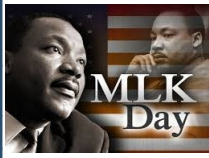


January 2018

The Mashpee Senior Connection



**Mashpee Senior Center
January Schedule**
The Mashpee Senior Center will be closed on **Monday, January 15 for Martin Luther King Day.**
All activities including the van are cancelled.

The Mashpee Council on Aging is very grateful to those organizations that supported our 2017 holiday gift program. Thank you to the Friends of the Mashpee Council on Aging, CAPERS, Mashpee Men's Club, Home Instead, New Seabury Women's Club, and the Mashpee Congregational Church. Your generosity to our senior community is much appreciated! And thank you to our wonderful volunteers who wrapped, delivered, and made calls!

GOOD START SOCIAL BREAKFAST — Monday, January 8, 10:00 am. Join us on Monday, January 8, 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.**



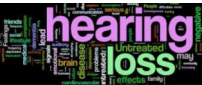
FUN WITH RECIPES — Wednesday, January 17, 1:00 pm. Do you like to exchange recipes? Please bring your "all time favorite" recipe (just the recipe, not the dish!) to share with everyone. Our Activity Coordinator, Susanne Murphy, will provide copies for everyone if you give them to her by Monday, January 15. Come join the fun and go home with some new recipes to add to your collection. It's a great way to get out and meet people. No fee. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.



SMART DEVICES FOR BEGINNERS with Greg, the PC and Gadget Guy — Thursday, January 18, 12:00 noon. Did you get a new smart device for the holidays? We will be holding a beginner class for those who would like to learn. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. **Mashpee seniors only, please.**



INFORMATIONAL TALK ABOUT HEARING LOSS 101 — Monday, January 22, 10:00 am. Are you struggling with hearing loss, or is a family or friend struggling with hearing loss? Jonathan O'Dell from the Assistive Technology, Massachusetts Commission for the Deaf and Hard of Hearing will speak on everything from hearing aids to cochlear implants and applicable laws for communication. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.



MATTER OF BALANCE — Every Tuesday through January 30, 10:00 am. Through media presentation, group discussion, lecture and physical activity, 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.

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.



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 and movement in one supportive, fun package! Presented by the VNA of Cape Cod. **Mashpee seniors only, please. Registration is required. Please call Amy at the VNA at (508) 957-7423.** Learn more about ZENgevity at <https://zengevity.com/>.



FIT & 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. Presented by the VNA of Cape Cod, this program is open to **Mashpee seniors only, and pre-registration is required. Please call Amy from the VNA at (508) 957-7423 to register.**



CHRONIC PAIN SELF-MANAGEMENT PROGRAM — Fridays, February 2 through March 9, 1:00 —3:30 pm

Are you experiencing chronic pain? Join us to learn about topics such as techniques to deal with problems such as frustration, fatigue, isolation, and poor sleep; appropriate exercise for maintaining and improving strength, flexibility, and endurance; appropriate use of medications; communicating effectively with family, friends, and health professionals; nutrition; pacing activity and rest; and how to evaluate new treatments. Presented by the VNA of Cape Cod. **Mashpee seniors only, please. Pre-registration is required. Please call Amy at (508) 957-7423 to register.**



PROPERTY TAX EXEMPTION PRESENTATION — Monday, February 5, 10:00 am.

Representatives from the Mashpee Assessor's Office will give a presentation around available tax relief for seniors via local personal exemption options including widowed, low income, disabled veteran, blind and tax deferral. They will have applications available and also offer assistance filling out forms



for any Mashpee resident who feels that they qualify and would like to file for exemption with the Assessors' Office. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk.

DINE-AROUND — **Monday, January 22, 12:30 pm.** This month we will be dining at Laura's Home Cookin' in Mashpee. It is a great way to meet people. This is a great way to meet together and make new friends. 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.



BOOK CLUB — The book club meets on the 3rd Friday of each month at 2:00 pm. **A Legacy of Spies**, is an intriguing and complex plot of past and present as it unfolds as an aging spy is asked to account for his sometimes morally objectionable bold war actions. The author, John Le Carré, is the grand master of spy novels and his latest novel is the book club selection for January. All are welcome, so mark **January 19 at 2:00 pm** on your calendar and join our discussion. *New seniors— please join us!*



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.

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.

