

August 2017

# The Mashpee Senior Connection

**FUEL ASSISTANCE** — It's that time of year again to watch your mail for your application to recertify for fuel assistance. If you have been receiving fuel assistance, it is now time to recertify for the 2017-2018 season. If you need help with this process, please call our Outreach Coordinator, Darlene Perkins to set up an appointment. **Along with the application you will need to send in all your documentation:** 1) Last 4 weeks' gross income for everyone in the household 18 years and older; all income must be documented such as child support, odd jobs, veterans, pension, AFDC, Social Security, etc.; 2) Any adult receiving income for a minor must have proof of that income; 3) For the self employed, a copy of 2016 Federal Tax Return with pages and schedules; and 4) full time students need documentation from the school or college. **You will also need** 1) complete electric bill; 2) heating bill; 3) mortgage, homeowner's Insurance, real estate tax or lease; 4) photo ID; and 5) Social Security cards and birth dates for all in household. **For new applications the process for applying starts November 1, 2017.** Call Darlene Perkins for help or questions at (508) 539-1440.

## **FALMOUTH COMMODORES** — Thursday, August 3, 12:00 noon.

The Cape Cod Baseball League is recognized by many as the best amateur summer league in the country; players throughout the USA and representing all college divisions are recruited to play. Come and meet some of the players, hear their stories, and ask your questions. Light refreshments will be served. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.

## **AN AFTERNOON OF OPERA** — Monday, August 14, 2:00 pm.

Baritone-soprano couple Jonathan Stinson and Samantha Stinson and pianist Henry Buck will present "An Afternoon of Opera". Their program begins with Gian Carlo Menotti's hilarious one-act "The Telephone" — a modern love story. This relatable show highlights our love affair with technology-is it strong enough to break up this couple? Act II features a sumptuous banquet of opera's greatest hits. From Mozart to Puccini to Verdi, the audience will recognize (and maybe even sing along to) these timeless arias and duets. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.

**ICE CREAM SOCIAL** — Tuesday, August 15, 2:00 pm. Join us for Royal Health Group's annual ever-popular summer ice cream social. **Mashpee residents only, please. Rsvp's are required.** Please call the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.

**GET FIT WITH DONNA** — Tuesdays, August 29 through October 17. Would you like to have a Registered Physical Therapist work with you on your personal fitness goals and then evaluate your own strength, flexibility, posture and balance? This one-on-one

opportunity is presented by the VNA of Cape Cod at no charge. Please schedule only one appointment in order to allow others the opportunities as well. An appointment can be scheduled for a Tuesday at 2:00 pm, 2:45 pm or 3:30 pm August 29 through October 17. Call the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.



## **MEDICAID AND LONG TERM CARE INSURANCE UPDATE** — Tuesday, August 22, 1:00 pm at the Mashpee Senior Center.

Attorney Arthur Crooks of the Massachusetts Bar Association, as part of its annual elder law education program, will be speaking on Medicaid and long term care insurance. This event is sponsored by both the Mashpee and Sandwich Councils on Aging. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the Mashpee Senior Center front desk to sign up.

## **CONCERT PERFORMANCE BY MUSICA VERA DUO**

— Tuesday, August 29, 12:30 pm. Join us for a special program with Mark Bailey, baroque viola, and Kevin Sherwin, guitar, as they take a musical journey through history from western Europe, eastern Europe, and colonial America. 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.

Our next series beginning in August is "5 best actress Academy nominations with only one winner". We will watch, at home, all films from 2010 with Academy best actress nominees, and meet at the Senior 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:

- August 7 - The Kids are All Right with Annette Bening
- August 21- Rabbit Hole with Nicole Kidman

## **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. 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!



**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.

**CURRENT EVENTS DISCUSSION** — Tuesday, 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!

**MASHPEE MEN'S CLUB** — We invite retired or semi-retired men over the age of 50 to join our club which meets on the first Tuesday of each month starting with coffee at 10:00 am followed by a brief business meeting at 10:30 and a speaker. We also have a variety of interesting trips on and off Cape each month. If you are a prospective member and would like to join our club, please contact new club president Bob MacColl at [jrmaccoll@comcast.net](mailto:jrmaccoll@comcast.net).

