

January 2017

The Mashpee Senior Connection

MASHPEE SENIOR CENTER/COUNCIL ON AGING
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www.mashpeema.gov

MASHPEE SENIOR CENTER

NEW YEAR'S DAY! and MARTIN LUTHER KING DAY

The Mashpee Senior Center will be closed on Mondays,
January 2nd to celebrate the New Year ~and~
January 16th to commemorate Martin Luther King Day

OPERA CONCERT — On Tuesday, January 10th at 1:30pm, opera singers Samantha and Jonathan Stinson will entertain with arias, solos and duets from the best-loved operas and golden age musicals, as well as a sampling of today's Broadway hits. Jonathan and Samantha have sung at opera houses and on regional musical theatre stages throughout the country. Join us for an unforgettable concert! RSVP's required; please call (508) 539-1440 to sign up.

MONDAY MORNING MOVIE MUSINGS — Do you ever wonder about the elements of a movie? What makes a movie a classic? What must it contain to win an Academy Award? Similar to a book discussion group, after watching selected movies at home, we will have a chance to get together at the Senior Center and share thoughts with other movie fans.

Our current series is **"Comedies"**. Sit back, relax in your home or that of a friend's, watch the movie, and then come to the Senior Center ready to listen or be an active participant in one of the four Monday mornings as we take an in-depth look at each of the following movies from 10:00 am to 11:30 am:

January 9 "Arsenic and Old Lace" (1944)
January 23 "Harold and Maude" (1971)

Call the Senior Center at (508) 539-1440 or stop by the front desk to register.

CHRONIC PAIN PROGRAM — Are you suffering from chronic pain? If so, please join the Visiting Nurse Association of Cape Cod's program here at the senior center. Beginning Friday, January 13th at 10:30am, and continuing at the same time for the following 4 Fridays. Topics will include pranayama/breath work, aromatherapy/essential oils, mindfulness techniques, etc. RSVP's required, please call (508) 539-1440 to sign up. There is no cost.

QUARTERLY BIRTHDAY BASH AND SING-A-LONG — *Calling All January... February... and March... BIRTHDAY BASHERS! If your birthday occurs in January, February, or March, please join us on Tuesday, January 17th, from 2pm-3pm, to share a piece of cake and ice cream with your "birthday buds", and enjoy some favorite "piano tunes" from our talented pianist, Sandy DiMartino! RSVP's required; please call (508) 539-1440 to sign up.*

SKETCHING with Bob Vesprini — Sketching will resume on Thursdays, from 1-2:30pm, beginning January 5th. Everyone is welcome, whatever your level of experience or interest! If you have any questions, feel free to call Linda Rosa, Activity Coordinator, at (508) 539-1440.

CRAFT CLASS-Jewelry Making—Monday, January 30, 1pm-2:30pm

Make some earrings, a bracelet, or a necklace...you choose. This class is suitable for beginners. Make it simple, make it bold. Make it look new, or make it look old.

Many colors, or basic black, large or fine, It's your design. Since space is limited, RSVP's are appreciated; please call (508) 539-1440 to sign up.

WINTER SOUPS AND STEWS COOKING CLASS- Wednesday, January 18, from 10:00am--noon. Come join Heather from the "Optimal Kitchen" for a special cooking group on "Winter Soups and Stews".

The cold weather makes us crave the comfort of soups and stews, so why not learn how to make some delicious, healthy ones that celebrate the seasons' vegetables? Soups and stews are simple to prepare, make great use of produce that might have seen better days, and are nutrient dense. Even better, their soft texture makes them ideal for anyone with teeth problems or other digestive issues.

There is a fee. Please call Linda Rosa, Activity Coordinator at (508) 539-1440 for more information, or stop by the front desk to register.

The Mashpee Senior Center and Council on Aging is very grateful to those organizations that supported the 2016 holiday gift program. Thank you to the Friends of the Mashpee Council on Aging (FOMCOA), CAPERS, Mashpee Men's Club, Home Instead, New Seabury Women's Club, and the Mashpee Congregational Church. Your generosity to our community is much appreciated!

SEA MIST Swimming is resuming Tuesday, January 10th. Swimming at Sea Mist is open to Mashpee seniors on Tuesdays and Thursdays. **Please note:** You must fill out a form at the Senior Center prior to starting this activity.

DEMYSTIFYING DEMENTIA: free presentation — Monday, January 30th, 1:30—3:00pm. Please join the Alzheimer's Family Support Center for a talk on demystifying dementia, taught by Patricia Collins, Director of Community Outreach. Separating fact from fiction, topics include risk factors and newly identified high-risk groups, distinctive symptoms of dementia, and the personal and societal financial impact of dementia disease. Attendees will learn communication skills and ways to support those impacted by a dementia diagnosis.

To register for this talk, please call (508) 896-5170, at our website at www.alzheimerscapecod.org, or via email at alzheimerscapecod@gmail.com. This program has been generously funded by Elder Services of Cape Cod and the Islands.

