



enactments, filmmaker James Marsh masterfully recreates high-wire daredevil Philippe Petit's 1974 stunt: performing acrobatics on a thin wire strung between the Twin Towers of the World Trade Center.

Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.

#### **MUSEUM MASTERPIECES: THE LOUVRE — Four Thursdays, May 4**

**through May 25, 10:00 am.** — Join us for a DVD presentation through the Louvre's remarkable collection of European paintings from the medieval period through the early 19th century. Presented by Karyn Wendell, Travel Club. Please Rsvp to the front desk or call (508) 539-1440.



#### **"WHO'S YOUR AGENT" PRESENTATION — Friday, June 23, 1:00 pm**

Cape Cod Healthcare has a new initiative called "Who's Your Agent". It's a presentation that is meant to get the conversation going around end of life decisions. Cape Cod Healthcare has partnered with Honoring Choices Massachusetts (<http://www.honoringchoicesmass.com/>) to bring this information to the community. This is an education and engagement program to help adults open the door to health care planning discussions with their families and care providers, and receive person-centered care all through their lives. You can start to make your own health care plan or help a loved one create their plan. Presented by the Visiting Nurse Association of Cape Cod. Please Rsvp to the front desk or call (508) 539-1440.



Cape Cod Healthcare has a new initiative called "Who's Your Agent". It's a presentation that is meant to get the conversation going around end of life decisions.

#### **AMERICAN RED CROSS HOME FIRE CAMPAIGN — Monday, July 10,**

**1:00 pm.** Patrick M. O'Neil, Disaster Program Manager of the Southeast Massachusetts American Red Cross will be at the Senior Center presenting information on home fire safety — and giving away FREE smoke detectors to anyone that needs them. At the presentation, Patrick will be able to set up a home installment appointment. Please Rsvp to the front desk or call (508) 539-1440.



#### **SPORTS HUDDLE — Wednesdays May 3 through September 6, 10:00**

**am — 12:00 noon.** The Sports Huddle focuses on a discussion of sports-related issues, from professional down to college and high school levels with special emphasis on Boston and Cape Cod sports news. This course is part of the Academy of Life Long Learning. During May, June, July, and August, it is open to all seniors free of charge. No need to Rsvp; just drop in for a fun and lively discussion.



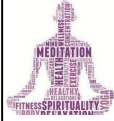
**MASHPEE MEN'S CLUB MAY EVENTS** — We invite retired or semi-retired men over the age of 50 to join our club formed in 1997. We meet on the first Tuesday of each month starting with coffee at 10:00 am followed by a brief business meeting at 10:30 am and a speaker. On May 2 we enthusiastically welcome prolific author Marty Sandler for his third annual very entertaining presentation about his recent books. Throughout the year (but not necessarily on a Tuesday), we have a variety of interesting trips on and off Cape. May 18 will be our very popular golf outing to start our weekly golf season at Holly Ridge. If you are a prospective member and would like to join our club at these events, please contact Deane Turner at [deane.turner@msn.com](mailto:deane.turner@msn.com) or Frank Lord at [fjlord@msn.com](mailto:fjlord@msn.com).

**COFFEE TALKS DISCUSSION GROUP — Thursdays, May 11 and 25 at 10:30 am.** Come join our discussions! Topics include but are not limited to life changes, stress, social networking, expectations, and generational differences. We hope to see you at our next meeting! Group meets every other week on Thursdays at 10:30 am. Facilitated by South Bay Community Services. Rsvp's appreciated but drop in's are always welcome! Please stop by the front desk or call (508) 539-1440.



#### **MEDITATION AT THE MASHPEE SENIOR CENTER — Wednesday, May 3, 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 May 19 is "The Tea Planter's Wife" by British author Dinah Jefferies. A young bride in 1920's Ceylon (Sri Lanka) finds that her husband, a tea plantation owner, has a mysterious past especially regarding the untimely death of his first wife. Come join us for a combination of romance, mysterious, and historical fiction. New members are always welcomed.



#### **50+ JOB SEEKERS GROUP — Thursday, May 4 and 18, 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](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 — May 8 and 22, 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. **Mashpee seniors only, please.** For an appointment, please call (508) 539-1440 or stop by the front desk at the Senior Center.

