

September 2017

# The Mashpee Senior Connection

**LABOR DAY**

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

## **NATIONAL SENIOR CENTER MONTH— Tuesday, Sept. 19, 12:30**

Senior Centers:  
**Masters of Aging**

**pm.** In honor of National Senior Center Month, join us for pizza and beverages followed by a musical performance by guitarist Brian Kelly! The national celebration theme is: **Senior Centers: Masters of Aging!** The theme highlights the many ways senior centers lead communities and inspire individuals to master this phase of life. At the senior center, you will find programs and resources that inspire you. Celebrate the many ways your senior center cultivates masters of aging! Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. **Mashpee seniors only, please.**

## **GOOD START SOCIAL BREAKFAST — Monday, September 11,**

**10:00 am.** Join us on September 11 for a continental breakfast and good conversation. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. **Mashpee seniors only, please.**



## **FIT & STRONG! — Mondays and Thursdays, starting September 11 at 2:00 pm.**

Fit & Strong! is an evidence-based program that combines flexibility, strength training, and aerobic walking with health education for sustained behavior change among older adults with lower extremity osteoarthritis. Each class will begin with an hour of exercise and end with a 30 minute health topic discussion. **PRE-REGISTRATION IS REQUIRED. Please call Amy at (508) 957-7423 to register. On Thursday, September 7, at 2:00 pm,** participants need to attend to complete paperwork and get fitted for weights. Presented by the VNA of Cape Cod. **Mashpee seniors only, please.**



**MY LIFE, MY HEALTH — Tuesdays, September 12 through October 24, 1:30 pm.** My Life, My Health provides information and teaches practical skills on managing chronic health problems. It also gives people the tools and motivation they need to manage the challenges of living with a chronic health condition. The overall goal is to enable participants to build self-confidence to assume an active role in maintaining their health and managing their chronic health conditions. The workshop is conducted over six sessions, meeting weekly for two and one-half (2½) hours per session. September 12 will be a 1-hour information session. Presented by Healthy Living Cape Cod. **Please Rsvp to Healthy Living Cape Cod at (508) 957-7620.**



## **RAD\*BALL — Fridays, September 8 through October 13, 1:00 pm.**

A new exercise program led by Rose Digregorio, M.Ed Health Sciences! Did you know a soccer ball can do wonders for the body and spirit? You know you need to increase your physical activity...or may be healing from an injury or other life situation; this is an easy and fun way



to get back in the game of exercise by tossing the ball, stretching, and other movements, at your own pace. Bring your own soccer ball (optional) and wear comfortable shoes, clothes and bring water. There is a small fee. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.

## **APPS FOR IPAD AND IPHONE — Thursday, September 21, 10:00 am**

Join Karyn Wendell to help learn about apps for your iPad and iPhone. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. **Mashpee seniors only, please.**



## **BURIED IN TREASURES WORKSHOP — Thursdays, 2:00 pm, September 14, 2017, through January 11, 2018.**

Would you like to learn tips on how to de-clutter and stop over-acquiring with people who know what it's like? Join us for this group created by and for people who are ready to live a life less-cluttered! Each week we'll discuss a skill from the book, Buried in Treasures, and complete challenging and rewarding exercises. Facilitated by Renee Proctor of Southbay Community Services. **Please Rsvp to Renee Proctor at (508) 760-1475.**

**KEEP CALM AND DECLUTTER**

**DINE-AROUND — Monday, September 25, 12:30 pm.** We are bringing back the "Dine-Around". Join us for lunch on the 4th Monday of each month at 12:30. This month we will be dining at Mezza Luna in Buzzards Bay. It is a great way to meet people.

Order off the menu, and the restaurant agrees to give individual checks. **No walk-ins please as we do call and make reservations.** Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up by a deadline of noon, Friday, September 22.



**CROQUET — Wednesday, September 20, 3:00 pm.** We'll have another afternoon of fun and giggles as we continue to 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. Refreshments will be provided. 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 Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.



