

December 2017

# The Mashpee Senior Connection

**SINGING SENIORS HOLIDAY CONCERT** — Tuesday, December 5, 1:30 pm. The Singing Seniors from the Mashpee Senior Center are pleased to present their holiday concert for your enjoyment. Join us for song, goodwill, refreshments, and fun! Please Rsvp to the Senior Center at (508) 539-1440 or stop by the front desk to sign up.

**HOLIDAY LUNCHEON** — Wednesday, Dec. 13, 12:00 noon Join us for our annual holiday luncheon sponsored by Royal Health Group plus for your enjoyment, our entertainment will be Katie Lynch Koglin, harpist. A Cape Cod local, Katie performs from Woods Hole to Provincetown to Boston. Luncheon starts at noon. Due to space limitations, this is open to **Mashpee seniors only. Rsvp's required.** Please stop by the front desk or call (508) 539-1440.

I LOVE THOSE RANDOM MEMORIES THAT MAKE ME SMILE NO MATTER WHAT IS GOING ON IN MY LIFE RIGHT NOW.

**FOND HOLIDAY REMINISCENCES** — Friday, December 8, 1:00 pm. Please join Darlene Perkins, Outreach Coordinator and share your holiday reminiscences. Tell us about your memories from fond holidays past. Perhaps it could be a song or a treasure, maybe a decoration, or a special memory to share with others. Do you remember when you received your first Lionel train set? How about baking cookies or potato latkes with your mother or granddaughter? How exciting is it to light the first candle? Stringing a garland made of homemade popcorn and cranberries for the birds? Share with us your special memories. Please call the Senior Center at (508) 539-1440 or stop by the front desk to sign up.

**GOOD START SOCIAL BREAKFAST** — Monday, December 18, 10:00 am. Join us on December 18 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.**

*And while you are joining the social breakfast, you will hear about identify theft prevention below:*

**TALK ON THEFT, ONLINE SAFETY, AND FRAUD PREVENTION** — Monday, December 18, 10:00 am. Robin Putnam, Research and Special Projects Manager from the Massachusetts Office of Consumer Affairs and Business Regulation, will present on identity theft. The presentation will include information about the office and what it does. It will also cover how to spot and avoid scams, and how to prevent identity theft, and online safety. Please call to Rsvp at the Senior Center at (508) 539-1440 or stop by the front desk to sign up.

**MATTER OF BALANCE (NEW SERIES)** — Tuesdays starting December 12, 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 this new exercise program. Workshop is free thanks to the Prevention and Wellness Trust Fund. Presented by the organization Healthy Living Cape Cod. **For questions and to register, please contact Healthy Living Cape Cod at (508) 957-7620.**

**A CAPPELLA HOLIDAY CONCERT** — Tuesday, December 19, 1:00 pm. Come hear Centertonix, the new a cappella singing group from the Cotuit Center for the Arts. This sweet sounding ensemble is sure to delight as they sing holiday favorites. Refreshments included. Please Rsvp to the Senior Center at (508) 539-1440 or stop by the front desk to sign up.



**CRAFTS — MAKE A RESIN FRAME** — Thursday, December 7 and 14, 2:30 pm. Our last frame craft was so successful, we're going to do it again! Come join us as leader 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.

**ACOUSTIC GUITAR LESSONS AT THE SENIOR CENTER** — If you are interested in acoustic guitar lessons (beginners through intermediate), join instructor Brian Kelly to take some of the "mystique" out of music and place it in your own hands. Brian has been playing the 6-string 54 years and teaching his craft for over a decade. There is a fee. To register, please contact Susanne Murphy, our Activity Coordinator, at (508) 539-1440, x3512.



**HOLIDAY DINE-AROUND** — Monday, December 11, 11:30 pm. This month we will be dining at the beautifully decorated Dan'l Webster in Sandwich. It is a great way to meet people. **Join us for lunch at 11:30.** Please be on time. 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, December 6.



**COMING SOON! ZENgevity: A SAFE AND GENTLE MOVEMENT PROGRAM** — Tuesdays, January 9 through February 27, 2:00 pm. ZENgevity is a safe and gentle movement program designed specifically for ages 50 and older to stay active. More than an exercise program, this fitness is a blend of holistic health, movement and life coaching in one supportive, fun package! Present-



ed by the VNA of Cape Cod. **Mashpee seniors only, please. Registration is required. Please call Amy at the VNA at (508) 957-7423.** Check out more about ZENgeivity at <https://zengeivity.com/>.

**COMING SOON! FIT AND STRONG — Mondays and Thursdays, January 18 through April 26, 2:00—3:30 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. This program is open only to Mashpee seniors and **PRE-REGISTRATION IS REQUIRED. Please call Amy from the VNA at (508) 957-7423 to register.**



**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. **December 4 — The Merchant of Venice and December 18 — You Don't Know Jack**



**PC LAPTOP SKILLS WITH RAY GOODALE** will be on hiatus January and February. **He will be back with us on March 5.**

**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 [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 December 15 meeting is **The Gatekeepers: How the White House Chiefs of Staff Define Every Presidency** authored by Chris Whipple. It is a behind-the-scenes look at one of the most important, demanding, and influential jobs in Washington. We hope you can join us on what should be an interesting discussion. All are welcome!



