

# The Mashpee Senior Connection

June 2017

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



**SEA MIST SWIMMING** — **PLEASE NOTE:** For your planning purposes, the last day for senior swimmers for this season will be **Thursday, June 8, 2017.**

**DEER TICKS PRESENTATION: "ONE BITE CAN CHANGE YOUR LIFE..."** — **Tuesday, June 13, 1:00 pm.** Join us with Larry Dapsis, Entomologist from the Cape Cod Cooperative Extension. Lyme disease is the most prevalent infectious disease in Massachusetts. This program will present a three-point protection plan: Protect Yourself, Protect Your Yard, and Protect your Pet. Tick-borne diseases are preventable. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.



**SUMMER SOUPS, SALSAS, AND SALADS** — **Thursday, June 15, 10:00 am — 12:00 pm.** Join Heather Bailey of The Optimal Kitchen for "Summer Soups, Salsas, and Salads". This class will focus on making the most of fresh summer produce. The recipes will focus on celebrating the fresh flavors of summer with foods designed to keep you hydrated and feeling energized all summer long. **Space is limited; Rsvp's are required.** Please stop by the front desk or call (508) 539-1440. There is a cost, and payment is required in advance, please. Contact the Senior Center for more information.



**"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 to bring this information to the community (<http://www.honoringchoicesmass.com/>). 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 Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.

**TWO PLUS ONE TRIO MUSICAL PERFORMANCE**—**Tuesday, June 27, 1:30 pm.** Join us and have some fun with easy lis-

tening and dancing music from the Great American Songbook, including standards from the 40s, 50s and 60s. Two Plus One features a pianist, saxophonist, and singer. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.



**LEARN ABOUT HEALTHY LIVING FOR THE BRAIN AND BODY** — **Friday, June 30, 10:30 am — 12:30 pm.** Presentation from the Alzheimer's Association, Massachusetts and New Hampshire Chapter. For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. Please call the Alzheimer's Association at (800) 272-3900 to reserve a spot.



**WORLD ELDER ABUSE AWARENESS DAY AND THE CLOTHESLINE PROJECT EXHIBIT** — World Elder Abuse Awareness Day was launched on June 15, 2006, and is honored every June 15 by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations.



In recognition of this day, join us on Friday, June 16, anytime from 10:00 am to 12:00 pm at the Mashpee Senior Center. Independence House is presenting the powerful exhibit called "**The Clothesline Project**". We invite you to stop by and view this compelling exhibit. You can also have the opportunity to decorate a shirt contributing to the display, to tell your story, or show support for others who may be experiencing abuse or neglect. **Rsvp's are not required; just drop in anytime between 10:00 am and 12:00 noon.**



**The Clothesline Project** began on Cape Cod in 1990 to address the prevalence of violence against women by giving survivors an opportunity to express their emotions and experiences by decorating a T-shirt. The shirts are then hung on a clothesline to promote awareness and empower other survivors of abuse.





MASSACHUSETTS

### **PLANNING FOR MEDICARE — COUNTDOWN TO 65** — Tuesday, June 27, 3:00 pm

presented by Blue Cross Blue Shield of Massachusetts. If you're getting close to Medicare eligibility, this seminar is for you. Whether you are planning to retire or will continue to work, it's important to know your Medicare options. The seminar will help you be confident you're making the right health coverage decisions. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.



### **MONDAY MORNING MOVIE MUSINGS** — Mondays, 10:00 am.

Join us for our current series: *A close look at Academy*

*award nominated or winning films through the directors' eyes.*

- ♦ **June 5 — Nashville (1975)** — In this acclaimed Robert Altman drama, the lives of numerous people in the Tennessee capitol intersect in unpredictable ways.
- ♦ **June 19 — Barry Lyndon (1975)** — How does an Irish lad without prospects become part of 18th-century English nobility? For Barry Lyndon, the answer is: any way he can!

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



### **CURRENT EVENTS DISCUSSION** — 2nd Tuesday of each month June 13, July 11, August 8, 10:45 am.

This group is an informal meeting of people who are interested in staying involved with current events in our state, our country, and the world.

Subjects are determined by the members of the group, and all views are respected. Dr. Robert Calzini will lead the class. Come and join us and keep those synapses functioning! Rsvp's are not required. Just stop in!

### **SPORTS HUDDLE** — Wednesdays 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. 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.



