

November 2017

# The Mashpee Senior Connection



## **SOCIAL PARTY AND SING-ALONG FOR SENIORS 90 YEARS AND OLDER — Tuesday, November 14, 1:30 pm.**

Do you know that 90 is the new 85? The “Oldest Old” population is expanding rapidly. Come and meet your peers who are 90 years old and over — join us for a social get-together and sing-along! We will be having a piano player, lots of songs, and refreshments will be served. The van will be available; please reserve for the van no later than Thursday, November 9. **Mashpee seniors and a care partner only, please.** Please call the Senior Center at (508) 539-1440 or stop by the front desk to sign up. Contact Susanne Murphy, Activity Coordinator at the Senior Center for more information.

## **HEALTHY BAKING FOR THE HOLIDAYS — Wednesday, November 8, 1:00 pm.**

Come join Heather Bailey from the “Optimal Kitchen” for a special cooking group on “Healthy Baking”. Learn how to make some of those holiday indulgences a bit healthier by simply using better ingredients. These low sugar, nutrient dense treats will please every sweet tooth. **Space is limited; Rsvp’s are required.** Please stop by the front desk or call (508) 539-1440. There is a cost, and payment is required in advance please. Contact Susanne Murphy, Activity Coordinator at the Senior Center for more information.



## **SPARKLE BALLS CRAFT — Thursday, November 9, 2:30 pm.**

The holidays are here! Come join us as instructor Karen Thurber will teach you to make a sparkle ball — it’s a wonderful gift for others or for yourself. You can use the sparkle ball year round, indoors and outdoors. Everything is included to make a sparkle ball. There is a fee. **Space is limited. Rsvp’s are required.** Please call the Senior Center at (508) 539-1440 or stop by the front desk to sign up.

## **ATTENTION MASHPEE VETERANS — Wednesday, November 8.**

The students and staff at Quashnet School invite you to be guests at its annual Veteran’s Day Assembly at the Quashnet School gymnasium at 150 Old Barnstable Road. Join us for 9:15 am coffee and danish, 9:45 am assembly in the Quashnet School gymnasium, and 10:45 am luncheon in the cafeteria. To be sure we have proper seating, please let us know if you will be in attendance by calling (508) 539-1550 or email [ewunder@mpospk12.org](mailto:ewunder@mpospk12.org) by November 3.



## **POLICE, FIRE AND MILITARY PATCHES — Wednesday, November 8, 1:00 pm.**

In honor of Veteran’s Day, we will be hosting one of our members, Paul Burr, who will speak and display his vast collection of patches from various military, police, and fire departments. Please call to Rsvp at the Senior Center at (508) 539-1440 or stop by the front desk to sign up.

**LEARN ABOUT FACEBOOK — Thursday, November 16, 12:00 noon with Greg McKelvey, the PC and Gadgets guy.** For beginners — learn how to



## **Mashpee Senior Center November Holiday Schedule**

**The Mashpee Senior Center will be closed on Friday, November 10 for Veteran’s Day, and Thursday and Friday, November 23 and 24, for the Thanksgiving Holiday.**

**All activities including the van are cancelled.**

use Facebook, the popular social network. Greg will give you an overview about the basics of your Facebook page. **Mashpee seniors only, please.** Please call to Rsvp at the Senior Center at (508) 539-1440 or stop by the front desk to sign up.

## **EARRING AND DECORATIVE CRAFT CLASS — Tuesday, November 21, 1:00 pm.**

Just in time for the holidays! Instructor Linda Felix will show you how to craft decorative earrings for gifts or for yourself! Plus she will show you how to decorate party toothpicks — a great way to show your creativity at your next event or party. Come and join us for the fun. Presented by North River Home Care. **Space is limited. Rsvp’s are required. Mashpee seniors only, please.** Please call to Rsvp at the Senior Center at (508) 539-1440 or stop by the front desk to sign up. No charge.



## **MEMORY SCREENINGS — Wednesday, November 22, 10:00 am.**

National Memory Screening month is in November. The Alzheimer’s Family Support Center of Cape Cod will offer free 30-minute memory screenings. These screenings are not diagnostic, but may indicate whether participants should see a doctor for further testing. Screenings are free, confidential, and open to the public. Please call to Rsvp at the Senior Center at (508) 539-1440 or stop by the front desk to sign up.

