


February 2018

The Mashpee Senior Connection

Mashpee Senior Center February Schedule
The Mashpee Senior Center will be closed on **Monday, February 19 for Presidents' Day.**
All activities including the van are cancelled.



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 Assessor's Office. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk.

Property Tax Exemption



VALENTINE'S DAY PERFORMANCE AND SOCIAL — Wednesday,

February 14, 1:00 pm. Join us for Bart Weisman Smooth Jazz Group, performing a smooth blend of jazz, Latin, pop, funk, fusion, and rock. Join us for chocolate treats — refreshments are sponsored by Laurentide at Mashpee Commons. A good time for all! Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk.



GOOD START SOCIAL BREAKFAST — Monday, February

12, 10:00 am. Join us on Monday, February 12, 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.**



VALENTINE'S DAY CARDS — Thursday, February 8,

10:00 am. Join us to make Valentine's Day cards. There will be stencils, cutouts and stickers to make your own personal Valentine's Day card for your loved one. No skill is required, and it is guaranteed that everyone will make a few cards by the end of the class. **Space is limited; Rsvp's are required.** There is no cost. Please stop by the front desk or call (508) 539-1440. Presented by North River Home Care. **Mashpee seniors only, please.**



BOOK SWAP — Tuesday, February 27, 1:00—

2:30 pm. Are you ready for some variety among your bookshelf? For a fun time, join us for a book swap — it is similar to a Yankee swap.



Bring in 5 of your books and trade them for other books that may become new favorites. We will be serving refreshments too! Come join the fun. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. For more information, please contact Susanne Murphy, Activity Coordinator. **Mashpee seniors only, please.**

SENIOR NUTRITIONAL PROJECT (DASH) — Wednesday, February 28, 1:00 pm.

DASH to a better way of eating! Join Susan Bourque, RD, LDN, Nutrition Educator with Cape Cod Cooperative Extension to learn about the many health benefits of a diet to last a lifetime! Time and time again, research on the Dietary Approaches to Stop Hypertension diet (DASH) has shown the eating plan to be effective in reducing blood pressure. However, it also is in line with recommendations to prevent osteoporosis, cancer, heart disease, stroke, diabetes, and even weight gain. We will shine a light on this better way of eating and even enjoy samples of a recipe or two. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. **Mashpee seniors only, please.**



FIT & STRONG — Mondays and Thursdays 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.**



KNITTING AND CROCHETING — Thursday every week starting February 15, 10:00 am.

Do you knit? Crochet? Instead of staying at home to knit, join us for each Thursday morning and meet new friends. It is a great way to get out and enjoy something you already do. Perhaps sharing will give you new ideas! This will not be led by an instructor; group members will help each other. We do have some beginner supplies. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. For more information, please contact Susanne Murphy, Activity Coordinator. See you then!



PEBBLE ART IN SHADOW BOXES — Thursday, February 15, 2:30 pm.

What fun to create such beautiful pictures! Come join Karen Thurber and create beautiful shadow box art work. Karen supplies everything you need to make your creation. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. For more information, please contact Susanne Murphy, Activity Coordinator. There is a fee.





WINTER DOLDRUMS? Break the winter blues by watching "Blue Hawaii", Tuesday, February 13, 1:00 — 4:00 pm. Blue Hawaii is a 1961 American musical romantic comedy film set in the state of Hawaii and starring Elvis Presley. The screenplay by Hal Kanter was nominated by the Writers Guild of America in 1962 in the category of Best Written American Musical. Get out your flip flops, sun hats and join us for an afternoon filled with warmth, laughter, and music. Elvis lookalikes — welcome! Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.

call Amy at the VNA at (508) 957-7423.

COMING SOON! CREATIVE WRITING CLASSES — Wednesdays, March 14 through April 18, 1:00 pm. Join Roger Singer, a creative writer and published poet. Roger will give you the opportunity to release the writer within while discovering your creative style. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. There is no cost. For more information, please contact Susanne Murphy, Activity Coordinator.

DINE-AROUND — Monday, February 26, 12:30 pm. This month we will be dining at Bangkok Cuisine 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.



