

# The Mashpee Senior Connection

**MASHPEE SENIOR CENTER/COUNCIL ON AGING**  
**26 FRANK E. HICKS DRIVE MASHPEE, MA 02649**  
**Phone: (508) 539-1440 • Fax: (508) 539-2791**  
**www.mashpeema.gov**

## Mashpee Senior Center Holiday Schedule

The Mashpee Senior Center will be closed on Monday, October 10, for the Columbus Day Holiday.

**All activities including the van are cancelled for this day.**

## GOTHIC GHOST TALES BY CANDLELIGHT

Friday, October 28th at 1:30pm

Rita Parisi from Waterfall Productions will be presenting theatrical performances of three ghost stories. Come and enjoy this fun event! Please RSVP by calling the Senior Center at 508-539-1440.

***This is our Halloween Event for 2016***

***Halloween refreshments will be served.***

***Please feel free to come in costume!!***

**MEDICARE OPEN ENROLLMENT PRESENTATION — Friday, October 14th, 10:30am.** Medicare's open enrollment period is October 15—December 7, 2016. Medicare Advantage (Part C) and Prescription (Part D) plans change every year! Please join Sheila Curtis, SHINE Regional Manager, for this Medicare Overview and Open Enrollment Presentation for Medicare Beneficiaries. Please stop by the front desk or call (508) 539-1440 to make a reservation.

**ARTS & CRAFTS CLASS: GRAPEVINE WREATHS — Monday, October 24th, 1:00 pm.** "Who doesn't love an Owl!" Time to decorate for fall, so why not make one of these adorable, owl-inspired autumn wreaths for your home? **All materials and instruction is provided to make these easy and fun. Rsvp's required.** Please stop by the front desk or call (508) 539-1440 to sign up and for more information.



**ARMCHAIR TRAVELER PHOTOGRAPHIC JOURNEY—Tuesday, October 25, 1:00 pm.** Please join Jill Jillson as she presents a travelogue of her very recent trip through Lithuania, Latvia, Estonia, and St. Petersburg, Russia. Please call the Senior Center at (508) 539-1440 or stop by the front desk to sign up.

**PC LAPTOP SKILLS SUPPORT! ONE-ON-ONE— Every 1st and 3rd Monday each month; Monday, October 3rd and 17th, 10:00am—11:30am.** PC Laptop Users-(Not APPLE)-Upgrade/improve your EMAIL, WORD PROCESSING, or SPREADSHEET skills on YOUR own laptop. One on one coaching, one half hour appointments with Ray Goodale, one of our new volunteers. Previously, Ray has coached seniors at Indian River State College in Florida. For an appointment, please call (508) 539-1440 or stop by the front desk at the Senior Center.

## 50+ JOB SEEKERS GROUP — 1st and 3rd Thursday, 2:00pm - 4:00pm Attention Job Seekers 50 or older!



### Job Seekers Regional Networking Group

Are you stuck in a career you don't want? Do you feel challenged by potential age bias? Is your resume holding you back? A little rusty with your interview skills? Are you maximizing your opportunities on LinkedIn? Come join fellow job seekers for a bi-weekly networking group focused on identifying issues that get in your way of accomplishing your job searching goals and landing your dream job. The interactive and participative format will help you bring your networking, resume, social media and interview skills to a new level. Come join an experienced coach and a curious and collaborative networking group in this journey towards self-actualization and fulfillment! When: Beginning Thursday, October 6th, 2:00 pm – 4:00 pm. These sessions will be held the 1st and 3rd Thursday of each month through June of 2017. Where: Mashpee Senior Center. For more information, and to RSVP, please email program facilitator Ellen Brady: [Ellen.brady@bradyassociatesHR.com](mailto:Ellen.brady@bradyassociatesHR.com) or call 617-512-8581. This program is sponsored by the Massachusetts Councils on Aging.

