

December 2016

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, December 26 to celebrate the December holidays, and Monday, January 2, to celebrate the New Year.

HOLIDAY CELEBRATION LUNCHEON — Thursday, December 8th, at noon. Join us for our annual holiday luncheon sponsored by Royal Health Group plus for your enjoyment, our entertainment will be the ever popular singer Liz Saunders. Luncheon starts at Noon, followed by Liz. Due to space limitations, this is open to Mashpee Seniors only. **Rsvp's required.** Please stop by the front desk or call (508) 539-1440.



HOLIDAY CONCERT BY THE SINGING SENIORS FROM THE MASHPEE SENIOR CENTER — Tuesday, December 13, 1:30pm. The Singing Seniors from the Mashpee Senior Center are pleased to present their holiday concert for your enjoyment. Join us for song, goodwill, refreshments, and fun! Please Rsvp the Senior Center at (508) 539-1440 or stop by the front desk to sign up.

KELLY'S DANZING DIVAZ—Tuesday, December 20th, 12:30-2:00pm. Kelly's Danzing Divaz are a lively group of enthusiastic dancers who came together via their Zumba Gold fitness classes. As a way to express their gratitude for the joy they feel when they get together and dance, they decided to form a dance troupe so they could share the joy with others through their performances! Join us for the holiday performance! Please stop by the front desk or call (508) 539-1440 to RSVP.



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.

Our current series is **"Comedies"**. 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 as we take an in-depth look at each of the following movies from 10:00 am to 11:30 am:

- December 12 "A Fish Called Wanda"
- January 9 "Arsenic and Old Lace"(1944)
- January 23 "Harold and Maude" (1971)

Call the Senior Center at (508)539-1440 or stop by the front desk to register.

MATTER OF BALANCE CLASSES: Managing Concerns About Falls — A series of 8 classes begin at the Mashpee Senior Center to be held twice a week starting January 6th at 1:00pm. Have you turned down a chance to go out with family or friends because you were concerned about falling? Have you cut down on a favorite activity be-

cause you might fall? People who develop a fear of falling often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. A Matter of Balance can help people improve their quality of life and remain independent. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance. Presented by Healthy Living Cape Cod. Call (508) 957-7620 to register, or go to www.healthylivingcapecod.org for more information. This program is free.



COFFEE TALKS DISCUSSION GROUP — Thursdays, **December 8th and 22nd at 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!

MEDITATION AT THE MASHPEE SENIOR CENTER - WEDNESDAY, December 7, 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. Join us!

CHRONIC PAIN PROGRAM — Are you suffering from chronic pain? If so, please join the Visiting Nurse Association of Cape Cod's program here at the senior center. Beginning Friday, January 13 at 10:30am, and continuing at the same time for the following 4 Fridays. Topics will include prayama/breath work, aromatherapy/essential oils, mindfulness techniques, etc. RSVP's required, please call (508) 539-1440 to sign up. There is no cost.

BE PREPARED — Come and join a discussion on how to be ready for the unexpected. Storms and winter weather will soon be upon us. Betty Blackham, Public Health and Wellness RN from the VNA of Cape Cod will be leading an informative discussion. Learn some tips and take home some useful tools to help you prepare for power outages and other emergencies.



When: Tuesday December 13, 2016 from 10:00 to 11:00 am
Where: Mashpee Senior Center

"What Gadgets Should I purchase for the holidays?" — Greg McKelvey, the "Gadget Guy", will be here to answer your questions, and to tell you what you need to know before purchasing electronics for presents this holiday season. Please join us Thursday, December 1st, noon-1pm.

Please stop by the front desk or call (508) 539-1440 to RSVP.

MASHPEE MEN'S CLUB DECEMBER EVENT – 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 10:00am followed by a brief business meeting and a speaker at 10:30am. **We look forward on December 6 to our very popular annual meeting with outstanding Mashpee High School “High Five” students. After learning about their accomplishments and future plans we invite them to lunch. Member spouses or guests are welcomed to join us.** 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 or Frank Lord at fjlord@msn.com.

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 9:00am - 1:00pm, and Tuesday and Thursday from 9:00am - 3:00pm.