MONDAY MORNING MOVIE MUSINGS — Mondays, 10:00 am. February movies: A discussion of "Favorite Picks". Please join our friendly group as we discuss movie elements -- directing, plot, acting, and musical score. **February 5** "The Heiress"(1949), **February 26** "On the Waterfront" (1954).



BOOK CLUB — Friday, February 16, 2:00 pm. February's book club selection is **'Round Midnight**, a novel written by Laura McBride. Publishers Weekly describes this best: "Las Vegas itself is a character in this immersive novel that effectively exhibits the changes to the city throughout the decades. This is a tale of love, loss, and the unexpected, unheralded ways that lives meet around blackjack and roulette tables." All are welcome to join our discussion, and we would love to have new seniors join us too!



MASHPEE MEN'S CLUB — We invite retired or semi-retired men over the age of 50 to join our club which meets on the first Tuesday of each month starting with coffee at 10:00 am followed by a brief business meeting at 10:30 and a speaker. We also have a variety of interesting trips on and off Cape each month. If you are a prospective member and would like to join our club, please contact club president Bob MacColl at irmaccoll@comcast.net.

COMING SOON! MENTAL HEALTH FIRST AID USA — Tuesday and Wednesday, March 13 and 14, 9:00 am to 1:00 pm. Have you ever been in a public place such as a grocery store when you wanted to help someone who was in distress but you didn't know what to do? If so, join us at the Mashpee Senior Center to be trained on mental health first aid. Sergeant Kevin Marshall of the Nantucket Police Department will present this program that introduces the public to risk factors and warning signs of mental health problems. The Mental Health First Aid program also teaches common risk factors and warning signs of specific illnesses like anxiety, depression, substance use, bipolar disorder, eating disorders and schizophrenia. Like CPR, Mental Health First Aid prepares the public to interact with a person in crisis and connect the person with help. First Aiders do not diagnose or provide any counseling or therapy. Instead, the program offers concrete tools and answers key questions like "What do I do?" and "Where can someone find help?". Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. There is no cost. **Mashpee seniors only, please.**



COMING SOON! GET FIT WITH DONNA — Tuesday, March 6 through April 24, 2:00 pm. Would you like to have a Registered Physical Therapist work with you on your personal fitness goals and then evaluate your own strength, flexibility, posture and balance? This one-on-one opportunity is presented by the VNA of Cape Cod at no charge. Please schedule only one appointment in order to allow others the opportunity as well. An appointment can be scheduled for a Tuesday at 2:00 pm, 2:45 pm or 3:30 pm from March 6 through April 24. **To register, please**



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.

Save the Dates! More info in the March Newsletter!

Tuesdays, March 6 through April 24, 2:00— 3:30 pm	Get Fit with Donna	Wednesdays, March 14 through April 18, 1:00 pm	Creative Writing Classes
Thursday, March 8, 2:30 pm	Resin Frame	Tuesday, March 20, 10:00 am	Digitizing Your Photographs
Tuesday and Wednesday, March 13 and 14, 9:00 am—1:00 pm	Mental Health First Aid	Thursday, March 22, 1:00—3:00 pm	Alzheimer's: Know the 10 Signs
Thursday, March 15, 1:00 — 3:30 pm	Life Skills Safety Savvy Program — This presentation will cover an overview of knowledge and skills necessary to recognize and provide basic first aid and care.		

ASK-A-NURSE — Julie Tooher, Mashpee Town Nurse — Visiting Nurse Association of Cape Cod, Friday, February 23, 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!



February is American Heart Month!



