

October 2017

The Mashpee Senior Connection



1492

The Mashpee Senior Center will be closed on Monday, October 9, in observance of Columbus Day. All activities including the van are cancelled for this day.

HALLOWEEN PARTY

HALLOWEEN PARTY — Tuesday October 31, 1:00 pm. Come and enjoy a Halloween celebration. We will have pumpkin carving and entertainment with Dave Valerio, vocalist and keyboardist, as well as pumpkin pie and cider! *Mashpee seniors only, please.* Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.

HOW TO GET THE MOST OUT OF YOUR SMARTPHONE

— **Thursday, October 12, 12:00 pm.** Join the PC and Gadget guy, Greg McKelvey for his presentation on smartphones. *Mashpee seniors only, please.* Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.



SILK FAIRIES FLOWER CLASS — Thursday, October 19, 2:30 pm. Come join us with instructor Karen Thurber to create little fairies from silk flowers. These can make wonderful gifts for people that need a little happiness. There is a fee. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.

AN INVITATION TO WWII AND KOREAN WAR MEN AND WOMEN VETERANS

— **Mondays, 10:00 am, 3-part conversation series, October 16, 23 and 30.** 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 Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up; light refreshments will be served. There is no charge for the discussion group series.



DIABETES SELF-MANAGEMENT SERIES - Mondays, October 16 through November 20, 12:30 — 3:00 pm. Presented by the Visiting Nurse Association of Cape Cod and Healthy Living Cape Cod. If you, a family, a friend, or a caregiver

want to know more about diabetes, this program is for you. The Diabetes Self-Management Program is a participant education program for people with diabetes. The program was developed by Stanford University. Workshop topics include * *Positive Thinking* * *Healthy Eating* * *Menu Planning* * *Medication Management* * *What to do if you are sick* * *and much more!* *Rsvp's are required. Please contact the VNA at (508) 957-7423 to reserve.*

REACHING SENIORS TEAM — Thursday, October 26, 10:00 am Presentation by the Mashpee Council on Aging Outreach Coordinator and Mashpee Police Department Victim Advocate Tara Carline who will discuss how they can assist Mashpee seniors with transportation, counseling, and other resources. Come meet with them and discuss ways they can assist you. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. Drop in's are welcome.

SHINE OPEN ENROLLMENT PRESENTATION — Monday, October 18, 1:00 pm. Don't delay — Medicare's Part C (Medicare Ad-

vantage Plan) and Part D (Prescription Drug Plan) Annual Open Enrollment begins October 15 and ends December 7. During the Annual Open Enrollment (October 15 - December 7), you will have a chance to change your plan. Join the SHINE counselor for this Medicare overview and open enrollment presentation for family members and care partners. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.



MATTER OF BALANCE — Tuesdays, 1:30 pm. October 31: 1 hour information session at 1:30; **November 7 — December 19:** workshop from 1:30-3:30 pm.



Through media presentation, group discussion, lecture and physical activity, we will learn to overcome fear of falling and incorporate physical activity into our daily lives. Participants are advised to check with their healthcare providers before starting a new exercise program. Workshop is free thanks to the Prevention and Wellness Trust Fund. *For questions and to register, please contact Healthy Living Cape Cod at 508-957-7620.*

ART CLASS: PAINTING CERAMIC TILES — Wednesday, October 18, 10:00 am. Join Barbara Greenspan, artist and art therapist,

to learn how to paint designs on bisque tiles. Creative expression, such as painting, is very important in order to gain a new perspective about yourself and feel more confident in your abilities. Creative arts have proven to be therapeutic as well as enjoyable. Making art helps to lessen anxiety and build self-esteem. *Space is limited. Mashpee seniors only, please.* No charge. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.



AEROBICS FOR THE BRAIN — Tuesdays, October 10 and 24, 2:30



pm Like our bodies, we need to keep our minds fit whether we are 60 or 90+. Join our **Aerobics for the Brain program**, and join a fun, social group to help keep your mind sharp and focused. Expect to have fun and a challenge. In every class, the volunteer leader uses "a myriad of activities" to exercise different parts of the brain, such as problem solving, observing patterns, language, math, pictures and other games. Drop ins are welcome. Join 2nd and 4th of each Tuesday. Healthy brain foods will be served. Give it a try!

DINE-AROUND — Monday, October 23, 12:30 pm. Join us for lunch on the 4th Monday of each month at 12:30. This month we will be dining at Silver Lounge in North Falmouth. It is a great way to meet people. Purchase and 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, October 20.



RAD*BALL — Fridays through October 13, 1:00 pm. An 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.