HOME RADON TESTS — RSVP Senior Environment Corps (SEC) Volunteers, a program of Elder Services of Cape Cod and the Islands (ESCCI), will be conducting home radon testing for any homeowner on Cape Cod and the Islands. Volunteers have been trained by the Massachusetts Department of Public Health and will conduct your radon test in a way designed to provide the most accurate results. The cost of the test, including postage and a confidential lab report, is \$30.00. Radon testing is available now until March 30, 2018. Testing must be done during cold weather when homes are closed up and air is not changing rapidly through open windows and doors. Radon is a naturally occurring odorless gas that seeps into homes from the surrounding soil. The Environmental Protection Agency and the Surgeon General recommend that homeowners test for the presence of radon in their homes. Homeowners may register for a radon test by calling Elder Services at (508) 394-4630, Ext. 524.



THE FOLLOWING IS A MESSAGE FROM SOCIAL SECURITY — YOU'RE GETTING A NEW MEDICARE CARD! CARDS WILL BE MAILED BETWEEN APRIL

2018 – APRIL 2019. You asked, and the Social Security Administration listened. You're getting a new Medicare card! Between April 2018 and April 2019, SSA will be removing Social Security numbers from Medicare cards and mailing each person a new card. This will help keep your information more secure and help protect your identity. You'll get a new Medicare number that's unique to you, and it will only be used for your Medicare coverage. The new card won't change your coverage or benefits. You'll get more information from Medicare when your new card is mailed.



Here's how you can get ready: Make sure your mailing address is up to date. If your address needs to be corrected, contact Social Security at ssa.gov/myaccount or (800) 772-1213. TTY users can call (800) 325-0778. Beware of anyone who contacts you about your new Medicare card. SSA never asks you to give personal or private information to get your new Medicare number and card. Understand that mailing everyone a new card will take some time. Your card might arrive at a different time than your friend's or neighbor's.



Save the Dates! More info in the February Newsletter!

Fridays, February 2 through March 9, 1:00 — 3:30 pm	Chronic Pain Self-Management Program	Wednesday, February 14	Special Valentine Event
Monday, February 5 10:00 am	Property Tax Exemption Presentation — Representatives from the Assessor's Office	Tuesday, February 27 1:00 pm	Book Swap
Thursday, February 8 10:00 am	Valentine Card Craft	Tuesday, March 6 through April 24 2:00 pm	Get Fit with Donna

ASK-A-NURSE — Julie Tooher, Mashpee Town Nurse — Visiting Nurse Association of Cape Cod, Friday, January 26, 9:00 — 10:00 am. 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!**



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: January 22, 10:00 am — The South Coastal Counties Legal Services, Inc. (SCCLS) Elder Law Project has attorneys who visit Cape and Islands senior centers weekly including Mashpee and provide legal services to elders who are economically or socially disadvantaged. Priority areas include housing, government benefits, Medicare, Medicaid, reverse mortgage counseling, and general health law concerns. (4th Monday of each month)

Atty. Michael Lavender: Tuesday, January 2, 1:00 pm — General legal problems, trusts, wills, estate planning and settlement. (1st Tuesday of each month)

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

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

INDEPENDENCE HOUSE RELATIONSHIP EDUCATION AND ADVOCACY —

Wednesday, January 10, 10:00 am. Independence House, Inc., is the only comprehensive community-based organization on Cape Cod providing free and confidential specialized services and programs for adults, teens and children (ages 6 and up) who are survivors of or affected by domestic and sexual violence. Anyone who has experienced abuse in the past or present or has a friend that is experiencing abuse can call its toll free hotline at (800) 439-6507 to speak confidentially to a counselor. Independence House has a representative at the Mashpee Senior Center every 2nd Wednesday from 10:00 am – 12:00 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.

MASHPEE SUBSTANCE USE TASK FORCE DROP-IN NIGHT — **First Tuesday of every month, 4:00 pm - 7:00 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 — 7:00 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, January 26, 10:00 am.** This support group meets at the Mashpee Senior Center on the 4th Friday of every month from 10:00 am — 12:00 noon. This group is open to anyone with vision issues from diagnosis to legal blindness and provides access and information on services available. For more information, call Sight Loss Services at (508) 394-3904 or visit their website:

<http://www.sightloss.org/>. Drop in's are welcome.