**BOOK CLUB** — Book Club meets on the third Friday of the month at 2:00 pm at the Senior Center. For August 21, the book selected is the widely acclaimed historical fiction novel, *Homegoing*, by Yaa Gyasi. The initial setting is Ghana in the 17th century where two half-sisters are born unaware of each other. Their life paths vary dramatically: one marries a British gentleman and lives in a Cape Coast castle; the other is kidnapped from her village and is sold into slavery. It is a monumental portrait that shapes individuals, families, and nations that will promote a very stimulating discussion. Ernie Cornelssen is now our volunteer leader for the book group, and many thanks to volunteer Beryl Dwight for all her efforts in the past!



**MEDITATION AT THE MASHPEE SENIOR CENTER** — Wednesday, August 2, 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. 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!




**AARP TAX FOUNDATION TAX-AID VOLUNTEERS NEEDED** — Do you enjoy people? Do you think numbers can be fun? If yes, then we're looking to share the fun with you.

Since 1968 AARP Foundation Tax-Aide volunteers have been helping low and moderate income taxpayers complete their Federal and State income tax returns free of charge. New volunteers participate in a training program each fall. Over a three week period of time (twice a week for 3 weeks) they are trained in the process of completing tax returns. Counselors, upon passing the required test, are assigned to various centers across the Cape and Islands. Preference is given to centers near their homes. From February through April 15 wonderful people are met, and needed help is given. Schedules are flexible and allow for vacation time. Find out more about the fun you can have by being a Tax-Aide Volunteer Counselor. For more information contact: Pat Zeiss, Volunteer Coordinator at: [patzeiss@juno.com](mailto:patzeiss@juno.com) or call (508) 255-2292.

**SENIOR CENTER VOLUNTEERS: JUST A REMINDER: TIMESHEETS!** The new year began in July, and new timesheets are available at the Reception desk. The timesheet should cover July 1, 2017, through June 30, 2018. For any question regarding this, please contact (508) 539-1440.



**Save the Dates! More info in the September Newsletter!**

Monday, Sept. 11, 10:00 am	<b>GOOD START SOCIAL BREAKFAST</b> — Join us for the second Monday of each month beginning September 11 for a continental breakfast and good conversation.	Thursdays, 2:00 pm, Sept. 14, through Jan. 11, 2018.	<b>BURIED IN TREASURES WORKSHOP</b> — A support group to help develop strategies to de-clutter the home. Facilitated by Southbay Community Services.
Mondays and Thursdays, Sept. 11 through March 5, 2:00 pm	<b>FIT &amp; STRONG!</b> — Combines flexibility, strength training, and aerobic walking plus a health topic discussion. Presented by VNA of Cape Cod. <i>Mashpee residents only, please.</i>	Tuesday, Sept. 19, 1:00 pm	<b>NATIONAL SENIOR CENTER MONTH</b> — In honor of National Senior Center Month, join us for a pizza party! The 2017 theme is <i>Senior Centers: Masters in Aging!</i> <i>Mashpee residents only, please.</i>
Tuesdays, Sept. 12 through October 24, 1:30 pm	<b>MY LIFE, MY HEALTH</b> - September 12 will be a 1-hour information session. Series begin on September 19. Presented by Healthy Living Cape Cod.	Monday, Sept 25, 12:30 pm	<b>DINING AROUND</b> — Starting up on Sept. 25, 12:30 pm for the 4th Monday of each month.
Thursday, Sept. 21, 10:00 am	<b>APPS FOR IPAD AND IPHONE</b> — Join Karyn Wendell to help learn about apps for your iPad and iPhone.	 <b>We need your help.....</b> 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.	



