

# 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  
 PRESIDENT'S DAY**  
 The Mashpee Senior Center will be closed on Monday, February 20, in observance of President's Day. All activities including the van are cancelled for this day.

**FIT and STRONG! Classes by the VNA of Cape Cod** — Tuesdays and Thursdays from 2:00 pm-3:30 pm, starting February 9 through May 4. 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 12 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.**

**PROPERTY TAX ABATEMENT PRESENTATION** — A member of the Assessor's Office will give a presentation at the Senior Center on February 14 at 1:00 pm. This presentation will center around available tax relief for seniors via local personal exemption options. He will have applications available and also offer assistance filling out forms for anyone who would like to file for exemption with the Assessors' Office. Please call the Mashpee Senior Center, (508) 539-1440, to RSVP.

**THE VERVET FOREST DOCUMENTARY** — Thursday, February 23 at 11:00 am. The Vervet Forest tells the story of five orphaned baby Vervet monkeys rescued by a few compassionate humans in South Africa. The film documents the monkeys' arrival as helpless infants and the Vervet Monkey Foundation, following their growth into intelligent, playful juveniles until they are adopted by foster mother monkeys and integrated into one of the foundation's existing troops. Please join us for a screening of this 2017 film. Call the Mashpee Senior Center at (508) 539-1440 to reserve your seat.



**PET FOOD DRIVE** — Valentine's Day is not just for us; it's for our furry friends, too! The Mashpee Senior Center is having a pet food drive in February. During the month, you will be able to drop off unopened pet food items at the Mashpee Senior Center in the entryway, and we will distribute them to local pet shelters and animal care groups. Show your love for animals in need.



**ARTS AND CRAFTS CLASSES** — Mondays, February 13 and 27 at 11:00 am.

**February 13** — COASTER CRAFT—Fashion a set of four coasters with mason jar covers, craft paper and mod podge glue. Have easy, creative fun while producing these useful pieces of art. This is great for the beginner crafter.

**February 27** — CENTERPIECE CRAFT — Start with a simple glass vase, and turn it into a work of art for your table or buffet. Dried flowers, glass beads, colored ribbons and other miscellaneous items for decorating will be provided for your choosing to make these arrangements all your own.

**All materials and instruction is provided to make these easy and fun. RSVPs required. Mashpee residents only, please.** Please call (508) 539-1440 to sign up and for more information.

**JUST FOR LAUGHS BREAKFAST** — Tuesday, February 14, 10:00 am.

**With Tom J. Walsh, Cape Cod Senior Comic.** Tom presents comedy in the tradition of the great comics: Jack Benny, Gracie Allen, Jackie Mason, Bob Newhart, Rodney Dangerfield, and the Smothers Brothers. Please come and join us, and a light breakfast will be served. **Mashpee residents only, please.** Space is limited, so please call the Mashpee Senior Center at (508) 539-1440 to reserve your seat.



**TALK ON LONG TERM CARE MANAGEMENT** — The VNA of Cape Cod will be here on Friday, February 17, from 1:00 pm — 2:30 pm with information to help you make decisions for yourself or a loved one when it comes to nursing home decisions, for example:

- ◆ When is it time for long-term care?
- ◆ How will I pay for it?
- ◆ How can I help my loved one who needs long-term care?

The answers are different for every family, but the one thing they all need is the facts to help them make those important decisions. All are encouraged to attend. Please call (508) 539-1440 to reserve your space.



*Are you new to the Mashpee Senior Center, or just want to learn more about the activities the Senior Center offers? Linda Rosa, our Activity Coordinator, is available every first Monday of the month, from 1:00 to 3:00 pm. Please drop by and introduce yourself, and if you have suggestions about an activity you would like us to run, she would like to hear from you.*

**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. **Join us for our next series: a “Judi Dench” movie feast!**



**February 6 — Room with a View** — 1985 British romance film of E. M. Forster's 1908 novel of the same name. Cast includes Judi Dench, Maggie Smith, Denholm Elliott, and Julian Sands.