**TAX REFUND INFORMATION: PLEASE NOTE:** If AARP did your taxes at the Mashpee Senior Center and you have additional questions about your taxes or refund, please contact the IRS for Federal infor-



**GRATITUDE — "Let us be grateful to people who make us happy, they are the charming gardeners who make our souls blossom."...**

Marcel Proust

*Thank you to all who contributed this month's gratu-*

- ♥ I see sure signs of spring!
- ♥ I made a new friend today.
- ♥ I am grateful for finding the Mashpee Senior Center!
- ♥ The sunlight during the day, the moonlight at night — these wonderful things let me know everything is alright.

mation or the Massachusetts government for State information. The staff at the Senior Center are not trained to answer tax return questions.

**For status on your Federal refund**, for information, check the status at the web site at [www.irs.gov/refunds](http://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](http://www.mass.gov/dor) or call (617) 887-6367 or (800) 392-6089 (toll-free).

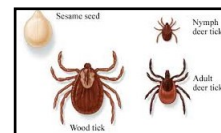
**STATEWIDE REGIONAL WORKSHOPS FOR GRANDPARENTS RAISING GRANDCHILDREN**

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](mailto:colleen.pritoni@state.ma.us). **Hyannis, Thursday, May 4, 9:30 am — 12:30 pm** — Cape Cod Family Resource Center, 29 Basset Lane, Hyannis, **Special Guest:** Ruth Bodian, **Topic:** The Impact of Trauma.



**PREVENTING TICKS PRESENTATION**— Tuesday, June 13, 1:00 pm

*Ticks are a common concern on Cape Cod.* Be informed. Tick checks and the proper use of repellents can effectively lower the risks of getting a tick-borne disease. Learn more from Larry Dapsis of the Cape Cod Cooperative Extension. To prevent ticks from becoming embedded follow these guidelines:



- ◆ Tuck pants into your socks
- ◆ Wear light clothing so ticks are easily spotted
- ◆ Check yourself for ticks after you have been outside
- ◆ Use tick repellent containing DEET
- ◆ Spray your clothes with Permethrin
- ◆ Put clothes into a hot dryer for 20 minutes
- ◆ Remember to check your pets for ticks too! You can also get them tick repellent products.

If you do get a tick, remove it with fine tipped tweezers and save and date the tick for later identification if you suspect you have Lyme Disease. To test a tick: UMass Amherst, Laboratory of Medical Zoology (LMZ), will test the tick you submit. Just follow the online submission at <https://www.tickreport.com/order>. For more information visit the <http://www.capecodextension.org/>

**ANNUAL MASHPEE TOWN ELECTION** — Tuesday, May 17. Polls will be open at Quashnet Elementary School at 150 Old Barnstable Road. **Don't forget — your vote can make all the difference!**



**Keeping in touch with the Mashpee Senior Center**



Do you know about all the different things that are available to keep you informed with activities, education, and entertainment at the Mashpee Senior Center?

- ◆ **Mashpee Enterprise:** Every Friday the Mashpee Enterprise newspaper's column called "Mashpee Senior Center" lists the activities at the Mashpee Senior Center. You can check it out in the newsletter or find it on the Mashpee Enterprise website.
- ◆ **MashpeeTV** - Channel 99, MashpeeTV is the home of community, educational, and Government access television for the Mashpee Community. Mashpee Senior Network News airs each Monday through Friday at 10:00 am, 4:00 pm, and 8:00 pm. The schedule is also published weekly in the Mashpee Enterprise.
- ◆ **Mashpee Council on Aging/Senior Center Website:** The website will keep you current with News and Announcements, Monthly Newsletter, Council on Aging Meeting Minutes, Frequently Asked Questions, Directory of Service Providers for Elders, and Mashpee Senior Center Activities. Check out the calendar on the website to show you the activities at the Senior Center.

◆ **Children are the anchors that hold a mother to life.** ...Sophocles

◆ **A mother's arms are made of tenderness and children sleep soundly in them...** Victor Hugo

◆ **The babe at first feeds upon the mother's bosom, but it is always on her heart...** Henry Ward Beecher

**Older Americans Month 2017: Age Out Loud:**



AGE OUT LOUD: MAY 2017

The theme, Age Out Loud, is intended to give aging a new voice—one that reflects what today's older adults have to say about aging. The 2017 theme gives us an opportunity to shine a light on many important issues and trends. More than ever before, older Americans are working longer, trying new things, and engaging in their communities. They're taking charge, striving for wellness, focusing on independence, and advocating for themselves and others. They expect to continue to live their lives to the fullest, and they're insisting on changes that make that possible.