## **HOW AND WHAT THE FILE OF LIFE IS ABOUT — Thursday, November 2, 1:00 pm.**

Do you know how the file of life works? Join Mashpee Senior Center Outreach Coordinator, Darlene Perkins, who will answer your questions and show you how your latest medical information — including allergies, medications, contact persons and more — is all in one safe place. It is recognized and endorsed by hospitals, EMTs, municipal, medical, senior citizen organizations, police, sheriff’s, and fire departments. She will hand out File of Life magnets and help you fill out the information. Call (508) 539-1440 to reserve your file.



## **THANKSGIVING DINNERS FROM THE MASHPEE CHAMBER OF COMMERCE —**

The Mashpee Chamber of Commerce will organize and deliver Thanksgiving dinners to home-bound Mashpee residents again this year.

- **To request a meal,** please call the Mashpee Chamber of Commerce at (508) 477-0792 with the name, phone number, and address of the person in need of a meal. The cut-off for requests is Friday, November 17.
- **To volunteer and help deliver meals,** please call the Mashpee Chamber of Commerce at (508) 477-0792, and they will be happy to add you to its delivery team!

Meals will be delivered on Wednesday, November 22. Exact times will be decided based on the need of meals and number of volunteers. Meals prepared and sponsored in part by Roche Bros.



**CRAFTS CLASS: HOLIDAY WREATH MAKING — Thursday, November 30, 2:00 pm.** It's time to think of decorating for holidays! All materials and instruction to make a beautiful wreath is provided to make these easy and fun, presented by the Royal Health Group. **Rsvp's required.** Please stop by the front desk or call (508) 539-1440 to sign up and for more information. **Space is limited. Mashpee seniors only, please.** Please call the Senior Center at (508) 539-1440 or stop by the front desk to sign up. No charge.

**MATTER OF BALANCE SERIES — Tuesdays, 1:30 pm. November 7 for 9 sessions, 1:30-3:30 pm.** Through media presentation, group discussion, lecture and physical activity, come 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. Presented by Healthy Living Cape Cod. **For questions and to register, please contact Healthy Living Cape Cod at 508-957-7620.**



**FILL THE VAN FOOD DRIVE —** The Mashpee Recreation Department's 4th Annual "Fill the Van" Food Drive. During the month of November, please drop off items to the Senior Center until Friday, November 17, when they will be picked up by the Recreation Department. Suggested items for donation include household goods such as diapers, formula, toothpaste, shampoo, laundry detergent, soap and cleaning products. All food donations must be non-perishable. These donations help our local community and are taken to St. Vincent DePaul Food Pantry and the Falmouth Service Center. Each year, the generosity of our community has grown! Last year's donations filled 29 shopping carts with goods. Let's have a record-breaking year this year!



**BRACELET CRAFT — Thursday, November 16, 2:30 pm.** The holidays are near, and if you would love to make that special someone a unique gift made from your heart, a shambala bracelet may be just the thing. Come join us as instructor Karen Thurber will teach you to make the beautiful bracelets. They are very easy to make, and are a great gift for any special lady from the age of 8 to 80. There is a fee. **Space is limited. Rsvp's are required.** Please call to Rsvp at the Senior Center at (508) 539-1440 or stop by the front desk to sign up.



**let's do lunch** **DINE-AROUND — Monday, November 27, 12:30 pm.** Join us for lunch on the 4th Monday of each month at 12:30. **Please be on time.** This month we will be dining at Sagamore Inn in North Bourne. It is a great way to meet people. We will all meet at the restaurant. 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, Wednesday, November 22.

**MONDAY MORNING MOVIE MUSINGS — 10:00 am. This month: Al Pacino's Roles.** Watch a movie on your own, and then join us for a discussion of Al Pacino's "better" movies. Please join our friendly group as we take a close look at this award winning actor's roles and his acting progression from 1971-2010. **November 6 — Scarface and November 20 — Scent of a Woman.**



**COMING SOON! FIT AND STRONG — Mondays and Thursdays, 2:00—3:30 pm, Info session on Thursday, January 18, 2018.** Workshops January 22 through April 26 (except for February 19 and April 16). **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. This program is only open to Mashpee residents and **PRE-REGISTRATION IS REQUIRED. Please call Amy at (508) 957-7423 to register.**



**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 club president Bob MacColl at [irmaccoll@comcast.net](mailto:irmaccoll@comcast.net).

**BOOK CLUB —** The Book Club meets on the 3rd Friday of each month at 2:00 pm. Our selection for the November 17 meeting is **Born to Run**, a memoir by "The Boss", superstar singer Bruce Springsteen. It is a deeply personal look at his stage and personal life from childhood to present, excluding nothing. All are welcome — especially newcomers — so please join us.