**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.

**A MESSAGE FROM THE SOCIAL SECURITY ADMINISTRATION: COST-OF-LIVING ADJUSTMENT (COLA) INFORMATION FOR 2018** — Monthly Social Security and Supplemental Security Income (SSI) benefits for more than 66 million Americans will increase 2.0 percent in 2018. The 2.0 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 61 million Social Security beneficiaries in January 2018. Increased payments to more than 8 million SSI beneficiaries will begin on December 29, 2017. (Note: some people receive both Social Security and SSI benefits). Read more about the Social Security Cost-of-Living adjustment for 2018 at <https://www.ssa.gov/news/press/releases/#/post/10-2017-1>. The maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$128,700.



**HAVE YOU VISITED THE SENIOR CENTER LIBRARY LATELY?** Browse our selection of books including a number of *large print books* that we recently received.



**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.

Save the Dates! More info in the January Newsletter!			
Friday, Jan. 12 — Feb. 16, 1:00 pm	Chronic Pain Self-Management Program presented by the VNA of Cape Cod	Monday, Jan. 22, 10:00 am	Informational Talk about Hearing Loss 101 by Jonathan O'Dell, Assistive Technology, Massachusetts Commission for the Deaf & Hard of Hearing
Wednesday, Jan. 17 1:00 pm	Recipe Exchange Group		

**WELCOME** 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.

**THE HOLIDAYS ARE HERE!!** — Don't let isolation and loss keep you from enjoying your holidays. The Mashpee Senior Center has many activities during the month that can help you find new traditions. Meet new people, or bring a friend or neighbor with you. The Senior Center offers programs that educate, entertain, socialize and help you get back into that exercise program! No transportation? The Senior Center can help with that! We have a van that not only helps with doctor appointments and daily errands, but can also bring you to the Senior Center for activities. Holidays can bring about feelings of loss, and this can make it hard to feel excited about celebrating. Call Darlene Perkins, Outreach Coordinator, at (508) 539-1440, if you would like to talk with her.

## Health, Wellness, and Appointments

**ASK-A-NURSE** — Julie Tooher, Mashpee Town Nurse — Visiting Nurse Association of Cape Cod, Friday, December 22, 9:00 — 10:00 am.



Hi! I am Julie Tooher, 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!**

**CARES PROGRAM — HOPE DEMENTIA & ALZHEIMER'S SERVICES.**

Wednesdays, December 13 and 27, 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.

**PARKINSON SUPPORT GROUP** — Thursday, December 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** — NOTE MONTHLY SCHEDULE CHANGE:

Thursday, December 21, 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 of each month.



**FOOT CARE** — Wednesday, December 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: FOR THIS MONTH ONLY: Monday, December 18, 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, December 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, December 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** — Wednesday, December 13, 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 — 12:00 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, December 15, 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, December 15.** 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.



**DECEMBER TRAVEL CLUB NEWS** — Mashpee Seniors are invited to the **Travel Club Annual Holiday Luncheon- Diparma Italian Table** (reservation required) 12/11, \$20; **Foxwoods** 12/05, 1/12 \$35; **LaSalette Festival of Lights** 12/15, \$39; **The Bodyguard** Matinee-PPAC 1/17, \$80/\$112; **Downton Abbey Set Exhibit NYC and "Everything Downton" Day** 1/27, \$105; **Beautiful - The Carole King Musical** PPAC 3/01, \$80/\$115; **Boston Flower Show-"Savor Spring"** 3/14, \$60; **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 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 am to 11 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	10:00-11:00	Zumba Gold		
12:30-4:00	Mah Jongg	11:00-2:00	Sea Mist Swimming ***		
12:30-3:00	Pinochle	1:00-4:00	SHINE *	10:00-12:00	Painting
1:00-4:00	Hand and Foot/Pony Canasta	1:00-3:00	Attorney Services (1 <sup>st</sup> ) *	1:00-3:00	Painting
		2:30-3:30	Aerobics for the Brain (2 <sup>nd</sup> & 4 <sup>th</sup> )	1:00-2:00	Line Dancing
				1:00-3:00	Meditation (1 <sup>st</sup> )
				12:30-3:00	Canasta
				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 form prior to going to Sea Mist for swimming.