**GET FIT WITH DONNA — Tuesdays, September 5 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 opportunity as well. An

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appointment can be scheduled for a Tuesday at 2:00 pm, 2:45 pm or 3:30 pm through October 17. **To register, please call Amy at the VNA at (508) 957-7423.**

**CRAFTS — MAKE A RESIN FRAME — Thursday, September 21, 2:30 pm.** Come join us as Karen Thurber will help you make a beautiful resin frame. She will supply sea glass, shells, scrapbooking, and decorations. Come on in and create! There is a fee. 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 current series 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. The movies in September:



- September 11 - Black Swan with Natalie Portman
- September 25 - Blue Valentine with Michelle Williams

**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 —** The Book Club meets on the 3rd Friday of each month at 2:00 pm. Our selection for the September 15 meeting is *A Long Way Home*, a memoir written by Saroo Brierly. He relates his story of being lost as a five year old in Calcutta, India, being adopted by an Australian couple, and years later using modern technology, finding the way back to his original home and family.

ly. It is an inspirational story of survival, triumph, hope, and family, celebrating the importance of never letting go of what drives the human spirit: hope. Please join us led by Volunteer Beryl Dwight.



**MEDITATION AT THE MASHPEE SENIOR CENTER — Wednesday, September 6, 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. 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!



**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.

**MEDICARE'S OPEN ENROLLMENT IS JUST AROUND THE CORNER...**



Don't wait until it is too late! The Open Enrollment Period (October 15 – December 7, 2017) for Medicare Advantage Plans (Part C) and Prescription Drug Plans (Part D) will be here before you know it and it is very important to re-evaluate your Medicare options for 2018 during this period. Each year Medicare plans can change premiums, deductibles, co-pays and the prescription formulary (list of drugs they cover). In addition, Medicare Advantage Plans (HMOs, PPOs) often add and/or drop primary and specialty physicians, skilled nursing facilities and hospitals. **Your current plan is required to notify you of the Annual Notice of Coverage (ANOC) by September 30 of any changes for the coming year.** Please make sure you review it. If you decide to stay with your current plan, there is no further action required. If you switch your Medicare Advantage (Part C) or Medicare Prescription Drug (Part D) Plan during the Open Enrollment Period, it will take effect January 1, 2018. (Please note - this enrollment period may not affect you if you have retiree coverage). SHINE appointments fill up quickly so don't forget to call the Senior Center late September or early October to make your SHINE appointment for this year's open enrollment. Remember — don't wait until it is too late. **If you don't make a change during the Open Enrollment Period (October 15 - December 7, 2017), you may have to stay with your existing plan for another whole year.**

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

Thursday, Oct. 12, 12:00 pm	How to get the most out of your smartphone with Greg McKelvey. Mashpee seniors only, please.	Thursday, Oct. 19, 2:30 pm	Silk Fairies Flower Class
Mondays, 3-part series, Oct. 16, 23 and 30	An invitation to WWII and Korean War men and women veterans: Please join us to share wartime memories and reflect on friendships and experiences. There is transportation available for Mashpee seniors if needed. Please Rsvp to the front desk, light refreshments will be served. There is no charge for the discussion group series.	Thursday, Oct. 26, 10:00 am	Reaching Seniors Team. Presented by the Mashpee Council on Aging Outreach Coordinator and Mashpee Police Department Victim Advocate who will discuss how they can assist Mashpee seniors.
Monday, Oct. 18, 1:00 pm	SHINE Open Enrollment Presentation	Tuesdays, Oct. 31 through Dec. 19, 1:30 pm	Matter of Balance: 1 hour info session from 1:30-2:30; 11/7-12/19 workshop from 1:30-3:30 pm
Monday, Oct. 18, 10:00 am	Art Class: Painting Ceramic Tiles	Tuesday Oct. 31, 1:00 pm	Halloween Party with pumpkin carving and performance by Dave Valerio, keyboard performer.