**GRATITUDE** — *No one who achieves success does so without acknowledging the help of others. The wise and confident acknowledge this help with gratitude... Alfred North Whitehead*  
**Thank you for your gratitude!**

- ♥ I am grateful of the brightness of the Center.
- ♥ I am grateful of the sun shining!
- ♥ If you were to read (rather than write) your biography, you just might envy yourself.
- ♥ Thank you for this day!

**AUGUST TRAVEL CLUB NEWS** — Foxwoods 8/01, \$35; Carnival Parade P-town 8/17, \$35; "Legends in Concert" w/lunch 8/22, \$59; Maine Downeastern Clambake 8/23, \$99; Peabody Essex Museum - Ocean Liners-Glamour, Speed and Style 9/08, \$69; Eastern States Exposition "Big E" Military Appreciation Day 9/15, \$59; Les Miserables Matinee at PPAC 9/24, \$95/\$118; Essex Rail and Sail w/lunch on Train 9/29. \$120; King Arthur Flour, Lunch, Shopping 10/06, \$115; Southern Vermont Foliage & Lunch 10/13, \$109; Kinky Boots Matinee at PPAC 12/09, \$76/\$110; Love Never Dies (Phantom Sequel) Matinee at PPAC 12/30, \$80/\$115; Beautiful - The Carole King Musical at PPAC 3/01/18, \$80/\$115; On Your Feet-Gloria Estefan Musical Boston Opera House, 1:00 pm, orchestra, 4/22, \$120. For a complete listing of all trips stop by the senior center or visit adventureswithkarynwendell.com. Karyn is here Thursdays from 9:00 to 11:00 am. For more information, contact Karyn Wendell at (508) 420-5288 - Karynmw1@comcast.net. Mail payments for travel to Karyn Wendell, P. O. Box 161, Centerville, MA 02632. See "Adventures with Karyn" ad every Sunday in the Cape Cod Times.

## Health, Wellness, and Appointments

**ASK-A-NURSE** — Julie Pursel, Mashpee Town Nurse — VNA of Cape Cod, Friday, August 25, 9:00 — 10:00 am.

Hi! I am Julie Pursel, 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!**



*Stay Hydrated Stay Healthy*

### Staying Hydrated - Staying Healthy

When the temperatures rise, getting enough to drink is important whether you're playing sports, traveling or just sitting in the sun. Hydration isn't just important during physical activity. Sitting in the sun on a hot or humid day, even if you aren't exercising, can also cause your body to need more fluids. And it's critical for your heart health. Here are some tips from the American Heart Association.

**How much water do you need?** What does "being well hydrated" mean?

- ◆ The amount of water a person needs depends on climatic conditions, clothing worn and exercise intensity and duration.
- ◆ A person who perspires heavily will need to drink more than someone who doesn't. Certain medical conditions, such as diabetes or heart disease, may also mean you need to drink more water.
- ◆ Thirst isn't the best indicator that you need to drink. The easiest thing to do is pay attention to the color of your urine. Pale and clear means you're well hydrated. If it's dark, drink more fluids.

**Water is best.** For most people, water is the best thing to drink to stay hydrated.

- ◆ Sources of water also include foods, such fruits and vegetables which contain a high percentage of water.
- ◆ It's best to avoid drinks containing caffeine, which acts as a diuretic and causes you to lose more fluids.
- ◆ Drinking water before you exercise or go out into the sun is an important first step. Otherwise, you're playing catch-up and your heart is straining.
- ◆ Sitting in the sun on a hot or humid day, even if you aren't exercising, can also cause your body to need more fluids.
- ◆ People who have a heart condition, are older than 50, or overweight may also have to take extra precautions.