What it means to age has changed, and OAM 2017 is a perfect opportunity to recognize and celebrate what getting older looks like today. Let's amplify the many voices of older Americans and raise awareness of vital aging issues across the country.

**Mature Workers Program**

**Elder Services of Cape Cod and the Islands is pleased to participate in the Mature Workers Program.** The Mature Workers Program/ Senior Community Service Employment Program (SCSEP) helps make connections between older job seekers looking to return to the workforce and employers looking to benefit from mature, experienced employees. We are appreciative to have two Mature Workers help us at the Mashpee Senior Center: **Laurie White**, afternoon receptionist, and **Jim Harrington**, maintenance custodian for the Senior Center.

**Thank you, Laurie and Jim!**

DAY	DATE	TIME	EVENT
Mondays	May 1 through June 19	9:30 am— 12:00 noon	Diabetes Self -Management Series
Thursdays	May 4 through May 25	10:00 am	Museum Masterpieces: The Louvre
Mondays	May 8 and 22	10:00 am	Monday Morning Movie Musings — May 8, Sounder (1972); and May 22, Man on Wire (2008)
Mondays	May 15 and 22	1:00 pm	Talks on Nutrition — Super Foods on the Planet (May 15) and Benefits of a Plant Based Diet ((May 22)
Tuesday	May 16	1:00 pm.	Yesterday's Country Band Performance
Wednesday	May 17	1:00 pm	Financial Fitness Presentation
Tuesday	May 30	1:00 pm	Talk on Hearing Loss

## Mashpee Council on Aging Regular Events

Activities are held weekly unless indicated otherwise by a specific week in parentheses ( ).

MONDAYS		TUESDAYS		WEDNESDAYS	
8:30-9:30	Strength Training	8:30-9:30	Exercise	8:30-9:30	Strength Training
9:45-11:00	Gentle Yoga	9:00-12:00	Woodcarving	9:00-10:00	Blood Pressure Clinic (3 <sup>rd</sup> )
9:00-Noon	PC Laptop Skills (1 <sup>st</sup> and 3 <sup>rd</sup> )*	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/Pony 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	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		
10:30-11:30	Coffee Talks (every other week; please check with Senior Center for dates)	10:00-11:30	Education and Advocacy (2 <sup>nd</sup> )		
11:00-2:00	Sea Mist Swimming ***	11:00-12:00	Sight Loss Services (4 <sup>th</sup> )		
12:00-2:00	PC and Gadgets Clinic *	12:30-4:00	Zumba Gold		
12:15-1:15	Ballroom Dancing	1:15- 3:30	Mah Jongg		
1:00-2:30	Sketching	2:00-3:00	Veterans Services (1 <sup>st</sup> & 3 <sup>rd</sup> ) *		
1:00-4:00	Social Bridge		Book Club (3 <sup>rd</sup> )		
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:

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.

## Ongoing Activities Spotlight

<b>Scrabble</b>	Tuesdays, 1:00 pm starting May 30	Join us and play some Scrabble! The Senior Center will be offering Scrabble every Tuesday from 1:00 to 3:00 pm.
<b>Coffee Talks Discussion</b>	Thursdays, 10:30 am	Topics include but are not limited to life changes, stress, social networking, expectations, and generational differences. Held every other week; please check with Senior Center for dates
<b>Aerobics for the Brain</b>	Tuesdays, 2:30 pm	Like our bodies, we need to keep our minds fit. Join our Aerobics for the Brain program, and join a fun, social group to help keep your mind sharp and focused. Expect to have fun and a challenge.

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

Monday, 10:00 am	Monday Morning Movies Musing : June 5 -Nashville (1975), June 19-Barry Lyndon (1975), July 10-Dog Day Afternoon (1975)	Friday, June 30, 10:30 am	Presentation on the Alzheimer's Association — Healthy Living for the Brain and Body
Tuesday, June 27, 3:00 pm	Planning for Medicare discussion from Blue Cross Blue Shield of Massachusetts	Monday, July 10, 1:00 pm	American Red Cross Presentation
Friday, June 23, 1:00 pm.	"Who's Your Agent" presentation	Tuesday, June 13, 1:00 pm	Preventing Ticks Presentation

## 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,

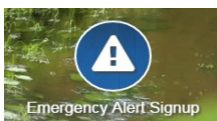
Westwood, MA 02090.