The American Heart Association wants to help everyone live longer, healthier lives so they can enjoy all of life's precious moments. American Heart Month, a federally designated event, is a great way to remind Americans to focus on their hearts and encourage them to get their families, friends and communities involved. Eating healthy can help reduce your risk of heart disease, stroke and lots of other things you'd rather avoid. Here are some simple ways you and your family can eat healthier:

INCLUDE Fruits and vegetables, whole grains, beans and legumes, nuts and seeds, fish (preferably oily fish with lots of omega-3 fatty acids), skinless poultry, and plant-based alternatives, low-fat and fat-free dairy products, healthier fats and non-tropical oils

LIMIT Sweets and added sugars, especially sugary drinks, sodium and salt, saturated fat, fatty or processed meats — if you choose to eat meat, select leaner cuts

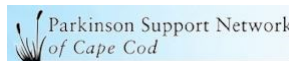
AVOID Trans fat and partially hydrogenated oils

TIPS Choose mindfully. *** Read labels. *** Watch your calories. *** Eat reasonable portions. *** Don't dismiss entire food groups. *** Cook and eat at home. *** Look for the Heart-Check mark.

CARES PROGRAM — HOPE DEMENTIA & ALZHEIMER'S SERVICES. Wednesdays, February 14 and 28, 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, February 8, 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, February 15, 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, February 21, 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 — There are attorneys that visit the Senior Center on a monthly basis. Their appointment schedules are almost always completely booked. Please be aware that the appointments are for Mashpee seniors only, for consultations only, and not for dealing with ongoing legal issues. We respectfully request that you limit your appointments during the year so that others may be accommodated.



The South Coastal Counties Legal Services, Inc. (SCCLS) Elder Law Project has attorneys who visit the Cape and Islands senior centers (including the Mashpee Senior Center) 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 (available at the Mashpee Senior Center on the 4th Monday of each month).

Other attorneys are available at the Mashpee Senior Center on the 1st and 2nd Tuesday of the month, regarding general legal information, trusts, wills, health care choices, estate planning, etc.

PLEASE NOTE: The lawyers do not handle questions regarding criminal matters.

INDEPENDENCE HOUSE RELATIONSHIP EDUCATION AND ADVOCACY —

Wednesday, February 14, 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 and introduce yourself to Freddie.



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, February 23, 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.

Mashpee Police Department's Tip of the Month

It is tax season again! Please don't fall victim to scammers.

REMEMBER: *** The IRS only communicates through mail. *** Try to file your tax returns as early as possible to avoid identity theft. *** **Never** give out any personal information over the telephone.

There are 2 major scams that Mashpee Police Department continues to see during tax season:

- Identity Theft** — The scammer obtains enough information about the taxpayer so that the scammer can file a fraudulent tax return.
- Impersonating an IRS Official** — The scammer contacts a taxpayer and tricks the victim into giving personal information or handing over money.

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



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.



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	10:00-3:30	Foot Care Clinic (3 rd) *
10:00-11:30	Attorney Services (4 th) *	9:00-11:00	Attorney Services (2 nd) *	10:00-11:00	Zumba Gold
11:00-12:00	Chair Yoga	10:00-12:00	Men's Club (1 st)	10:00-12:00	Independence House Relationship Education and Advocacy (2 nd)
12:30-4:00	Mah Jongg	10:00-11 :00	Zumba Gold	10:00-12:00	Painting
12:30-3:00	Pinochle	11:00-2:00	Sea Mist Swimming ***	1:00-3:00	Painting
1:00-4:00	Hand and Foot/Pony Canasta	1:00-4:00	SHINE *	1:00-2:00	Line Dancing
		1:00-3:00	Attorney Services (1 st) *	12:30-3:00	Canasta
		2:30-3:30	Aerobics for the Brain (2 nd & 4 th)	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)		
10:00-11:30	Cribbage	9:15	Bowling		
10:00-11:30	Parkinson Support Network (2 nd)	9:45-10:45	Ageless Yoga Neighborhood		
11:00-2:00	Sea Mist Swimming ***	10:00-11:30	Sight Loss Services Spt. Group (4 th)		
12:00-2:00	PC and Gadgets *	11:00-12:00	Zumba Gold		
12:15-1:15	Ballroom Dancing	12:30-4:00	Mah Jongg		
1:00-2:30	Sketching	1:30 - 3:30	Veterans Services (1 st & 3 rd) *		
2:00-3:00	Hearing Tests (3 rd)	2:00-3:00	Book Club (3 rd)		
1:00-4:00	Social Bridge				
7:00-9:30	Tai Chi (Beginners, please come 1 st Thurs)				

