

July 2017

The Mashpee Senior Connection

FOURTH OF JULY HOLIDAY



The Mashpee Senior Center will be closed on Tuesday, July 4, in observance of Independence Day. All activities including the van are cancelled for this day.

AMERICAN RED CROSS HOME FIRE PRESENTATION — Monday,



July 10, 1:00 pm. Patrick 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 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.

INDEPENDENCE DAY HOLIDAY LUNCHEON — Tuesday, July 11,

12:00 noon. Join us for Royal Health Group's annual holiday luncheon to celebrate the birthday of our great country! **Mashpee residents only, please. Rsvp's are required** 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.

Are you an animal lover? Do you have any questions about the laws for animals? Don Chicoine, Animal Control Office, 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.

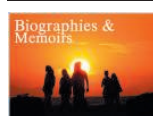


TALK ON MAINTAINING MEMORIES — HOW TO SAVE AND SHARE YOUR OLD PHOTOGRAPHS — Tuesday, July 18, 9:30 am.

Whether you're the caretaker of a treasured family photo album or a collector who has searched out the classics of photography, it's important to preserve and protect the images you value. This informal discussion will touch on selecting what photos to keep, preserve them yourself (or let someone else do it?), technical items you will want to know about, how to share and protect your photos to last for generations. Join us with speaker Paul Gentile, who taught this subject at Cornell University. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.



HOW TO WRITE AND SELF PUBLISH YOUR AUTOBIOGRAPHY, MEMOIR OR FAMILY HISTORY — Tuesday, July 25, 1:30 pm.



Henry Quinlan, a publisher with more than 40 years of experience in publishing, will present a guide on how to write and how to self-publish your book. Henry believes that everyone has a story in them! Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.

MONDAY AFTERNOON FOREIGN FILM SHOWING — Monday, July 24, 1:00 — 4:30 pm

Please join us for a showing of *Cinema Paradiso*. This 1988 film was the recipient of many awards including the Academy Award for Best Foreign Language Film. This drama portraying a director's return to his childhood town is filled with flashbacks of him as a boy when his growing love for film was fostered by an older friend. It will be shown in its entirety beginning at 1:00 pm. A discussion of the themes of the film will follow. We hope you will join us for this entertaining first foreign film afternoon. Light refreshments will be served. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.



Mashpee Police Department's Community Services Unit 2nd Annual National Night Out Tuesday, August 1, 2017

5:30 to 8:00 pm between the Mashpee Police and Fire Departments

National Night Out is a community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer and better places to live. The first National Night Out took place on Tuesday, August 7, 1984. That year, 2.5 million Americans took part across 400 communities in 23 states. The National Night Out program culminates annually on the first Tuesday of August. It now involves over 37.8 million people and 16,124 communities from all fifty states, U.S. Territories, Canadian cities, and military bases worldwide. The traditional "Lights On" campaign and symbolic front porch vigils turned into a celebration across America with various events and activities including, but not limited to block parties, cookouts, parades, visits from emergency personnel, rallies and marches, exhibits, youth events, safety demonstrations and seminars, in an effort to heighten awareness and enhance community relations. Find out more at National Association of Town Watch website.

Join the Mashpee Police Department's 2nd Annual National Night Out on Tuesday, August 1, 2017, from 5:30 to 8:00 pm between the Mashpee Police and Fire Departments. Bring your family and join us for fun, food and fellowship. There will be raffle prizes, the GroovaLotto Band, the Sound Dunes, Swing Ensemble Band, children's activities, giveaways, free food, dunk tank, Police, Fire and DPW vehicle tours, plus information from many agencies, businesses ... and much, much more! Last year was terrific, and we're expecting it to be even better!