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](http://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.



### Need help with prescription drug costs? Prescription Advantage may be your answer!



By now, some of you may have reached or are getting close to the gap or "donut hole" with your Medicare Prescription Drug Plan (Part D). In 2017, you fall into the Medicare Part D gap when the negotiated **retail** cost of your medications reach \$3,700. Once in the gap you are now responsible for 40% of the negotiated retail cost for brand name medications and 51% for generics. Prescription Advantage, which is a state-run program, can assist you in this gap and/or put a cap on your out-of-pocket cost for medications. Eligibility is based on **income only** and there is **no asset limit**. If you are a **Massachusetts resident and eligible for Medicare, the income limits are:**

- ◆ Age 65 or over — \$60,300 or less for a single person or \$81,200 or less for a married couple.
- ◆ Under age 65 and disabled — \$22,673 or less for a single person or \$30,531 or less for a married couple.

There is **no charge** for joining Prescription Advantage if you have an annual income at or less than \$36,180 for a single person or \$48,720 for a married couple. However, there is a \$200 per person annual enrollment fee for those with higher incomes. You may also join if you are 65 years or older and **not eligible for Medicare**. If you are not eligible for Medicare, Prescription Advantage will be your primary prescription drug plan and there is **no income limit**.

Medicare also has a program, called "Extra Help", which can assist with the cost of your Medicare Part D plan's premium, deductible and co-pays. Please call the Senior Center to make an appointment with a SHINE counselor for more information on these programs or assistance with any Medicare issue. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs.

# Health, Wellness, and Appointments

## ASK-A-NURSE — BETTY BLACKHAM, RN — VNA OF CAPE COD — Friday, May 26, 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!

### May 5 is World Hand Hygiene Day

#### What is Clostridium difficile (C-Diff) and how can I prevent it?



Take antibiotics only as prescribed by your doctor. Antibiotics can be life-saving medicines. When a person takes antibiotics, good germs that protect against infection are also destroyed for several months. During this time, patients can get sick from C. difficile picked up from contaminated surfaces or spread from a health care provider's hands. Those most at risk are people, especially older adults, who take antibiotics and also get medical care. The bacteria are found in the feces. People can become infected if they touch items or surfaces that are contaminated with feces and then touch their mouth or mucous membranes. Symptoms include:

- ◆ Watery diarrhea (at least three bowel movements per day for two or more days)
- ◆ Fever
- ◆ Loss of appetite
- ◆ Nausea
- ◆ Abdominal pain/tenderness

**Clostridium difficile can live for long periods on surfaces.** Practicing hand hygiene is a simple yet effective way to prevent infections. Cleaning your hands can prevent the spread of germs, including those that are resistant to antibiotics and are becoming difficult, if not impossible, to treat. On average, healthcare providers clean their hands less than half of the times they should.

#### People Can:

- ◆ Take antibiotics only as prescribed by their doctor and complete the prescribed course of treatment. Antibiotics can be lifesaving medicines.
- ◆ Tell their doctor if they have been on antibiotics and get diarrhea within a few months.
- ◆ Wash their hands before eating and after using the bathroom.
- ◆ Try to use a separate bathroom if they have diarrhea, or be sure the bathroom is cleaned well if someone with diarrhea has used it.

For more information visit: <https://www.cdc.gov/hai/organisms/cdiff/cdiff-patient.html>

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

This program is specifically for people with memory impairment and their care partners. **Wednesdays, May 10 and 24, 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 1:30 — 3:30 pm. To register or for more information please call Hope Dementia & Alzheimer's Services at (508) 775-5656.

**PARKINSON SUPPORT GROUP - Thursday, May 11, 10:00 am.** Join us for the monthly Parkinson support group at the Mashpee Senior Center. (2<sup>nd</sup> Thursday of each month) For information, please contact Jeanne Jackson at (508) 367-4267.