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

Thursdays	1:00-4:00	Social Bridge: Socialization first! This game is meant to be friendly, fun, and respectful, it is not competitive, and scores are not reported. All are welcome, but it would be helpful to have some knowledge of how to play. Partners are not needed. No money is exchanged or played for. More advanced players may want to look into playing Duplicate Bridge. There are no card fees.
Thursdays	12:00-2:00	PC and Gadgets: The "Gadget Guy" will answer your questions about your gadgets (cell phones, GPS, email, Facebook, etc.). Please bring your devices fully charged, power sources are limited. By appointment only, please. No charge.



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."

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 except for the first Friday at which the van **does not go** to 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 — 2018 Medicare Part B Premium



You may have heard that the Medicare Part B premium will remain \$134.00 per month in 2018. For beneficiaries who have already been paying the \$134.00, they will see no change in premium and will benefit from the 2% Cost of Living Adjustment (COLA) in their social security checks. For other beneficiaries, the 2% Cost of Living Adjustment (COLA) will be enough to allow for a possible \$25 increase in their Medicare Part B premium payments. The "hold-harmless" provision has protected beneficiaries for the past two years. In 2016, there was no COLA, so there was no Medicare Part B premium increase. In 2017, the small .3% COLA allowed for a small adjustment in premiums, but not enough for most beneficiaries to pay the entire Part B premium of \$134. The 2% increase in social security benefits for 2018, allows for a bigger adjustment in payment toward the part B premium.

There are exceptions based on income. Those with incomes higher than \$85,000 per year (\$170,000 for a couple) will have higher premiums. They will pay between \$187.50 and \$428.60 per month for Part B, based on their income level. People with limited income and assets may qualify for a program that will pay their premium. Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare and will screen you for programs that offer assistance. If you are a Mashpee senior, please call the Mashpee Senior Center at (508) 539-1440 to schedule a SHINE appointment. **PLEASE NOTE:** If you are a resident of a town other than Mashpee, please call your town for SHINE locations.



FEBRUARY TRAVEL CLUB NEWS — Foxwoods "Be My Valentine" 2/06, \$35; 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; Celtic Woman Live at PPAC, orchestra seats 4/08, \$120; Thrift Shops of the Lower Cape 4/13, \$25; Something Rotten Matinee-PPAC 5/19, \$80/\$110; Red Sox vs Twins at Fenway Park 7/29, 1:35 game, \$145. For a complete listing of all trips, stop by the Mashpee 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.

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 has begun at the Mashpee Senior Center in February with the last available appointments on Friday, April 13, 2018. Appointments will be available on Monday's between 9:15 am and 2:00 pm and on Friday's between 9:15 am and 2:00 pm. **MAKING APPOINTMENTS** – 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.

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

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.

CIVIL DEFENSE EMERGENCY — 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>.



SAFETY TIPS FOR YOU AND YOUR PET DURING WINTER—

- ◆ Have your chimney flue checked for any buildup of creosote and cleaned if necessary to lessen the risk of fire.
- ◆ Install storm windows or cover windows with plastic from the inside to provide insulation.
- ◆ Make sure your home is properly insulated. Caulk and weather-strip

doors and windows to keep cold air out.

- ◆ To keep pipes from freezing, wrap them in insulation or layers of newspapers, covering the newspapers with plastic to keep out moisture. Let faucets drip a little to avoid freezing.
- ◆ Be leery of frozen bodies of water. Always keep your pets on a leash when walking them near suspected frozen bodies of water. The ice may not be sturdy enough to support your pet. If a pet falls through the ice, do not attempt to rescue your pet yourself; call 9-1-1 or go for help.
- ◆ Warm automobile engines are dangerous for cats and small wildlife. To avoid injuring hiding animals, bang on your car's hood to scare them off before starting your engine.

For more information about winter safety or pet safety visit www.mass.gov/mema and www.smart-mass.org

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.



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
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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