**MEDITATION AT THE MASHPEE SENIOR CENTER — Wednesday, November 1, 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. SSCAC, Inc. provides fuel assistance to residents of 38 communities of the South Shore and Cape & Islands towns.

**Am I Eligible to Receive Fuel Assistance?** - Eligibility is based on gross income, household size and vulnerability to heating costs. Fuel Assistance can assist with any primary heat type: oil, natural gas, electricity, propane, kerosene, wood or coal. In Massachusetts, the eligible income guidelines extend to households with incomes up to \$34,380 for 1 member, up to \$44,958 for 2 members.

**How Do I Apply?** -- Bring the following types of information/documentation to an intake site: **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.

**How Does It Work?** -- Typically, the program runs from November 1 until April 30 every year. Once your application is approved, both you and your primary heating company (vendor) receive a written notification from SSCAC, indicating the amount for which you have been approved. This amount is not guaranteed, but is based upon funding availability. After your household is determined eligible, the vendor will send bills to SSCAC for your usage, up to your eligibility amount, as you receive deliveries or utility bills. Although payment of these bills is dependent upon funding availability, SSCAC will make every effort to pay your bills up to your eligibility amount. Payments are made directly to the heating vendor.

**How Do I Check the Status of My Application?** -- You can call the automated interactive voice retrieval telephone system at (877) 383-5243, 24 hours/day, 365 days/year. This system will explain how the program works; what the eligibility guidelines are; and the status of your application, including any payments made. To speak with a staff member of South Shore Community Action Council, please call the Hyannis office @ 508-778-0870.

**Where Do I Apply?** -- If you have never applied for Fuel Assistance through South Shore Community Action Council, you must apply in person at either their office at 66B Willow Avenue, Hyannis, (508) 778-0870, or at one of their outreach sites. The Mashpee Senior Center is an outreach site. You may call us at (508) 539-1440 to make an appointment to fill out an application.



**Do you know a Mashpee senior who has not yet learned about the Mashpee Senior Center and its activities? Let us know, and we'll be happy to include them a newsletter and invite them to stop by so we can introduce them.**

## Save the Dates! More info in the December Newsletter!

Tuesday, Dec. 5, 1:30 pm	Singing Seniors Holiday Concert	Tuesdays, starting on Dec. 12, 10:30 am	Matter of Balance, New Series of Classes
Thursdays, Dec. 7 and 14, 2:30 pm	Crafts — Make a Resin Frame	Wednesday, Dec. 13, 12:00 noon	Holiday Luncheon
Friday, Dec. 8, 1:00 pm	Holiday Reminiscences	Monday, Dec. 18, 10 :00 am	Theft, Online Safety, and Fraud Prevention Presentation
Monday, Dec. 11, 11:30 am	Dine-Around	Monday, Dec. 18, 10:00 am	Good Start Social Breakfast

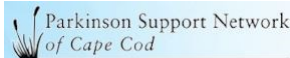
## Health, Wellness, and Appointments



**CARES PROGRAM — HOPE DEMENTIA & ALZHEIMER'S SERVICES.** Wednesdays, November 8 and 22, 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 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.

pairment 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, November 9, 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 — NOTE MONTHLY SCHEDULE CHANGE:** Thursday, November 16, 11:00 am — 2:00 pm **by appointment.** Please call the Mashpee Senior Center at (508) 539-1440 or stop by to schedule an appointment. Available the 3<sup>rd</sup> Thursday



*Schedule Change*

of each month.



**FOOT CARE — Wednesday, November 15, 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, November 27, 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, November 7, 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, November 14, 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 — Wednesday, November 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 2<sup>nd</sup> 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, November 17, 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. **NOTE FOR THIS MONTH ONLY: Friday, November 17.** 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/>. Drop in's are welcome.



**NOVEMBER TRAVEL CLUB NEWS:** Foxwoods 11/07, 12/05, \$35; Kinky Boots Matinee- PPAC 12/09, \$110; **Annual Holiday Luncheon- Diparma Italian Table** (reservation required) 12/11, \$20; **LaSalette Festival of Lights** 12/15, \$39; **Love Never Dies (Phantom Sequel)** Matinee-PPAC 12/30, \$80/\$115; **The Bodyguard** Matinee-PPAC 1/14, \$80/\$112; **Beautiful - The Carole King Musical** PPAC 3/01, \$80/\$115; **An American In Paris** Matinee-PPAC 3/18, \$80/\$110; **Georgia O'Keeffe Exhibit Peabody Essex Museum** 3/31, \$65; **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](http://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](mailto: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.