**February 27 — Mrs. Brown** — 1997 British drama film starring Judi Dench, Billy Connolly, Geoffrey Palmer, Antony Sher, and Gerard Butler in his film debut.

**March 13 — Chocolate** — 2000 British-American romantic comedy-drama film. Cast includes Juliette Binoche, Johnny Depp, Judi Dench, and Lena Olin

**April 3 — Notes on a Scandal** — 2006 British psychological thriller-drama film, adapted from the 2003 novel of the same name by Zoë Heller. Cast includes Cate Blanchett, Judi Dench, Andrew Simpson, and Bill Nighy.

**April 24 — Best Exotic Marigold Hotel** — 2012 A group of British retirees decide to "outsource" their retirement to less expensive and seemingly exotic India. They are forever transformed by their shared experiences, discovering that life and love can begin again when you let go of the past. Cast includes Judi Dench, Bill Nighy, Penelope Wilton, Dev Patel, Celia Imrie, Ronald Pickup, Tom Wilkinson, and Maggie Smith

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

**MASHPEE MEN'S CLUB** — 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. Throughout the year (but not necessarily on a Tuesday) we have a variety of interesting trips on and off Cape. **We look forward to hearing Ric Haynes, artist, on February 7. On February 16, we will have a tour of the Hyannis Maritime Museum, followed by lunch.** If you are a prospective member and would like to join our club at these events, please contact Deane Turner at [deane\\_turner@msn.com](mailto:deane_turner@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 ON-LY 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.



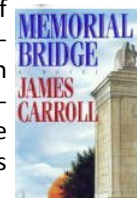
**COFFEE TALKS DISCUSSION GROUP** — Thursdays, February 2 and 16

at 10:30 am. 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, February 1, 1:00 pm.** According to psychology professionals, meditation gives you perspective: by observing your mind, you realize you don't have to be a slave to it. Meditation is quite simply mental hygiene: clear out the junk, tune your talents, and get in touch with yourself. As a consequence, you'll feel more clear and see things with greater perspective. We can't control what happens on the outside, but we do have a say over the quality of our mind. We meet the first Wednesday of each month at 1:00 pm at the Mashpee Senior Center. Join us!



**BOOK CLUB** — Book Club meets on the third Friday of the month at 2:00 p.m. at the Senior Center. The selection for February 17 is “Memorial Bridge” by Boston author James Carroll. The novel moves from Depression-era Chicago to wartime Washington and on to the Vietnam years as it tells the story of Sean Dillon and his family during these turbulent times. Come join us!



**50+ JOB SEEKERS GROUP** — **Thursday, February 2 and 16, 2:00 pm - 4:00 pm** **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](mailto: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 1<sup>st</sup> and 3<sup>rd</sup> Monday each month, 9:00 am — 12:00 pm.** PC Laptop Users-(Not APPLE)-Upgrade/improve your EMAIL, WORD PROCESSING, or SPREADSHEET skills on **YOUR OWN LAPTOP**. One-on-one coaching appointments with Ray Goodale, one of our 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.

**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 are being accepted through April 30<sup>th</sup>. 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. More information about your application may also be found by calling (508) 746-6707.

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.

**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 7:00 pm to 8:30 pm. The NAMI support group meets at the Mashpee Chamber of Commerce, 5 Market St. (next to Capeway Cleaners). For more information, please call NAMI, (508) 778-4277.

**MY LIFE, MY HEALTH** — For a healthier you in 2017 and 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 \*\***

**Friday, March 3**, 1:00 pm — 3:30 pm, please join us for the My Life, My Health series. We will 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](http://www.healthylivingcapecod.org) for more information. This program is free.

**AARP TAX-AIDE INCOME TAX PREPARATION PROGRAM** — The Mashpee Senior Center is a site for the AARP tax-aid income tax preparation program. The following is a message from the volunteers who conduct this program. The tax-aid program will begin at the Mashpee Senior Center on Monday, February 6 with the last available appointments on Friday, April 14. Appointments will be available on Mondays between 9:30 am and 12:00 pm, and on Friday's between 9:30 am and 2:00 pm.