SINGING SENIORS — Will not be practicing in January, 2017. We will be returning to practices on February 2, 2017.

Are you new to the senior center, or just want to learn more about the activities the senior center offers? Linda Rosa, our Activity Coordinator, is available every first Monday of the month, from 1 to 3 pm. Please drop by and introduce yourself, and if you have suggestions about an activity you would like us to run, she would like to hear from you.

MASHPEE MEN'S CLUB — We invite retired or semi-retired men over the age of 50 to join our club formed in 1997. We meet on the first Tuesday of each month starting with coffee at 10:00am followed by a brief business meeting and a speaker at 10:30am. Throughout the year (but not necessarily on a Tuesday) we have a variety of interesting trips on and off Cape. If you are a prospective member and would like to join our club at these events, please contact Deane Turner at deane_turner@msn.com.

FOMCOA Thrift Shop: The Friends of the Mashpee Council on Aging are grateful to the many wonderful people who donate to its thrift shop! Your help goes to support the Senior Center as well as other community needs. We do ask, however, that you do not leave donations outside the shop when it is not open. We have had too many wonderful donations ruined by weather because our volunteers were not at the shop to accept the donations when they were left.

PLEASE drop off your donations ONLY during open hours, which are Monday, Wednesday, Friday, and Saturday from 9:00am - 1:00pm, and Tuesday and Thursday from 9:00am - 3:00pm.

FIT and STRONG! Classes by the VNA of Cape Cod — Tuesdays and Thursdays from 2:00pm-3:30pm, starting February 9th through May 4th. Osteoarthritis is the leading cause of disability among older adults. Past research has shown that people with lower extremity osteoarthritis have poor aerobic functioning and decreased muscle strength which leads to disability and institutionalization over time. Recent studies show that multiple component programs can improve both aerobic capacity and muscle strength and promote mobility and independence. Fit & Strong is an evidence-based, multiple component program that runs a total of 12 weeks.

This program is designed to help improve:

- * Lower extremity stiffness
- * Lower extremity pain
- * Lower extremity strength
- * Aerobic capacity
- * Participation in exercise and caloric expenditure
- * Self-efficacy for exercise

The class will meet twice a week for twelve weeks. Each class consists of an hour of exercise (focusing on flexibility, aerobics, and strength training) and 30 minutes of group discussion.

Pre-Registration is REQUIRED. To register, please contact the VNA of Cape Cod at (508) 957-7423.

COFFEE TALKS DISCUSSION GROUP — Thursdays, January 5th and 26th at 10:30am. Facilitated by Southbay Mental Health, coffee talks bring us together to explore and discuss issues such as current events, forgiveness, social media, expectations, dieting, making a meaningful life, and much more. Coffee and light refreshments will be served. RSVP's appreciated. Please stop by the front desk or call (508) 539-1440. Drop in's are welcome! Please stop by!

MEDITATION AT THE MASHPEE SENIOR CENTER — Wednesday, January 4th, 1:00pm. According to psychology professionals, meditation gives you perspective: by observing your mind, you realize you don't have to be a slave to it. Meditation is quite simply mental hygiene: clear out the junk, tune your talents, and get in touch with yourself. As a consequence, you'll feel more clear and see things with greater perspective. 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 1:00pm, at the Mashpee Senior Center. Join us!

BOOK CLUB — Book Club meets on the third Friday of the month at 2:00 p.m. at the Senior Center. The selection for January 20, 2017 is "Hillbilly Elegy: A Memoir of a Family and Culture in Crisis" by J.D. Vance. More than an account of his own life growing up in a poor Rust Belt town, the author describes the struggles and aspirations of his family and the social, regional, and class decline surrounding them. Come join us for a discussion of this timely story!

50+ JOB SEEKERS GROUP — Thursday, January 5th and 19th, 2:00pm - 4:00pm
Attention Job Seekers 50 or older!



Job Seekers Regional Networking Group

Are you stuck in a career you don't want? Do you feel challenged by potential age bias? Is your resume holding you back? A little rusty with your interview skills? Are you maximizing your opportunities on LinkedIn? Come join fellow job seekers for a bi-weekly networking group focused on identifying issues that get in your way of accomplishing your job searching goals and landing your dream job. The interactive and participative format will help you bring your networking, resume, social media and interview skills to a new level. Come join an experienced coach and a curious and collaborative networking group in this journey towards self-actualization and fulfillment! When: These sessions will be held the 1st and 3rd Thursday of each month through June, 2017. Where: Mashpee Senior Center. For more information, and to RSVP, please email facilitator Ellen Brady: Ellen.brady@bradyassociatesHR.com, or call (617) 512-8581. This program is sponsored by the Massachusetts Councils on Aging.

