (LDL)
- ♦ high-density lipoproteins (HDL).

What Does LDL Cholesterol Do? Low-density lipoproteins (LDL) carry cholesterol to all the cells in your body, including the arteries that supply blood to your heart. LDL cholesterol is sometimes called bad cholesterol because it can build up in the walls of your arteries. The higher the level of LDL cholesterol in your blood, the greater your chances of getting heart disease.

What Does HDL Cholesterol Do? High-density lipoproteins (HDL) carry cholesterol away from the cells in your body. HDL cholesterol is sometimes called good cholesterol because it helps remove cholesterol from your artery walls. The liver then removes the cholesterol from your body. The higher your HDL cholesterol level, the lower your chances of getting heart disease.

If Your Blood Cholesterol Is Too High Too much cholesterol in your blood is called high blood cholesterol. It can be serious. It increases your chances of having a heart attack or getting heart disease. When the cholesterol level in your blood is too high, it can build up in the walls of your arteries. This buildup of cholesterol is called plaque.

Lowering Cholesterol Can Affect Plaque. Lowering your cholesterol level reduces your chances of plaque rupturing and causing a heart attack. It may also slow down, reduce, or even stop plaque from building up. And it reduces your chances of dying from heart disease. High blood cholesterol itself does not cause symptoms so many people don't know that they have it. It is important to find out what your cholesterol numbers are because if you have high blood cholesterol, lowering it reduces your chances of getting heart disease or having a heart attack.

CARES PROGRAM — HOPE DEMENTIA & ALZHEIMER'S SERVICES



This program is specifically for people with memory impairment and their care partners. **Wednesday, September 14 and 28, 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 Wednes-

day 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 HELD THIS MONTH DUE TO LABOR DAY HOLIDAY. NEXT DATE: Monday, October 3, 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, September 21, 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, September 26, 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, September 6, at 1:00 pm — General legal problems, trusts, wills, estate planning and settlement. (1st Tuesday of each month)

Atty. Patricia Mello's office: Tuesday, September 13, 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, September 9, 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.**



SIGHT LOSS SERVICES PEER SUPPORT GROUP — Friday, September

23, 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/.



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.

MASSACHUSETTS HEALTH CARE PROXY FORM. Are you familiar with MOLST (Medical Orders for Life Sustaining Treatment)? The purpose and use of MOLST is very different from the use of a Health Care Proxy. MOLST is a medical order form (similar to a prescription) that relays instructions between health professionals about a patient's care. MOLST is based on an individual's right to accept or refuse medical treatment, including treatments that might extend life. MOLST is not for everyone. In Massachusetts, patients with a serious advanced illness at any age may discuss filling out a MOLST form with their clinician. You can find out more about MOLST at their web site: <http://molst-ma.org/> or by calling Darlene Perkins, Outreach Coordinator, at (508) 539-1440.

	MOLST	HEALTH CARE PROXY
Form type	Medical document	Legal document
Form users	Patients of any age with advanced illness	All adults, healthy or sick
Form contains	Current medical orders about life-sustaining treatments	Name of person's appointed health care agent(s) for future shared decision-making
Form signed by	The patient and clinician	The person and two witnesses of the person's choice
Goes into effect	Immediately upon signing	Only if person is declared to lack capacity to make own health care decisions

BROWN BAG PROGRAM — We can help you supplement your food supply each month. 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.



MEDICAL EQUIPMENT AVAILABILITY. The Senior Center receives inquiries from Mashpee seniors or their families about donating or obtaining used medical equipment such as commodes, wheelchairs, walkers, etc. The Senior Center lacks space to store medical equipment so we are unable to take donations or provide loaner equipment. Some thrift stores are a good source for donations and lending. Good news: you may qualify for brand new equipment through your insurance with a prescription from your doctor. The Outreach Coordinator at the Mashpee Senior Center is happy to discuss options so please call Darlene Perkins at (508) 539-1440 for more information.