### **SCRABBLE IS HERE!** — First Tuesday of each week at 1:00 pm.

Join us to play some Scrabble. Do you want to learn how to play Scrabble? The Senior Center will be offering Scrabble every Tuesday from 1:00 to 3:00 pm. Scrabble sets will be provided or

bring your own. This classic crossword game scores as many points as you can by forming words from the letters on the tiles and bonus squares on the board give double or triple letter word points. Drop in and join us! Please stop by the front desk or call (508) 539-1440 if you have any questions.

### **MASHPEE MEN'S CLUB JUNE 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 June 6 Town Planner Tom Fudala will bring us up to date on several of the major issue facing Mashpee in the future. Throughout the year (but not necessarily on a Tuesday) we have a variety of interesting trips on and off Cape. June 20 is the date of an exciting Provincetown Dune Tour followed by lunch. If you are a prospective member and would like to join our club at these events, please contact Deane Turner at [deane\\_turner@msn.com](mailto:deane_turner@msn.com) or Frank Lord at [fjlord@msn.com](mailto:fjlord@msn.com).

### **COFFEE TALKS DISCUSSION GROUP** — Thursdays, June 8 and 22, 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.

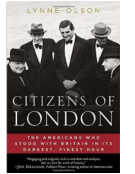


### **MEDITATION AT THE MASHPEE SENIOR CENTER** — Wednesday, June 7, 1:00 pm.

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 June 16 is Lynne Olson's "Citizens of London: The Americans Who Stood with Britain in its Darkest, Finest Hours." The title says it all! Join us for a discussion of this vital chapter of World War II history. New members are always welcomed.



### **50+ JOB SEEKERS GROUP — LAST NETWORKING GROUPS ON THURSDAYS, June 1 and 15, 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** — Mondays, June 5 and 19, 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, are held Mondays on the 1st and 3rd of each month. 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.

### **PLAN AHEAD FOR JULY**

### **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 attendees who need them. At the presentation, Patrick will be able to set up a home installment appointment. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.

**Q&A WITH DON CHICOINE, MASHPEE ANIMAL CONTROL OFFICER —**



**Tuesday, July 18, 1:30 pm.** Do you have any questions about the laws for animals? Don Chicoine, Animal Control Officer, will update these Massachusetts laws, such as the fact that the law ensures that animals can be rescued from hot cars; it limits the time dogs spend on a tether; and it increases enforcement of existing prohibitions on keeping dogs in cruel conditions. In addition, Don will update requirements of rabies vaccination, have pamphlets regarding wildlife, and answer questions. And you'll go

home with dog and cat treats for your 4-legged family member! Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.

**PATRIOTIC HOLIDAY LUNCHEON — Tuesday, July 11, 12:00 noon.**

Join us for Royal Health's annual holiday luncheon to celebrate the birthday of our great country! **Mashpee residents only, please. Rsvp's are required.** Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.



*I decided in my life that I would do nothing that did not reflect positively on my father's life...* Sydney Poitier  
*When a father gives to his son, both laugh; when a son gives to his father, both cry...* William Shakespeare  
*I believe that what we become depends on what our fathers teach us at odd moments, when they aren't trying to teach us.*  
*We are formed by the little scraps of wisdom...* Umberto Eco  
*The quality of a father can be seen in the goals, dreams and aspirations he sets not only for himself, but for his family...* Reed Markham  
*When I was a boy of 14, my father was so ignorant, I could hardly stand to have the old man around. But when I got to be 21, I was astonished at how much the old man had learned in seven years...* Mark Twain



**MEDICARE'S FREE PREVENTIVE SERVICES:** An important goal for Medicare is to help people stay healthy by encouraging prevention. Medicare provides a number of preventive services. Many of these services are free whether you have original Medicare or a Medicare Advantage plan, like an HMO or PPO. Some of the free services include:

- Colorectal cancer screening (including colonoscopies) \*\*
- Mammograms \*\*
- Pap tests and pelvic exams \*\*
- Bone mass measurements \*\*
- Cardiovascular screening \*\*
- Flu and pneumonia shots \*\*
- Alcohol misuse screening and counseling \*\*
- Depression screening \*\*
- Obesity screening and counseling

There are rules which state when and how often Medicare will pay for the above services. Medicare also covers a "Welcome to Medicare" visit and then an Annual Wellness Visit in following years. However, these visits are not the same as an annual physical exam. Annual physicals are not covered by Medicare, but they are covered by Medicare Advantage plans (HMOs, PPOs). For a complete list of free preventive services, go to [www.medicare.gov](http://www.medicare.gov) or see a SHINE counselor.