**HOW TO GET THE MOST FROM YOUR SMARTPHONE — Thursday, October 27th, Noon—2:00pm.** Do you own a smartphone? Are you using only a small portion of your phone's features? It can do amazing things for you! Join Greg McKelvey, the PC and Gadgets guy at the Senior Center, to find out how to utilize this helpful device. Open to Mashpee seniors only. Please RSVP to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.



**SMOKING CESSATION — ARE YOU INTERESTED IN QUITTING SMOKING?** Want to learn more about smoking cessation resources, and the current tobacco products that youth are using, like e-cigarettes? Come attend the smoking cessation and tobacco product trends information session at the Mashpee Senior Center on **Monday, October 17 at 1 p.m.!** And remember **you CAN quit smoking!** This program is presented by Kathleen Wilbur, Program Manager, Southeast Tobacco-Free Community Partnership Seven Hills Behavioral Health. [www.makesmokinghistory.org](http://www.makesmokinghistory.org)

**VOTER REGISTRATION FOR SENIORS — Tuesday, October 18th, 9:00am — 11:00am.** The Mashpee Town Clerk's office will have a representative at the Mashpee Senior Center to register you to vote. October 19th is the last day to register for the national, presidential election to be held November 8th. Please come by, if you are not yet registered to vote. Also, do you need a ride for voting November 8th? The Senior Center would be pleased to provide transportation for any Mashpee senior. Please call 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. Rsvp's requested. Please stop by the front desk or call (508) 539-1440 to sign up.

**WE ARE ON TV!** Since September, Senior Center volunteer Betsy Joseph is reading our monthly newsletter on MashpeeTV. Check your MashpeeTV schedule for day and time. (<http://mashpeetv.com/schedule/>)

**PING PONG, ANYONE?** — The Harwich Senior Center, 100 Oak St. in Harwich, has Ping Pong Tables and players for anyone who would like to join them and play for free; experience an asset but not necessary. They realize there are several Senior Centers who do not have Ping Pong tables and they want to share in the fun of using theirs. Down the road a bit, the Harwich COA would even like to host a Ping Pong Tournament too with medals and trophies for any senior over the age of 60 who enjoys playing the sport of ping pong to participate in. They have 4 tables' available and approx. 8 current players who love the sport and would love some company from any seniors around the Cape to join them! If you play/enjoy the game of Ping Pong and would like to visit their center to play and perhaps later on even join them for a fun Ping Pong Tournament, please call 508-430-7550 ext 10 and leave the Harwich COA Director, Barbara-Anne Foley a message with your name and phone number.

#### **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 an 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.

**MASHPEE MEN'S CLUB 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. Throughout the year (but not necessarily on a Tuesday) we have a variety of interesting trips on and off Cape. 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](mailto:deane_turner@msn.com) or Frank Lord at [fjlord@msn.com](mailto:fjlord@msn.com).

**BOOK CLUB** — Book Club meets on the third Friday of the month at 2:00 p.m. at the Senior Center. The selection for October 21<sup>st</sup> is Caleb Carr's novel "The Alienist," an engrossing mystery set in 1896 New York City, when those who studied the emerging discipline of psychology were called *alienists*. With the help of Police Commissioner Theodore Roosevelt, alienist Dr. Laszlo Kreizler, crime reporter John Moore, and police department secretary Sara Howard apply new procedures to create a psychological profile in their search for a serial killer. Come join us! New members always welcome!

**HOW MEDICARE AND MEDICAID WORKS FOR THE LGBT COMMUNITY.** The following information is from the Massachusetts Executive Office of Elder Affairs. LGBT people need to be aware of recent developments that change how Medicare and Medicaid work for them. First, the Supreme Court's legalization of same sex marriage in all states changed how Medicare and Medicaid evaluate the eligibility of same sex spouses for both programs. Depending on the program and the individual's circumstances, the changes can be positive or negative. Additionally, Medicare has begun covering Gender Reassignment Surgery and issued new rules that protect transgender older adults from sex discrimination in healthcare.