SENIOR PROPERTY TAX WORK OFF PROGRAM — The Senior Property Tax Work Off Program begins October 1, 2017, and ends September 30, 2018. To be eligible, you must be at least sixty years old, a homeowner living in Mashpee in your primary residence (you cannot own property in another community), and able to meet the requirements of a position in one of various Town departments. The mission of the program is to provide property tax relief to low income seniors. The maximum annual income for a single person is \$34,380, and for a household of two members, \$44,958. Participants who complete the hours of service will receive a credit on the following year's real estate (property) taxes. To be eligible for a position, you must complete an application and return it to the Mashpee Senior Center no later than October 31, 2017. Please include with your application a copy of your driver's license, a copy of a property tax bill, and last year's tax return. Please note that even if you participated in last or a previous year's program, you must file a new application to be considered for this year. Also, we expect the number of applicants to exceed the number of positions available, if so, the selection process will be by lottery. Please stop by the Senior Center in the month of October to pick up an application and for more information.



SEASONAL FLU CLINIC — Monday, October 16, 9:00 am to 12:00 noon and Monday, November 13, 3:00 to 6:00 pm. The Mashpee Board of Health in cooperation with the Visiting Nurse Association of Cape Cod and the Mashpee Council on Aging will hold vaccination clinics at the Christ the King Parish Center for ALL residents 18 years of age and older. There is no charge. For more information, please contact the Mashpee Board of Health at (508) 539-1426 or visit its website at <https://www.mashpeema.gov/board-health/urgent-alerts/flu-clinic>. Please **DO NOT** contact the Church for information!



MONDAY MORNING MOVIE MUSINGS — Monday, October 2, 10:00 am. The last film in this series, the "5 best actress Academy nominations with only one winner", will be *Winter's Bone* with Jennifer Lawrence. We will watch, at home, all films from 2010 with Academy best actress nominees, and meet at the Senior Center and compare the performances. New members are welcomed.

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.

BOOK CLUB — The Book club meets on the 3rd Friday of each month at 2:00 pm. Our selection for the October 20 meeting is *The Woman in Cabin 10* authored by Ruth Ware. It is a "can't-put-it-down" Agatha Christie style mystery thriller that was an instant best seller in 2016. We hope you can join us for what will likely be a great discussion. All are welcome to join us.



MEDITATION AT THE MASHPEE SENIOR CENTER — Wednesday, October 4, 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 — The Low Income Home Energy Assistance Program (LIHEAP), more commonly known as the Fuel Assistance Program, provides low income households with help in paying heating bills. The South Shore Community Action Council (SSCAC) provides fuel assistance to residents of 38 communities of the South Shore and Cape and Islands towns.

If you received fuel assistance last winter, please check your mail to see if you received your recertification application from the South Shore Community Action Council (who administers the program). **Along with the recertification, 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** a complete electric bill; heating bill; mortgage, homeowner's insurance, real estate tax or lease; photo ID; and Social Security cards and birth dates for all in household. If you need help with the recertification process, please call the Mashpee Council on Aging, Outreach Coordinator Darlene Perkins at (508) 539-1440, x 3502.

For any Mashpee senior who did not apply for fuel assistance last winter, please be aware that the process for new applications starts on November 1, 2017. Our November newsletter will have additional information and in the meantime, please refer to the South Shore Community Action Council (SSCAC) website (sscac.org).

Save the Dates! More info in the November Newsletter!

Wednesday, Nov. 8, 1:00 pm	Healthy Baking for the Holidays	Thursday, Nov. 16, 12:00 noon	Learn about Facebook with Greg McKelvey, the PC and Gadgets guy
Thursday, Nov. 9, 2:30 pm	Sparkle Balls Craft	Tuesday, Nov. 21, 1:00 pm	Earring and Decorative Craft Class
Monday, Nov. 13, 3:00 to 6:00 pm.	Seasonal Flu Clinic— Mashpee Board of Health	Wednesday, Nov. 22, 10:00 am	Memory Screenings
Tuesday, Nov. 14, 1:30 pm	Social Party and Sing-along for seniors 90 years and older	Monday, Nov. 27, 12:30 pm	Dine-Around: Sagamore Inn
Thursday, Nov. 16, 2:30 pm	Shambala Bracelets Craft	Thursday, Nov. 30, 2:00 pm	Wreath Workshop

ASK-A-NURSE — Julie Pursel, Mashpee Town Nurse — VNA of Cape Cod, Friday, October 27, 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!**

Memory Boosters — Mayo Clinic August, 2017

Habit-based memory is used to store skills developed by repetition. It stays with you all your life. You can capitalize on habit-based memory skills to sharpen everyday memory skills and speed up information processing. This in turn allows you to take advantage of other invaluable skills, such as insight and experience, which can be acquired over time. Here's how:

- ◆ **Keep a calendar-** trying to keep track of too many details can actually make you more prone to memory lapses. Instead, create a calendar and organization system to keep information handy without remembering details.
- ◆ **Organize the clutter-** keeping your environment clutter-free can help minimize distractions and improve memory. For example, make a habit of returning keys and handbags to a designated place. File mail and paper as it comes into the household to prevent unpaid bills and missed appointments.
- ◆ **Think it, ink it-** keep a notebook handy to jot down thoughts or items for a to-do list. This gets them off your mind and into a format that you won't forget.
- ◆ **Focus your attention-** attention is important to memory processing. Slow down and focus your attention on the task at hand. Minimize distractions to give your full attention to a person or project.
- ◆ **Use memory tricks-** to remember a list of seven grocery items, think of the list as four vegetables and three fruits.