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

This program is specifically for people with memory impairment and their care partners. **Wednesdays, August 9 and 23, 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, August 10, 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, August 2, 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, August 16, 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. **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, August 11, 10:00 am.** Independence House, Inc., is the only comprehensive community-based organization on Cape Cod providing free and confidential specialized services and programs for adults, teens and children (ages 6 and up) who are survivors of or affected by domestic and sexual violence. Anyone who has experienced abuse in the past or present or has a friend that is experiencing abuse can call its toll free hotline at (800) 439-6507 to speak confidentially to a counselor. Independence House has a representative at the Mashpee Senior Center every 2nd Friday from 10:00 am – 12 noon who will be available for sharing information, answering questions and assisting individuals with relationship concerns, as needed. Appointments are not necessary; just stop by.



**MASHPEE 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.

# 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 <sup>rd</sup> ) *
10:00-11:30	Atty Kosman (4 <sup>th</sup> ) *	9:00-11:00	Atty Mello (2 <sup>nd</sup> ) *	10:00-12:00	Painting
11:00-12:00	Chair Yoga	10:00-12:00	Men's Club (1 <sup>st</sup> )	1:00-3:00	Painting
12:30-4:00	Mah Jongg	10:00-11:30	Zumba Gold	11:00-1:00	Hearing Tests ( 1st )
12:30-3:00	Pinochle	1:00-4:00	SHINE *	1:00-2:00	Line Dancing
1:00-4:00	Hand and Foot/Pony Canasta	1:00-3:00	Watercolor Painters	1:00-3:00	Meditation (1 <sup>st</sup> )
		1:00-3:00	Scrabble	12:30-3:00	Canasta
		1:00-3:00	Atty Lavender (1 <sup>st</sup> ) *	1:30-3:30	CARES Support Group (2 <sup>nd</sup> & 4 <sup>th</sup> )
		2:30-3:30	Aerobics for the Brain (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> )	<b>NOTES:</b> 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 ( ). * <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.	
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> )		
12:15-1:15	Ballroom Dancing	11:00-12:00	Zumba Gold		
1:00-4:00	Social Bridge	12:30-4:00	Mah Jongg		
7:00-9:30	Tai Chi (Beginners, please come 1 <sup>st</sup> Thurs)	1:15- 3:30	Veterans Services (1 <sup>st</sup> & 3 <sup>rd</sup> ) *		
		2:00-3:00	Book Club (3 <sup>rd</sup> )		

## Ongoing Activities Spotlight

LINE DANCE CLASS	Wednesdays 1:00-2:25 pm	Increase energy, strength and muscle tone; lower blood pressure, reduce stress, increase social interactions; have some fun! No partner needed; perfection not required; meet new friends; have more fun! Beginner through intermediate dancers – main goal – have some fun! Anyone welcome to observe and/or try one class free. Wear shoes that will slide/turn easily and not stick (like sneakers) to the floor. There is a fee.
HAND & FOOT/PONY CANASTA	Monday, 1:00-4:00 pm	Come and join our group for a fun, social afternoon of playing, or learning, the game of Hand and Foot/Pony Canasta. All game supplies are stored at the Senior Center. All you need to bring is a sense of humor, and be ready to have some fun. Drop ins welcome. No charge.

### Mashpee Police Department's Tip of the Month



There continues to be multiple scams circulating that are 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, NEVER give out your personal information.** Below are some helpful numbers: **Attorney General's Office** at (617) 727-8400 to notify them of a scam; **Federal Trade Commission** at (877) 382-4357 to file ID theft report



As always please do not hesitate to contact the Mashpee Police Department with any questions or concerns regarding a call. Any questions please contact Special Officer and Advocate Tara Carline at (508) 539-1480, ext 7253.

**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.





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.



**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."



**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!*



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.



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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 services, 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.

August, 2017

**Our Core Values**

**Respectful** ★ **Welcoming** ★ **Supportive**

Friends of the Mashpee Council on Aging.

The cost of mailing this newsletter has been paid by the

David Egel, Chairperson, Council on Aging

Darlene Perkins, Outreach Coordinator

Lynne Waterman, Director

Mashpee, MA 02649

26 FRANK E. HICKS DRIVE

MASHPEE COUNCIL ON AGING

*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.*

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