

views, accredited business directory, request a quote, file a complaint, and many more free programs and services. Rsvp to the front desk or call (508) 539-1440.

"AGEISM" DISCUSSION — DO YOU FEEL DEFINED BY YOUR AGE? —

Thursdays, April 20 and 27, 10:00 am — 12:00 noon. Come explore the world of "ageism".

Ageism (also spelled "agism") is stereotyping and discriminating against individuals or groups on the basis of their age. Help explore the different ways aging can affect us positively or negatively. The term "ageism" was coined in 1969 by Robert Neil Butler, first director of the National Institute on Aging who was a renowned physician, gerontologist, psychiatrist, and Pulitzer Prize-winning author. Aging is a natural, lifelong, powerful process. Let's come together at the Mashpee Senior Center and talk about the impact of aging and how you perceive the world as it ages around you. Join Darlene Perkins, Outreach Coordinator, and volunteer Joyce Connors to chat. Rsvp to the front desk or call (508) 539-1440.



KENNETH C. COOMBS SCHOOL "COFFEE AND CHAT"

— **Rescheduled as a result of the March storm** —

Wednesday, April 12, 9:30 am in the Coombs School cafeteria, 152 Old Barnstable Road, Mashpee, MA. Principal Paul LaBelle cordially invites Mashpee seniors to "Coffee and Chat". Come share in light breakfast fare, learn about the preschool through grade two Coombs School community and engage in interesting conversation about what goes on at an elementary school. Coombs School staff would love to have an opportunity to get to know Mashpee seniors and welcome them to be involved with students and staff. **Please Rsvp to Maria Fisher at (508) 539-1520, ext. 5102 by Tuesday, April 4 as space is limited.**



APRIL NATIONAL PARKINSON AWARENESS MONTH — There are two events taking place at the Mashpee Senior Center in April sponsored by the Parkinson Support Network of Cape Cod, a branch of the American Parkinson Disease Association.

PIES FOR PARKINSON'S — **Tuesday, April 18, 1:30 pm.** The Par-

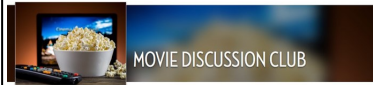


kinson Support Network, a branch of the American Parkinson Disease Association, Massachusetts Chapter, has been supporting the over 2,000 people living with Parkinson's disease on Cape Cod since 2007. In celebration of its 10th anniversary and in recognition of National Parkinson Awareness Month (April), the chapter is pleased to provide a Table Talk pie to each attendee. A representative from PSN of Cape Cod will talk about what the group does and its schedule of events and programs for 2017. It offers a variety of educational and wellness programs for its ever-growing community. If you know of a family member or friend here on Cape Cod who could benefit from its support services please pass this along. All are welcome, and please Rsvp to the Mashpee Senior Center at (508) 539-1440.

PANEL ON MOVEMENT AND ART SPECIALISTS IN PD — **Friday, April 21, 11:00 am.** at the Mashpee Senior Center (seating begins at 10:30) This program will provide you with the opportunity to learn about the many exercise, music, and movement programs for individuals with Parkinson's. This program is designed for individuals with Parkinson's, family members, and interested community members. Reservations are required for this event. To Rsvp, contact the American Parkinson Disease Association Information & Referral Center at (800) 651- 8466 or email to information@apdama.org.

DRUM CIRCLE — **Tuesdays through April 25, 10:00 am.** Drum away those winter blues! A Drum Circle is a group of people sitting in a circle experiencing the spontaneous creation of music on a variety of drums. Drumming accelerates physical healing, boosts the immune

system, produces the feeling of well-being and has a calming effect. Sam Holmstock leads the group and had been the band Entrain's drummer for 20 years. Drums are provided, and you may sign up for one session, or all 6. This program has no fee and is sponsored by Atria Senior Living in Falmouth. **Rsvp's are required.** Rsvp to the front desk or call (508) 539-1440.