Three new fact sheets can help consumers learn how these changes may affect them, whether they are LGBT individuals married to someone of the same sex, or transgender individuals needing to access health care. These fact sheets were produced in partnership with SAGE (Services & Advocacy for Gay, Lesbian, Bisexual, & Transgender Elders), the SHIP National Network (State Health Insurance Assistance Programs), and Administration for Community Living (ACL). The three fact sheets are:

- Medicare Changes for Transgender Older Adults
- Marriage, Medicare, and Medicaid: What Same-Sex Couples Need to Know
- Accessing Information on Medicare Benefits for LGBT People

All are available for download at the National Resource Center for LGBT Aging (<http://www.lgbtagingcenter.org/index.cfm>).

#### **CAPERS PRESENTS — Meet the Multi-Talented TOM MADDEN**

as he presents his program of "MUSIC WE LOVE TO LISTEN TO". With his keyboard and guitar along with self-created backing tracks, Tom provides an audience with a full band sound as he sings the songs we've grown to love. Tom is the consummate entertainer. Come enjoy a fun-filled afternoon Tuesday, October 4th, at 1:00pm. Refreshments will be served! All are welcome! You do not have to be a member of the Capers to attend. Free of charge, too! (Please remember to bring a donation for the pantry! Thank you!)

**SINGING SENIORS** — CALLING ALL SENIOR MEN AND WOMEN WHO LIKE TO SING! The Singing Seniors (a very informal singing group) invite you to join us on Thursday mornings from 9:30am—11:30am at the Mashpee Senior Center. We rehearse a variety of musical tunes from old to new. Practices started in September, and will end in June. We bring our music to senior rehab and daycare audiences throughout Upper Cape on Thursday afternoons. There are no auditions. Just show up and sing. If further information is needed, call Gerry at 508-284-6496.

**COFFEE TALKS DISCUSSION GROUP** — Every 1st and 4th Thursday, 10:30am. Facilitated by Southbay Mental Health, coffee talks bring us together to explore and discuss issues such as current events, forgiveness, social media, expectations, dieting, making a meaningful life, and much more. Coffee and light refreshments will be served. RSVP's appreciated. Please stop by the front desk or call 508-539-1440. Drop in's are welcome! Please stop by!

**ALL ABOUT FALLS** — presented by the Parkinson's Support Network of Cape Cod. This will take place at Spaulding Rehabilitation Hospital Cape Cod at 311 Service Road, East Sandwich, MA, at 11:30am—3:30pm. RSVP is required. Call 800-651-8466 or email: [information@apdama.org](mailto:information@apdama.org).

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#### **FREE DOCUMENT SHREDDING for Mashpee Residents!**

Saturday, October 1st, 9am — Noon @ 350 Meetinghouse Rd  
SAFE and SECURE ONSITE SHREDDING

*The following is information provided by the Social Security Administration:*

### FOCUS ON RETIREMENT PLANNING – IT'S YOUR FUTURE

When most people begin their career, retirement is the farthest thing from their mind. Instead, they focus on trying to purchase a home, start a family, or perhaps save money for travel. Retirement seems so far away for many younger people that they delay putting aside money. However, it's very important to save for the future — if you want to enjoy it.

An employer-sponsored retirement plan or 401(k) can be a useful way to set aside funds for retirement, especially if your employer offers matching funds on what you invest. If you don't work for an employer that offers this type of plan, there are many other plans designed to help you save for retirement.

From solo 401(k)s to traditional and Roth IRAs, there are programs designed to fit a multitude of budgets. The earlier you start to save, the more funds you'll have ready for retirement.

In addition to traditional programs, the U.S. Department of the Treasury now offers a retirement savings option called *myRA*. There's no minimum to open the account, you can contribute what you can afford, and you can withdraw funds with ease. To learn more about *myRA*, visit [www.myra.gov](http://www.myra.gov).