**Mashpee Senior Center/Council on Aging • 26 Frank E. Hicks Dr. • Mashpee, MA 02649
Phone: (508) 539-1440 • Fax: (508) 539-2791 • www.mashpeema.gov**

CROQUET — **Wednesday, July 19, 2:00—4:30 pm.** July 19th will be an afternoon of fun and giggles as we learn to play Croquet. Come join us on the lawn of the Mashpee Senior Center. We will learn the rules and enjoy the company of Mashpee seniors of all ages, as we play croquet, a lawn sport that started in medieval times. "The Queen of Hearts" may be there so don't be late! We will be starting at 2:00 pm and serving lemonade and cookies for all. Call the Mashpee Senior Center to reserve a mallet or just come by and see what all the excitement is about. Mallets will be provided. Please call (508) 539-1440 to register to play.



SCRABBLE IS HERE! — **Every Tuesday at 1:00 pm.** Join us to play some Scrabble. Do you want to learn how to play Scrabble? The Senior Center offers Scrabble every Tuesday from 1:00 to 3:00 pm. Scrabble sets are 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 SENIOR CENTER PAINTERS — **Summer Exhibit of Paintings through August.** Please join us at the Mashpee Senior Center for the summer exhibit of paintings by the talented Mashpee Senior Center Painters. Stop by the Senior Center and check out the amazing artwork.



SENIOR CENTER VOLUNTEER RECOGNITION — June 9 was a wonderful day to celebrate our volunteers! Two volunteers were honored for their special contributions. Volunteers are crucial to the operations of the Senior Center. Lorraine Malcolm was the recipient of the "Volunteer of the Year" award. It is presented annually by the Mashpee Council on Aging to the volunteer who has made a long-term commitment to us, has given a significant number of hours, and who is an inspiration to others. The "Rookie of the Year" award is presented annually by the Mashpee Council on Aging to acknowledge a new volunteer who has made a significant contribution, this year presented with our gratitude to Jocelyn Jones. Stop by and congratulate Lorraine and Jocelyn!



MASHPEE SUBSTANCE USE TASK FORCE DROP-IN NIGHT — **First Tuesday of every month, 4:00 pm - 8:00 pm, Location:** Community Health Center of Cape Cod/Mashpee, 107 Commercial Street, Mashpee, Phone: (508) 477-7090. Community Health Center of Cape Cod hosts a substance use drop-in night the first Tuesday of every month. The drop-in nights takes place from 4:00 — 8:00 pm at the Health Center's Mashpee location at 107 Commercial Street. Launched by the [Mashpee Substance Use Task Force](#), the drop-in night provides treatment options, counseling and education to individuals and families struggling with substance use and addiction. This drop-in center model is the first of its kind on Cape Cod. Cost: Free; no rsvp is required. Outreach Coordinator, Darlene Perkins, is a member of the task force and is participating in the drop-in nights.



SPORTS HUDDLE — **Wednesdays through September 6, 10:00 am — 12:00 noon.** The Sports Huddle focuses on a discussion of sports-related issues, with a special emphasis on Boston and Cape Cod sports news. No need to Rsvp; just drop in for a fun and lively discussion about sports.



MONDAY MORNING MOVIE MUSINGS — **Monday, July 10, 10:00 am.** Similar to a book discussion group, **after watching select movies at home on your own**, you will have a chance to get to-



gether at the Senior Center and share thoughts with other movie fans. The final movie for our current series is **Dog Day**

Afternoon (1975) to be discussed on July 10. Our next series beginning in August is "5 best actress Academy nominations with only one winner". We will watch, at home, all films with Academy best actress nominees from 2010, and meet at the center and compare the performances. We welcome participants to be part of our respectful, insightful discussions. You may attend as few or as many of the meeting dates as you want. Please be prepared to offer your ideas and thoughts on the actress' performance and the movie itself on these dates: **First series in August:** August 7 — **The Kids are All Right** with Annette Bening; August 21 — **Rabbit Hole** with Nicole Kidman.

CURRENT EVENTS DISCUSSION — **2nd Tuesday of each month, 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!