MONDAY MORNING MOVIE MUSINGS — **Mondays, 10:00 —**

11:30 am. 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. The wide range discussion is led by the participants. **Join us for our current series: a "Judi Dench" movie feast!**

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 APRIL EVENTS — We invite retired or semi-retired men over the age of 50 to join our club formed in 1997. We meet on the first Tuesday of each month starting with coffee at 10:00 am followed by a brief business meeting at 10:30 and a speaker. On April 4 we welcome Gerry Campbell who spent his career in the communications field with Comcast and Time-Warner. His talk is entitled, "Amateur Radio: More than a Hobby," referring to the public service aspects of amateur radio. Throughout the year (but not necessarily on a Tuesday) we have a variety of interesting trips on and off Cape. On April 19 we will have an interesting tour of the Atomic Submarine Museum in New London 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 or Frank Lord at flord@msn.com.

COFFEE TALKS DISCUSSION GROUP — **Thursdays, April 13 and 27 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,**

April 5, 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 pm at the Senior Center. The selection for April 21 is "A Gentleman in Moscow," by Amor Towles. Count Alexander Rostov is a Rus-



sian aristocrat arrested during the Russian Revolution and sentenced to permanent house arrest in Moscow's Hotel Metropol in 1922. How the Count adapts to his confinement while living a full and engaging life makes this an engrossing and satisfying story. Come join us! New members are always welcomed.

50+ JOB SEEKERS GROUP — Thursday, April 6 and 20, 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 media such as 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 — April 3, 9:00 am — 12:00 pm. (1st and 3rd Mondays except for April 17) — 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.** 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 Council, Inc., in Plymouth, who will determine if you are eligible. More information about the status of 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.

AARP TAX-AIDE INCOME TAX PREPARATION PROGRAM — The Mashpee Senior Center is a site for the AARP tax-aid income tax prepara-

tion program. The following is a message from the volunteers who conduct this program. The tax-aid program is conducted at the Mashpee Senior Center through the last available appointment 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.

For status on your Federal refund, for information, check the status at the web site at www.irs.gov/refunds or call the IRS toll-free phone number at (800) 829-1954. Automatic service is available every day of the week, 24 hours per day, and you can check on your refund in either English or Spanish. Or you can call (800) 829-4477 to reach the IRS TeleTax System.

For status on your Massachusetts refund, check your status at www.mass.gov/dor or call (617) 887-6367 or (800) 392-6089 (toll-free).

STATEWIDE REGIONAL WORKSHOPS FOR GRANDPARENTS RAISING GRANDCHILDREN—The Commission on the Status of Grandparents

Raising Grandchildren presents this three-hour workshop for grandparents and kinship caregivers throughout the Commonwealth. There will be special guests at each workshop presenting on topics important to grandparents raising grandchildren. There will also be an information panel at each workshop which will include representatives from DCF, DTA, MassHealth, Elder Services, and more. Breakfast pastries, coffee and tea will be provided. Please register by contacting Colleen Pritoni, (617) 748-2454 or colleen.pritoni@state.ma.us.



Hyannis, Thursday, May 4, 9:30-12:30 — Cape Cod Family Resource Center, 29 Basset Lane, Hyannis

Special Guest: Ruth Bodian, **Topic:** The Impact of Trauma

TRAVEL CLUB HAPPENINGS — APRIL TRAVEL CLUB NEWS

travel club **Foxwoods** "Spring Fling" 4/04, \$35; **Eataly** Boston "Everything Italian" 4/18, \$45; **Art In Bloom** at MFA 5/01, \$69; **Chicago** 7 pm PPAC 5/03, \$80 /\$112; **Riverdance** 20th Anniversary 7:30 pm PPAC, 6/02, \$75/\$110; **Boston Pops Film Night** w/John Williams, 6/01, 1st balcony, front, \$109; **Tall Ships Boston Harbor Cruise** 6/20. \$79; Just added! **Red Sox vs Baltimore** 1:35 pm game, (unobstructed, PB 13, Rows A-C), 8/27, \$145. For a complete listing of all trips, stop by the Senior Center or visit adventureswithkarynwendell.com. Karyn is here Thursdays from 9:00 am to 11:00 am. For more information, contact Karyn Wendell at (508) 420-5288 - Karynmw1@comcast.net. Mail payments for travel to Karyn Wendell, P. O. Box 161, Centerville, MA 02632. See "Adventures with Karyn" ad every Sunday in the Cape Cod Times.