PC LAPTOP SKILLS SUPPORT! ONE-ON-ONE — Every 1st and 3rd Monday each month, 9:00am—Noon, however it will not meet in January. PC Laptop Users-(Not APPLE)-Upgrade/improve your EMAIL, WORD PROCESSING, or SPREADSHEET skills on **YOUR OWN LAPTOP**. One-on-one coaching appointments with Ray Goodale, one of our volunteers. Previously, Ray has coached seniors at Indian River State College in Florida. For an appointment, please call (508) 539-1440 or stop by the front desk at the Senior Center.

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 Mashpee Senior Center will assist you in completing your fuel assistance application. New applications are being accepted through April 30th. Income eligibility for a family of one is \$34,001, and a family of two is \$44,463. Once the application and documentation are complete, they will be sent to South Shore Community Action in Plymouth, who will determine if you are eligible.

Please note you will need to bring in the following documents: All sources of gross income for all members of household; a heating bill (need account number); electric bill; copy of a mortgage statement or if you rent, the front page of the lease agreement; homeowners insurance; real estate tax bill; photo ID; Social Security numbers; and birth dates. We will make copies of all of these documents for you. Please call the Mashpee Senior Center to set up an appointment, (508) 539-1440.

NAMI (National Alliance for the Mentally Ill) — Are you a friend or family member of someone with mental illness? A support group meets on the 2nd Wednesday of each month, from 7:00pm to 8:30pm. We meet at the Mashpee Chamber of Commerce, 5 Market St. (next to Capeway Cleaners). For more information, please call NAMI, (508) 778-4277.

FRIENDS OF THE MASHPEE COUNCIL ON AGING (FOMCOA) —

Thanks to the FOMCOA once again! Those of you who have email addresses in our database have been receiving email communication from us updating you on activities at the Senior Center and the surrounding communities. The Friends have been supporting the costs associated with this, and we are very appreciative of their help!

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 Monday, February 6 with the last available appointments on Friday, April 14. Appointments will be available on Mondays between 9:30 and noon and on Friday's between 9:30 and 2:00.

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 [2015] 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 2016 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.

MY LIFE, MY HEALTH — For a healthier you in 2017 and for anybody living with a chronic condition such as hypertension, diabetes, depression, heart disease...

**** Feel better * Be in control * Do the things you want to do ****

Friday, March 3, 2017, 1:00pm—3:30pm, please join us for the final My Life, My Health series. We will be discussing subjects such as: Mind/Body Connection, Dealing with Emotions, Pain and Fatigue Management, Eating well, Breathing better, Positive Thinking, and so much more. Space is limited, so please call Healthy Living Cape Cod at (508) 957-7620 to register, or go to www.healthylivingcapecod.org for more information. This program is free.

MASSACHUSETTS CARE ACT BECOMES LAW

Major Victory for Caregivers; Commonwealth is 34th State to Pass CARE Act.

The Caregiver Advise, Record, Enable (CARE) Act has been signed into law by Governor Charles Baker. The CARE Act, known in the Massachusetts Legislature as H.3911, recognizes the critical role family caregivers play in keeping their loved ones at home, and out of costly institutions. In 2015 in Massachusetts, family caregivers provided 786 million hours of unpaid care valued at approximately \$11.6 billion annually.

Elder Affairs Secretary Alice Bonner commented, "In signing the Care Act, Massachusetts has joined a national movement that is raising awareness about the tremendous contributions of family caregivers. Taking good care of patients means taking care of family caregivers as well."

The law features three important provisions related to the family caregiver's role when their loved one is hospitalized:

- ◆ The hospital patient is provided with an opportunity to designate a family caregiver;
- ◆ The family caregiver is notified if the patient is to be discharged to another facility or back home; and,
- ◆ The facility must provide an explanation and live instruction of the medical tasks - such as medication management, injections, wound care, and transfers - that the family caregiver will perform at home.



Please be aware when contacting the Senior Center staff that some positions are part-time grant funded, and those individuals are not in the office at all times. Please feel free to leave a message, and they will get back to you as quickly as possible when they return to the office.

INCLEMENT WEATHER POLICY — When the Mashpee schools are closed, the 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.

SNOW SEASON - The winter snow season is upon us. Let's hope this winter won't be as difficult as some. However, just in case, we are strongly encouraging all seniors to be as proactive as possible. We urge you to line up a snow plowing service you can depend on in a snow emergency. Also, please verify that this service can shovel your walkway. We want you to be able to safely leave your home. Also, it is important that such services as the Visiting Nurse and Meals on Wheels be 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.



TRAVEL CLUB HAPPENINGS: Magical history Tour: A Beatles Memorabilia Exhibition at Foxwoods 1/10, \$49; Foxwoods Only 1/10, \$35; "Be My Valentine" Foxwoods 2/07, \$35; Lion King (special matinee) 3/16, \$95; 42nd Street 3/25, \$85/\$105; Chicago 5/03, \$80/\$112; Riverdance 20th Anniversary Show 6/02, \$75/\$110; Tall Ships Boston Harbor Cruise (private charter), 6/20, \$79. Also now on sale: Boston Flower Show, Tall Ships Parade of Sail and Red Sox tickets.