**HEARING TESTS Wednesday, May 3, 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, May 17, 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, May 22, 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, May 2, 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, May 9, 9:00 am** — Wills, health care choices, nursing home/Medicaid planning, estate planning, asset protection, guardianships. (2<sup>nd</sup> Tuesday of each month)

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

## SIGHT LOSS SERVICES PEER SUPPORT GROUP — Friday, May 26, 10:00 am.

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



## INDEPENDENCE HOUSE RELATIONSHIP EDUCATION AND ADVOCACY — Friday, May 12, 10:00 am.

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.



## 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.

\*\*\*\*\*

**LAST CHANCE FOR FUEL ASSISTANCE THIS SEASON:** 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. ***New applications are being accepted through May 12.*** Please call Darlene Perkins, Outreach Coordinator, at the Mashpee Senior Center to set up an appointment (508) 539-1440.

**CONSUMER ASSISTANCE COUNCIL, INC. (CAC):** CAC works in cooperation with the Massachusetts Attorney General's office and offers a free, voluntary mediation program aimed at resolving consumer complaints. CAC provides services to Cape Cod and the Islands consumers, visitors, businesses and consumers who have complaints with a Cape Cod or Islands business. Complaints typically involve automobile repairs and sales, home improvement, debt collection and credit problems, shopping rights, and landlord/tenant disputes.

**What should I do if I have a consumer complaint?** Contact CAC by telephone at (508) 771-0700. A complaint form will be sent to you, and you can print out a the form and send it to its office by fax, mail, e-mail, or you can complete the form online. Be sure to include copies of the relevant documents needed to evaluate your complaint and begin the mediation process. CAC also operates an

information hotline staffed during normal business hours with trained volunteers who can answer questions concerning consumer rights. They also provide referrals to appropriate organizations or to other government agencies that can better assist you with your problem. To reach the Consumer Assistance Council, call (508) 771-0700. The hotline is staffed Monday through Friday from 9:00 am to 3:00 pm.

**HOME MODIFICATION LOAN PROGRAM:** The Home Modification Loan Program offered by the Massachusetts Rehabilitation Commission (MRC) offers 0% and 3% loans (up to \$30,000) to help Massachusetts homeowners make modifications to stay at home. Loans can help finance projects such as ramps, stair lifts and wheelchair lifts, kitchen and bathroom adaptations, home security (hard-wired alarm systems, safety windows, and fences). With generous income guidelines, approximately 95% of borrowers qualify for a 0% loan with no monthly payments. Repayment is required when the home is sold or transferred. For more information, visit: [www.cedac.org/hmlp](http://www.cedac.org/hmlp) or call Susan Gillam at 1-866-500-5599.

**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>.



## Deborah Converse's Volunteer Corner



**Just a reminder: Timesheets!**

Once a 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.

**New Volunteers**

Many thanks to **Jamie Schuh, Ann Mango, and Ken Larsen** for helping support the Mashpee Senior Center! 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.

**Volunteer Recognition**

**Please save Friday, June 9, 2017 for the Annual Council on Aging Volunteer Recognition.** Volunteers will be honored on that day. We will be sending out invitations soon. This year the recognition event

will be a luncheon held at the Senior Center. Volunteers from the Mashpee Public Library and the Mashpee Senior Center will join together to honor volunteers. It will be a festive chance to catch up with your volunteer friends and to enjoy the special entertainment that will be presented. Parking is limited, so please carpool if possible.

**Thoughts on the importance of volunteers**

*"The value of volunteering is much deeper, much more fulfilling and much more important in contributing to a healthy and vibrant community than money can ever measure."*

Volunteers help the Mashpee Senior Center to provide many of its services and activities. They increase the capacity and quality of educational and recreational activities at the Mashpee Senior Center because of their skills, interests, enthusiasm, and training they bring. Outside the Center, volunteers supplement outreach with friendly visiting, driving people to medical appointments, delivering flowers, with special holiday projects., etc. With gratitude to all of our volunteers!