Here we are at that time of year again! It's COLD AND FLU SEASON! (from Mayo Clinic)

We want to prevent these illnesses and good hand washing is one of your best weapons! Your hands touch objects all throughout the day. Germs on an object may be the way you pick up the cold or the flu. Viruses, germs, and bacteria need a way to enter your body. As a rule, your skin is a pretty good barrier. Keeping that in mind, it makes sense that it is important to wash your hands before these tasks:

- ◆ Before preparing or eating food
- ◆ Before and after touching a wound on the skin
- ◆ Before touching your eyes, nose or mouth

You also want to protect others by washing your hands after using the bathroom and any time your hands are visibly dirty. Water and soap are the best way to clean your hands. If they are not available, a waterless, alcohol-based hand sanitizer is recommended after blowing your nose, coughing or sneezing or when your hands are not visibly dirty. Good hand hygiene can help prevent a cold or the flu! Have a Happy and Healthy New Year!



CARES PROGRAM — HOPE DEMENTIA & ALZHEIMER'S SERVICES. **Wednesdays, January 10 and 24, 1:30 pm — 3:30 pm.** This program is specifically for people with memory impairment and their care partners. **CARES** provides an opportunity for families affected by memory impairment to participate in two separate support groups — held simultaneously — that provide information, guidance, and respite to care partners, and conversation and socialization for those with memory impairment. The sessions are available at the Senior Center on the 2nd and 4th Wednesday each month from 1:30 — 3:30 pm. To register or for more information please call Hope Dementia & Alzheimer's Services at (508) 775-5656.

PARKINSON SUPPORT GROUP — **Thursday, January 11, 10:00 am.** Join us for the monthly Parkinson support group at the Mashpee Senior Center (2nd Thursday of each month). For information, please contact Jeanne Jackson at (508) 367-4267.

HEARING TESTS — **Thursday, January 18, 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 3rd Thursday of each month.



FOOT CARE — **Wednesday, January 17, 10:00 am — 3:30 pm by appointment.** There is a fee. Call the Mashpee Senior Center at (508) 539-1440 to make an appointment. Available the 3rd Wednesday of each month.



LEGAL ASSISTANCE — We are fortunate to have attorneys that visit the

JANUARY TRAVEL CLUB NEWS



Foxwoods 1/09, 2/06, \$35; **The Bodyguard Musical-Music of Whitney Houston** Matinee-PPAC 1/14, \$80/\$112; **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; **Something Rotten** Matinee-PPAC 5/19, \$80/\$110. For a complete listing of all trips, stop by the senior center or visit adventureswithkarynwendell.com. Karyn is here Thursdays from 9:00 to 11:00 am. For more information, contact Karyn Wendell at (508) 420-5288 - Karynmw1@comcast.net. Mail payments for travel to Karyn Wendell, P. O. Box 161, Centerville, MA 02632. See "Adventures with Karyn" ad every Sunday in the Cape Cod Times

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

MONDAYS		TUESDAYS		WEDNESDAYS	
8:30-9:30	Strength Training	8:30-9:30	Exercise	8:30-9:30	Strength Training
9:00-12:00	PC Laptop Skills (1 st and 3 rd) *	9:00-12:00	Woodcarving	10:00-3:30	Foot Care Clinic (3 rd) *
9:45-11:00	Gentle Yoga	9:00-11:00	Attorney Services (2 nd) *	10:00-11:00	Zumba Gold
10:00-11:30	Attorney Services (4 th) *	10:00-12:00	Men's Club (1 st)	10:00-12:00	Independence House Relationship Education and Advocacy (2 nd)
11:00-12:00	Chair Yoga	10:00-11:00	Zumba Gold	10:00-12:00	Painting
12:30-4:00	Mah Jongg	11:00-2:00	Sea Mist Swimming ***	1:00-3:00	Painting
12:30-3:00	Pinochle	1:00-4:00	SHINE *	1:00-2:00	Line Dancing
1:00-4:00	Hand and Foot/Pony Canasta	1:00-3:00	Attorney Services (1 st) *	1:00-3:00	Meditation (1 st)
		2:30-3:30	Aerobics for the Brain (2 nd & 4 th)	12:30-3:00	Canasta
				1:30-3:30	CARES Support Group (2 nd & 4 th)
				2:30-4:30	Tai Chi for Healthy Aging **
THURSDAYS		FRIDAYS		SATURDAYS	
8:30-9:30	Exercise	8:30-9:30	Strength Training	8:30-9:30	Exercise
9:00-12:00	SHINE *	9:00-10:00	Ask-A-Nurse (4 th)		
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 nd)	10:00-11:30	Sight Loss Services Spt. Group (4 th)		
11:00-2:00	Sea Mist Swimming ***	11:00-12:00	Zumba Gold		
12:00-2:00	PC and Gadgets *	12:30-4:00	Mah Jongg		
12:15-1:15	Ballroom Dancing	1:15- 3:30	Veterans Services (1 st & 3 rd) *		
1:00-2:30	Sketching	2:00-3:00	Book Club (3 rd)		
2:00-3:00	Hearing Tests (3 rd)				
1:00-4:00	Social Bridge				
7:00-9:30	Tai Chi (Beginners, please come 1 st 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.