And, as always, there is Social Security, which is funded by taxes you pay while you work. To get estimates of future benefits and check your earnings record for accuracy, you can create a *my Social Security* account at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

### PREPARE FOR YOUR DISABILITY INTERVIEW: TIPS FROM SOCIAL SECURITY

When a person becomes disabled, it can be a very stressful time in their life. There are many questions and unknowns when you have to transition out of the workforce due to medical issues. While an employer may offer short or long-term disability, most people faced with a disability will file for benefits with Social Security.

If you're facing life with a disability and don't know where to start, we encourage you to visit our website at [www.socialsecurity.gov/disabilityssi](http://www.socialsecurity.gov/disabilityssi). You can apply for benefits on our website; it's the most convenient way. Additionally, you can contact us at 1-800-772-1213 (TTY 1-800-325-0778) or visit your local office if you wish to apply for disability benefits. When applying for benefits, you should be prepared to answer a number of questions including:

- When your conditions became disabling;
- Dates you last worked;
- The names, addresses, phone numbers, and dates of visits to your doctors;
- The names of medications that you take and medical tests you've had; and
- Marital information.
- In addition, if you plan on applying for Supplemental Security Income (SSI) disability payments, for people with low income who haven't paid enough in Social Security taxes to be covered, we will ask you questions about:
  - Your current living arrangement, including who lives there and household expenses;
  - All sources of income for you and your spouse, if applicable; and

The amount of your resources, including bank account balances, vehicles, and other investments.

You can view our disability starter kit at [www.socialsecurity.gov/disability/disability\\_starter\\_kits.htm](http://www.socialsecurity.gov/disability/disability_starter_kits.htm).

Remember, we are there when you might be faced with one of the hardest obstacles of your life. Social Security helps secure today and tomorrow with critical benefits for people with severe disabilities, not just during retirement. Learn more at [www.socialsecurity.gov](http://www.socialsecurity.gov).

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Among the many **services and information available online at [www.socialsecurity.gov](http://www.socialsecurity.gov)** are:

- ◆ Creating a free personal online 'My Social Security' account;
- ◆ Filing for retirement, disability, spouse's benefits and/or Medicare;
- ◆ Changing an address or phone number, if you receive monthly benefits;
- ◆ Signing up for direct deposit of Social Security benefits;
- ◆ Using the agency benefit planners to help better understand Social Security protection and then using convenient benefit calculators to figure monthly benefit amounts;
- ◆ Requesting a replacement Medicare card or requesting a benefit verification letter.



TRAVEL CLUB NEWS: 10/19 Twin Rivers "Spooky Good Time", \$35; 10/18 Covered Bridges of New Hampshire/Fall Foliage/ Lunch, \$89; 11/04 The King and I, \$80/\$112; 11/08 Foxwoods, \$35; 12/09 Holiday Pops Boston, matinee, 1st balcony, \$105; 12/10 A Gentleman's Guide To Love and Murder, \$80/\$110; 3/12 Lion King #1, Sunday PM, \$99/\$115; 3/14 Lion King #2, Matinee, main orchestra special pricing, \$95. For a complete listing of trips, stop by the Senior Center or visit [adventureswithkarynwendell.com](http://adventureswithkarynwendell.com). Karyn is here every Thursday from 9:00am to 11:00am.

Contact Karyn Wendell at (508) 420-5288 for more information. Mail payments c/o Karyn Wendell, P.O. Box 161, Centerville, MA 02632

Day	Date	Time	Event	Day	Date	Time	Event
Tuesday	Oct 4	1:00pm	Tom Madden Music / Capers	Thursday	Oct 6	2:00pm	Job Seekers Networking Group, 50 +
Thursday	Oct 27	Noon — 2:00pm	How to Get the Most From Your Smartphone	Friday	Oct 14	10:30am	Medicare Open Enrollment Presentation
Monday	Oct 17	1:00pm	Quitting Smoking Talk	Tuesday	Oct 18	9:00am—11:00am	Voter Registration for Mashpee Seniors
Monday	Oct 24	1:00 pm	Grapevine Wreaths	Tuesday	Oct 25	1:00pm	Armchair Traveler Photographic Journey
Friday	Oct 28	1:30 pm	Gothic Ghost Tales Halloween Event				