FIT and STRONG! Classes by the VNA of Cape Cod — Tuesdays and Thursdays from 2:00pm-3:30pm, starting February 9th through May 4th. Osteoarthritis is the leading cause of disability among older adults. Past research has shown that people with lower extremity osteoarthritis have poor aerobic functioning and decreased muscle strength which leads to disability and institutionalization over time. Recent studies show that multiple component programs can improve both aerobic capacity and muscle strength and promote mobility and independence. Fit & Strong is an evidence-based, multiple component program that runs a total of 12 weeks. This program is designed to help improve:

- * Lower extremity stiffness
- * Lower extremity pain
- * Lower extremity strength
- * Aerobic capacity
- * Participation in exercise and caloric expenditure
- * Self-efficacy for exercise

The class will meet twice a week for twelve weeks. Each class consists of an hour of exercise (focusing on flexibility, aerobics, and strength training) and 30 minutes of group discussion.

Pre-Registration is REQUIRED. To register, please contact the VNA of Cape Cod at (508) 957-7423.

BOOK CLUB — Book Club meets on the third Friday of the month at 2:00pm, at the Senior Center. The selection for December 16th is “The Gift of Years: Growing Older Gracefully” by spiritual writer and lecturer Joan Chittister. This collection of short meditations examines all aspects of aging, providing insight into the joys and challenges of the second half of our lives. Come join us! New members are always welcome!

OPERA PROGRAM — On Tuesday, January 10th at 1:30pm, opera singers Samantha and Jonathan Stinson will entertain with arias, solos and duets from the best-loved operas and Golden Age musicals, as well as a sampling of today’s Broadway hits. Jonathan and Samantha have sung at opera houses and on regional musical theatre stages throughout the country. Join us for an unforgettable concert!

50+ JOB SEEKERS GROUP — Thursday, December 1st and 15th, 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: These sessions will be held the 1st and 3rd Thursday of each month through June, 2017. Where: Mashpee Senior Center. For more information, and to RSVP, please email facilitator Ellen Brady: Ellen.brady@bradyassociatesHR.com, or call (617) 512-8581. This program is sponsored by the Massachusetts Councils on Aging.

PC LAPTOP SKILLS SUPPORT! ONE-ON-ONE — Every 1st and 3rd Monday each month; Monday, December 5th and 19th, 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.

MY LIFE, MY HEALTH — For anybody living with a chronic condition such as hypertension, diabetes, depression, heart disease...

**** Feel better * Be in control * Do the things you want to do ****

From Friday, December 2, 2016 through Friday, January 6, 2017, 1:00pm—3:30pm, please join us for the My Life, My Health series. Over six weeks, we’ll be discussing subjects such as: Mind/Body Connection, Dealing with Emotions, Pain and Fatigue Management, Eating well, Breathing better, Positive Thinking, and so much more. Space is limited, so please call Healthy Living Cape Cod at (508) 957-7620 to register, or go to www.healthylivingcapecod.org for more information. This program is free.

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. The Mashpee Senior Center will assist you in completing your fuel assistance application. New applications will be accepted starting 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. We will make copies of all of these documents for you. Please call the Mashpee Senior Center to set up an appointment, (508) 539-1440.

Social Security Announces 0.3% Benefit Increase for 2017

Monthly Social Security and Supplemental Security Income (SSI) benefits for more than 65 million Americans increases 0.3 percent in 2017, the Social Security Administration announced.

The 0.3 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 60 million Social Security beneficiaries in January 2017. Increased payments to more than 8 million SSI beneficiaries will begin on December 30, 2016. The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$127,200 from \$118,500. Of the estimated 173 million workers who will pay Social Security taxes in 2017, about 12 million will pay more because of the increase in the taxable maximum.

Information about Medicare changes for 2017, when announced, will be available at www.Medicare.gov. For some beneficiaries, their Social Security increase may be partially or completely offset by increases in Medicare premiums.

The Social Security Act provides for how the COLA is calculated. To read more, please visit www.socialsecurity.gov/cola.