**MAKING APPOINTMENTS** — Call the Senior Center at (508) 539-1440 to schedule your appointment. You will be given an appointment time; no special requests for a particular tax preparer will be taken. After making your appointment, please stop by the Senior Center to pick up the Income Tax Questionnaire. Please fill out the questionnaire and bring it to your appointment. **Please note:** Appointments are limited; please book yours for as soon as you think you will have all of your tax documents.

**WHAT ARE YOU REQUIRED TO BRING TO YOUR APPOINTMENT? —**

- ◆ Your Social Security Card and a photo ID
- ◆ The completed Questionnaire
- ◆ **A copy of last year's [2015] Federal and State tax returns with schedules and supporting documents – VERY IMPORTANT – We may not be able to properly prepare your return without them.**
- ◆ All of your 2016 tax related documents.
- ◆ If you wish your refund to be directly deposited (recommended), a check for the account.

As appointments are limited, it is important that you have all documentation with you at the time of your appointment. There will be limited opportunity to reschedule.

**ABOUT YOUR APPOINTMENT** — You will be contacted by phone before your appointment to confirm your attendance. If you don't confirm your attendance, we will not be able to guarantee your appointment. If you have any questions regarding this program, please bring them to your appointment as the Mashpee Senior Center staff is not able to answer tax questions.

### YOGA AT THE MASHPEE SENIOR CENTER

Join us at the Mashpee Senior Center for three available yoga classes:

**GENTLE YOGA** (Mondays, 9:45 — 11:00 am) — Appropriate for seniors who are comfortable sitting on the floor. This slow-moving class focuses on stretching and working muscles in a gentle manner. Please bring a yoga mat. There is a fee.

**CHAIR YOGA** (Mondays, 11:00 am — 12:00 pm) — Modified for seniors preferred to practice yoga seated in a chair. Poses are done seated in a chair or using the chair for support while standing. There is a fee.

For more information of the above Gentle Yoga and Chair Yoga classes, please contact our Activity Coordinator, Linda Rose.

**AGELESS YOGA NEIGHBORHOOD** — This gently-led Hatha yoga class is offered on Fridays (February 3, 10, 17, 24) from 9:45 am — 10:45 am at the Mashpee Senior Center. Ageless Yoga is focused on stretching, improving balance and building strength in a calm, supportive atmosphere. Students are encouraged to create an individual practice even in this group setting. This allows each person to move forward at their own pace. Whether you are a seasoned practitioner or haven't touched your toes in years, this class is safe, beneficial and fun for all. Bring a mat; wear comfortable clothes. For more information, call Yoga Neighborhood at (774) 251-0370 or visit [www.yoganeighborhood.org](http://www.yoganeighborhood.org).



We are pleased to announce that **Laurie White** has joined the Mashpee Senior Center as a mature worker training position through the Elder Services of Cape Cod & the Islands. Laurie has joined as our receptionist every afternoon. Please drop by and introduce yourself to her!

**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** - 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:** "Be My Valentine" Foxwoods 2/07, \$35; **Lion King** (matinee) PPAC 3/16, \$95; **Boston Flower Show**, 3/24, \$65; **42nd Street**, 2 PM at PPAC 3/25, \$85/\$105; **Chicago** 7 PM at PPAC 5/03, \$80/\$112; **Riverdance 20th Anniversary** at PPAC 7:30, **Tall Ships Boston**, 6/20, \$79; **Red Sox vs Toronto** 1:35 game, PB 13, 7/20, \$145. For a complete listing of all trips, stop by the Mashpee Senior Center or visit [www.adventureswithkarynwendell.com](http://www.adventureswithkarynwendell.com) Karyn is here every Thursday from 9:00 am — 11:00 am. Contact Karyn Wendell at (508) 420-5288 or [Karynmw1@comcast.net](mailto:Karynmw1@comcast.net). Mail payments c/o P. O. Box 161, Centerville, MA 02632.