**WHAT IS A MOON?** For people with Medicare, MOON has a new meaning: "Medicare Outpatient Observation Notice". This newly re-

quired notice must be given to some patients who have been admitted to a hospital for "observation". Hospitals are increasingly admitting patients under observation status. You may be surprised to know that even if you are admitted to a hospital room overnight, you might not be an "inpatient". If you are under observation, you are considered an outpatient even though you may stay in a hospital bed for many days. This changes how your Medicare coverage works. The MOON will explain the reason for observation status and how it affects your Medicare coverage. For example, if you have Original Medicare, with or without a Medigap plan, an inpatient hospital stay of at least three days is needed to get any coverage for skilled nursing facility (SNF) care. If you are under observation, you would not get any follow up SNF coverage paid for, even if it is medically necessary. However, if you are in a Medicare Advantage plan or your doctor is in an Accountable Care Organization, the rules are different and the three-day requirement may be waived.

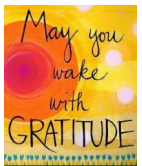
For further assistance about this or any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health and drug insurance programs. To schedule a SHINE appointment, call the Mashpee Senior Center (508) 539-1440. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

**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.



**GRATITUDE** — "Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings." . . . William Arthur Ward  
*Thank you to all who contributed this month's gratitudes:*

- ♥ Someone went out of their way to help me with a problem where I thought the end of the world was happening. They calmed me down and went above and beyond to provide a solution.
- ♥ A sunny spring day.
- ♥ I'm here getting assistance. The sun is out!

DAY	DATE	TIME	EVENT	DAY	DATE	TIME	EVENT
Tuesday	June 13	1:00 pm	Deer Ticks Presentation: "One Bite Can Change Your Life..."	Tuesday	June 27	1:30 pm	Two Plus One Musical Performance
Thursday	June 15	10:00—12:00	Summer Soups, Salsas, and Salads	Tuesday	June 27	3:00 pm	Presentation on Planning for Medicare — Countdown to 65
Friday	June 16	10:00-12:00	World Elder Abuse Awareness Day and The Clothesline Project Exhibition	Friday	June 30	10:30 am	Talk on Healthy Living for the Brain and Body
Friday	June 23	1:00 pm	"Who's Your Agent" Presentation				

## Mashpee Council on Aging Regular Events

MONDAYS		TUESDAYS		WEDNESDAYS	
8:30-9:30	Strength Training	8:30-9:30	Exercise	8:30-9:30	Strength Training
9:45-11:00	Gentle Yoga	9:00-12:00	Woodcarving	9:00-10:00	Blood Pressure Clinic (3 <sup>rd</sup> )
9:00-Noon	PC Laptop Skills (1 <sup>st</sup> and 3 <sup>rd</sup> )*	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	1:00-3:00	Scrabble	11:00-1:00	Hearing Tests ( 1 <sup>st</sup> )
1:00-4:00	Hand and Foot/Pony Canasta	1:00-4:00	SHINE *	1:00-2:00	Line Dancing
		1:00-3:00	Watercolor Painters	1:00-3:00	Meditation (1 <sup>st</sup> )
		1:00-3:00	Atty Lavender (1 <sup>st</sup> ) *	12:30-3:00	Canasta
		2:30-3:30	Aerobics for the Brain (2 <sup>nd</sup> & 4 <sup>th</sup> )	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)	<b>NOTES:</b> 1. Transportation is available for activities, either through our van or Cape Cod Regional Transit Authority at 1-800-352-7155 2. Activities are held weekly unless indicated otherwise by a specific week in parentheses ( ). * <b>Appointments required;</b> please call the Senior Center (508) 539-1440 or stop by the front desk to schedule ** <b>Waiting list sign up required.</b> Please stop by the Front Desk or contact the Mashpee Senior Center at (508) 539-1440 to add your name to the wait list. ***Swimming will be <b>Open to Mashpee residents only.</b> Please stop by the Front Desk at the Senior Center to complete a liability form prior to going to Sea Mist for swimming. <b>PLEASE NOTE: The last day for senior swimmers for this season will be Thursday, June 8.</b>	
10:00-11:30	Cribbage	9:45-10:45	Ageless Yoga Neighborhood		
10:00-11:30	Parkinson Support Network (2 <sup>nd</sup> )	10:00-12:00	Independence House Relationship Education and Advocacy (2 <sup>nd</sup> )		
10:30-11:30	Coffee Talks (every other week; please check with Senior Center for dates)	10:00-12:00	Sight Loss Services (4 <sup>th</sup> )		
11:00-2:00	Sea Mist Swimming ***	11:00-12:00	Zumba Gold		
12:00-2:00	PC and Gadgets Clinic *	12:30-4:00	Mah Jongg		
12:15-1:15	Ballroom Dancing	1:15- 3:30	Veterans Services (1 <sup>st</sup> & 3 <sup>rd</sup> ) *		
1:00-2:30	Sketching	2:00-3:00	Book Club (3 <sup>rd</sup> )		
1:00-4:00	Social Bridge				
2:00-4:00	Job Seekers (1 <sup>st</sup> and 3 <sup>rd</sup> )				
7:00-9:30	Tai Chi (Beginners, please come 1 <sup>st</sup> Thurs)				