How Are Your Driving Skills? — Are you or a loved one concerned about your **DRIVING Ability**? A driver's chronological age is not a good predictor of your driving ability. You need to evaluate your road performance and both physical and mental fitness. Driving and driving rules have changed over the last sixty years; those in their eighties didn't even take driving tests, in your seventies didn't have interstates and in your sixties we didn't even have seat belts. So changes in health, vision, physical activity, cognitive ability and

medications can change our driving abilities. There are tools and classes online or in our community that can help us assess our driving abilities by refreshing driving skills, knowledge of the rules and hazards of the road. Reduce your chances of receiving traffic violations or getting into an accident. AARP and AAA both have information and testing on line.

If you decide it is time to give up driving remember this can cause seniors to become isolated, so call Darlene Perkins, Outreach Coordinator to get information on alternative transportation.

NAMI (National Alliance for the Mentally Ill) — Are you a friend or family member of someone with mental illness? A support group meets on the 2nd Wednesday of each month, from 7:00pm to 8:30pm. We meet at the Mashpee Chamber of Commerce, 5 Market St. (next to Capeway Cleaners). For more information, please call NAMI, (508) 778-4277.

VOLUNTEERS NEEDED to give homeless children a better tomorrow

— Do you have 2 hours each week to play with young homeless children (0-6) in one of our statewide shelter-based Playspaces? Are you fun-loving, dependable and looking for a way to make a difference in Falmouth?

Help a homeless child learn, play, and thrive:

horizonschildren.org/playspace or (508) 510-3250

Upcoming volunteer training:

Saturday, December 3 / 10:00am - 1:00pm / Middleboro, MA

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 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!

THE HOLIDAYS ARE HERE!! —

Don't let isolation and loss keep you from enjoying your holidays. The Mashpee Senior Center has many activities during the month that can help you find new traditions. Meet new people, or bring a friend or neighbor with you. The Senior Center offers programs that educate, entertain, socialize and help you get back into that exercise program!

No transportation? The Senior Center can help with that! We have a van that not only helps with doctor appointments and daily errands, but can also bring you to the Senior Center for activities.

Holidays can bring about feelings of loss, and this can make it hard to feel excited about celebrating.

Need help? Have questions? Call Darlene Perkins, Outreach Coordinator, at (508) 539-1440.

INCLEMENT WEATHER POLICY — When the Mashpee schools are closed, the Council on Aging activities and programs (including the van) are cancelled. However, the Senior Center building will remain open, and Council on Aging staff will report unless the Town Hall is closed. Please listen to the local radio stations for updated information.

SNOW SEASON - It is hard to believe, but the winter snow season is upon us. Let's hope this winter won't be as difficult as some. However, just in case, we are strongly encouraging all seniors to be as proactive as possible. We urge you to line up a snow plowing service you can depend on in a snow emergency. Also, please verify that this service can shovel your walkway. We want you to be able to safely leave your home. Also, it is important that such services as the Visiting Nurse and Meals on Wheels be able to access your home. We know of no service that does plowing or shoveling free of charge. For help making a plan, please call our Outreach Coordinator, Darlene Perkins.



TRAVEL CLUB HAPPENINGS: **Barbara and Frank Holiday Show** w/lunch 12/08, \$79; **Foxwoods** 12/08, \$35; **Gentleman's Guide to Love and Murder** 12/10, \$80/\$110; **Holiday Luncheon** at DiParma Italian Table-reservation required 12/12, \$20; **Christmas in Newport-3 Mansions** 12/15, \$65; **LaSalette Light Fest w/Father Pat Concert** 12/16, \$39; **Foxwoods** 1/10, \$35; **Lion King** matinee 3/14, \$95; **42nd Street** 3/25, \$85/\$105; **Chicago** 5/03, \$80/\$112; **Riverdance 20th Anniversary Show** 6/02, \$75/\$110; **Tall Ships Boston** private charter on sale now! For a complete listing of all trips, stop by the Senior Center or visit www.adventureswithkarynwendell.com. Karyn is here every Thursday from 9-11am. Contact Karyn Wendell at (508) 420-5288 or karynmw1@comcast.net for more information. Mail payments c/o P. O. Box 161, Centerville, MA 02632

Day	Date	Time	Event
Thursday	December 8	Noon	Holiday Luncheon
Tuesday	December 13	1:30pm	Holiday Concert by the Singing Seniors
Tuesday	December 20	12:30pm	Kelly's Danzing Divaz Holiday Performance