Day	Date	Time	Event
Tuesday	February 14	1:00 pm	Tax Relief Presentation
Monday	February 13	10:00 am—12:00 pm	Mashpee Police Department's Drug Awareness Display
Tuesday	February 14	10:00 am—11:00 am	Just For Laughs Breakfast with comedian Tom J. Walsh
Friday	February 17	1:00 pm — 2:00pm	Long Term Care Management Presentation

### Mashpee Council on Aging Regular Events

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 <sup>rd</sup> )
9:00-Noon	PC Laptop Skills (1 <sup>st</sup> and 3 <sup>rd</sup> )* <i>(resumes March 6<sup>th</sup>)</i>	9:00-11:00	Atty Mello (2 <sup>nd</sup> ) *	10:00-3:30	Foot Care Clinic (3 <sup>rd</sup> ) *
10:00-11:30	Atty Kosman (4 <sup>th</sup> ) *	10:00-11:30	Men's Club (1 <sup>st</sup> )	10:00-12:00	Painting
11:00-12:00	Chair Yoga	11:00-12:00	Zumba Gold	1:00-3:00	Painting
12:30-4:00	Mah Jongg	11:00-2:00	Sea Mist Swimming ***	11:00-12:00	Zumba Gold-Toning
12:30-3:00	Pinochle	1:00-4:00	SHINE *	11:00-1:00	Hearing Tests ( 1 <sup>st</sup> )
1:00-4:00	Hand and Foot Canasta	1:00-3:00	Watercolor Painters	1:00-2:00	Line Dancing
		1:00-3:00	Atty Lavender (1 <sup>st</sup> ) *	1:00-3:00	Meditation (1 <sup>st</sup> )
		2:30-3:30	Aerobics for the Brain (2 <sup>nd</sup> & 4 <sup>th</sup> )	12:30-3:00	Canasta
				1:30-3:30	CARES Support Group (2 <sup>nd</sup> & 4 <sup>th</sup> )
				2:30-4:30	SHINE (2 <sup>nd</sup> & 4 <sup>th</sup> ) *
				2:30-4:30	Tai Chi for Healthy Aging **
THURSDAYS		FRIDAYS		SATURDAYS	
8:30-9:30	Exercise	8:30-9:30	Strength Training	8:30-9:30	Exercise
9:00-12:00	SHINE *	9:00-10:00	Ask-A-Nurse (4 <sup>th</sup> )		
9:30-11:30	Mashpee Singing Seniors	9:30	Bowling (at Ryan Amusements)		
10:00-11:30	Cribbage	9:45-10:45	Ageless Yoga Neighborhood		
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 <i>(every other week; please check with Senior Center for dates)</i>	10:00-11:30	Sight Loss Services (4 <sup>th</sup> )		
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 <sup>st</sup> & 3 <sup>rd</sup> ) *		
1:00-2:30	Sketching	2:00-3:00	Book Club (3 <sup>rd</sup> )		
1:00-4:00	Social Bridge				
2:00-4:00	Job Seekers (1 <sup>st</sup> and 3 <sup>rd</sup> )				
7:00-9:30	Tai Chi (Beginners, please come 1 <sup>st</sup> Thurs)				

#### NOTES:

- Transportation is available for activities, either through our van or Cape Cod Regional Transit Authority at 1-800-352-7155
  - 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.

### Ongoing Activities Spotlight

Mondays, 1:00 pm—4:00 pm	Hand and Foot Canasta-A social card game that is fun to learn. Beginners are welcome.
Tuesdays, 9:00 am—12:00 pm	Woodcarving-Learn the art of carving. Many projects to chose from. Helpful instruction available by fellow members. Men and women are welcome. Any questions? Contact Dick Nelson (508) 477-7796.
Wednesdays, 10:00 am — 12:00 pm and 1:00 pm—3:00pm	Winter Painting Class- Beginner to advanced welcome. Instructor helps you progress in subject matter of your choice. Morning and afternoon classes offered. There is a fee.