## Ongoing Activities Spotlight

<b>Book Club</b>	3rd Friday of every month, 2:00—3:00 pm	You need not have read the book to join in; you may just want to meet new people and see what Book Club is all about. Book selections are discussed by the group. Books that are chosen to be read are those that are easily accessible (public library, for example). Book selections may be chosen by the leader of the group, from member suggestions. New members always welcome. This is a fun and social group. No charge.
<b>Bowling</b>	Fridays, arrive at 9:15 am, start bowling at 9:30 am, at Ryan Family Amusements, Falmouth	A fun-loving great group of seniors meet every Friday to bowl. Join in the fun; it's also a great way to exercise. Preregistration not required; just show up and join in! Beginners are welcome. There is a fee. Lanes are limited. Our regular bowlers are happy to tutor newcomers.

Monday, July 10, 1:00 pm	American Red Cross Home Fire Campaign — Information on home fire safety plus free smoke detectors to attendees who need them.	Tuesday July 25, 1:30 am	How to Write and Self Publish Your Autobiography, Memoir or Family History
Tuesday, July 18, 1:30 pm	Animal Law Presentation	Tuesday July 11, 12:00 noon	Patriotic Holiday Luncheon. Join us for Royal Health's annual holiday luncheon to celebrate the birthday of our great country!
Tuesday, July 18 10:00 am	Preserving your History by Digitizing Your Photographs		

**PATIO FURNITURE** — It's time to celebrate summer which officially begins on June 21st! Thanks to the DPW, our patio set is back out and ready for use! So, come and enjoy the sun from our lovely patio!



**MOBI-CHAIRS AT MASHPEE BEACHES** — The Recreation Department has two beach and water accessible wheelchairs available on a first-come, first-serve basis for those who need it. There are two chairs available: one at South Cape Beach and one at John's Pond. You can reserve a chair by calling the Recreation Department or asking the beach gate attendant if a chair is available. The beach staff will take the chair out for you. Please have someone available to assist you on the beach and in the water. For more information, call the Recreation Department at (508) 539-1416.



## 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>.

**HURRICANE SEASON OFFICIALLY STARTED ON JUNE 1**, and now is the time to prepare in case Mother Nature pays us an unwelcome visit. You can find detailed preparedness information on the National Weather Service's website: <http://www.nhc.noaa.gov/prepare/ready.php> and at FEMA's ready.gov site for hurricanes <http://www.ready.gov/hurricanes>. To prepare for a hurricane, here are some of the following measures to take to protect you and your family:



Build an emergency kit and make a family communications plan; learn community hurricane evacuation routes and how to find higher ground. Determine where you would go and how you would get there if you needed to evacuate; make plans to secure your property; be sure trees and shrubs around your home are well trimmed so they are more wind resistant; clear loose and clogged rain gutters and downspouts; plan to bring in all outdoor furniture, decorations, garbage cans and anything else that is not tied down.

And don't forget about your pets! Check out Cape Cod D.A.R.T at [www.capecoddart.org](http://www.capecoddart.org) for complete details, but here are some basics: Know which shelters in your area are pet-friendly. If you go to a shelter,

if possible bring a crate for your pet. Prepare an emergency go-kit for your pet including at least 3 days of food in an airtight, waterproof container, at least 3 days of water specifically for your pets, and an extra supply of your pet's meds in a waterproof container. List the name and contact information for your pet's veterinarian. Keep up-to-date copies of your pet's registration information, adoption papers, vaccination documents and medical records in a clean plastic bag or waterproof container in your kit.