CARES PROGRAM — HOPE DEMENTIA & ALZHEIMER'S SERVICES. Wednesdays, October 11 and 25, 1:30 pm — 3:30 pm.

This program is specifically for people with memory impairment and their care partners. **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 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 Network of Cape Cod **PARKINSON SUPPORT GROUP — Thursday, October 12, 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, October 4, 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, October 18, 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. The Attorney and the fields that each would feel most qualified to assist seniors with **by appointment** are:



Atty. Thomas Kosman of SCCLS: Monday, October 23, 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. (4th Monday of each month)

Atty. Michael Lavender: Tuesday, October 3, 1:00 pm — General legal problems, trusts, wills, estate planning and settlement. (1st Tuesday of each month)

Atty. Patricia Mello's office: Tuesday, September 10, 9:00 am — Wills, health care choices, nursing home/Medicaid planning, estate planning, asset protection, guardianships. (2nd 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 — ** NOTE NEW DATE ** Wednesday, October 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 Wednesday 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. Come by and meet Ginny.



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.

SIGHT LOSS SERVICES PEER SUPPORT GROUP — Friday, October 27, 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: <http://www.sightloss.org/>



Volunteers needed! One or two half-days a month, deliver flowers to Mashpee seniors who are 90 years old and over during the month of their birthday. This involves ordering floral arrangements, calling ahead to be sure the birthday senior will be home, delivering the flowers to each person, and visiting with time to chat. Please contact Darlene Perkins, Outreach Coordinator, for more information at (508) 539-1440, x3502.

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 st and 3 rd) *	9:00-12:00	Woodcarving	10:00-3:30	Foot Care Clinic (3 rd) *
9:45-11:00	Gentle Yoga	9:00-11:00	Atty Mello (2 nd) *	10:00-11:00	Zumba (note new time)
10:00-11:30	Atty Kosman (4 th) *	10:00-12:00	Men's Club (1 st)	10:00-12:00	Independence House Relationship Education and Advocacy (2 nd)
11:00-12:00	Chair Yoga	11:00-12:00	Zumba Gold		
12:30-4:00	Mah Jongg	11:00-2:00	Sea Mist Swimming ***	10:00-12:00	Painting
12:30-3:00	Pinochle	1:00-4:00	SHINE *	1:00-3:00	Painting
1:00-4:00	Hand and Foot/Pony Canasta	1:00-3:00	Watercolor Painters	11:00-1:00	Hearing Tests (1 st)
		1:00-3:00	Scrabble	1:00-2:00	Line Dancing
		1:00-3:00	Atty Lavender (1 st) *	1:00-3:00	Meditation (1 st)
		2:30-3:30	Aerobics for the Brain (2 nd & 4 th)	12:30-3:00	Canasta
				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: Transportation is available for activities, either through our van or Cape Cod Regional Transit Authority at (800) 352-7155. * Appointments required; please call the Senior Center (508) 539-1440 or stop by the front desk to schedule **Waiting list sign up required. Please stop by the front desk or contact the Mashpee Senior Center at (508) 539-1440 to add your name to the wait list. *** Open to Mashpee seniors only. Please stop by the Front Desk at the Senior Center to complete a liability form prior to going to Sea Mist for swimming. Call the Senior Center to confirm the dates 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 nd)	10:00-11:30	Sight Loss Services Spt. Group (4 th)		
11:00-2:00	Sea Mist Swimming ***	11:00-12:00	Zumba Gold		
12:00-2:00	PC and Gadgets *	12:30-4:00	Mah Jongg		
12:15-1:15	Ballroom Dancing	1:15- 3:30	Veterans Services (1 st & 3 rd) *		
1:00-2:30	Sketching	2:00-3:00	Book Club (3 rd)		
1:00-4:00	Social Bridge				
7:00-9:30	Tai Chi (Beginners, please come 1 st Thurs)				

Ongoing Activities Spotlight

Scrabble	Tuesdays, 1:00 –3:00 pm	Join us to play some Scrabble every Tuesday from 1:00 to 3:00 pm. Four Scrabble sets accommodate 16 players. 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.
Cribbage	Thursdays,	All cards are kept at the Senior Center; you need not bring anything with you. Regular participants will gladly teach new players how to play. Just come and have fun. Drop ins always welcome.