## Ongoing Activities Spotlight

Line Dance Class	Wednesdays, 1:00 pm	Increase energy, strength and muscle tone; lower blood pressure, reduce stress, increase social interactions; have some fun! No partner needed; perfection not required; meet new friends; have more fun! Beginner through intermediate dancers – main goal – have some fun! Anyone welcome to observe and/or try one class free. Wear shoes that will slide/turn easily and not stick (like sneakers) to the floor. There is a fee.
Strength Training	Monday, Wednesday, Friday 8:30 am	Come and have fun and tone your body at the same time; involves stretching. Wear comfortable clothing and sneakers. May require mats (available) and weights (bring your own) – up to each individual. No instructor; the group leads itself.

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



Scam artists buy and sell "sucker lists" with the names of people who already have lost money to fraudulent promotions. These scammers may call you promising to recover the money you lost or the prize or merchandise you never received — for a fee in advance. *That's against the law.* Under the Telemarketing Sales Rule, they cannot ask for — or accept — payment until seven business days after they deliver the money or other item they recovered to you. The Federal Trade Commission (FTC) works to prevent fraudulent, deceptive and unfair business practices in the marketplace and to provide information to help consumers spot, stop and avoid them. To file a complaint or get free information on consumer issues, visit [ftc.gov](http://ftc.gov) or call toll-free 1 (877) FTC-HELP (1-877-382-4357); TTY: 1 (866) 653-4261. Information provided by the Federal Trade Commission. 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! 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.**



On Mondays and Wednesdays, the van goes to Mashpee, Sandwich, and Sagamore. On Fridays, the van goes to Mashpee and Falmouth. Please make sure that appointments be made between 10:00 am and 1:30 pm.

**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. 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.

## 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

Medicare Part D and Pharmacies — For many Medicare drug plans, the pharmacy you use could make a big difference in the cost of your medications! All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have network pharmacies. Most pharmacies accept most plans. However, if you go to a pharmacy that is not in your plan's network, your medications will not be covered, and you will pay full retail price. For 2018, 87% of the Medicare drug plans have preferred pharmacies. By using a preferred pharmacy, you can save money! Some plans have changed their preferred pharmacies for 2018 so please check to make sure the pharmacy you currently use will still be the best come January 1st. There is a big difference between preferred pharmacy co-payments and non-preferred pharmacy co-payments. Most plans have a mail-order program that allows you to get a 90-day supply of your covered prescription drugs sent directly to your home. Mail order sometimes costs less, but using preferred pharmacies could end up costing you less than mail order. **MEDICARE OPEN ENROLLMENT ENDS DECEMBER 7! YOU WANT TO CHANGE YOUR MEDICARE PLAN, DON'T WAIT! CALL 1-800-MEDICARE (1-800-633-4227) now...** For more information, please call the SHINE office at (508) 375-6762.



## Emergency Preparedness



The Mashpee Council on Aging maintains a list of seniors who are homebound, and/or frail to help the Town provide assistance to them during a civil defense emergency such as hurricane or blizzard. If you would like to be on the list, please call the Senior Center at (508) 539-1440 and request the simple registration form for you to complete and return. Please call Outreach Coordinator, Darlene Perkins for more information or if you need help with the form,

## AARP Foundation

### AARP TAX-AIDE INCOME TAX PREPARATION PROGRAM

The Mashpee Senior Center is a site for the AARP Tax-Aide Income Tax Preparation Program. The following is a message from the volunteers who conduct this program. The Tax-Aide Program will begin at the Mashpee Senior Center on Friday, February 2, 2018, with the last available appointments on Friday, April 13, 2018. Appointments will be available on Mondays between 9:15 am and 2:00 pm and on Friday's between 9:15 am and 2:00 pm. **Please call as early as possible to schedule your appointment.**

**MAKING APPOINTMENTS** – Appointment scheduling will start mid-January. Call the Senior Center at (508) 539-1440 to schedule your appointment. You will be given an appointment time; no special requests for a particular tax preparer will be taken. After making your appointment, please stop by the Senior Center to pick up the Income Tax Questionnaire. Please fill out the questionnaire and bring it to your appointment. **Please note:** Appointments are limited – please book yours for as soon as you think you will have all of your tax documents.

#### **WHAT ARE YOU REQUIRED TO BRING TO YOUR APPOINTMENT?**

- ◆ Your Social Security Card **and** a photo ID
- ◆ The completed Questionnaire
- ◆ **A copy of last year's [2016] Federal and State tax returns with schedules and supporting documents – VERY IMPORTANT – We may not be able to properly prepare your return without them.**
- ◆ All of your 2017 tax related documents.
- ◆ If you wish your refund to be directly deposited (recommended), a check for the account.

As appointments are limited, it is important that you have all documentation with you at the time of your appointment. There will be limited opportunity to reschedule.

**ABOUT YOUR APPOINTMENT** – You will be contacted by phone before your appointment to confirm your attendance. If you don't confirm your attendance, we will not be able to guarantee your appointment. If you have any questions regarding this program, please bring them to your appointment as the Mashpee Senior Center staff is not able to answer tax questions.



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, Wednesday, and Friday at 11:00 am and 4:00 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.



**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 . . .

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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.*

**DISCLAIMER**