Local Shelters (which ones will be designated as pet-friendly will be determined at the time of the emergency)

- ◆ Barnstable Intermediate School, 895 Falmouth Road, Hyannis
- ◆ Falmouth High School, 874 Gifford Street, Falmouth
- ◆ Sandwich High School, 365 Quaker Meetinghouse Road, Sandwich

**DISABILITY INDICATOR FORM** - **Are you a disabled elder?** Disabilities would include life support system, mobility impaired, blind, deaf and hard of hearing, teletypewriter, speech impaired, cognitive impairment, etc. If you have any of the listed disabilities, Clay Nicholson, Mashpee's 911 Municipal Coordinator, recommends that a **911 DISABILITY INDICATOR FORM** be completed and forwarded to him so that if an emergency occurs, public safety officials will be alerted that an individual residing at your address communicates over the phone via TTY and/or has a disability that may hinder evacuation or transport. **This information is confidential and will only appear at the dispatcher's location when a 911 call originates from your address.** Please contact Clay Nicholson, (508) 539-1400, ext. 8499 with any questions and to pick up a form. You can also pick up this form at the Mashpee Senior Center.

**EMERGENCY ALERT SIGN UP** - Did you know that you could receive automated messages by phone from the Town, helping you with storm preparedness or other town activities? If you do not already receive important/emergency messages from the Town, or if you want to edit your contact info, please go to the Town website: [www.mashpeema.gov](http://www.mashpeema.gov), and select the "Emergency Alert Sign-up" box in the upper center of the page. Then select the next sign-up button, and enter your contact information so local leadership may contact you with timely, important messages.



**ASK-A-NURSE — MELANIE PARRISH, BSN, RN — VNA OF CAPE COD**— **Friday, June 23, 9:00 — 10:00 am.**

Hi! I am Melanie Parrish, 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!

**Hot Weather Safety Tips for Older Adults**

We all know that hot weather can be dangerous. This is especially true for older adults. Every summer, nearly 200 Americans die of health problems caused by high heat and humidity. Most of these individuals happen to be age 50 or older. Hot weather is more likely to cause health problems for older adults for a variety of reasons. These reasons include aging-related physical changes in the body, chronic health conditions, and even side effects of taking some medications.

Expert Information Staying Safe When It's Too Darn Hot

When the temperature climbs above 90°F, older adults need to be proactive and take precautions. So check the outside temperature on summer days. If it's above 90°, older people should keep in mind the following tips:

**Stay out of the sun if possible.** If possible, wait to go out until the sun starts to set or until early the next morning. Adjusting when you go outside could mean a difference of several degrees.

**Air conditioning is your friend.** Spend as much time as possible in air conditioned spaces. If you don't have an air conditioner, go somewhere that is air-conditioned. Read a book at the library, walk around in indoor malls, watch that new movie at the theater, or meet your friends at the senior center. (Note: The federal Low-Income Home Energy Assistance Program (LIHEAP) helps adults 65 and older who have limited incomes cover the cost of air conditioners and utility bills. To reach your state's LIHEAP program, call 1-866-674-6327.)

**Stay hydrated.** Drink plenty of cool water, clear juices, and other liquids that don't contain alcohol or caffeine. Alcohol and caffeine can dehydrate you (dry you out).

**Dress appropriately.** Whenever you can, try wearing loose, light-colored clothes (dark-colored clothes absorb heat). Top it off with a lightweight, broad-brimmed hat and you are dressing like a pro! These simple changes will help you both stay cool and avoid sunburn.

**Did someone say sunburn?** Use broad spectrum sunscreen with sun protection factor (SPF) of 15 or higher.

**Cool down!** Take tepid (not too cold or too hot) showers, baths, or sponge baths when you're feeling warm. Don't have the time? Then wet washcloths or towels with cool water and put them on your wrists, ankles, armpits, and neck.

**FOOT CARE — Wednesday, June 21, 10:00 am — 3:30 pm by appointment.** There is a fee. Call the Mashpee Senior Center



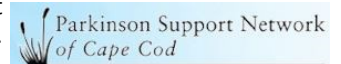
at (508) 539-1440 to make an appointment. Available the 3<sup>rd</sup> Wednesday of each month.