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

Thursdays starting March 9	French Classes	Tuesday, March 21	Independence at Home - Explore the meaning and importance of independence at home
Wednesday, March 15	Financial Fitness Workshop	Thursday, March 28	Presentation on the Nutritional Benefits of Smoothies
Tuesdays starting March 14	Drumming Circle sponsored by Atria Woodbriar		

## 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 re-new documentation annually.

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

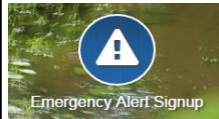
- ◆ That the equipment is being used for life support purposes
- ◆ The type of equipment being used
- ◆ The patient's name, contact number, alternative contact number (if patient can't be reached via primary number)

The letter should be mailed to: EVERSOURCE, 247 Station Drive, W200, 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](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.

***Do you know of anyone who failed to enroll in Medicare Part B when they became eligible for Medicare because they mistakenly believed that they could continue with their Health Connector plan through the state and still receive the subsidy?***



Many people newly eligible for Medicare thought it would be cheaper to remain in their Health Connector plan with subsidies, rather than pay Part B premiums, but did not realize that their Medicare Part A eligibility made them ineligible for premium subsidies, also called Advance Premium Tax Credits (APTC). When they realized their mistake, they were past their initial enrollment period and could only enroll in Part B during a General Enrollment Period, often incurring Part B late enrollment penalties.

***For a limited time, these individuals can apply for equitable relief that will give them a Special Enrollment Period to enroll in Part B. In addition, Part B late enrollment penalties will not apply.***

**THE DEADLINE FOR APPLICATIONS IS MARCH 31, 2017**

- ◆ Individuals who waited for the General Enrollment Period (January 1 – March 31, with effective date of July 1<sup>st</sup>) to pick up Medicare Part B should contact their local Social Security Office to apply for equitable relief.
- ◆ Individuals should submit any information or documentation they have on how they learned that the subsidies would not apply once eligible for Medicare and/or why they had thought they could continue with their Health Connector plan with subsidies. Any letters, emails, notes from conversations or other information that might be relevant should be included. For this relief, it is not necessary that the source of confusion be directly from a federal employee.

Please call the Regional SHINE office at (508) 375-6762 if you need assistance with this process. For further assistance with any Medicare issue, trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. Please call the Senior Center to schedule a SHINE appointment.



**ASK-A-NURSE — BETTY BLACKHAM, RN — VNA OF CAPE COD — Friday, February 24th, 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 4<sup>th</sup> Friday of each month. **Take advantage of this free service at the Senior Center and stop by!**



**Living A Heart — Healthy Senior Life**

With age comes an increased risk for heart disease and all cardiovascular diseases, and it is important to make smart choices as you and your loved ones look to maintain health and wellness.

According to Ralph Sacco, M.D., chief of neurology at the Miller School of Medicine at the University of Miami and past president of the American Heart Association, "New studies have shown that the risk factors that can lead to heart disease and stroke, such as high blood pressure, physical inactivity and obesity, also contribute to dementia, Alzheimer's disease, memory loss and cognitive dysfunction."

The American Heart Association has developed, a simple, seven-step list to help people live a longer, more productive, healthier life:

**Manage Blood Pressure** — High blood pressure is a major risk factor for heart disease and stroke. When your blood pressure stays within healthy ranges, you reduce the strain on your heart, arteries, and kidneys which keeps you healthier longer.

**Control Cholesterol** — High cholesterol contributes to plaque, which can clog arteries and lead to heart disease and stroke. When you control your cholesterol, you are giving your arteries their best chance to remain clear of blockages.

**Reduce Blood Sugar** — Most of the food we eat is turned into glucose (or blood sugar) that our bodies use for energy. Over time, high levels of blood sugar can damage your heart, kidneys, eyes and nerves.

**Get Active** — Living an active life is one of the most rewarding gifts you can give yourself and those you love. Simply put, daily physical activity increases your length and quality of life.

**Eat Better** — A healthy diet is one of your best weapons for fighting cardiovascular disease. When you eat a heart-healthy diet, you improve your chances for feeling good and staying healthy – for life!

**Lose Weight** — When you shed extra fat and unnecessary pounds, you reduce the burden on your heart, lungs, blood vessels and skeleton. You give yourself the gift of active living, you lower your blood pressure and you help yourself feel better too.