For a complete listing of all trips, stop by the senior center or visit www.adventureswithkarynwendell.com. Karyn is here every Thursday from 9-11am. Contact Karyn Wendell at (508) 420-5288 ~ karynmw1@comcast.net Mail payments c/o P.O. Box 151, Centerville, MA 02632

Day	Date	Time	Event
Tuesday	January 10th	1:30pm	Opera Concert
Tuesday	January 17th	2:00pm—3:00pm	Quarterly Birthday Bash!
Friday	January 13th	10:30am	Chronic Pain Program
Monday	January 30th	1:00pm—2:30pm	Jewelry-making Class

Mashpee Council on Aging Regular Events

Activities are held weekly unless indicated otherwise by a specific week in parentheses ().

MONDAYS		TUESDAYS		WEDNESDAYS	
8:30-9:30	Strength Training	8:30-9:30	Exercise	8:30-9:30	Strength Training
9:45-11:00	Gentle Yoga	9:00-12:00	Woodcarving	9:00-10:00	Blood Pressure Clinic (3 rd)
9:00-Noon	PC Laptop Skills (1 st and 3 rd)* (resumes March 6 th)	9:00-11:00	Atty Mello (2 nd) *	10:00-3:30	Foot Care Clinic (3 rd) *
10:00-11:30	Atty Kosman (4 th) *	10:00-11:30	Men's Club (1 st)	10:00-Noon	Painting
11:00-12:00	Chair Yoga	11:00-12:00	Zumba Gold	1:00-3:00	Painting
12:30-4:00	Mah Jongg	11:00-1:00	Ask-a-Pharmacist (1 st)	11:00-12:00	Zumba Gold-Toning
12:30-3:00	Pinochle	11:00-2:00	Sea Mist Swimming ***	11:00-1:00	Hearing Tests (1 st)
1:00-4:00	Hand and Foot Canasta	1:00-4:00	SHINE *	1:00-2:00	Line Dancing
1:00-4:00	Rummikub	1:00-3:30	Armchair Traveler (4 th)(cancelled for January; resume Feb 28 th)	1:00-3:00	Meditation (1 st)
		1:00-3:00	Watercolor Painters	12:30-3:00	Canasta
		1:00-3:00	Atty Lavender (1 st) *	12:30-3:30	CARES Support Group (2 nd & 4 th)
		2:30-3:30	Aerobics for the Brain (2 nd & 4 th)	2:30-4:30	SHINE (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	NOTES: 1. Transportation is available for activities, either through our van or Cape Cod Regional Transit Authority at 1-800-352-7155 2. Activities are held weekly unless indicated otherwise by a specific week in parentheses (). * 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 residents only. Please stop by the Front Desk at the Senior Center to complete a liability form prior to going to Sea Mist for swimming.	
9:00-12:00	SHINE *	9:00-10:00	Ask-A-Nurse (4 th)		
9:30-11:30	Mashpee Singing Seniors	9:30	Bowling (at Ryan Amusements)		
10:00-11:30	Cribbage	9:45-10:45	Ageless Yoga		
10:00-11:30	Parkinson Support Network (2 nd)	10:00-12:00	Independence House Relationship Education and Advocacy (2 nd)		
10:30-11:30	Coffee Talks (1 st and 3 rd)	10:00-11:30	Sight Loss Services (4 th)		
11:00-2:00	Sea Mist Swimming ***	11:00-12:00	Zumba Gold		
12:00-2:00	PC and Gadgets Clinic *	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				
2:00-4:00	Job Seekers (1 st and 3 rd)				
7:00-9:30	Tai Chi (Beginners, please come 1 st Thurs)				

Ongoing Activities Spotlight

Strength Training	Stretching exercises — group follows an exercise DVD; good for beginners; with or without weights. No cost.
Mah Jongg	Mondays and Fridays — 12:30pm to 4:00pm.
Gentle Yoga	Instructor-led. A mat is needed. There is a cost. Mondays — 9:45am to 11:00am.
Pinochle	A social card game; beginner's welcome. Mondays — 12:30pm to 3:00pm.

Save the Dates! More info in the February Newsletter!

February 9th, 2017	Fit and Strong Classes	March 3rd, 2017	My Life, My Health Program
February 14th, 2017	Talk on property tax discounts	February 14, 2017	Just for Laughs Breakfast
February 13th & 27th	Arts and Crafts Classes		

Emergency Preparedness

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 a simple registration form for you to complete and return. Should you need assistance completing the form, please call Outreach Coordinator, Darlene Perkins.



MASSACHUSETTS ALERTS — Join the thousands of residents of Massachusetts who receive emergency alerts and critical information about disasters and public safety incidents on their Smartphones. Massachusetts Alerts provides emergency notifications and public safety information based on your location, proximity to an event or incident, and the preferences you select. Find out more information and how to download the app to your Smartphone at <http://www.mass.gov/eopss/agencies/mema/massachusetts-alerts.html>.