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

This program is specifically for people with memory impairment and their care partners. **Wednesdays, June 14 and 28, 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, June 15, 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, June 7, 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.



**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 ongoing legal issues. We respectfully request that you limit your appointments during the year so that others may be accommodated. 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.** Please call the Mashpee Senior Center to set up appointments.

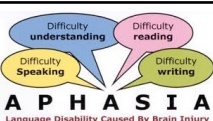


**SIGHT LOSS SERVICES PEER SUPPORT GROUP — Friday, June 23, 10:00 am.** This support group meets at the Mashpee Senior Center on the 4<sup>th</sup> Friday of every month from 10:00 am — 12:00 noon This group is open to anyone with vision issues from diagnosis to legal blindness and provides access and information on services available. For more information, call Sight Loss Services at (508) 394-3904 or visit their website: [www.iwen.com/sls/](http://www.iwen.com/sls/).



**INDEPENDENCE HOUSE RELATIONSHIP EDUCATION AND ADVOCACY — Friday, June 9, 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. 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.



**Spaulding Rehab Aphasia Community Group and Caregivers, Wednesday, June 8, 10:00—11:30 am.** Aphasia is an impairment of language, affecting the production or comprehension of speech and the ability to read or write. Aphasia is always due to injury to the brain—most commonly from a stroke, particularly in older individuals. But brain injuries resulting in aphasia may also arise from head trauma, from brain tumors, or from infections. This group is for individuals with aphasia. Family members and caregivers are encouraged to attend.

**Where:** Spaulding Cape Cod, Sandwich, 2nd Fl. Dining Room

**When:** Meet on the first Wednesday of the month, from 10:00 am – 11:30 am

**For information:** Call Susan Carlson (508) 833-4270 or email [scarlson6@partners.org](mailto:scarlson6@partners.org).

**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.

\*\*\*\*\*

**FRIENDLY VISITORS PROGRAM** — Looking for a Friendly Visitor? Are you house bound? Are you feeling isolated? Would you welcome a smiling face and someone new to talk to? Then a Friendly Visitor may be just what the "doctor" ordered! Call Darlene Perkins, Outreach Coordinator at 508-539-1440 to set up a visit.



**MASSACHUSETTS COMMISSION FOR THE BLIND** — The Massachusetts Commission for the Blind is a state agency to provide a wide range of social and rehabilitation services to Massachusetts residents of all ages who are legally blind. Massachusetts law (C.6, s.136) requires that all eye care providers who find a person to be legally blind is to report the person to the Massachusetts Commission for the Blind within 30 days of the date of examination to ensure that legally blind persons get the supporting services and benefits they may need. Agency social workers and counselors contact each legally blind person who is reported to the agency to explain and offer appropriate services. There are approximately 30,000 individuals who are legally blind registered with the Massachusetts Commission for the Blind.

Some of the services include Vocational Rehabilitation; Information on Employment-Related Services; Job Searches Resume and Cover Letter Writing; Independent Living Social Services; Services Designed to Maximize Independence; Specialized Services To Elders Services for Adults 55 and over; and Medical Assistance Help with Health Costs (financial criteria apply). For information, please call (800) 392



-6450 (toll-free), call email at [mcbinfo@state.ma.us](mailto:mcbinfo@state.ma.us), or check out the website at <http://www.mass.gov/mcb>.

**THE SAMARITANS SENIOR OUTREACH PROGRAM** — It's not always easy to tell someone when you're experiencing difficulties in life.



The Samaritans know that sometimes all we need is a little extra support, and their Senior Outreach program provides that support safely and with dignity.

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

If you have been impacted by health problems, retirement, social isolation, the loss of loved ones, depression, or have concerns about aging, their volunteers are able to listen with compassion and empathy. Or if you know of a senior who might be isolated, lonely, or simply in need of a caring voice, please contact their office to find out more about how they can match that senior with a volunteer in its Senior Outreach program. Please call for information and to learn more at (508) 548-8900 or (800)-893-9900.

**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!

**Note to Volunteers:** Please remember to turn your hours by the end of June. The timesheets should cover **July 1, 2016, through June 30, 2017**. The next reporting of your volunteer time will cover from July 2017 to June 2018.




For any question regarding your timesheet, please contact Deborah at (508) 539-1440, ext. 3508.