## 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	<b>Hearing Tests (1<sup>st</sup>) *</b>	9:00-12:00	Woodcarving	9:00-10:00	Blood Pressure Clinic (3 <sup>rd</sup> )
9:45-11:00	Gentle Yoga	9:00-11:00	<b>Atty Mello (2<sup>nd</sup>) *</b>	10:00-3:30	<b>Foot Care Clinic (3<sup>rd</sup>) *</b>
10:00-11:30	<b>Atty Kosman (4<sup>th</sup>) *</b>	10:00-11:30	Men's Club (1 <sup>st</sup> )	10:00-Noon	Painting
10:00-11:30	<b>PC Laptop Support (1<sup>st</sup> &amp; 3<sup>rd</sup>)</b>	11:00-12:00	Zumba Gold -*-cancelled for Oct	1:00-3:00	Painting
11:00-12:00	Chair Yoga	11:00-1:00	Ask-a-Pharmacist (1 <sup>st</sup> )	11:00-12:00	Zumba Gold -*-cancelled for Oct
12:30-4:00	Mah Jongg	11:00-2:00	Sea Mist Swimming *** (as of Sept 20)	1:00-2:00	Line Dancing
12:30-3:00	Pinochle	12:00-4:00	<b>SHINE *</b>	1:00-3:00	Meditation (1 <sup>st</sup> )
1:00-4:00	Hand and Foot Canasta	1:00-3:30	Armchair Traveler (4 <sup>th</sup> )	12:30-3:00	Canasta
1:00-4:00	Rummikub	1:00-3:00	<b>Atty Lavender (1<sup>st</sup>) *</b>	1:30-3:30	CARES Support Group (2 <sup>nd</sup> & 4 <sup>th</sup> )
		2:30-3:30	Aerobics for the Brain (2 <sup>nd</sup> & 4 <sup>th</sup> )	2:30-4:30	<b>SHINE (2<sup>nd</sup> &amp; 4<sup>th</sup>) *</b>
				2:30-4:30	<b>Tai Chi for Healthy Aging **</b>
THURSDAYS		FRIDAYS		SATURDAYS	
8:30-9:30	Exercise	8:30-9:30	Strength Training	8:30-9:30	Exercise
9:00-12:00	<b>SHINE *</b>	9:00-10:00	Ask-A-Nurse	<b>NOTES:</b> 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 ( ). <b>* Appointments required;</b> please call the Senior Center (508) 539-1440 or stop by the front desk to schedule <b>**Waiting list sign up required.</b> Please stop by the Front Desk or contact the Mashpee Senior Center at (508) 539-1440 to add your name to the wait list. <b>***Open to Mashpee residents only.</b> Please stop by the Front Desk at the Senior Center to complete a liability 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 <sup>nd</sup> )	10:00-12:00	Independence House Relationship Education and Advocacy (2 <sup>nd</sup> )		
10:30-11:30	Coffee Talks (1 <sup>st</sup> & 4 <sup>th</sup> )	10:00-11:30	Sight Loss Services Support (4 <sup>th</sup> )		
11:00-2:00	Sea Mist Swimming	11:00-12:00	Zumba Gold -*-cancelled for Oct		
12:00-2:00	<b>PC and Gadgets Clinic *</b>	12:30-4:00	Mah Jongg		
12:15-1:15	Ballroom Dancing	1:15- 3:30	<b>Veterans Services (1<sup>st</sup> &amp; 3<sup>rd</sup>) *</b>		
1:00-2:30	Sketching	2:00-3:00	Book Club (3 <sup>rd</sup> )		
1:00-4:00	Social Bridge				
7:00-9:30	Tai Chi (Beginners-pls start 1 <sup>st</sup> Thurs)				