Life Support Equipment for EVERSOURCE customers — If you, or a household member, depends on life support equipment it is important for your household to have a plan in place in the event you lose power.



With appropriate documentation from your physician, EVERSOURCE can indicate on your account that you or a household member relies on life support equipment. In the event of power loss EVERSOURCE will take steps to help prevent or minimize the loss of electricity due to routine maintenance and repairs. Customers are required to renew documentation annually.

A letter from a physician, on the physician's letterhead certifying:

- that the equipment is being used for life support purposes
- the type of equipment being used
- the patient's name, contact number, alternative contact number (if patient can't be reached via primary number)

The letter should be mailed to:

EVERSOURCE
247 Station Drive, SW200
Westwood, MA 02090

During a storm emergency or other major outage EVERSOURCE's first priority is to restore the electric system in as wide an area as possible to include hospitals, police and fire departments. As the level of restoration of power reaches customers who depend on life support equipment, which could be an extended period of time, EVERSOURCE will make every effort to restore power to those households as a priority.

EVERSOURCE encourages customers who depend on life support equipment to have an alternative source of energy and/or a plan to relocate in the event of prolonged outages.

Please contact EVERSOURCE at (800)592-2000 for more information.

DISABILITY INDICATOR FORM - **Are you a disabled elder?** Disabilities would include life support system, mobility impaired, blind, deaf and hard of hearing, teletypewriter, speech impaired, cognitive impairment, etc. If you have any of the listed disabilities, Clay Nicholson, Mashpee's 911 Municipal Coordinator, recommends that a **911 DISABILITY INDICATOR FORM** be completed and forwarded to him so that if an emergency occurs, public safety officials will be alerted that an individual residing at your address communicates over the phone via TTY and/or has a disability that may hinder evacuation or transport. **This information is confidential and will only appear at the dispatcher's location when a 911 call originates from your address.** Please contact Clay Nicholson, (508) 539-1400, ext. 8499 with any questions and to pick up a form. You can also pick up this form at the Mashpee Senior Center.

EMERGENCY ALERT SIGN UP - Did you know that you could receive automated messages by phone from the Town, helping you with storm preparedness or other town activities? If you do not already receive important/emergency messages from the Town, or if you want to edit your contact info,



please go to the Town website: www.mashpeema.gov, and select the "Emergency Alert Sign-up" box in the upper center of the page. Then select the next signup button and enter your contact information so local leadership may contact you with timely, important messages.

SHINE news...

HELP! Medicare Open Enrollment ended on December 7th : I still have a problem!



Serving the Health Insurance Needs of Everyone

⇒ **"My Medicare drug plan is too expensive! Can I still change my Plan?"**

- ♦ If you have a **Medicare Advantage Plan**: between **January 1 and February 14**, you can leave your plan and switch to Original Medicare (A & B), but you **cannot** switch to another Medicare Advantage Plan. However, you can join a **Medicare Prescription Drug Plan** and a supplement or "**Medigap**" Plan.

- ♦ If you have **Prescription Advantage** you can change your drug plan one time per year.

- ♦ If you have "**Extra Help**" to pay for prescription drugs or **MassHealth**, you can change every month.

⇒ **"My new plan doesn't cover one of my medications!"** You are entitled to a "transition supply" -- a one month (30-day) refill. In the meantime, call your doctor to change medications. Use the new plan's drug formulary to choose a medication that is on the list...(or you could change plans. See above.)

⇒ **"My generic medication is now a Tier 4 and costs a lot more!"**

Ask your doctor to contact the plan to request the previous Tier co-pay amount. (Or you could change plans. See above)

For these and other questions about your options call a **SHINE (Serving Health Insurance Needs of Everyone...on Medicare)** health benefits counselor. They offer free, confidential counseling on all aspects of health insurance and are available to meet you in your town. Call **1-800-AGE-INFO (1-800-243-4636)**, then press or say **3**. SHINE is funded by the federal Administration on Community Living and is managed by the Executive Office of Elder Affairs in coordination with local organizations.