### NEW VOLUNTEERS

Volunteers to join us in May were Paul Gentile and William Tarplin. Welcome!

We do have more than 199 people who volunteer helping seniors throughout the Senior Center community. We offer flexibility and a variety of ways for people to volunteer at the center and with companion programs located here for seniors. People volunteer in many ways and for various amounts of time. We celebrate and thank all volunteers for the time contributed.

\*\*\*\*\*



**SUMMER RECESS!**  
See YOU in September

**SUMMER HIATUS FOR SOME ACTIVITIES** — Don't forget that some activities in the summer may be on a hiatus until the fall. Please check the Senior Center if you are not sure whether an activity is open or closed during the summer.

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**JUNE TRAVEL CLUB NEWS**



**Boston Pops Film Night w/John Williams** 1st balcony, front rows, 6/01, \$109; **Foxwoods Monthly Trip** 6/06, \$35; **"Lucky 13"** Foxwoods 6/13, \$35; **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; **Downeast Clambake & Kennebunkport** 8/23, \$99; **Red Sox vs Baltimore** 1:35, (PB 13, Rows A-C), 8/27, \$145. **Broadway shows on sale now:** Les Miserables, Kinky Boots, Get On Your Feet. **Coming soon...Something Rotten, Love Never Dies** (Phantom Sequel), **Bodyguard!** For a complete listing of all trips stop by the senior center or visit adventureswithkarynwendell.com. Karyn is here Thursdays from 9 am to 11 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.

**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 June 30 to go to Provincetown.** 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**

<p><b>BOSTON HOSPITAL TRANSPORTATION</b> — 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. <b>RESERVATIONS ARE A MUST!</b> Call (800) 352-7155 Monday — Friday, 8:00 am — 5:00 pm. <b>Fare:</b> \$30 roundtrip, \$15 one way.</p> <p><b>DIAL-A-RIDE TRANSPORTATION—DART (formerly B-bus)</b> — CCRTA provides a daily door-to-door, ride-by-appointment transportation service available for any purpose. Service is available to 15 Cape towns: <b>Monday — Friday:</b> 7:00 am — 7:00 pm; <b>Saturdays:</b> 9:00 am — 7:00 pm; <b>Sundays:</b> 9:00 am — 1:00 pm in most towns.</p> <p><b>Dial-A-Ride Passenger Procedures and Requirements:</b></p>	<ul style="list-style-type: none"> <li>● <b>Reservations</b> can be made Monday — Friday between 8:00 am — 5:00 pm by calling (800) 352-7155.             <ul style="list-style-type: none"> <li>◆ Reservations must be made by 5:00 pm two days (or 48 hours) before you intend to travel.</li> <li>◆ Same day reservations and changes <u>are not</u> permitted.</li> <li>◆ Reservations can be made up to one month in advance.</li> </ul> </li> <li>● <b>Exact fare is required.</b> Drivers cannot make change.             <ul style="list-style-type: none"> <li>◆ Adults and youths: \$3.00 per ride.</li> <li>◆ Seniors and people with disabilities: \$1.50 per ride.</li> <li>◆ Children five and younger accompanied by an adult ride free of charge.</li> </ul> </li> </ul>
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**MASHPEE POLICE DEPARTMENT  
TIP OF THE MONTH**

Just a reminder, Mashpee Police Department is still receiving calls from Mashpee residents about internet scams.

Residents are reporting receiving emails claiming they won a "prize, lottery or publishers clearing house" and ask for a "small fee" to cover handling cost. **Remember:** Genuine lotteries **do not** pay fees or notify the person via email.

**PLEASE REMEMBER:**

- ◆ Never give out your personal information
  - ◆ Change your passwords, and create complicated passwords that are difficult to guess
  - ◆ Sign up for two-step authentication
  - ◆ Always confer with a loved one or someone you trust before giving your personal information or sending money.
- Don't hesitate to contact Mashpee Police Department if you have a question. 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 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.

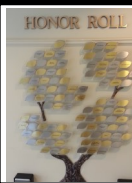
**Update  
Info**

**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!





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**

The cost of mailing this newsletter has been paid by the Friends of the Mashpee Council on Aging.  
Lynne Waterman, Director  
Darlene Perkins, Outreach Coordinator  
Ernest Cornelissen, Chairperson, Council on Aging

MASHPEE COUNCIL ON AGING  
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**