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
9:45-11:00	Gentle Yoga	9:00-12:00	Woodcarving	9:00-10:00	Blood Pressure Clinic (3 rd)
10-11:30	PC Laptop Skills (1 st and 3 rd)	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) * (cancel for Dec)	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-Toning
12:30-3:00	Pinochle	11:00-2:00	Sea Mist Swimming ***	11:00-1:00	Hearing Tests (1 st)
1:00-4:00	Hand and Foot Canasta	1:00-4:00	SHINE *	1:00-2:00	Line Dancing
1:00-4:00	Rummikub	1:00-3:30	Armchair Traveler (4 th)	1:00-3:00	Meditation (1 st)
		1:00-3:00	Atty Lavender (1 st) *	12:30-3:00	Canasta
		2:30-3:30	Aerobics for the Brain (2 nd & 4 th) (cancelled for 12/27)	1:30-3:30	CARES Support Group (2 nd & 4 th)
				2:30-4:30	SHINE (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	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. Please stop by the Front Desk at the Senior Center to complete a liability form prior to going to Sea Mist for swimming.	
9:00-12:00	SHINE *	9:00-10:00	Ask-A-Nurse (4 th)		
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)	10:00-11:30	Sight Loss Services (4 th)		
11:00-2:00	Sea Mist Swimming ***	11:00-12:00	Zumba Gold		
12:00-2:00	PC and Gadgets Clinic *	12:30-4:00	Mah Jongg		
12:15-1:15	Ballroom Dancing	1:15- 3:30	Veterans Services (1 st & 3 rd) *		
1:00-2:30	Sketching	2:00-3:00	Book Club (3 rd)		
1:00-4:00	Social Bridge				
1:00-4:00	Tai Chi (Beginners, please come 1 st Thurs)				
7:00-9:30					

Save the Dates! More info in the January Newsletter!

starting January 6th	Matter of Balance Classes	starting January 13th	Chronic Pain Program
February to May	Fit and Strong! Classes	January 10th	Opera Program

Happy Holidays!

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>.



Life Support Equipment for EVERSOURCE customers —

If you, or a household member, depends on life support equipment it is important for your household to have a plan in place in the event you lose power.

With appropriate documentation from your physician, EVERSOURCE can indicate on your account that you or a household member relies on life support equipment. In the event of power loss EVERSOURCE will take steps to help prevent or minimize the loss of electricity due to routine maintenance and repairs. Customers are required to renew documentation annually.

A letter from a physician, on the physician's letterhead certifying:

- that the equipment is being used for life support purposes
- the type of equipment being used
- the patient's name, contact number, alternative contact number (if patient can't be reached via primary number)

The letter should be mailed to:

EVERSOURCE
247 Station Drive, SW200
Westwood, MA 02090

During a storm emergency or other major outage EVERSOURCE's first priority is to restore the electric system in as wide an area as possible to include hospitals, police and fire departments. As the level of restoration of power reaches customers who depend on life support equipment, which could be an extended period of time, EVERSOURCE will make every effort to restore power to those households as a priority.


EVERSOURCE encourages customers who depend on life support equipment to have an alternative source of energy and/or a plan to relocate in the event of prolonged outages.

Please contact EVERSOURCE at (800)592-2000 for more information.

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.



 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.



SHINE news...

Medicare Part D and Pharmacies

For many Medicare drug plans, the pharmacy you use could make a big difference in the cost of your medications!

All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have **network pharmacies**. Most pharmacies accept most plans. However, if you go to a pharmacy that is not in your plan's network, your medications will not be covered, and you will pay full retail price.

For 2017, 85% of the Medicare drug plans have **preferred pharmacies**. By using a preferred pharmacy, you can save money! Some plans have changed their preferred pharmacies for 2017 so please check to make sure the pharmacy you currently use will still be the best come January 1st.

Most plans have a **mail-order program** that allows you to get a 90-day supply of your covered prescription drugs sent directly to your home. Mail order sometimes costs less, but using preferred pharmacies could end up costing you less than mail order.

MEDICARE OPEN ENROLLMENT ENDS DECEMBER 7!