ASK-A-NURSE — BETTY BLACKHAM, RN — VNA OF CAPE COD — Friday, January 27th, 9:00am

Have questions about your health? We all at one time or another have questions we would like to ask a nurse. Each month Betty Blackham, RN, of the VNA is at the Senior Center to answer your health questions on the 4th Friday of each month. **Take advantage of this free service at the Senior Center and stop by!**

Tips for Coping with Winter

- ♦ Wear trousers, sweat pants, tights or leg warmers.
- ♦ Layer on shirts and a wool sweater or wear a jacket under a warm coat.
- ♦ Don't forget a wool or synthetic hat; your body loses heat through your head; **so cover your head!**
- ♦ Mittens are warmer than gloves; they keep your fingers together.
- ♦ In very cold weather wear polypropylene liners to give extra warmth and draw sweat away from the body.
- ♦ Keep dry. Change wet clothing quickly to prevent a loss of body heat.
- ♦ Be sure to let your electric utility company know in advance if a loss of electricity could create an immediate threat to your life or safety.
- ♦ Ask a friend or relative to check on you twice a day during exceptionally cold weather.
- ♦ Listen to the media for current information. Keep a battery powered radio available with a set of extra batteries.
- ♦ A cordless telephone won't work in a power outage. Be sure you have a standard phone that plugs directly into a phone jack. A cell phone with a fully charged battery is another option.
- ♦ Keep a flashlight and backup batteries within easy reach.
- ♦ Store a 10 day supply of prescriptions and a list of your emergency contact numbers in the same location.
- ♦ Watch for signs of hypothermia. These include:
 - * Uncontrollable shivering
 - * Memory loss
 - * Disorientation
 - * Incoherence
 - * Slurred speech
 - * Drowsiness and apparent exhaustion
- ♦ If hypothermia is detected:
 - * Get the victim to a warm location and put the person in dry clothing
 - * Wrap their entire body in a blanket
 - * Warm the center of the body first by giving them warm beverages if the victim is conscious.
 - * Get medical help as soon as possible.



CARES PROGRAM — HOPE DEMENTIA & ALZHEIMER'S SERVICES

This program is specifically for people with memory impairment and their care partners. **Wednesday, January 11th and 25th, 1:30pm - 3:30pm.** 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 1:30pm - 3:30 pm. To register or for more information please call Hope Dementia & Alzheimer's Services at (508) 775-5656.

PARKINSON SUPPORT GROUP - Thursday, January 12th, 10:00 am.

Join us for the monthly Parkinson support group at the Mashpee Senior Center. For information, please contact Jeanne Jackson at (508) 367-4267.



HEARING TESTS *Wednesday, January 4th, 11am -1pm 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, January 18th, 10:00am — 3:30pm 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, January 23rd, at 10:00am - 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, January 3rd at 1:00pm — General legal problems, trusts, wills, estate planning and settlement. (1st Tuesday of each month)

Atty. Patricia Mello's office: Tuesday, January 10th, at 9:00am — 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.**

MASSOPTIONS — The Executive Office of Health and Human Services (EOHHS) recently launched **MassOptions** — a website and call center aimed at improving access to Community Long-Term Services and Supports (LTSS) for individuals throughout the Commonwealth.

MassOptions is a free resource that links elders, family members, caregivers and individuals with disabilities to services throughout the state that better allow them to live independently in the setting of their choice. They partner with a strong statewide network, including the Aging and Disability Resource Consortia (ADRC), as well as state agency partners. Together they work with individuals to find and choose the services and supports that best fit their needs.

Trained specialists at **MassOptions** are based right here in Massachusetts and can provide referrals that best fit an individual's needs, by phone or online chat, 7 days a week — 8am to 8pm.

Contact them today: TOLL FREE 1 (844) 422-6277
or visit www.massoptions.org

SIGHT LOSS SERVICES PEER SUPPORT GROUP — Friday, January 27th, 10:00am. This support group meets at the Mashpee Senior Center on the 4th Friday of every month from 10:00am — 12:00 noon. This group is open to anyone with vision issues from diagnosis to legal blindness and provides access and information on services available. For more information, call Sight Loss Services at (508) 394-3904 or visit their website: www.jwen.com/sls/.

Darlene Perkins' Outreach Corner

MASHPEE COA OUTREACH PROGRAM MISSION STATEMENT — *To assist seniors in our community to find the resources they need to help them make the best choices to maintain the highest quality of life possible.*



Keeping in line with our Outreach Mission, please call Darlene Perkins, Outreach Coordinator, if you are struggling to make ends meet. Darlene is available to meet in her office, or she can set up a home visit if you are unable to come to the Senior Center. There may be options out there for you with transportation, food or just the knowledge of knowing what support is available in your community. Sometimes a "chat" can help, call Darlene Perkins, (508) 539-1440.

It's that time of year again! As the weather gets colder, heating and electric bills may start to be more costly. There may be programs that can help you stretch your budget.

How Can I Get Help? — Many adults over 55 need help paying for prescription drugs, health care, utilities, and other basic needs. There are over 2,000 federal, state and private benefits programs available to help. But many people don't know these programs exist, or how they can apply.

Benefits Checkup asks a series of questions to help identify benefits that could save you money and cover the costs of everyday expenses.

Go to www.benefitscheckup.org to see if you qualify for any help.

After answering the questions, you will get a report created just for you that describes the programs you may get help from. You can apply for many of the programs online or you can print an application form. Please call Outreach Coordinator, Darlene Perkins at 508-539-1440 if you need help.

POST HOLIDAY STRESS TIPS — Now that the holidays are over, you may feel a little blue.