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	Attorney Services (2 <sup>nd</sup> ) *	10:00-11:00	Zumba Gold
10:00-11:30	Attorney Services (4 <sup>th</sup> ) *	10:00-12:00	Men's Club (1 <sup>st</sup> )	10:00-12:00	Independence House Relationship Education and Advocacy (2 <sup>nd</sup> )
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	1:00-2:00	Line Dancing
		1:00-3:00	Scrabble	1:00-3:00	Meditation (1 <sup>st</sup> )
		1:00-3:00	Attorney Services (1 <sup>st</sup> ) *	12:30-3:00	Canasta
		2:30-3:30	Aerobics for the Brain (2 <sup>nd</sup> & 4 <sup>th</sup> )	1:30-3:30	CARES Support Group (2 <sup>nd</sup> & 4 <sup>th</sup> )
				2:30-4:30	Tai Chi for Healthy Aging **
THURSDAYS		FRIDAYS		SATURDAYS	
8:30-9:30	Exercise	8:30-9:30	Strength Training	8:30-9:30	Exercise
9:00-12:00	SHINE *	9:00-10:00	Ask-A-Nurse (4 <sup>th</sup> )		
9:30-11:30	Mashpee Singing Seniors	9:15	Bowling		
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 ***	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 <sup>st</sup> & 3 <sup>rd</sup> ) *		
1:00-2:30	Sketching	2:00-3:00	Book Club (3 <sup>rd</sup> )		
2:00-3:00	Hearing Tests ( 3 <sup>rd</sup> )				
1:00-4:00	Social Bridge				
7:00-9:30	Tai Chi (Beginners, please come 1 <sup>st</sup> Thurs)				

**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.

## Ongoing Activities Spotlight

<b>Pinocle</b>	Mondays 12:30-3:00 pm	<b>Wanted: Card players who love to have fun learning and playing pinocle.</b> No experience necessary. Regular players help and teach new players learn the game. It is strictly a social and fun activity. Come and join in whenever you are available; you do not need to be here every week. You are not required to bring anything with you except a smile, and you do not have to know how to play. No charge
<b>Bowling</b>	Fridays 9:15 am	<b>A fun-loving great group of seniors meet every Friday to bowl.</b> Join in the fun; it's also a great way to exercise. Preregistration not required; just show up and join in! Beginners are welcome. Our regular bowlers are happy to tutor newcomers. Any questions? Please call Volunteer Leader, Lorraine Malcolm, (508) 477-7346.



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

Cape Cod Police Departments have recently received calls from residents that were contacted by someone claiming to be a "Sergeant from Barnstable County Court". The caller was advising residents that they failed to show up for "federal jury duty" and if they didn't pay a fine they would be arrested. The caller then requests the residents purchase "prepaid debit cards" to pay the fine. **PLEASE REMEMBER:** Never give out any personal information and be suspicious of anyone asking you to purchase prepaid cards. Please call or come to the Mashpee Police Department if you have any questions regarding an incident, scam or suspicious call. Any questions, please contact Special Officer and Advocate Tara Carline at (508) 539-1480, ext 7253.

**SCAM ALERT**

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.

<b>Mashpee and Sandwich — Weekly — Mondays.</b> Please make appointments between 10:00 am and 1:30 pm.	<b>Mashpee only — Weekly — Wednesdays, Thursdays</b> (except 2nd and 3rd Thursdays), <b>Fridays</b> (except last Friday). <i>Please note that Wednesdays are food pantry days.</i> Please make appointments between 10:00 am and 1:30 pm.
<b>Falmouth — Weekly — Tuesdays.</b> Please make Falmouth appointments between 10:30 am and noon.	<b>Sagamore — Bourne — Sandwich — Once a month — 2nd Thursday of each month.</b> Please make appointments between 10:30 am and noon
<b>Hyannis — Once a month — 3<sup>rd</sup> Thursday</b> of each month. Please make Hyannis appointments between 10:30 am and noon.	<b>SPECIAL MONTHLY OUTING —</b> On the last Friday of each month, you can ride the van to our "Day Trip Town of the Month." There will be no outing in November so <b>join us on December 29 to go to Orleans.</b> Please plan to meet at the Mashpee Senior Center for a 9:00 am departure.

### 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 Has Begun!



Part C (Medicare Advantage Plan) and Part D (Prescription Drug Plan) Annual Open Enrollment has started, and it ends on December 7. Please make sure you review your 2018 Medicare options during this period. During the Annual Open Enrollment (through 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 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 as SHINE counselors are not at the Mashpee Senior Center each day.