Spotlights of Ongoing Activities and Programs

First Tuesday of each month	10:00-11:30 am	Mashpee Men's Club – Contact Bob MacColl at (508) 477-0145. Retired or semi-retired men over the age of 50 are invited to join the Mashpee Men's Club, started by the Mashpee Council on Aging. Throughout the year (but not necessarily on a Tuesday) the Men's Club has a variety of interesting trips on and off Cape, followed by lunch.
First and Third Fridays by appt.	1:15—3:30 pm.	Veterans' Services — Veterans' Services Officers (VSO) in the Commonwealth help veterans learn about, apply for, and in some cases receive benefits. If you are a veteran or a spouse of a veteran, make an appointment to meet with one of the representatives at the Mashpee Senior Center. No charge.



Mashpee Police Department's Tip of the Month

Mashpee Police Department is receiving calls from residents stating that scammers are calling claiming to be from the Social Security Office. These scammers state the individual's social security number has been cancelled and that they need to call the number back immediately. **Please don't fall victim to this scam! Remember never give ANY personal information out over the phone.** Please contact the Mashpee Police Department with any concerns. Any questions please contact, Special Officer and Advocate Ta ra 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! 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 — Can I change my Medicare Plan after Open Enrollment?



Even though Medicare's Annual Open Enrollment ended on 12/7/2017 (that's the period in which you can change your Medicare Part D Drug Plan or Medicare Advantage Plan Part C) you may still have some options:

For those with Medicare Parts A and B (Original Medicare): You can add a Medicare Supplement (Medigap Plan) at any time of the year in Massachusetts. If you already have a Massachusetts Medigap Plan, you can upgrade, downgrade or end your coverage at any time during the year. If you missed your initial period to sign up for Medicare Part A (hospital) and/or Medicare Part B (medical) now is the time. The general open enrollment period for Medicare A and B is January 1 — March 31 with an effective date of July 1st. Please call or visit your local Social Security office. For those with a Medicare Advantage Plan (HMO or PPO): Between January 1 and February 14, you can drop your Medicare Advantage Plan, effectively switching back to Original Medicare. You will be able to join a Medicare Prescription Drug Plan (Part D) at this time and you may also add a Medicare Supplement (Medigap Plan).

For Prescription Advantage members or if you are getting "Extra Help" paying for prescription drugs: You can change your prescription plan during the year outside of the Annual Open Enrollment.

Five Star Special Enrollment Period (SEP): You can join a 5 Star Part D drug plan or a 5 star Medicare Advantage plan once during the year outside of the annual open enrollment period. The following have 5 star ratings from Medicare: all Tufts Medicare Advantage HMO plans, and the Blue Cross Blue Shield Part D plans.

Other Special Enrollment Periods: You might qualify for an exception that allows you to enroll in a Part C Medicare Advantage Plan or a Part D Prescription Drug Plan during the year. Examples may include moving in or out of your plan's service area, ending employer insurance, becoming eligible for or losing MassHealth coverage.

How can SHINE help you? State certified SHINE counselors are trained regarding the enrollment rules that may apply to your personal situation and your personal coverage choices. SHINE counselors are happy to talk with you at any time of the year and they can analyze your needs and compare available plans to find you the most comprehensive coverage at the best price for you. Please call the Mashpee Senior Center to make an appointment with a SHINE counselor.

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. **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.

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.



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,



The Mashpee Senior Center respects all aspects of people including race, ethnicity, gender expression, sexual orientation, socioeconomic 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."

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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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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.

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