**SEPTEMBER TRAVEL CLUB NEWS** : Foxwoods 9/05, \$35; 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 pm, orchestra, 4/22, \$120; On Sale 9/15, Holiday Pops Boston! For a complete listing of all trips stop by the Senior Center or visit [adventureswithkaryn-wendell.com](http://adventureswithkaryn-wendell.com). Karyn is here Thursdays from 9:00 am to 11:00 am. For more information, contact Karyn Wendell at (508) 420-5288 - Karyn-mw1@comcast.net. 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, September 22, 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!**

### Health tips (Removing a Tick, Mayo Clinic, June 2017)

If you find a tick on your skin, remove it as quickly as possible using these tips:

- ◆ Grasp the tick as close to your skin's surface as possible, using tweezers if available. If mouth parts do remain in the skin, leave the area alone and let the skin heal. Your body will expel the mouth parts over time. After removal, clean the area with an antiseptic such as rubbing alcohol or soap and water.
- ◆ Place the tick in a plastic bag in case you develop any of the symptoms including a characteristic rash shaped like a bulls eye. Bring the tick with you when you see your doctor.
- ◆ If the tick that is very swollen and engorged with your blood, discuss with your doctor whether an antibiotic such as doxycycline (Monodox, Vibramycin, others) should be prescribed to prevent Lyme disease.
- ◆ Prevent ticks from getting to your skin by wearing light colored long sleeves and pants, shoes and socks. Remember to check yourself, family members and your pets after being outdoors.

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

This program is specifically for people with memory impairment and their care partners. **Wednesdays, September 13 and 27, 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, September 14, 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, September 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 1<sup>st</sup> Wednesday of each month.



**FOOT CARE — Wednesday, September 20, 10:00 am — 3:30 pm by appointment.** There is a fee. Call the Mashpee Senior Center at (508) 539-1440 to make an appointment. Available the 3<sup>rd</sup> Wednesday of each month.

**LEGAL ASSISTANCE —** We are fortunate to have attorneys that visit the Senior Center on a monthly basis. Their appointment schedules are always completely booked. **Please be aware that these appointments are**

**for Mashpee seniors only**, for consultations only, and not for dealing with on-going legal issues. We respectfully request that you limit your appointments during the year so that others may be accommodated. The Attorney and the fields that each would feel most qualified to assist seniors with **by appointment** are:



**Atty. Thomas Kosman of SCCLS: Monday, September 25, 10:00 am —** The South Coastal Counties Legal Services, Inc. (SCCLS) Elder Law Project has attorneys who visit Cape and Islands senior centers weekly including Mashpee and provide legal services to elders who are economically or socially disadvantaged. Priority areas include housing, government benefits, Medicare, Medicaid, reverse mortgage counseling, and general health law concerns. (4<sup>th</sup> Monday of each month)

**Atty. Michael Lavender: Tuesday, September 5, 1:00 pm —** General legal problems, trusts, wills, estate planning and settlement. (1<sup>st</sup> Tuesday of each month)

**Atty. Patricia Mello's office: Tuesday, September 12, 9:00 am —** Wills, health care choices, nursing home/Medicaid planning, estate planning, asset protection, guardianships. (2<sup>nd</sup> Tuesday of each month)