## Save the Dates! More info in the November Newsletter!

Tuesday, Nov 8	Voting! Rides available!	Tuesday, Nov 8	Telephones for People with Disabilities by MASS ED
Tuesday, Nov 8	Heroes in Transition Talk	Monday, Nov 14	Talk on Older Americans Act by Elder Services of Cape Cod and the Islands
Tuesday, Nov 15	Wreath Making Workshop	Thursday, Nov 17	Talk on "News Dispatched From the Korean War by author Ray Schumack
Tuesday, Nov 29	Presentation by the Cape Cod Regional Transit Authority		



**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](http://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](http://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!\*\*

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).

Individual support meetings are also available. DO NOT WAIT UNTIL IT'S TOO LATE- Appointments fill up fast! Call the 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.**

\*\*\*\*\* SAMARITAN SENIOR OUTREACH VOLUNTEER TRAINING \*\*\*\* October 4, 2016 10:00am — 3:30pm \*\*\*\*\*

Elder Services of Cape Cod and the Islands, 68 Route 134, South Dennis, MA 02660

If you have ever thought about volunteering for Samaritans but are unable to do so due to geographic or time constraints, then now is the time. We're offering a special training at this mid-Cape location to prepare individuals to serve as Senior Outreach Volunteers for our organization. Our Senior Outreach Program is designed to bring volunteers and seniors together via weekly phone calls. Calls can be made by volunteers from their own home so no travel is required.

Call 508-548-7999 or email us at: [ccsamaritans@verizon.net](mailto:ccsamaritans@verizon.net) to register.



**ASK-A-NURSE — BETTY BLACKHAM, RN — VNA OF CAPE COD — Friday, October 28, 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 4<sup>th</sup> Friday of each month. **Take advantage of this free service at the Senior Center and stop by!**

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**FLU SEASON!!!** Yes, flu season is just around the corner.

Here are a few facts about the flu vaccine.

The flu shot cannot cause the flu! It is not a live vaccine. If a person comes down with flu-like symptoms right after receiving the flu shot, it could be the body's natural reaction to the killed virus, or it could be a coincidence, the person may have been coming down with a virus already!

It takes 10 days to 2 weeks to obtain the full protection of the flu vaccine. Get yours early in the season!

Each year a new vaccine is created to cover the current viruses circulating around. So even if you had a flu shot last year, you need to get another on this year to make sure to stay healthy.

Flu vaccination can reduce the risk of flu related hospitalization (such as pneumonia and bronchitis) in older adults.

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**CARES PROGRAM — HOPE DEMENTIA & ALZHEIMER'S SERVICES**

This program is specifically for people with memory impairment and their care partners. **Wednesday, October 12 and 26, 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 2<sup>nd</sup> and 4<sup>th</sup> Wednesday each month from 1:30 — 3:30 pm. To register or for more information please call Hope Dementia & Alzheimer's Services at (508) 775-5656.



**HEARING TESTS — 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 1<sup>st</sup> Monday of each month.

**FOOT CARE — Wednesday, October 19, 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 3<sup>rd</sup> 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, October 24, 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. (4<sup>th</sup> Monday of each month)

**Atty. Michael Lavender: Tuesday, October 4, at 1:00 pm —** General legal problems, trusts, wills, estate planning and settlement. (1<sup>st</sup> Tuesday of each month)

**Atty. Patricia Mello's office: Tuesday, October 11, at 9:00 am —** Wills, health care choices, nursing home/Medicaid planning, estate planning, asset protection, guardianships. (2<sup>nd</sup> 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, October 14, 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 2<sup>nd</sup> 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, October 28, 10:00 am.** This support group meets at the Mashpee Senior Center on the 4<sup>th</sup> 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/](http://www.jwen.com/sls/).



**ASK-A-PHARMACIST —** Have questions about medications? Do you want to find out more about potential drug interactions? Richard Starzyk from Walgreen's is here on the 1st Tuesday of each month from 11:00am to 1:00pm to answer any questions you may have. Drop in, meet Rich, and get your questions answered. Rich will be here this month on Tuesday, October 4th.