DAY	DATE	TIME	EVENT
Monday	April 3 and 24	10:00 am	Monday Morning Movie Musings
Tuesdays	April 4, 11, 18, 25	10:00 am	Drum Circle
Thursday	April 6	11:00 am	Apps for iPad and iPhone
Tuesday	April 11	1:00 pm	Cape Light Compact Energy Assessments
Wednesday	April 12	9:30 am	Kenneth C. Coombs School "Coffee and Chat" at Coombs School cafeteria, 152 Old Barnstable Road
Wednesday	April 12	10:00 am	Cooking Class with Heather Bailey, Optimal Kitchen, "Easy One Pot Meals"
Friday	April 14	10:30 am	Gallery talk "Bestons Outermost House", one of the seminal works of today's environmental movements and is one of the reasons that the Cape Cod National Seashore exists today
Friday	April 28	1:30 pm	Low Vision presentation presented by Massachusetts College of Pharmacy and Health Sciences
Thursdays	April 20 and 27	10:00 am	Ageism Discussion — Do You Feel Defined By Your Age?
Monday	April 24	11:00 am	Better Business Bureau—Learn how the BBB helps find businesses, brands, and charities they can trust

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 rd)
9:00-Noon	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) *	10:00-11:30	Men's Club (1 st)	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 st)
1:00-4:00	Hand and Foot/Pony Canasta	1:00-3:00	Watercolor Painters	1:00-2:00	Line Dancing
		1:00-3:00	Atty Lavender (1 st) *	1:00-3:00	Meditation (1 st)
		2:30-3:30	Aerobics for the Brain (2 nd & 4 th)	12:30-3:00	Canasta
				1:30-3:30	CARES Support Group (2 nd & 4 th)
				2:30-4:30	Tai Chi for Healthy Aging **
THURSDAYS		FRIDAYS		SATURDAYS	
8:30-9:30	Exercise	8:30-9:30	Strength Training	8:30-9:30	Exercise
9:00-12:00	SHINE *	9:00-10:00	Ask-A-Nurse (4 th)	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.	
9:30-11:30	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 nd)	10:00-12:00	Independence House Relationship Education and Advocacy (2 nd)		
10:30-11:30	Coffee Talks (every other week; please check with Senior Center for dates)	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				
2:00-4:00	Job Seekers (1 st and 3 rd)				
7:00-9:30	Tai Chi (Beginners, please come 1 st Thurs)				

Ongoing Activities Spotlight

Ballroom Dancing	Thursday, 12:15 — 1:15 p.m.	"You don't stop dancing from growing old, you grow old from stopping to dance." - Unknown . Have fun and meet new friends. No partner is needed! Join and dance with us! There is a cost .
Pinochle	Monday, 12:30 — 3:00 pm	Wanted: Card players who love to have fun learning and playing pinochle. No experience necessary. Regular players help and teach new players learn the game. It is strictly a social and fun activity. Come and join in whenever you are available; you do not need to be here every week. You are not required to bring anything with you except a smile, and you do not have to know how to play. No charge.
Strength Training	Monday, Wednesday, Friday — 8:30 — 9:30 am	Come and have fun and tone your body at the same time; involves stretching. Wear comfortable clothing and sneakers. May require mats (available) and weights (bring your own) — that's up to each individual. No charge.