**Stop Smoking** — Cigarette smokers have a higher risk of developing cardiovascular disease. If you smoke, quitting is the best thing you can do for your health.

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

This program is specifically for people with memory impairment and their care partners. **Wednesdays, February 8 and 22, 1:30 pm — 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 1:30pm - 3:30 pm. To register or for more information please call Hope Dementia & Alzheimer's Services at (508) 775-5656.

**PARKINSON SUPPORT GROUP - Thursday, February 9, 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.

**HEARING TESTS Wednesday, February 1, 11:00 am -1:00 pm**

**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> Wednesday of each month.



**FOOT CARE — Wednesday, February 15, 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, February 27, 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, February 7 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, February 14 at 9:00am** — 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.**

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**SIGHT LOSS SERVICES PEER SUPPORT GROUP — Friday, February**

**24<sup>th</sup>, 10:00am.** This support group meets at the Mashpee Senior Center on the 4<sup>th</sup> 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/](http://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 at 1-844-422-6277 or visit [www.massoptions.org](http://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. \*\*\*\*\*

**The Samaritans of Cape Cod Senior Outreach program** — It's not always easy to tell someone when you're experiencing difficulties in life. The Samaritans know that sometimes all we need is a little extra support, and their Senior Outreach program provides that support safely and with dignity.

Created in 2009 in response to the growing need of seniors, Senior Outreach is a program where outgoing calls are made to isolated or at-risk older adults. Seniors are matched with a Samaritan-trained volunteer who calls the senior once or twice each week. Conversations are confidential, and provide a safe place for older adults to talk about whatever is troubling them most without fear of judgment or repercussion. The program is free and available to any individual age 55 years or older.

If you have been impacted by health problems, retirement, social isolation, the loss of loved ones, depression, or have concerns about aging, their volunteers are able to listen with compassion and empa-

thy. Or if you know of a senior who might be isolated, lonely, or simply in need of a caring voice, please contact their office to find out more about how they can match that senior with a volunteer in its Senior Outreach program. Please call for information and to learn more at (508) 548-8900 or (800)-893-9900.

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I know this is the time of year we can experience blasts of cold weather, hope everyone is able to stay warm. If the extra burden of the raising cost in some utilities has caused you to become behind in other bills and/or lessened your income to pay for food you may need to explore ways to help supplement your income. You may be eligible for fuel assistance or food stamps. Call and make an appointment at the senior center to fill out an application.

If you need help paying those heating bills you may qualify for help from some local agencies:

Saint Vincent De Paul — (508) 477-7710, ext. 41

The Cape Cod Needy Fund — (508) 778-1446

This time of year emergency preparedness is often on our minds as we think about cold weather and storms. Being prepared is something we should always be! A few things to think about is having a small emergency kit which includes food and water for three days for each person and any pets, a radio, flashlight, first aid kit, and copies of important papers.

Are you isolated or in need of updated information about upcoming storms? The Mashpee Council on Aging is registering senior citizens to assist during emergencies, such as blizzards, floods, hurricanes, etc. Would you like to be on this list? Call the Mashpee senior center and speak with Darlene Perkins, Outreach Coordinator, (508) 539-1440.

## Deborah Converse's Volunteer Corner



### New Volunteers

Thank you to all our newest volunteers: **Susan Crasnick, Gail Goraj, Peggy Martin, Frances Pierkarski, Connie Richardson, and Ann Riley.** Volunteers make the work at the Senior Center do-able. Besides adding to the pleasant atmosphere here, volunteers provide activities and services at the Mashpee Senior Center that otherwise could not be furnished.

### Volunteers Needed

**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 our volunteers head south, there are several positions available. The shifts are generally 4 hours.

**Driving** — Getting to the doctors' offices can be daunting for many local seniors. Poor vision or medical conditions may prevent them from driving or loved ones may have other jobs that make them

unavailable to help. Volunteers are an integral part of providing rides to provide rides to doctors' appointments. Can you help?

Call Deborah at (508) 539-1440, ext 3508.