**MEDITATION AT THE MASHPEE SENIOR CENTER —** Wednesday, October 5, at 1:00pm. 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 1:00pm at the Mashpee Senior Center.**

**HALLOWEEN**



## Darlene Perkins' Outreach Corner

**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.

**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 have questions, please call Darlene Perkins, Outreach Coordinator at (508) 539-1440.



**FUEL ASSISTANCE.** The low income Home Energy Assistance Program (LIHEAP), more commonly known as the Fuel Assistance Program, Provides low-income households with help in paying heating bills, SSCAC, Inc. provides fuel assistance to residents of 38 communities of the South Shore and Cape & Islands towns.

**AM I ELIGIBLE TO RECEIVE FUEL ASSISTANCE?** -- Eligibility is based on gross income, household size and vulnerability to heating costs. Fuel Assistance can assist with any primary heat type: oil, natural gas,

electricity, propane, kerosene, wood or coal. In Massachusetts, the eligible income guidelines extend to households with incomes up to **\$34,001.00 for 1 member, up to \$44,463.00 for 2 members.**

**HOW DO I APPLY?** -- Bring the following documentation to an intake site: 1) Proof of income, including most recent bank statement. 2) Property tax bill and homeowner's insurance.

3) Driver's License or state ID card. 4) Most recent gas, telephone, electric and oil bills. 5) Proof of income; official document from Social Security and pension.

**HOW DOES IT WORK?** -- Typically, the program runs from November 1 until April 30 every year. Once your application is approved, both you and your primary heating company (vendor) receive a written notification from SSCAC, indicating the amount for which you have been approved. This amount is not guaranteed, but is based upon funding availability. After your household is determined eligible, the vendor will send bills to SSCAC for your usage, up to your eligibility amount, as you receive deliveries or utility bills. Although payment of these bills is dependent upon funding availability, SSCAC will make every effort to pay your bills up to your eligibility amount. Payments are made directly to the heating vendor.

**HOW DO I CHECK THE STATUS OF MY APPLICATION?** -- You can call our automated interactive voice retrieval telephone system at 1-877-383-5243, 24 hours/day, 365 days/year. This system will explain how the program works; what the eligibility guidelines are; and the status of your application, including any payments made. To speak with a staff member of South Shore Community Action Council, please call the Hyannis office @ 508-778-0870.

**WHERE DO I APPLY?** -- If you have never applied for Fuel Assistance through South Shore Community Action Council, you must apply in person at either their office at 66B Willow Avenue, Hyannis, 508-778-0870, or at one of their outreach sites. The Mashpee Senior Center is an outreach site. You may call us at 508-539-1440 to make an appointment to fill out an application.

## Deborah Converse's Volunteer Corner

### NEW VOLUNTEERS

Added to our ranks this month are: **Eleana Janik, Jeff Louzada, and Margaret Violet.** Thank you to all for joining our volunteer family!



### VOLUNTEER WORKSHOPS

➤ On October 14 from 10-11:30, the Center will be offering a workshop for our Front Desk/Receptionist volunteers. This workshop offers an opportunity to discuss the questions that arise during coverage. Please RSVP to Deborah Converse, Volunteer Coordinator, if you will be attending.

➤ On Wednesday November 9th at 10:30am there will be an educational workshop on hoarding and compulsive cluttering for all Council on Aging volunteers, presented by Erika Woods, Environmental Specialist for Barnstable County, who's role it is to educate the public and raise awareness about compulsive cluttering. Please RSVP to Deborah Converse at 508-539-1440, ext 3508.

### VOLUNTEERS NEEDED

➤ The Senior Center uses volunteers to man our front desk, mostly in the afternoons. The position is more than answering phones and greeting the public. There are procedures that are followed. At times the front desk is busy; at times it is quieter. A volunteer who is adaptable and can handle multiple responsibilities at one time is the type of person who would be helpful.