### Emergency Preparedness

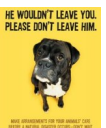
**HURRICANE SEASON CONTINUES THROUGH NOVEMBER 30**, and now is



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](http://www.capecoddart.org) for complete details, but here are some basics: Know which shelters in your area are pet-friendly. If you go to a shelter, if possible bring a crate for your pet. Prepare an emergency go-kit for your pet including at least 3 days of food in an airtight, waterproof container, at least 3 days of water specifically for your pets, and an extra supply of your pet's meds in a waterproof container. List the name and contact information for your pet's veterinarian. Keep up-to-date copies of your pet's registration information, adoption papers, vaccination documents and medical records in a clean plastic bag or waterproof container in your kit.



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

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

**INCLEMENT WEATHER** — When the Mashpee schools are closed, the Senior Center/Council on Aging activities and programs (including the van) are cancelled. However, the Senior Center building will remain open, and Council on Aging staff will report unless the Town Hall is closed. Please listen to the local radio stations for updated information.

We are strongly encouraging all seniors to be as proactive as possible. **Before the snow flies, line up a snow plowing service you can depend upon before the snow emergency begins.** \*\* Verify that this service can plow the driveway and shovel your walkway. \*\* Make sure that you are able to leave your home safely. \*\* Make sure that services such as the Visiting Nurse and Meals on Wheels are able to access your home. \*\* **We know of no service that does plowing or shoveling free of charge.** For help making a plan, please call our Outreach Coordinator, Darlene Perkins.



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.



Seniors' Luncheon

**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."

## 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.*



**AT HOME ELDER CARE**  
 Oosterville, MA  
 www.athomeeldercareinc.com  
 Contact: Patricia McDonough  
 508-420-5200

**THIS SPACE IS AVAILABLE**

Protecting **Seniors** Nationwide 

**\$29.95/Mo.** billed quarterly



- One Free Month
- No Long-Term Contract
- Price Guarantee
- Easy Self Installation

**Call Today! Toll Free 1.877.801.7772**

**FREE AD DESIGN WITH PURCHASE OF THIS SPACE.**  
 - 800-477-4574 -

**ADVANCED AUDIOLOGY**

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

**4LPi** LITERAL PUBLICATIONS

**WE'RE HIRING AD SALES EXECUTIVES**



- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT: careers@4LPi.com  
 www.4LPi.com/careers

**THE LANES**  
 BOWLING BISTRO



BISTRO • BAR • BOWLING • BOCCIE ENTERTAINMENT • OUTDOOR CAFE

MASHPEE COMMONS • 774-228-2291  
 LANESBOWLINGBISTRO.COM

**BOBBY BYRNE'S**  
 RESTAURANTS & PUBS



EATING, DRINKING & TALKING ESTABLISHMENTS SINCE 1973

HYANNIS • MASHPEE COMMONS • SANDWICH  
 BOBBYBYRNES.COM

**John-Lawrence Funeral Home** *Over 150 Years of Compassionate Service for All Faiths* **Chapman Cole & Gleason**

3778 Falmouth Rd., Rte. 26 • Marston's Mills

**Marston's Mills • (508) 428-5704** *Funeral Directors* **Mashpee • (508) 477-4025**  
 www.johnlawrencefuneralhome.com *William B. Chapman, Jr.* **www.ccgfuneralhome.com**  
*David M. Chapman, Jr.*

*Family Owned & Operated Since 1862*  
 Also located in Falmouth, West Falmouth, Wareham, Martha's Vineyard, Bridgewater & E. Bridgewater

**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.

<p><b>Lynne Waterman, Director</b> lwaterman@mashpeema.gov</p> <p><b>Darlene Perkins, Outreach Coordinator</b> dperkins@mashpeema.gov</p> <p><b>Linda Wicks, Administrative Secretary</b> lwicks@mashpeema.gov</p>	<p><b>Susanne Murphy, Activity Coordinator</b> coaactivitycoordinator@mashpeema.gov</p> <p><b>Lisbeth Dineen, Office Assistant</b> coaofficeassistant@mashpeema.gov</p>	<p><b>Peggy Rose, Receptionist</b> prose@mashpeema.gov</p> <p><b>Robert Morton, Van Driver</b> rmorton@mashpeema.gov</p> <p><b>Jim Criasia, Van Driver</b> jcriasia@mashpeema.gov</p>
--	---	---

**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**

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

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

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.*

**DISCLAIMER**