IF YOU WANT TO CHANGE YOUR MEDICARE PLAN, DON'T WAIT!

CALL 1-800-MEDICARE (1-800-633-4227) now...



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

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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Holiday Depression: Strategies for Overcoming Holiday Blues —

Sometimes as we age, we don't feel like having lots of parties anymore, and the holidays are no longer very jolly. What used to be a time of joy can change, as life throws us some curve balls.

We think we're supposed to be especially happy this time of year. That expectation itself can cause people of all ages to become sad or depressed, but older adults are especially susceptible.

While the holidays may not be the same as they were in the past, there can still be plenty of reasons to celebrate. One of the most important things to remember is that it's okay to enjoy the holidays as they are now. Memories hold a special place in your heart, but the heart has enough room to add new memories.

Knowing what may trigger gloomy feelings during the holidays, and how you can cope, may help you feel better. Here are some additional tips for beating the holiday blues:

- 1. Get out and about.** Ask family and friends for help traveling to parties and events. Invite family and friends over. Taking a brisk walk in the morning before you begin the day or in the evening to wind down your day is a great way to beat the blues.
- 2. Volunteer.** Helping others is a great mood lifter.
- 3. Drink responsibly.** It is easy to overindulge around the holiday, but excessive drinking will only make you feel more depressed.
- 4. Accept your feelings.** There is nothing "wrong" with not feeling jolly; many people experience sadness and feelings of loss during the holidays. Be kind to yourself, seek support, and even laugh at yourself every now and then.
- 5. Talk to someone.** Don't underestimate the power of friends, family, mentors, and neighbors. Talk about your feelings; it can help you understand why you feel the way you do. Something as simple as a phone call, a chat over coffee, or a nice e-mail or letter can brighten your mood.

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PARKINSON SUPPORT GROUP - Thursday, December 8, 10:00 am.

Join us for the monthly Parkinson support group at the Mashpee Senior Center. For information, please contact Jeanne Jackson at (508) 367-4267.

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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, December 14 and 28, 1:30pm - 3:30 pm.** CARES provides an opportunity for families affected by memory impairment to participate in two separate support groups — held simultaneously — that provide information, guidance, and respite to Care Partners, and conversation and socialization for those with memory impairment. The sessions are available at the Senior Center on the 2nd and 4th Wednesday each month from 1:30pm - 3:30 pm. To register or for more information please call Hope Dementia & Alzheimer's Services at (508) 775-5656.



HEARING TESTS Wednesday, December 7, 11am -1pm 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, December 21, 10:00am — 3:30pm 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, January 22, at 10:00am — 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, December 6, at 1:00pm — General legal problems, trusts, wills, estate planning and settlement. (1st Tuesday of each month)

Atty. Patricia Mello's office: Tuesday, December 13, at 9:00am — 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.**

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SIGHT LOSS SERVICES PEER SUPPORT GROUP — Friday, December 23, 10:00am.

This support group meets at the Mashpee Senior Center on the 4th Friday of every month from 10:00am — 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/.

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MASSOPTIONS — The Executive Office of Health and Human Services (EOHHS) recently launched **MassOptions** — a website and call center aimed at improving access to Community Long-Term Services and Supports (LTSS) for individuals throughout the Commonwealth.

MassOptions is a free resource that links elders, family members, caregivers and individuals with disabilities to services throughout the state that better allow them to live independently in the setting of their choice. They partner with a strong statewide network, including the Aging and Disability Resource Consortia (ADRC), as well as state agency partners. Together they work with individuals to find and choose the services and supports that best fit their needs.

Trained specialists at **MassOptions** are based right here in Massachusetts and can provide referrals that best fit an individual's needs, by phone or online chat, 7 days a week — 8am to 8pm.

Contact them today: TOLL FREE 1-844-422-6277
or visit www.massoptions.org

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.

It's that time of year again! Time to start thinking about winter and the Holidays. As the weather gets colder heating and electric bills may start to be more costly. There may be programs that can help you stretch your budget.

How Can I Get Help? — Many adults over 55 need help paying for prescription drugs, health care, utilities, and other basic needs. There are over 2,000 federal, state and private benefits programs available to help. But many people don't know these programs exist, or how they can apply.