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

### INDEPENDENCE HOUSE RELATIONSHIP EDUCATION AND ADVOCACY —

**Friday, September 8 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.



### SIGHT LOSS SERVICES PEER SUPPORT GROUP — Friday, September 22, 10:00 am.

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



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
9:00-12:00	PC Laptop Skills (1 <sup>st</sup> and 3 <sup>rd</sup> ) *	9:00-12:00	Woodcarving	10:00-3:30	Foot Care Clinic (3 <sup>rd</sup> ) *
9:45-11:00	Gentle Yoga	9:00-11:00	Atty Mello (2 <sup>nd</sup> ) *	10:00-12:00	Painting
10:00-11:30	Atty Kosman (4 <sup>th</sup> ) *	10:00-12:00	Men's Club (1 <sup>st</sup> )	1:00-3:00	Painting
11:00-12:00	Chair Yoga	11:00-12:00	Zumba Gold	11:00-1:00	Hearing Tests ( 1st )
12:30-4:00	Mah Jongg	11:00-2:00	Sea Mist Swimming ***	1:00-2:00	Line Dancing
12:30-3:00	Pinochle	1:00-4:00	SHINE *	1:00-3:00	Meditation (1 <sup>st</sup> )
1:00-4:00	Hand and Foot/Pony Canasta	1:00-3:00	Watercolor Painters	12:30-3:00	Canasta
		1:00-3:00	Scrabble	1:30-3:30	CARES Support Group (2 <sup>nd</sup> & 4 <sup>th</sup> )
		1:00-3:00	Atty Lavender (1 <sup>st</sup> ) *	2:30-4:30	Tai Chi for Healthy Aging **
		2:30-3:30	Aerobics for the Brain (2 <sup>nd</sup> & 4 <sup>th</sup> )		
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. *** <b>Open to Mashpee seniors 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.	
9:30-11:30	Mashpee Singing Seniors	9:15	Bowling (Ryan Amusements)		
10:00-11:30	Cribbage	9:45-10:45	Ageless Yoga Neighborhood		
10:00-11:30	Parkinson Support Network (2 <sup>nd</sup> )	10:00-11:30	Sight Loss Services Spt. Group (4 <sup>th</sup> )		
11:00-2:00	Sea Mist Swimming ***	10:00-12:00	Independence House Relationship Education and Advocacy (2 <sup>nd</sup> )		
12:00-2:00	PC and Gadgets *	11:00-12:00	Zumba Gold		
12:15-1:15	Ballroom Dancing	12:30-4:00	Mah Jongg		
1:00-2:30	Sketching	1:15- 3:30	Veterans Services (1 <sup>st</sup> & 3 <sup>rd</sup> ) *		
1:00-4:00	Social Bridge	2:00-3:00	Book Club (3 <sup>rd</sup> )		
7:00-9:30	Tai Chi (Beginners, please come 1 <sup>st</sup> Thurs)				

## Ongoing Activities Spotlight

<b>PC and Gadgets Clinic</b>	Thursdays, 12:00—2:00 by appointment	The “Gadget Guy” will answer your questions about your gadgets (cell phones, GPS, email, Facebook, etc.). Please bring your devices fully charged, power sources are limited. No charge <b><i>Mashpee seniors only, please.</i></b>
<b>Veteran's Services</b>	1st and 3rd Friday by appointment	Veterans’ services officers (VSO) in the Commonwealth help veterans learn about, apply for, and in some cases receive benefits. If you are a veteran or a spouse of a veteran, meet with one of the representatives at the Mashpee Senior Center. No charge.
<b>PC Laptop Skills</b>	1st and 3rd Monday by appointment	PC Laptop Users — (NOT APPLE) — Upgrade/improve your email, word processing, or spreadsheet skills on YOUR OWN LAPTOP. One-on-one coaching appointments with Volunteer Ray Goodale.

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



Mashpee Police Department continues to receive reports of the grandparent, Sheriff's Department, Eversource and IRS scams. NEVER give out any personal information over the telephone or provide money through gift cards. Recently, in other counties in Massachusetts, scammers are using technology known as “spoofing” to make it appear the calls are coming from the local senior center. Trust your instincts, if you feel uncomfortable with a call or the scammer is trying to bully information out of you, HANG UP! REMEMBER, you don't have to answer the telephone, let it go to the answering machine. If you do answer, DO NOT disclose any personal information such as your date of birth, social security number, bank account or credit card numbers. Any questions please contact Special Officer and Advocate Tara Carline at (508) 539-1480, ext 7253.



LET US PLACE YOUR AD HERE.





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.



**BOWLING IS STARTING AGAIN THIS MONTH!** Join us each Friday at 9:15 am. For questions, please call Volunteer Leader, Lorraine Malcolm (508-477-7346) for information. It's a fun-loving great group of seniors, and it's also a great way to exercise. Join in the fun — preregistration not required; just show up and join in! Beginners are welcome. Our regular bowlers are happy to tutor newcomers. There is a fee (includes shoes).



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!



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**Please note:**

- ◆ 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.
- ◆ Please be aware that some of our staff members are part-time and grant funded. They may not be available every day. If they are not available, please leave a message; they will return your call as quickly as possible.

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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**

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  
David Egel, Chairperson, Council on Aging

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The Mashpee Senior Center offers many legal, financial, recreational, medical screening or other services and/or activities by volunteer or nominal-cost practitioners. Seniors participating in these services do so with the understanding that the Mashpee Council on Aging, The Mashpee Senior Center, the Town of Mashpee or its employees do not assume any legal responsibility for any advice or services rendered by such volunteer or nominal practitioner. Any act or advice or service by outside providers at the Council on Aging should not be presumed to be endorsed & sponsored by the Council on Aging.

**DISCLAIMER**