Wednesday, May 17	Financial Fitness Presentation — Elder Services of Cape Cod and the Islands	Tuesday, May 16	Yesterday's Country Band Performance
Thursdays, May 4, 11, 18, 25	Museum Masterpieces: The Louvre — Travel Club Presentation with Karyn Wendell	Mondays, May 1 through June 19	Diabetes Self Management Series - Visiting Nurse Association of Cape Cod and Healthy Living Cape Cod

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, including 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, and select the "Emergency Alert Sign-up" box in the upper center of the page. Then select the next sign-up button, and enter your contact information so local leadership may contact you with timely, important messages.



SHINE NEWS-**Hospital Observation Stays and Original Medicare**



Many times when a person goes to the emergency room and is then placed in a hospital bed, they are not admitted as "inpatient" but are there under "observation". When a Medicare Beneficiary is in the hospital under observation, Medicare Part B (medical insurance) will be billed not Medicare Part A (hospital insurance). This can result in increased costs for the beneficiary. For instance, Medicare requires a three-day inpatient stay at a hospital before it will pay for any stay in a skilled nursing facility and time spent under observation in a hospital will not count towards that three-day minimum. If a Medicare Beneficiary goes to a skilled nursing facility after a stay at the hospital under observation they will be responsible for the entire bill which could be thousands of dollars. The Medicare Beneficiary may also be responsible for the Part B deductible and co-insurance if they do not have a supplement.

As of March 8, 2017, hospitals are required to provide a **Medicare Outpatient Observation Notice (MOON)** to a Medicare Beneficiary who has been receiving observation services as an outpatient for more than 24 hours. This notice will inform the individual as to the reason(s) they are an outpatient receiving observation services and the implications of such status with regards to Medicare cost sharing and post-hospital skilled nursing facility services. An oral explanation of this notice must also be provided. A signature must be obtained from the individual or a person acting on the individual's behalf to acknowledge receipt. If the individual refuses to sign the MOON, the staff member of the hospital providing the notice must sign certifying that notification was presented. This notice was a result of the Notice of Observation Treatment and Implication for Care Eligibility Act (NOTICE Act) which was enacted August 6, 2015. This Act will hopefully make the Medicare Beneficiary more aware of the implications of not being admitted as inpatient. Please call the Senior Center at (508) 539-1440 to schedule an appointment with a SHINE counselor if you would like more information on this or any other Medicare issue. Trained **SHINE** volunteers (**Serving Health Insurance Needs of Everyone...on Medicare**) offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

ASK-A-NURSE — BETTY BLACKHAM, RN — VNA OF CAPE COD — Friday, April 28, 9:00 -10:00 am.



Hi! I am Betty Blackham, Public Health and Wellness RN with the VNA of Cape Cod. I am at the Mashpee Senior Center on the 4th Friday of every month from 9:00 to 10:00 am. Are you on blood pressure medication? Would you like to have your blood pressure monitored? Do you have any questions about any of the medications that you take? Do you have questions about your diet or need tips on how to manage your diabetes? We can discuss these and other health concerns or questions you may have. I'd love to meet you so stop on by!! No appointment is necessary — take advantage of this free service at the Senior Center and stop by!



How to Stay Sharp As You Age — 10 Real-World Brain Exercises That Work

On top of a healthy diet and regular exercise, there are ways to give your brain its own workout routine — without emptying your wallet.

Experts recommend sticking to brain training that involves real-world activities. Exercises to strengthen brain function should offer novelty and challenge. Your morning newspaper is a great place to start. Simple games like Sudoku and word games are good, as well as comic strips where you find things that are different from one picture to the next.

Test your recall. Make a list of grocery items, things to do, or anything else that comes to mind and memorize it. An hour or so later, see how many items you can recall. Make items on the list as challenging as possible for the greatest mental stimulation.

Let the music play. Learn to play a musical instrument or join a choir. Studies show that learning something new and complex over a longer period of time is ideal for the aging mind.

Do math in your head. Figure out problems without the aid of pencil, paper, or computer; you can make this more difficult — and athletic — by walking at the same time.

Take a cooking class. Learn how to cook a new cuisine. Cooking uses a number of senses: smell, touch, sight, and taste, which all involve different parts of the brain.