Benefits Checkup asks a series of questions to help identify benefits that could save you money and cover the costs of everyday expenses. Go to www.benefitscheckup.org to see if you qualify for any help.

After answering the questions, you will get a report created just for you that describes the programs you may get help from. You can apply for many of the programs online or you can print an application form. Please call Outreach Coordinator, Darlene Perkins at 508-539-1440 if you need help.

MAILBOX STICKER PROGRAM — The Mashpee Senior Center is offering a program to help seniors stay safe in their homes. Working with the Mashpee Post Office, we have a sticker that you can put inside the lid on your mail box. This sticker instructs the mail carrier that "if there is an accumulation of 5 days of mail in your mail box please notify the Mashpee Senior Center." This is an added layer of support and awareness, and not meant to replace other emergency systems. The sticker is accompanied with a confidential emergency contact sheet to be used in case of an emergency. If your mail carrier sees mail accumulated in your mail box over the previous five days they will call the Mashpee Senior Center to notify the Outreach Coordinator, Darlene Perkins. If the Outreach Coordinator is unable to make contact with you or your emergency contact, she will contact the Mashpee Police department to request a wellbeing check to make sure all is well.

This program is free and completely voluntary. If interested in participating please call Darlene Perkins at the Mashpee Senior Center at 5 (508) 539-1440. You will be given an emergency contact form to be filled out and returned to, the Mashpee Senior Center, 26 Frank E. Hicks Drive. You will be given a sticker to place on the lid of your mail box so your mail carrier will be aware of your participation.

Deborah Converse's Volunteer Corner

NEW VOLUNTEERS

Added to our ranks this month are: **Barbara Baron, JoAnn Dozois, Donna Sofuolis, and Diane Laferriere.** Thank you to all for joining our volunteer family!

VOLUNTEERS NEEDED

No easy task: The Senior Center manages the **Reception Desk/secretarial operations**, primarily with volunteers. The position is more than answering phones and greeting the public. There are systems and procedures that are followed to keep a record of activities and sign-ups for the activities. At times the front desk is chaotic and at times calm and quiet. Someone who is adaptable and can handle multiple responsibilities at one time is the type of person who would be helpful.



Driving — Getting to the doctor's office can seem daunting for many local seniors. Poor vision or medical conditions prevent them from driving, taxis come with prohibitive costs, and loved-ones have full-time jobs that make them unavailable to help. Volunteers are an integral part of providing rides to provide rides to doctors' appointments. Can you help?

Thrift Store assistance — Friends of the Mashpee Council on Aging need volunteers to fill in a variety of days at the Thrift Shop. The volunteers provide retail and organizing assistance at the store. As the winter approaches and snow birds head south, we will need more help.

LIBRARY — We are looking for a volunteer who can oversee the Mashpee Senior Center library. Under the direction of Volunteer Coordinator Deborah Converse, the library volunteer will help keep the library stocked with clean, up-to-date, and meaningful reading material. There is no check-in or check-out procedure, but we want to keep the library neat and presentable and stocked with interesting books. We need someone who is interested in books, has a knowledge of authors, and is aware of popular books. Weekly this might take an hour or so.

SCRAPBOOK — A volunteer is also needed to help keep the Council on Aging scrapbook up-to-date. The initial update will take approximately 2-3 hours. Keeping it current will take approximately 1 hour on a bi-monthly basis.

If you are interested in any of these opportunities, please call Deborah Converse at (508) 539-1440, ext 3508.

OUTSIDE VOLUNTEER OPPORTUNITIES

Hope Hospice is looking for volunteers who want to make a lasting difference in the lives of patients and families.

There are a wide range of volunteer opportunities available that match your specialized expertise, unique talents and interest in caring for others. Volunteer opportunities include: providing emotional support and companionship, respite care to caregivers, working with a veteran, pet therapy, Reiki, massage and administrative assistance. All volunteers participate in a comprehensive training program.

To learn more, contact (508) 957-0280, visit HopeHealthCo.org, or email Volunteers@HopeHealthCo.org. Hope Hospice is part of the Hope Health family of services.