PARKINSON SUPPORT NETWORK OF CAPE COD — **Managing Non-Motor Symptoms in Parkinson's --**

Friday, July 14, Anna Hohler, MD, Associate Professor, Parkinson's Disease and Movement Disorders Center Boston University Medical Campus. Location: YMCA Cape Cod, 2245 Iyannough Road, West Barnstable, MA 02668. 11:00 am – 12:30 pm (Seating begins at 10:30 am). Rsvp's are required. Call (800) 651-8466 or email to information@apdama.org. This free educational event is open to all.

MASHPEE MEN'S CLUB JULY EVENTS — We invite retired or semi-retired men over the age of 50 to meet on the first Tuesday of each month starting with coffee at 10:00 am followed by a brief business meeting and a speaker. For July 11 (for this month the second Tuesday), join us for our monthly meeting and annual barbecue. If you are a prospective member and would like to join our club at these events, please contact Deane Turner at deane_turner@msn.com or Frank Lord at fjlord@msn.com.

BOOK CLUB — Book Club meets on the third Friday of the month at 2:00 pm at the Senior Center. On Friday, July 21, we will have a "Reader's Choice" — each member will talk briefly about a book which he or she has enjoyed. Come join us to hear about some good books for your summer reading! All are welcome to join.



PC LAPTOP SKILLS SUPPORT! ONE-ON-ONE — **July 10 and 24, 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.



We need your help.....When you sign up or Rsvp for a program, class, event, or make an appointment, please call the Mashpee Senior Center receptionist at (508) 539-1440 to let us know if you cannot attend. Many of our program providers travel a distance to come to the Senior Center.

JULY TRAVEL CLUB NEWS: Gloucester by the Sea Garden Tour 7/08, \$79; Foxwoods Monthly Trip 7/11, \$35; Carnival P-town "Gods & Goddesses" 8/17, \$35; Legends in Concert Show at Foxwoods 8/22, \$59; Downeast Clambake & Kennebunkport 8/23, \$99; Red Sox vs Baltimore 1:35 pm, (PB 13, Rows A-C), 8/27, \$145. Eastern States Exposition "Big E" Military/Veteran's Appreciation Day 9/15, \$69; Les Miserables 1:00 pm, at PPAC 9/24 outer sides orchestra/\$118 pp main floor orchestra; Kinky Boots 2:00 pm at PPAC, 12/09, \$76 outer sides orchestra/\$110 pp main floor orchestra. Also on sale now: Get On Your Feet; Something Rotten, Love Never Dies (Phantom Sequel), Bodyguard, Beautiful-The Carole King Musical! For a complete listing of all trips stop by the Senior Center or visit adventureswithkarynwendell.com. Karyn is here Thursdays from 9:00 am to 11:00 am. For more information, contact Karyn Wendell at (508) 420-5288 or 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.

Health, Wellness, and Appointments

ASK-A-NURSE — Melanie Parrish, BSN, RN — VNA OF CAPE COD Friday, July 28, 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. No appointment is necessary — take advantage of this free service at the Senior Center and stop by!



Sunshine On My Shoulders Makes Me Happy...but only if my shoulders are covered!

Everyone enjoys a sunny day on the Cape. Whether gardening, walking, riding a bike, or relaxing on the beach with a good book, we all need to make sure to "cover up" to protect our skin and eyes from the harmful effects of the sun, even on cloudy days! Water, snow, and sand reflect the harmful rays of the sun so remember to use extra caution. The American Academy of Dermatology offers these suggestions:

Seek shade — especially between 10:00 am and 2:00 pm. A great way to check this without a watch is to notice whether your shadow is shorter than you are!

Wear protective clothing such as a long sleeved shirt, wide brimmed hat, and don't forget your sunglasses!

Use a broad-spectrum, water-resistant sunscreen with an SPF of 30 or more to cover all exposed skin. Apply a lip balm with sunscreen to the lips. Apply sunscreen 30 minutes before going outdoors, reapply every 2 hours while outside and after swimming or sweating.

Avoid tanning beds!