Mashpee Police Department's Tip of the Month



The Mashpee Police Department is continuing to receive calls from residents reporting that individual(s) have come to the home unannounced saying they represent a utility company. **Remember:**

- ◆ **A utility company will never come to your home without calling first.**
- ◆ **Never give out any personal information to someone you don't know.**
- ◆ **You don't have to answer the door .**

SCAM ALERT

Call the Police IMMEDIATELY if you are suspicious of an activity or an individual(s) so we can attempt to locate and identify the individual(s). 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.

<p>Mashpee and Sandwich — Weekly — Mondays. Please make appointments between 10:00 am and 1:30 pm.</p>	<p>Mashpee only — Weekly — Wednesdays, Thursdays (except 2nd and 3rd Thursdays), Fridays (except last Friday). <i>Please note that Wednesdays are food pantry days.</i> Please make appointments between 10:00 am and 1:30 pm.</p>
<p>Falmouth — Weekly — Tuesdays. Please make Falmouth appointments between 10:30 am and noon.</p>	<p>Sagamore — Bourne — Sandwich — Once a month — 2nd Thursday of each month. Please make appointments between 10:30 am and noon</p>
<p>Hyannis — Once a month — 3rd Thursday of each month. Please make Hyannis appointments between 10:30 am and noon.</p>	<p>SPECIAL MONTHLY OUTING — On the last Friday of each month, you can ride the van to our "Day Trip Town of the Month." Join us on October 27 to go to National Seashore/Eastham. Please plan to meet at the Mashpee Senior Center for a 9:00 am departure.</p>

CAPE COD REGIONAL TRANSIT AUTHORITY (CCRTA) INFORMATION



The Cape Cod Regional Transit Authority (CCRTA) has been providing public transportation services since 1976 to residents and visitors for all 15 Cape Cod communities. 1) **Dial-A-Ride Transportation (DART) Service** is a daily general public service that is a door-to-door, ride-by-appointment, transportation service. This service is available to all Cape Cod residents for any purpose. 2) **Boston Hospital Transportation** is a transportation service to Boston area hospitals that runs Monday through Friday, by reservation. For more information about CCRTA, please call the toll free number (800) 352-7155; local number (508) 385-1430; or TTY: (800) 439-0183 or visit its website: <http://www.capecodtransit.org/>.

SHINE NEWS.... Don't Delay — Medicare Open Enrollment Begins October 15th!



Medicare's Part C (Medicare Advantage Plan) and Part D (Prescription Drug Plan) Annual Open Enrollment begins October 15 and ends December 7. Please make sure you review your 2018 Medicare options during this period. During the Annual Open Enrollment (October 15 - December 7), you will have a chance to CHANGE your plan. This change will take effect January 1, 2018. SHINE Counselors can help you understand your plan's changes, screen you for assistance programs and discuss other options you may have. If you do not change your plan during this period you may have to stay with your existing plan for another whole year. (Note: the open enrollment may not affect those with retiree coverage). **DO NOT WAIT UNTIL IT'S TOO LATE** — Appointments fill up fast! Call the Mashpee Senior Center at (508) 539-1440 and make an appointment with a SHINE counselor for this year's open enrollment. Make sure you bring a list (or bottles) of your current medications to the appointment and if you are a couple, please ask for 2 appointments. If we are unable to fit you in during this short period, please call the regional SHINE office in Barnstable Village at (508) 375-6762.

Emergency Preparedness

HURRICANE SEASON CONTINUES THROUGH NOVEMBER 30, 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 DART at 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



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.



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.



OCTOBER TRAVEL CLUB NEWS : Foxwoods 10/03, \$35; Vermont Fall Foliage & King Arthur Flour, Lunch, Shopping 10/06, \$115; Twin Rivers "Spooky Good Time" 10/24, \$35; Holiday Pops Boston, 1st balcony, front rows 12/08, \$105; Kinky Boots Matinee-PPAC 12/09, \$76/\$110; LaSalette Festival of Lights 12/15, \$39; Love Never Dies (Phantom Sequel) Matinee-PPAC 12/30, \$80/\$115; The Bodyguard Matinee-PPAC 1/14/2018, \$80/\$112; Beautiful - The Carole King Musical PPAC 3/01/2018, \$80/\$115; On Your Feet-Gloria Estefan Musical Boston Opera House-1 pm-orchestra, 4/22/2018, \$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.



Don't forget that the Mashpee October Annual Town Meeting will be on Monday, October 16, 7:00 pm, at Mashpee High School, 500 Old Barnstable Road

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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.

Our Core Values

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

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Lynne Waterman, Director
Darlene Perkins, Outreach Coordinator
David Egel, Chairperson, Council on Aging

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

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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