MANAGING STRESS IN HARD TIMES. Watching the news can be very stressful without even realizing how we are affected. When the world around us becomes stressful it is very important to take care of ourselves. Find out how to manage stress after a traumatic event by following the CDC's recommended tips for self-care on their website. Strong emotions like fear, sadness, or other symptoms of depression are normal, as long as they are temporary and don't interfere with daily activities. If these emotions last too long or cause other problems, it's a different story. Go to: www.cdc.gov/features/copingwithstress. The best way to manage stress in hard times is through self-care.

FUEL ASSISTANCE. The Low Income Home Energy Assistance Program (LIHEAP), more commonly known as the Fuel Assistance Program, is administered by South Shore Community Action and provides low income households with help in paying heating bills. The Mashpee Senior Center will assist you in completing your fuel assistance application. Appointments will be available on Mondays from 1:00 — 3:00 beginning September 27. **The program officially starts November 1, 2016.** Income eligibility for a family of one is \$34,001, and a family of two is \$44,463. Once the application and documentation are complete, they will be sent to South Shore Community Action in Plymouth, who will determine if you are eligible.

Please note you will need to bring in the following documents: All sources of gross income for all members of household; a heating bill (need account number); electric bill; copy of a mortgage statement or if you rent, the front page of the lease agreement; homeowners insurance; real estate tax bill; photo ID; Social Security numbers; and birth dates. Please call the Mashpee Senior Center to set up an appointment, (508) 539-1440. More information will be available in next month's newsletter.

Deborah Converse's Volunteer Corner

NEW VOLUNTEERS

Added to our ranks this month are: **Betsy Joseph, Mary Ann Perusse, Ahmed Maalin, and Ed Tucker.** Thank you to all for joining our volunteer family!

VOLUNTEERS NEEDED

Volunteer drivers needed to provide transportation to medical appointments on Cape for ambulatory seniors. We ask that drivers accept a minimum of two trips per month. A typical trip is 3 hours. A volunteer would need a reliable vehicle, automobile insurance, and a good driving record. Drivers must have a congenial rapport with seniors.

Reception desk/secretarial volunteers needed! Must be able to handle phone calls, follow the procedures for handling appointments, be able to handle several things at the same time and be a friendly presence for people coming in to ask questions.

Newsletter Preparation. The day before the newsletter mailing takes place, we need volunteers to help set up and organize the newsletter stations for the volunteers the next day.



If you have any special skills, talents or interests you would like to share with other seniors at Mashpee Senior Center please call Deborah Converse, Volunteer Coordinator, at (508) 539-1440.

FOCUS GROUP VOLUNTEERS WANTED!

We are looking for 8-10 people to join Lynne Waterman, Director, and Deborah Converse, Volunteer Coordinator, to discuss our volunteer program and the volunteer opportunities offered through the Mashpee Senior Center. The focus group is scheduled for Wednesday, October 19, at 10:00 am. If you currently are a volunteer at the Mashpee Senior Center and are willing to contribute one and one-half hours to help assess our volunteer program, we would like to have your input.

Please contact Deborah Converse at (508) 539-1440 if you are interested in participating. The group is limited in number for discussion purposes. We are always looking to grow, learn and change. We hope that this discussion group will offer suggestions for new volunteer opportunities in which our volunteers can participate.