Get Vitamin D safely through a healthy diet that may include vitamin supplements. Be sure to discuss vitamin supplements with your doctor before adding them to your regimen.

CARES PROGRAM — HOPE DEMENTIA & ALZHEIMER'S SERVICES



This program is specifically for people with memory impairment and their care partners. **Wednesdays, July 12 and 26, 1:30 pm — 3:30 pm.** CARES provides an opportunity for families affected by memory impairment to participate in two separate support groups — held simultaneously — that provide information, guid-

ance, and respite to Care Partners, and conversation and socialization for those with memory impairment. The sessions are available at the Senior Center on the 2nd and 4th Wednesday each month from 1:30 — 3:30 pm. To register or for more information please call Hope Dementia & Alzheimer's Services at (508) 775-5656.

PARKINSON SUPPORT GROUP — Thursday, July 13, 10:00 am.

Join us for the monthly Parkinson support group at the Mashpee Senior Center. (2nd Thursday of each month) For information, please contact Jeanne Jackson at (508) 367-4267.



HEARING TESTS — Wednesday, July 6, 11:00 am — 1:00 pm by appointment. Please call the Mashpee Senior Center at (508) 539-1440 or stop by to schedule an appointment. Available the 1st Wednesday of each month.



FOOT CARE — Wednesday, July 19, 10:00 am — 3:30 pm by appointment. There is a fee. Call the Mashpee Senior Center at (508) 539-1440 to make an appointment. Available the 3rd Wednesday of each month.



LEGAL ASSISTANCE — We are fortunate to have attorneys that visit the Senior Center on a monthly basis. Their appointment schedules are always completely booked. **Please be aware that these appointments are for Mashpee seniors only,** for consultations only, and not for dealing with on-going legal issues. We respectfully request



that you limit your appointments during the year so that others may be accommodated. **PLEASE NOTE: The lawyers do not handle questions regarding criminal matters.** Please call the Senior Center to set up an appointment.

INDEPENDENCE HOUSE RELATIONSHIP EDUCATION AND ADVOCACY — Friday, July 14, 10:00 am.

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



Please note that the publishing company that provides our newsletter has reduced it from 12 pages to 8 pages. Some information may be moved from the newsletter to on-line information via either our Town of Mashpee Senior Center web page or email.

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	10:00-3:30	Foot Care Clinic (3 rd) *
9:00-Noon	PC Laptop Skills (1st and 3rd)*	9:00-11:00	Atty Mello (2 nd) *	10:00-12:00	Painting
10:00-11:30	Atty Kosman (4 th) *	10:00-12:00	Men's Club (1 st)	1:00-3:00	Painting
11:00-12:00	Chair Yoga	10:00-11:30	Zumba Gold	11:00-12:00	Zumba Gold-Toning
12:30-4:00	Mah Jongg	1:00-4:00	SHINE *	11:00-1:00	Hearing Tests (1st)
12:30-3:00	Pinochle	1:00-3:00	Watercolor Painters	1:00-2:00	Line Dancing
1:00-4:00	Hand and Foot/Pony Canasta	1:00-3:00	Scrabble	1:00-3:00	Meditation (1 st)
		1:00-3:00	Atty Lavender (1 st) *	12:30-3:00	Canasta
		2:30-3:30	Aerobics for the Brain (2 nd & 4 th)	1:30-3:30	CARES Support Group (2 nd & 4 th)
				2:30-4:30	Tai Chi for Healthy Aging **
THURSDAYS		FRIDAYS		SATURDAYS	
8:30-9:30	Exercise	8:30-9:30	Strength Training	8:30-9:30	Exercise
9:00-12:00	SHINE *	9:00-10:00	Ask-A-Nurse (4 th)	NOTES: 1. Transportation is available for activities, either through our van or Cape Cod Regional Transit Authority at (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.	
10:00-11:30	Cribbage	9:45-10:45	Ageless Yoga Neighborhood		
10:00-11:30	Parkinson Support Network (2 nd)	10:00-12:00	Independence House Relationship Education and Advocacy (2 nd)		
12:15-1:15	Ballroom Dancing		Zumba Gold		
1:00-4:00	Social Bridge	11:00-12:00	Mah Jongg		
7:00-9:30	Tai Chi (Beginners, please come 1 st Thurs)	12:30-4:00	Veterans Services (1 st & 3 rd) *		
		1:15- 3:30	Book Club (3 rd)		
		2:00-3:00			