TRAVEL CLUB HAPPENINGS — MAY TRAVEL CLUB NEWS



**Chicago** at PPAC— 7:00 pm 5/03, \$80 outer orch./\$112 main orch.; **Mohegan Sun** 5/23, \$35; **Foxwoods** Monthly Trip 6/06, \$35; **Boston Pops Film Night** w/John Williams 1st balcony, front rows, 6/01, \$109; **Newport Flower Show** Fete Des Fleurs: Paintings and Parterres 6/23, \$59; **Gloucester by the Sea Garden Tour** 7/08, \$79; **Carnival P-town** "Gods & Goddesses" 8/17, \$35; **Red Sox vs Baltimore** 1:35 game, (unobstructed, PB 13, Rows A-C), 8/27, \$145. New Broadway shows on sale now: Les Miserables, Something Rotten, Kinky Boots, Love Never Dies (Phantom Sequel), Bodyguard, more! For a complete listing of all trips, stop by the Senior Center or visit [adventureswithkarynwendell.com](http://adventureswithkarynwendell.com). Karyn is here Thursdays from 9:00 am to 11:00 am. For more information, contact Karyn Wendell at (508) 420-5288 - [karyn-mw1@comcast.net](mailto:karyn-mw1@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.

**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.**



<b>Mashpee and Sandwich — Weekly — Mondays.</b> Please make appointments between 10:00 am and 1:30 pm.	<b>Falmouth — Weekly — Tuesdays.</b> Please make Falmouth appointments between 10:30 am and noon.
<b>Mashpee only — Weekly — Wednesdays, Thursdays</b> (except 2nd and 3rd Thursdays), <b>Fridays</b> (except last Friday). <i>Please note that Wednesdays are food pantry days.</i> Please make appointments between 10:00 am and 1:30 pm.	<b>Hyannis — Once a month — 3<sup>rd</sup> Thursday</b> of each month. Please make Hyannis appointments between 10:30 am and noon.
<b>Sagamore — Bourne — Sandwich — Once a month — 2nd Thursday of each month.</b> 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 May 26 to go to Harwich and Harwich 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  
TIP OF THE MONTH**

Just a reminder, Mashpee Police Department is still receiving calls from Mashpee residents about various scams. Below are two the Mashpee Police Department has received recently:

- ◆ A resident's email was hacked, and someone sent an email to everyone in their email contact listing stating they are in trouble and to send \$1900. *Luckily no money was sent, the email server was notified, and the resident changed his password.*

**SCAM  
ALERT**

◆ A resident stated he received a call from a party claiming that he purchased several magazine subscriptions and he must pay \$99 to cancel. *Again, the resident knew this to be a scam and stated he was going to call the authorities. The caller then hung up.*

These type of scams are generally targeted at seniors and are meant to scare and confuse the elder into giving out personal information. **Remember you don't have to answer the telephone — if you don't recognize a telephone number, don't answer it. If you do answer the phone, NEVER give out your personal information.**

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





**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.”

#### THE CAPER'S DOINGS!

The Capers are looking forward to their “away from home” excursion to the White Mountains on May 21-23. They will lavish in the spectacular scenery as they live in the Indian Head Resort. For more information on this not-to-be missed adventure, check the bulletin board at the Senior Center and/or call Carole Morgan at (508) 477-0632.



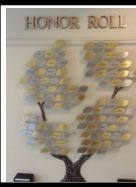
The Mashpee Senior Center respects all aspects of people including race, ethnicity, gender expression, sexual orientation, socio-economic background, age, religion, body shape, size and ability.

**Update  
Info**

**Help us** — We are updating our newsletter mailing list to make sure that your information is accurate. If you have not yet heard from Laurie White, our Mature Worker afternoon receptionist, she will be calling you soon and will be asking if you would like to receive the newsletter by email. Thank you in advance for your assistance!

# Advertisements here

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</p> <p><b>Darlene Perkins, Outreach Coordinator</b> dperkins@mashpeema.gov</p> <p><b>Linda Wicks, Principal Clerk</b> lwicks@mashpeema.gov</p>	<p><b>Deborah Converse, Volunteer Coordinator</b> dconverse@mashpeema.gov</p> <p><b>Activity Coordinator</b> coaactivitycoordinator@mashpeema.gov</p> <p><b>Lisbeth Dineen, Office Assistant</b> coaofficeassistant@mashpeema.gov</p>	<p><b>Peggy Rose, Receptionist</b> prose@mashpeema.gov</p> <p><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**

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

MASHPEE COUNCIL ON AGING  
26 FRANK E. HICKS DRIVE  
Mashpee, MA 02649

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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**