Learn a foreign language. The listening and hearing involved stimulates the brain. What's more, a rich vocabulary has been linked to a reduced risk for cognitive decline.

Create word pictures. Visualize the spelling of a word in your head, then try and think of any other words that begin (or end) with the same two letters.

Draw a map from memory. After returning home from visiting a new place, try to draw a map of the area; repeat this exercise each time you visit a new location.

Challenge your taste buds. When eating, try to identify individual ingredients in your meal, including subtle herbs and spices.

Refine your hand-eye abilities. Take up a new hobby that involves fine-motor skills, such as knitting, drawing, painting, assembling a puzzle, etc.

Learn a new sport. Start doing an athletic exercise that utilizes both mind and body, such as yoga, golf, or tennis.

Soon people will realize that they can take steps to keep their brains healthy, just as they know they can prevent heart disease by taking certain actions. In the coming decade, brain wellness will be right up there with heart health — now that there's proof that living a brain-healthy lifestyle works!

CARES PROGRAM — HOPE DEMENTIA & ALZHEIMER'S SERVICES

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

PARKINSON SUPPORT GROUP - Thursday, April 13, 10:00 am. Join us for the monthly Parkinson support group at the Mashpee Senior Center. (2nd Thursday of each month) For information, please contact Jeanne Jackson at (508) 367-4267.



HEARING TESTS Wednesday, April 5, 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 1st Wednesday of each month.

FOOT CARE — Wednesday, April 19, 10:00 am — 3:30 pm by appointment. There is a fee. Call the Mashpee Senior Center at (508) 539-1440 to make an appointment. Available the 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, April 24, 10:00 am — The South Coastal Counties Legal Services, Inc. (SCCLS) Elder Law Project has attorneys who visit Cape and Islands senior centers weekly including Mashpee and provide legal services to elders who are economically or socially disadvantaged. Priority areas include housing, government benefits, Medicare, Medicaid, reverse mortgage counseling, and general health law concerns. (4th Monday of each month)

Atty. Michael Lavender: Tuesday, April 4, 1:00 pm — General legal problems, trusts, wills, estate planning and settlement. (1st Tuesday of each month)

Atty. Patricia Mello's office: Tuesday, April 11, 9:00 am — Wills, health care choices, nursing home/Medicaid planning, estate planning, asset protection, guardianships. (2nd Tuesday of each month)

Please try to consider the urgent questions that you have and try to choose the appropriate attorney. **PLEASE NOTE: The lawyers do not handle questions regarding criminal matters.**

SIGHT LOSS SERVICES PEER SUPPORT GROUP — Friday, April 28,

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

INDEPENDENCE HOUSE RELATIONSHIP EDUCATION

AND ADVOCACY — Friday, April 14 at 10:00 am. Independence House, Inc., is the only comprehensive community-based organization on Cape Cod providing free and confidential specialized services and programs for adults, teens and children (ages 6 and up) who are survivors of or affected by domestic and sexual violence. Anyone who has experienced abuse in the past or present or has a friend that is experiencing abuse can call its toll free hotline at (800) 439-6507 to speak confidentially to a counselor. Independence House has a representative at the Mashpee Senior Center every 2nd Friday from 10:00 am — 12 noon who will be available for sharing information, answering questions and assisting individuals with relationship concerns, as needed. Appointments are not necessary; just stop by.



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.

SNAP SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM, formally known as Food Stamps. Do you qualify? A SNAP card is like a debit card you can use at the grocery stores and farmers markets to buy food. You may qualify for SNAP benefits if your gross income is below \$1,980/monthly for 1 person or \$2,670/monthly for 2 persons. There is no asset test for most SNAP households. Your monthly SNAP benefit will be between \$16 and \$194. The benefit is based on your income and your living costs. These include your rent or homeownership costs, the type of utilities, your caregiver or home maker cost. Seniors also qualify by proof of out of pocket medical costs, including co-pays, over the counter health supplies, travel to doctors' appointments and more. If you qualify for MassHealth or prescription part D extra help, you may qualify for SNAP. If you have questions or would like help applying, call the

Outreach Coordinator, Darlene Perkins, (508) 539-1440.