➤ A new skill: We are looking for a volunteer who has desktop publishing skills who would be available on a periodic basis to assist with

special projects.

➤ We have volunteer drivers that drive Mashpee seniors to medical appointments. The requests for rides vary from month-to-month, but there is always a need for more drivers. That, combined with the fact that some of the drivers leave us for the winter, increases our need to add drivers.

If you are interested in any of these volunteer opportunities or would like more information, please contact Deborah Converse at 508-539-1440, ext 3508.

### OTHER VOLUNTEER OPPORTUNITIES

➤ Mashpee Cultural Council is seeking volunteers to serve on the Council. The Council annually reviews proposals for funding arts programming in Mashpee. Only a few hours monthly, mostly during the fall, is required to volunteer. An interest in the arts is desirable. To learn more about the Council, and if you are interested in volunteering, please call Lynne Waterman, Senior Center Director, 508-539-1440, ext 3505.

➤ The Retired Senior Volunteer Program of Elder Services of Cape Cod and the Islands is seeking volunteers to help with the Cape Cod Anti-Litter Coalition. The Coalition began in 2015 when a handful of concerned Cape Cod citizens grew increasingly concerned by the amount of litter accumulating on our roads, along our walking and bike paths, and in our waterways. More information can be obtained by going to [www.nocapelitter.org](http://www.nocapelitter.org). If you are interested in helping clean our roadways and be part of the multi-media campaign, please contact [linda.merrill@esci.org](mailto:linda.merrill@esci.org).



\*\*\*\*\* BACK IN THE SWING — Welcome back to these activities that have taken a break! \*\*\*\*\*

Activity	Start Date	Time	Meets
Sea Mist Swimming (Mashpee residents only)	Sept 20	11:00-2:00	Weekly, Tuesdays and Thursdays. <b>Please note:</b> 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.
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.

## 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, 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 2<sup>nd</sup> and 3<sup>rd</sup> 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 — 3<sup>rd</sup> Thursday of each month.**
  - ♦ Please make Hyannis appointments between 10:30 am and noon.
- ♦ **Sagamore — Bourne — Sandwich — Once a month — 2<sup>nd</sup> 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 October 28 when we visit Eastham.** 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. 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.

Be sure to **GET OUT TO VOTE!** Let us help you.

The Senior Center VAN will be available to transport seniors to the Mashpee polls for the election on Tuesday, November 8th. Please call in advance to schedule your 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.



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 be aware, there have been reports of people posing as employees for Eversource and other utility companies.

**DO NOT give personal information out to anyone!** Contact the police at 508-539-1480 extension 0 if there are unsolicited people around your residence or if you have any concerns about someone's legitimacy.

### ~ Coffee with the Command Staff ~

**Friday, October 28th 2016 \* 10:00-11:00am at the Mashpee Senior Center**

Please join Mashpee Police Chief Scott Carline, Captain John Santangelo, Operations Lieutenant Thomas Rose and Administrative Lieutenant Sean Sullivan at the Mashpee Senior Center for Coffee on October 28<sup>th</sup> 2016 at 10am.

This will be the second installment of Coffee with the Command Staff and Chief Carline is looking forward to this becoming a quarterly get together with the community. ALL MASHPEE SENIORS ARE ENCOURAGED TO ATTEND. Please RSVP to the Senior Center, 508-539-1440, to attend.

Chief Carline believes the key to having a successful Police Department is being assessable and approachable. These engagements can provide an atmosphere for positive dialogue about our community.



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.



**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.*

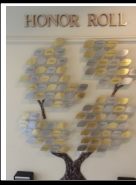
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To get an on-line copy of this newsletter, visit <http://www.mashpeeema.gov/council-aging> and click the appropriate newsletter link on the right side of the page.



**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.

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

PRSR STD  
U. S. POSTAGE  
PAID  
MASHPEE, MA  
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**