***** BACK IN THE SWING — Welcome back to these activities that took the summer off! *****

Activity	Start Date	Time	Meets
Sea Mist Swimming (Mashpee residents only)	Sept 20	11:00-2:00	Weekly, Tuesdays and Thursdays. Please note: You must fill out a new form at the Senior Center prior to starting this activity even if you have filled a form out in the past. The forms are available at the front desk. You must be at least 59-1/2 years old and a Mashpee resident to participate. You will also need to provide identification that you are a Mashpee resident (driver's license or utility bill for example).
Mashpee Senior Singers	Sept 1	9:30-11:30	Weekly on Thursdays
Bowling	Sept 9	9:30	Weekly on Fridays. Meets at Ryan Amusements, Falmouth. Preregistration not required. Just stop in! Questions? Contact Lorraine Malcolm (508) 477-7346
Sketching with Bob Vesprini	Sept 1	1:00-2:30	Weekly on Thursdays
Armchair Traveler Presentation	Oct 25	1:00-3:30	4th Tuesday of each month. This is a monthly photographic journey to points through the world. The topic for each month will be announced prior to the presentation.
Sight Loss Services Support Group	Sept 23	10:00-11:30	4th Friday of each month
PC and Gadgets Clinic	Sept 8	12:00-2:00	Weekly on Thursday <u>by appointment</u> (note this new requirement for appointments!)

MASHPEE SENIOR CENTER VAN SERVICE



DOOR TO DOOR 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! Are you looking for a ride to a doctor's appointment, hair salon appointment, rehab appointment or for some other appointment in the towns we serve? How about shopping trips? We will pick you up at your home, drop you off at your appointment or store, and then bring you back home when you are finished! 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 at least 24 hours ahead of time. ***Our van cannot guarantee time of pick up or drop off.***

- ♦ **Mashpee and Sandwich — Weekly — Mondays.**
 - ◇ Please make 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 appointments between 10:00 am and 1:30 pm.
- ♦ **Falmouth — Weekly — Tuesdays.**
 - ◇ Please make Falmouth appointments between 10:30 am and noon.
- ♦ **Hyannis — Once a month — 3rd Thursday of each month.**
 - ◇ Please make Hyannis appointments between 10:30 am and noon.
- ♦ **Sagamore — Bourne — Sandwich — Once a month — 2nd Thursday of each month.**
 - ◇ Please make 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 September 30 when we visit Wellfleet.** Please plan to meet at the Mashpee Senior Center for a 9:00 am departure. **Please note that this is not a guided tour of the area — you decide where and what you would like to visit!**

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.

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.

MASHPEE POLICE DEPARTMENT'S TIPS OF THE MONTH



Please Be Aware — telephone scams are continuing in frequency. Specifically, Mashpee Police Department continues to receive reports from Mashpee citizens that they are receiving calls supposedly from the "IRS" that are threatening owed money, lawsuits and arrest warrants on individuals. **NEVER GIVE OUT ANY PERSONAL INFORMATION** and **PLEASE CONTACT THE MASHPEE POLICE DEPARTMENT**, Special Officer and Advocate Tara Carline at (508) 539-1480, ext 7253, with any question regarding the legitimacy of any call.

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 Tara Carline or visit Mashpee Police Department's website at <http://www.mashpeema.gov/police> to download the registration form.



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 MILESTONES: The Mashpee Senior Center newsletter was first published 30 years ago in 1986!



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.



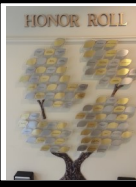
Apologies go to Dick Nelson. Last month's newsletter incorrectly said that his father had come to the U.S. from Norway when in fact he arrived from Sweden.

Advertisements here

Advertisements
here

Advertisements
here

To get an on-line copy of this newsletter, visit <http://www.mashpeeema.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.

Lynne Waterman, Director lwaterman@mashpeeema.gov Darlene Perkins, Outreach Coordinator dperkins@mashpeeema.gov Linda Wicks, Principal Clerk lwicks@mashpeeema.gov	Deborah Converse, Volunteer Coordinator dconverse@mashpeeema.gov Lisbeth Dineen, Office Assistant coaofficeassistant@mashpeeema.gov	Peggy Rose, Receptionist prose@mashpeeema.gov Robert Morton, Van Driver rmorton@mashpeeema.gov Lewis Newell, Van Driver lnewell@mashpeeema.gov
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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

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PERMIT NO. 15

Lynne Waterman, Director
Darlene Perkins, Outreach Coordinator
Ernest Cornelissen, 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
26 FRANK E. HICKS DRIVE
Mashpee, MA 02649

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