SAFE PRESCRIPTION DRUG DISPOSAL — This information is provided from the Mashpee Substance Use Task Force

****Please make a difference in reducing access to prescription drugs for someone struggling with addiction**.**

Please take time today to look in your home for any unwanted, expired or unused prescription medications — and don't forget any pet medications as well — and safely dispose of them in the Prescription Drug Kiosk at the Mashpee Police Station lobby. The Prescription Drug Kiosk is available year-round, 24 hours a day, 7 days a week. This service is free and anonymous, no questions asked! For more information on the Mashpee Substance Use Task Force, please visit the Town of Mashpee website at <http://www.mashpeema.gov/mashpee-substance-use-taskforce>



WHAT IS THE LIFELINE PROGRAM? — Lifeline is a program of the state and federal government that provides a free phone/service and also internet service to low income seniors. There are restrictions and eligibility guidelines. To see if you qualify for this free program, please contact Outreach Coordinator Darlene Perkins at (508) 539-1440. Complete information about the Lifeline Program may be found at <http://www.mass.gov/ocabr/government/oca-agencies/dtc-lp/competition-division/telecommunications-division/consumer-info/link-up-and-lifeline-what-consumers-should-know.html>. **Please note that this IS NOT a life alert system.**

Deborah Converse's Volunteer Corner

Just a reminder: Timesheets!



Once a year, 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.

Volunteer Openings and Activity

Special Activities — If you are interested in sharing a skill or interest you have with other members of our community at the Mashpee Senior Center, we welcome suggestions. For instance, we have a volunteer who leads a sketching class, another who leads "Aerobics for the Brain," and another who started and oversees "Monday Morning Musings" to discuss selected movies. Please let us know if you have anything you would like to share.

Newsletter phone calls — Each month we have a group of volunteers who help fold and prepare the newsletter for mailing. We would like one or two volunteers to make phone calls to alert people to the date for the mailing. People are called a week before the preparation. This can be done from home or the senior center.

Decorations — Please notice the decorations at the Senior Center. For the winter holiday season the Mashpee Garden Club really dresses up the building. Volunteer Lorraine Malcolm takes the responsibility to keep the building festive with spring, summer, and fall decorations. Thank you to all!

April 23 - 29, 2017 is National Volunteer Week. This is a time to highlight the important work that volunteers contribute. As an acknowledgment for our volunteers, we will have a "Welcome to Spring" plant arrangement, and on April 26, the plant will be drawn for one of our volunteers.



TAX SCAMS — In recent years, thousands of people have lost money and had their personal information compromised due to tax scams and fake IRS communications. The IRS will

◆ **NEVER** call to demand immediate payment using a specific payment method such as a prepaid debit card, gift card or wire transfer. Generally, the IRS will first mail you a bill if you owe any taxes.

- ◆ **NEVER** threaten to immediately bring in local police or other law-enforcement groups to have you arrested for not paying.
- ◆ **NEVER** demand you pay taxes without giving you the opportunity to question or appeal the amount they say you owe.
- ◆ **NEVER** ask for credit or debit card numbers over the phone.
- ◆ **NEVER** initiate contact with taxpayers by email, text messages or social media to request personal or financial information. The IRS does not threaten taxpayers with lawsuits, imprisonment or other enforcement action.