### Other Volunteer Opportunities

Horizons for Homeless Children needs volunteers to give homeless Children (0-6) in one of the statewide shelter-based Playspaces. We are looking for people who are fun-loving, dependable and wanting to make a difference in Falmouth. Upcoming volunteer training is Tuesday, February 7, 6:00 — 9:00 pm. Help a homeless child learn, play and thrive. More information is available on their website at [horizonschildren.org/playspace](http://horizonschildren.org/playspace) or contact Meghan Schafer, (508) 510-3250.

**Just a reminder:** Timesheets — Each year in June, we ask for the hours you have volunteered. Time sheets are available at the front desk to help you keep track. An estimate is all we need. The hours show how vital it is to have your help! For any question regarding your timesheet, please contact Deborah at (508) 539-1440, ext. 3508.

### HAPPY GROUNDHOG DAY!



Every February 2, thousands gather at Gobbler's Knob in Punxsutawney, Pennsylvania, to await the spring forecast from a special groundhog. Known as Punxsutawney Phil, this groundhog will emerge from his simulated tree trunk home and look for his shadow, which will help him make his much-anticipated forecast. According to legend, if Phil sees his shadow the United States is in store for six more weeks of winter weather. But, if Phil doesn't see his shadow, the country should expect warmer temperatures and the arrival of an early spring.

### Mashpee Police Department's

#### *Drug Awareness Display and K9 Dog, Lola, Demonstration*

**Monday, February 13, 2017 — 10:00am—Noon — At the Mashpee Senior Center**



As part of the Mashpee Substance Abuse Task Force initiative, please join Mashpee Police Sergeant Michael As-sad with K9 Lola, Master Officer, Ryan Nardone and Special Officer/Victim Advocate, Tara Carline at the Mashpee Senior Center to learn more about prescription drug safety, drugs, drug paraphernalia and a demonstration from K9 Lola, another important tool to fight the war on narcotics. Anyone is welcome! We hope to provide this display to educate Mashpee seniors about substance abuse issues occurring in our town, to answer questions and provide information. Please come and join us!

## 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 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 10:00am and 1:30pm.
- ◆ **Falmouth — Weekly — Tuesdays.**  
Please make Falmouth appointments between 10:30am and noon.
- ◆ **Hyannis — Once a month — 3<sup>rd</sup> Thursday of each month.**  
Please make Hyannis appointments between 10:30am and noon.
- ◆ **Sagamore — Bourne — Sandwich — Once a month — 2<sup>nd</sup> Thursday of each month.**  
Please make appointments between 10:30am and noon.

## 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.



**DID YOU KNOW...that Elder Services of Cape Cod and the Islands serves a luncheon at the Mashpee Senior Center every 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 2 business days 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.*



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 note: Telephone and internet scams continue to be prevalent in Mashpee.** Recently, we have seen the “grandparent scam” and have seen telemarketers claiming to be from Eversource or the IRS. The “grandparent scam” tries to get the senior to send money via Western Union or gift cards to his or her grandchild by telling them the grandchild is hurt or in jail in another country.

**SCAM  
ALERT**

The Eversource or IRS scams attempts to get the Mashpee resident to give personal information such as their social security number, bank account or credit card numbers. **Please remember — NEVER** give out any personal information over the phone, and contact the Mashpee Police Department at any time regarding the legitimacy of a call. Any questions, please contact Special Officer and Advocate **Tara Carline** at **508-539-1480, ext 7253**.

**THE CAPER'S DOINGS!**

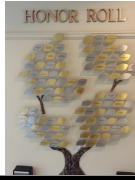
We hopefully will be past the snows of this winter and now can go forward to the coming spring! Join us on February 6 at 1:00 pm when Bob Sylvia will performance with his one-man-band and will offer Irish oldies and pop American nostalgia. And doesn't that sound like a fun afternoon! Check the bulletin board at the Center's entrance and just join us for an uplifting get-together with old friends or those new ones you will meet there. Then enjoy those always-offered refreshments together. If further information is needed, Mary Draheim is always available to help you at (508) 477-3920. No cost is required, and it is open to all!

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