Cape Organization for the Rights of the Disabled is looking for volunteers to drive the mobile food pantry bus (valid MA driver's license, no CDL required) and distribute food at sites around the Cape. CORD provides food for an estimated 10,000 people with disabilities on the Cape. Contact them at 508-775-8300 or email at cordinfo@cilcapecod.org.

***** ONGOING ACTIVITIES SPOTLIGHT *****

Activity	Meets
Sea Mist Swimming (Mashpee residents only)	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.
Aerobics for the Brain	2nd and 4th Tuesdays, 2:30pm
Bowling	Weekly on Fridays, 9:30am. Meets at Ryan Amusements, Falmouth. Preregistration not required. Just stop in! Questions? Contact Lorraine Malcolm (508) 477-7346
Ballroom Dancing	Weekly on Thursdays, 12:15pm
Exercise Class	Tuesdays and Thursdays at 8:30am

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 10:00am and 1:30pm.
- ◆ **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 10:00am and 1:30pm.
- ◆ **Falmouth — Weekly** — Tuesdays.
Please make Falmouth appointments between 10:30am and noon.
- ◆ **Hyannis — Once a month — 3rd Thursday** of each month.
Please make Hyannis appointments between 10:30am and noon.
- ◆ **Sagamore — Bourne — Sandwich — Once a month — 2nd Thursday** of each month.
Please make appointments between 10:30am 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 December 18th when we visit Orleans.** Please plan to meet at the Mashpee Senior Center for a 9:00am departure. **Please note that this is not a guided tour of the area — you decide where and what you would like to visit!**

CCRTA — FREE Fare Fridays! Just for seniors 60 years and up

Starting November 25th and running through December 30th * Available on our FIXED bus routes (not DART)

Covering all 15 towns on Cape Cod ** Just show your photo ID or Senior Charlie Card to the driver!

For more information, visit www.capecodrta.org OR call (800) 352-7155

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:** 7:00am — 7:00pm; **Saturdays:** 9:00am — 7:00pm; **Sundays:** 9:00am — 1:00pm in most towns.

Dial-A-Ride Passenger Procedures and Requirements:

- **Reservations** can be made Monday — Friday between 8:00am — 5:00pm by calling (800) 352-7155.
 - ◆ Reservations must be made by 5:00pm 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

Citizens of Mashpee have reported an increase in computer related scams. Specifically, residents have had their personal computers freeze up while an icon pops up with a telephone number advising to call that number to fix the problem. We have also seen similar scams where a threat of an arrest warrant pops up if money isn't sent. Please do not fall victim to unsolicited companies requesting money over the telephone or computer. Please contact the Mashpee Police Department with any questions regarding the legitimacy of any unsolicited contact.

Any questions, please contact Special Officer and Advocate Tara Carline at (508) 539-1480, ext 7253.

Tara Carline, Special Police Officer and Victims Advocate for the Mashpee Police Department and Darlene Perkins, Outreach Coordinator for Mashpee Senior Center are proud to be combining our resources as the reaching seniors team.

Starting in December as part of our reaching seniors team, we will be visiting homes in Mashpee. Our goal is to introduce ourselves and connect with seniors who may need support in the community. We want to meet you and reach out to discuss support service and resources. So look for us out in the community and we look forward to providing information and getting to know you!



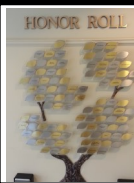
DID YOU KNOW...that Elder Services of Cape Cod and the Islands serves a luncheon at the Mashpee Senior Center on Monday - Friday at 11:30am? This is a good way to help keep your food costs down — plus it is fun and social! A voluntary suggested donation is \$3.00. Come for an activity in the morning 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.mashpeema.gov/council-aging> and click the appropriate newsletter link on the right side of the page.



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

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

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

Our Core Values

RESPECTFUL



WELCOMING



SUPPORTIVE

The cost of mailing this newsletter has been paid by the Friends of the Mashpee Council on Aging.

Lynne Waterman, Director
Darlene Perkins, Outreach Coordinator
Ernest Cornelissen, Chairperson, Council on Aging

Mashpee, MA 02649

26 FRANK E. HICKS DRIVE

MASHPEE COUNCIL ON AGING

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

DISCLAIMER