HHS HOTLINE SCAM — A telephone scam in which crooks alter caller ID to make it seem as if the call is coming from the U.S. Department of Health and Human Services (HHS) Office of Inspector General (OIG) Hotline 1-800-HHS-TIPS (1-800-447-8477) to get beneficiaries and members of the public to verify or share personal info which is used to victimize them via financial and other crimes — draining their bank accounts. **OIG wants the public to know that HHS OIG will not use the HHS OIG Hotline telephone number to make outgoing calls, and individuals should not answer calls from 1-800-HHS-TIPS (1-800-447-8477).**

IDENTITY THEFT REPORTING — If you have been scammed with your identity, call the following agencies to notify them about your identify theft: **Federal Trade Commission**, ID theft report (877) 382 4357; **Credit reporting agency** (just contact one; they will contact other two) report fraud alert (800) 525-6285; and **contact your bank credit cards**. If you have given out your **Social Security number**, contact the Social Security Administration (SSA) Fraud Hotline (800) 269-02711 or TTY (866) 501-2101, P.O. Box 17785, Baltimore, MD 21235. The SSA may assign a new Social Security number to you if you are being harassed, abused, or are in grave danger when using the original number, or if you can prove that someone has stolen your number and is using it.



"Feeling gratitude and not expressing it is like wrapping a present and not giving it." - William Arthur Ward

Thank you to our seniors for sharing their thoughts!

- ◆ I am grateful for the wonderful support I received from the Senior Center.
- ◆ Being warm in the winter.
- ◆ Going out for coffee!

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.**

<p>Mashpee and Sandwich — Weekly — Mondays. Please make appointments between 10:00 am and 1:30 pm.</p>	<p>Falmouth — Weekly — Tuesdays. Please make Falmouth appointments between 10:30 am and noon.</p>
<p>Mashpee only — Weekly — Wednesdays, Thursdays (except 2nd and 3rd Thursdays), Fridays (except last Friday). <i>Please note that Wednesdays are food pantry days.</i> Please make appointments between 10:00 am and 1:30 pm.</p>	<p>Hyannis — Once a month — 3rd Thursday of each month. Please make Hyannis appointments between 10:30 am and noon.</p>

Sagamore — Bourne — Sandwich — Once a month — 2nd Thursday of each month.
Please make appointments between 10:30 am and noon

SPECIAL MONTHLY OUTING — On the last Friday of each month, you can ride the van to our "Day Trip Town of the Month." When you reserve your spot on the van, let us know where you would like to go in that town. Perhaps you want to shop at a special store that you normally don't have the chance to visit, or see a physician. Maybe you have a friend who is recuperating in a rehabilitation or assisted-living facility in the town who you would like to visit. When you call in to reserve your seat, also be ready to let the receptionist know where you want to go! Join us on April 28 to go to West Barnstable and Yarmouth Port. Please plan to meet at the Mashpee Senior Center for a 9:00 am departure.

PLEASE NOTE: The van is handicapped-accessible with a wheelchair lift. If not in a wheelchair, riders must have independent mobility as safety is very important to us. We ask that if you need assistance, aides and companions are welcome to ride our van with you. Please include this information in your van reservation. If you need special assistance, please contact Darlene Perkins, Outreach Coordinator, at (508) 539-1440. Van rides are free of charge. Donations are gratefully accepted. If we are not able to meet your transportation need, please call the Cape's public transportation service, the Cape Cod Regional Transit Authority (CCRTA) at (800) 352-7155 for a ride.

CAPE COD REGIONAL TRANSIT AUTHORITY (CCRTA) INFORMATION

BOSTON HOSPITAL TRANSPORTATION — Enjoy comfortable, wheelchair-accessible transportation from Cape Cod directly to 15 Boston-area hospitals Monday-Friday by reservation. The bus stops in Wellfleet, Eastham, Orleans, Harwich, Barnstable Commuter Lot and the Sagamore Commuter Lot. **RESERVATIONS ARE A MUST!** Call (800) 352-7155 Monday — Friday, 8:00 am — 5:00 pm. **Fare:** \$30 roundtrip, \$15 one way.

DIAL-A-RIDE TRANSPORTATION—DART (formerly B-bus) — CCRTA provides a daily door-to-door, ride-by-appointment transportation service available for any purpose. Service is available to 15 Cape towns: **Monday — Friday:** 7:00 am — 7:00 pm; **Saturdays:** 9:00 am — 7:00 pm; **Sundays:** 9:00 am — 1:00 pm in most towns.