Acknowledge your feelings — If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel

sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy.

Reach out — If you feel lonely or isolated, seek out community, religious or other social events. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.

Learn to say "no" — Saying "yes" when you should say "no" can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.

Take a breather — Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do.

Seek professional help if you need it — Despite your best efforts, you may find yourself feeling persistently sad or anxious, unable to sleep, irritable and hopeless. If these feelings last for a while, talk to your doctor or a mental health professional.

DID YOU KNOW...

Our Health room is also a Resource library — Are you looking for services to help you stay in your home? Our Health Room has a large supply of brochures on medical, homecare, and assisted living to list a few. Please stop by the health room and browse through all our brochures and flyers. Knowing what services are in the community may help you remain in your home longer.

Customers who are 65 years or older -- If you and everyone living in your home are 65 years of age or older and you have overdue electric or gas bills, your electricity or gas cannot be shut off without an investigation by the Department of Public Utilities. Call (800) 592-2000

Call Cape Light Compact (508) 375-6648 for a free energy assessment -- Let's not wait until the weather gets too hot or cold before we learn about Energy Efficiency programs that are available.

Call the Mashpee Senior Center, Outreach Coordinator Darlene Perkins if you have questions (508) 539-1440.

Deborah Converse's Volunteer Corner

NEW VOLUNTEERS



Added to our ranks this month are: Susan Crasnick, Gail Goraj, Frances Piekarski, Connie Richardson, and Living Independently Forever, Inc. (LIFE) volunteers. Thank you to all for joining our volunteer family!

VOLUNTEERS NEEDED

No easy task: The Senior Center manages the **Reception Desk/secretarial operations**, primarily with volunteers. The position is more than answering phones and greeting the public. There are systems and procedures that are followed to keep a record of activities and sign-ups for the activities. Someone who is adaptable and can handle multiple responsibilities at one time is the type of person who would be helpful.

Driving — Getting to the doctor's office can seem daunting for many local seniors. Poor vision or medical conditions prevent them from driving, taxis come with prohibitive costs, and loved-ones have full-time jobs that make them unavailable to help. Volunteers are an integral part of providing rides to doctors' appointments. Can you help?

Thrift Store assistance — Friends of the Mashpee Council on Aging need volunteers to fill in a variety of days at the Thrift Shop. The volunteers provide retail and organizing assistance at the store. As the winter approaches and snow birds head south, we will need more help.

OTHER VOLUNTEER OPPORTUNITIES

Mashpee Cultural Council is seeking volunteers to serve on the Council. The Council annually reviews proposals for funding arts programming in Mashpee. Only a few hours monthly, mostly during the fall, is required to volunteer. An interest in the arts is desirable. To learn more about the Council, and if you are interested in volunteering, please call Lynne Waterman, Senior Center Director, (508) 539-1440, ext 3505.

"I just want to give back." That is a phrase I hear almost every time I ask a person why they want to volunteer. And, every time, I am impressed. When a person wants to share their time—no matter if it is one hour or four, it is a gesture I respect and for which I am grateful.

Of course, volunteering has benefits for the volunteer as well. Volunteers become a part of the Senior Center Community. Certainly the social benefits of volunteering contribute to a sense of belonging and a sense of accomplishment, it is an outlet that can put free time to good use, it expands perspective, it's a chance to use skills and experience. It is fun!

Start off your year with a little sparkle.
Join as a volunteer.

Please call Deborah Converse at (508) 539-1440, ext 3508.



Consumer Council, Inc.

Do you have a problem you need help with? The Consumer Council, Inc., working in cooperation with Massachusetts Attorney General's Office, may be able to help you understand your rights as a consumer. Topics they cover:

- ◆ Scams
- ◆ Identity Theft
- ◆ Landlord Rights, Tenant Rights, Lemon Aid Law, New/Used/Leased Cars
- ◆ Small Claims
- ◆ Home Improvement
- ◆ Credit and Debit Shopping Rights ... and more

They are located at: 149 Main Street, Hyannis, MA. Call for more information: (508) 771-0700.

MASHPEE SENIOR CENTER VAN SERVICE



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.***

- ◆ **Mashpee and Sandwich — Weekly — Mondays.**
Please make appointments between 10:00am and 1:30pm.
- ◆ **Mashpee only — Weekly — Wednesdays, Thursdays (except 2nd and 3rd Thursdays), Fridays (except last Friday).**
Please note that Wednesdays are food pantry days.
Please make Mashpee appointments between 10:00am and 1:30pm.
- ◆ **Falmouth — Weekly — Tuesdays.**
Please make Falmouth appointments between 10:30am and noon.
- ◆ **Hyannis — Once a month — 3rd Thursday of each month.**
Please make Hyannis appointments between 10:30am and noon.
- ◆ **Sagamore — Bourne — Sandwich — Once a month — 2nd Thursday of each month.**
Please make appointments between 10:30am and noon.
- ◆ **SPECIAL MONTHLY OUTING —** On the last Friday of each month, you can ride the van to our town of the month. When you reserve your spot on the van, let us know where you would like to go in that town. Perhaps you want to shop at a special store that you normally don't have the chance to visit, or see a physician. Maybe you have a friend who is recuperating in a rehabilitation or assisted-living facility in the town who you would like to visit. When you call in to reserve your seat, also be ready to let the receptionist know where you want to go! **Join us on January 27th when we visit Wareham. Please note that this is not a guided tour of the area — you decide where and what you would like to visit!**