Ongoing Activities Spotlight

Painting Class	Wednesdays, 10:00 am - 12:00 noon and 1:00 - 3:00 pm	Beginners to Advanced – Students bring their own art supplies; sign up for either morning or afternoon class; previous experience is not required. There is a cost. Instructor, Barry Jones Henry, exhibited in Boston, Cape Cod, and California; Masters in Painting, Univ. of Cal., Berkeley; BS in Architectural Design and Drafting
Gentle Yoga	Mondays, 9:45 - 11:00 am	Appropriate for those who are comfortable sitting on the floor. This slow-moving class focuses on stretching and working muscles in a gentle manner. Please bring a yoga mat. There is a cost. Instructor, Sherill Dykeman

Save the Dates! More info in the August Newsletter!

Monday, Aug. 14	Musical performance with Jonathan Stinson and Samantha Stinson and pianist Henry Buck for "An Afternoon of Opera".	Tuesday, Aug. 22	Medicaid and Long Term Care Insurance Update from MASSBAR Association
Tuesday, Aug. 15	Ice Cream Social provided by Royal Health Group	Tuesday, Aug. 29	Concert performance by Musica Vera Duo (baroque viola and guitar)
Tuesday, Aug. 15 through Oct. 3	Get Fit with Donna		

Mashpee Police Department's Tip of the Month



Mashpee Police Department has received multiple calls regarding scams involving the "Eversource Disconnection Office". The scammer states the resident needs to make a cash payment within 30 minutes to avoid disconnection. The scammer then asks that the money be wired or purchased through "money cards". Don't fall victim to this scam. If you have any question as to the legitimacy of a call, please contact Mashpee Police Department. Remember no legitimate company or agency will ask for money to be wired or through gift cards. Any questions please contact Special Officer and Advocate Tara Carline at (508) 539-1480, ext. 7253.



LET US PLACE YOUR AD HERE.

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.

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.

Table with 2 columns and 3 rows detailing van service schedules for Mashpee and Sandwich, Falmouth, and Hyannis.

SUMMER HIATUS FOR SOME ACTIVITIES — Don't forget that some activities in the summer may be on a hiatus until the fall, and other activities may be on a reduced schedule during the summer. Includes a 'SUMMER RECESS!' graphic and a list of activities like Sea Mist Swimming, Mashpee Singing Seniors, etc.

SHINE news... When Can You Enroll in a Medigap (Supplement) Plan? Medigap (supplement) plans provide extra protection beyond Medicare by filling in some of the "gaps" in Medicare coverage. Includes SHINE logo and contact information.

Emergency Preparedness

HURRICANE SEASON OFFICIALLY STARTED ON JUNE 1, and now is the time to prepare in case Mother Nature pays us an unwelcome visit. Includes a hurricane warning sign, FEMA website links, and a 'HE WOULDN'T LEAVE YOU PLEASE DON'T LEAVE HIM' graphic with a dog.



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.



PATIO FURNITURE — *It's time to celebrate summer! Our patio set is back out and ready for use! So, come and enjoy the sun from our lovely patio!*

CONGRATULATIONS TO ANNETTE KOWALSKI, the Elder Services of Cape Cod and the Islands longtime nutrition site manager from Mashpee, on her recent retirement. We will miss her!



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 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.

Do you know . . .