Dial-A-Ride Passenger Procedures and Requirements:

- **Reservations** can be made Monday — Friday between 8:00 am — 5:00 pm by calling (800) 352-7155.
 - ◆ Reservations must be made by 5:00 pm two days (or 48 hours) before you intend to travel.
 - ◆ Same day reservations and changes are not permitted.
 - ◆ Reservations can be made up to one month in advance.
- **Exact fare is required.** Drivers cannot make change.
 - ◆ Adults and youths: \$3.00 per ride.
 - ◆ Seniors and people with disabilities: \$1.50 per ride.
 - ◆ Children five and younger accompanied by an adult ride free of charge.



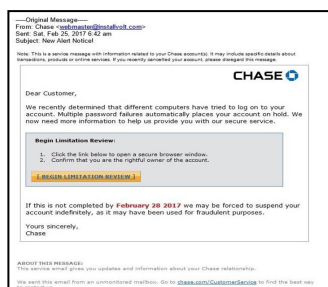
Mashpee Police Department's Tip of the Month

Thank you for the Dennis Police Department for the heads up on a new scam. Mashpee has not received

**SCAM
ALERT**

any calls of this scam yet but please be aware about a new email scam that appears it is coming from Chase Bank. **This message IS NOT from Chase Bank.** The first picture below shows the email received. **NOTE:** In fact, if you click on the email's "chase.com" link, it brings you to a page shown in the second pic below. **Notice the web address line is "elgeneralissimo.mx" presumably from Mexico — not Chase Bank. IT IS A SCAM.** Most of us have a million things to do and don't take the time to scrutinize the websites

because, well ... we don't have the time. Please be aware, and pass the word around to friends and family. Stay safe, and stay vigilant! **Your computer could be compromised by opening these clicks.**





DID YOU KNOW...that Elder Services of Cape Cod and the Islands serves a luncheon at the Mashpee Senior Center every Monday - Friday at 11:30 am? This is a good way to help keep your food costs down — plus it is fun and social! A voluntary suggested donation is \$3.00. Come for an activity in the morning and stay for lunch! Make a day of activity at the Senior Center! You need to call (508) 477-0910 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 CAPER'S DOINGS!

David S. Polansky will be the featured entertainer at the Mashpee Senior Center on Monday, April 24 at 1:00 pm. For those new Capers members who missed him in the past, he will be a newly-found joy. He is a multi-talented performer who makes the trumpet and keyboard sing! Along with that, he is a great impersonator of Louis Armstrong and features the music in song and humor of many of our well-known and loved personalities of our younger days. Don't miss the opportunity to request your favorite tunes. As usual, all seniors are welcome and warmth and delicious refreshments are offered with no fee. Also, donations for local food pantries are greatly appreciated.

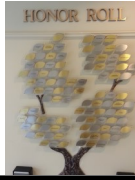


The Mashpee Senior Center respects all aspects of people including race, ethnicity, gender expression, sexual orientation, socio-economic background, age, religion, body shape, size and ability.



When I was about ten years old, I gave my teacher an April Fool's sandwich, which had a dead goldfish in it. Alan Alda
This is the day upon which we are reminded of what we are on the other three hundred and sixty-four. Mark Twain
The greatest lesson in life is to know that even fools are right sometimes. Sir Winston Churchill

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 Darlene Perkins, Outreach Coordinator dperkins@mashpeema.gov Linda Wicks, Principal Clerk lwicks@mashpeema.gov</p>	<p>Deborah Converse, Volunteer Coordinator dconverse@mashpeema.gov Activity Coordinator coaactivitycoordinator@mashpeema.gov Lisbeth Dineen, Office Assistant coaofficeassistant@mashpeema.gov</p>	<p>Peggy Rose, Receptionist prose@mashpeema.gov Robert Morton, Van Driver rmorton@mashpeema.gov Joseph LaValle, Van Driver jlavalle@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