CAPE COD REGIONAL TRANSIT AUTHORITY (CCRTA) INFORMATION

BOSTON HOSPITAL TRANSPORTATION — Enjoy comfortable, wheelchair-accessible transportation from Cape Cod directly to 15 Boston-area hospitals Monday-Friday by reservation. The bus stops in Wellfleet, Eastham, Orleans, Harwich, Barnstable Commuter Lot and the Sagamore Commuter Lot. **RESERVATIONS ARE A MUST!** Call (800) 352-7155 Monday — Friday, 8:00 am — 5:00 pm. **Fare:** \$30 roundtrip, \$15 one way.

DIAL-A-RIDE TRANSPORTATION—DART (formerly B-bus) — CCRTA provides a daily door-to-door, ride-by-appointment transportation service available for any purpose. Service is available to 15 Cape towns: **Monday — Friday:** 7:00am — 7:00pm; **Saturdays:** 9:00am — 7:00pm; **Sundays:** 9:00am — 1:00pm in most towns.

Dial-A-Ride Passenger Procedures and Requirements:

- **Reservations** can be made Monday — Friday between 8:00am — 5:00pm by calling (800) 352-7155.
 - ◆ Reservations must be made by 5:00pm two days (or 48 hours) before you intend to travel.
 - ◆ Same day reservations and changes are not permitted.
 - ◆ Reservations can be made up to one month in advance.
- **Exact fare is required.** Drivers cannot make change.
 - ◆ Adults and youths: \$3.00 per ride.
 - ◆ Seniors and people with disabilities: \$1.50 per ride.
 - ◆ Children five and younger accompanied by an adult ride free of charge.



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.

MASHPEE POLICE DEPARTMENT'S TIP OF THE MONTH



Mashpee Police Department is continuing to receive reports of telephone scams where individuals are claiming they are with a particular medical insurance company while trying to obtain personal information. Please **NEVER** give out any personal information over the telephone and report any suspicious calls immediately.

Safety update: Residents please be aware that Mashpee Police Department has seen an increase of reports for thefts from motor vehicles. The majority of complaints are occurring in condo/apartment complexes throughout town.

Please remember to hide your valuables and lock your vehicle's doors at night.

Any questions, please contact Special Officer and Advocate Tara Carline at (508) 539-1480, ext 7253.

Tara Carline, Special Police Officer and Victims Advocate for the Mashpee Police Department, and Darlene Perkins, Outreach Coordinator for Mashpee Senior Center, are proud to be combining our resources as the reaching seniors team. As part of our reaching seniors team, we will be visiting homes in Mashpee. Our goal is to introduce ourselves and connect with seniors who may need support in the community. We want to meet you and reach out to discuss support service and resources. So look for us out in the community; we look forward to providing information and getting to know you!



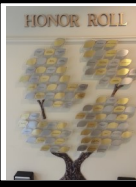
DID YOU KNOW...that Elder Services of Cape Cod and the Islands serves a luncheon at the Mashpee Senior Center on Monday - Friday at 11:30am? This is a good way to help keep your food costs down — plus it is fun and social! A voluntary suggested donation is \$3.00. Come for an activity in the morning 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 Annette at 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." *Please note that the suggested donation has been increased to \$3.00.*

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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.



If you wish to honor a loved one, the Mashpee Senior Center offers commemorative gold and silver leaves, prominently displayed in the entry foyer, beautifully engraved to memorialize family and/or friends. We also etch permanent patio bricks, preserving names and sentiments, on the patio area outside. For more information, please call the Director, Lynne Waterman at (508) 539-1440.

Lynne Waterman, Director lwaterman@mashpeema.gov Darlene Perkins, Outreach Coordinator dperkins@mashpeema.gov Linda Wicks, Principal Clerk lwicks@mashpeema.gov	Deborah Converse, Volunteer Coordinator dconverse@mashpeema.gov Linda Rosa, Activity Coordinator lrosa@mashpeema.gov Lisbeth Dineen, Office Assistant coaofficeassistant@mashpeema.gov	Peggy Rose, Receptionist prose@mashpeema.gov Robert Morton, Van Driver rmorton@mashpeema.gov
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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 service, 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
Ernest Cornelissen, Chairperson, Council on Aging
The cost of mailing this newsletter has been paid by the Friends of the Mashpee 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