. . . that this publication is produced at no cost to your newsletter? The cost of assembling, printing and delivery is carried by the advertisers which appear on these pages. By paying for advertising space, these businesses help your publication communicate with its members. When you patronize these businesses, it proves that advertising in your publication is a good investment which brings a return. Please mention that you saw the company's ad in this publication—solid evidence which encourages advertisers to continue their support!



**LITURGICAL
PUBLICATIONS**

NEALON & NEALON ATTORNEYS

Legal Services for Cape Residents and their families including:

Asset Protection • Medicaid Applications
Real Estate Closings • Wills • Trusts • Powers of Attorney
Estate Planning • Guardianships & Conservatorships
Estate & Trust Administration • Civil Litigation

Conveniently Located at Mashpee Rotary



509 Falmouth Rd., Suite 5, Mashpee, MA
508-477-4891 • Fax: 508-477-5319 • cape@nealonlaw.com

Mashpee Dental Associates

C. DARZENTA, DMD • GARY GALOVIC, DMD
CINDY ADELSTEIN, DMD



Cosmetic & Family Dentistry

508-477-0070

96 Old Barnstable Rd.

"Seniors are special to us"



➤ Reach the Senior Market
ADVERTISE HERE

CONTACT

Mark Carofano to place an ad today!
MCarofano@4LPi.com or
(800) 477-4574 x6347

There's no place like home. We make it possible to stay there.



Osterville, MA

www.athomeeldercareinc.com

Contact: Patricia McDonough

508-420-5200



THIS SPACE IS
AVAILABLE

WEST ATE HOME MEDICAL EQUIPMENT

Lift Chairs
Power Scooters
Diabetic Shoes
Bathroom Safety
Walker & Canes

188 Teaticket Hwy.,
E. Falmouth, MA

(508) 775-3339



1991 2016

FREE
AD DESIGN
WITH PURCHASE
OF THIS SPACE.

- 800-477-4574 -



Leanne O'Neil Fletcher
Au.D., FAAA
Tiffany Pflieger, Au.D., FAAA
Doctors of Audiology

- Hearing Aid Sales & Services
- Hearing Evaluations
- Batteries and Accessories

800 Falmouth Rd.,
Mashpee, MA

508-539-9780

www.hearingonthecape.com



John-Lawrence
Funeral Home

3778 Falmouth Road
Marstons Mills 02648

508-428-5704 • William B. Chapman, Jr.

www.johnlawrencefuneralhome.com

Chapman Family Funeral Homes

THE LANES
BOWL & BISTRO

BISTRO • BAR • BOWLING • BOCCE
ENTERTAINMENT • OUTDOOR CAFÉ

MASHPEE COMMONS • 774-228-2291
LANESBOWLANDBISTRO.COM

BOBBY BYRNE'S
RESTAURANTS & PUBS

EATING, DRINKING & TALKING
ESTABLISHMENTS SINCE 1973

HYANNIS • MASHPEE COMMONS • SANDWICH
BOBBYBYRNES.COM

LET US PLACE
YOUR AD 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.

Lynne Waterman, Director lwaterman@mashpeema.gov Darlene Perkins, Outreach Coordinator dperkins@mashpeema.gov Linda Wicks, Principal Clerk lwicks@mashpeema.gov	Deborah Converse, Volunteer Coordinator dconverse@mashpeema.gov Susanne Murphy, Activity Coordinator coaactivitycoordinator@mashpeema.gov Lisbeth Dineen, Office Assistant coaofficeassistant@mashpeema.gov	Peggy Rose, Receptionist prose@mashpeema.gov Robert Morton, Van Driver rmorton@mashpeema.gov
---	---	---

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**

PRSR1 STD
U. S. POSTAGE
PAID
MASHPEE, MA
PERMIT NO. 15

MASHPEE COUNCIL ON AGING
26 FRANK E. HICKS DRIVE
Mashpee, MA 02649
Lynne Waterman, Director
Darlene Perkins, Outreach Coordinator
The cost of mailing this newsletter has been paid by the Friends of the Mashpee Council on Aging.

DISCLAIMER
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.