

March 2018

The Mashpee Senior Connection



GET FIT WITH DONNA — Tuesday, March 6 through April 24. 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 Tuesday afternoons from March 6 through April 24. **Mashpee seniors only, please. To register, please call Amy at the VNA at (508) 957-7423. Please be aware that a physician release is required before you can participate.**

RESIN FRAME CRAFT — Thursday, March 8, 2:30 pm.

Come join us as leader Karen Thurber will help you make a beautiful resin frame. She will supply sea glass, shells, scrapbooking, and decorations. Come on in and create! There is a fee. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. For more information, please contact our Activity Coordinator, Susanne Murphy, at (508) 539-1440, x3512.



GOOD START SOCIAL BREAKFAST — Monday, March 12, 10:00 am.

Join us on Monday, March 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.** For more information, please contact our Activity Coordinator, Susanne Murphy, at (508) 539-1440, x3512.

MENTAL HEALTH FIRST AID — Tuesday and Wednesday, March 13 and 14, 9:00 am to 1:00 pm. *** **Please note that this is a 2-day commitment.*****

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. 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.** Refreshments will be served. For more information, please contact our Activity Coordinator, Susanne Murphy, at (508) 539-1440, x3512.



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 our Activity Coordinator, Susanne Murphy, at (508) 539-1440, x3512.

LIFE SKILLS SAFETY PROGRAM — Thursday, March 15,

1:00 — 3:30 pm. This presentation for seniors by Windy Winters-Harrington of Safety Savvy will cover an overview of knowledge to recognize and provide basic first aid until medical help arrives, for example,



- ◆ Respond to someone showing signs and symptoms of a medical emergency
- ◆ Understand Good Samaritan Law
- ◆ Identify signals of life threatening emergencies
- ◆ Respond when a conscious person with an obstructed airway becomes unconscious
- ◆ Identify signs and symptoms of food allergies

Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. For more information about the program, please contact our Activity Coordinator, Susanne Murphy, at (508) 539-1440, x3512. **Mashpee seniors only, please.**



HOW TO SAVE AND SHARE YOUR OLD PHOTOGRAPHS — Tuesday, March 27, 10:00 am.

Whether you're the caretaker of a treasured family photo album or a collector who has searched out the classics of photography, it's important to preserve and protect the images you value. This informal discussion will touch on selecting what photos to keep, preserve them yourself (or let someone else do it?), technical items you will want to know about, how to share and protect your photos to last for generations. Join us with speaker Paul Gentile, who taught this subject at Cornell University. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. For more information, please contact our Activity Coordinator, Susanne Murphy, at (508) 539-1440, x3512.

ALZHEIMER'S: KNOW THE 10 SIGNS — EARLY DETECTION MATTERS! — Thursday, March 22, 1:00—3:00 pm.

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. The workshop is presented by the Alzheimer's Association, local chapter from South-eastern MA/Cape Cod & the Islands Regional Office. **This program is free of charge but pre-registration is required. Call (800) 272-3900 to register or for any questions.**



DINE-AROUND — Monday, March 26, 12:00 noon at Wicked, Mashpee.

Join us each month for lunch — this is a fun way to get together, make new friends, and visit new restaurants or return to favorites. You will purchase and order off the menu, and the restaurant agrees to give individual checks. **For Monday, March 26 at 12:00 noon, join us at Wicked in Mashpee. 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. For more information, please contact our Activity Coordinator, Susanne Murphy, at (508) 539-1440, x3512.



KNITTING AND CROCHETING — Every Thursday, 10:00 am. Do you knit? Crochet? Instead of staying at home to knit, join us 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 our Activity Coordinator, Susanne Murphy, at (508) 539-1440, x3512. See you then!

COMING SOON! "COFFEE AND CHAT" with Kenneth C. Coombs School Principal Paul LaBelle — Thursday, April 12, 9:00 am in the Coombs



School cafeteria, 152 Old Barnstable Road, Mashpee. Come share in light breakfast fare, learn about the preschool through grade two Coombs School community and engage in interesting conversation about what goes on at an elementary school. We would love to have an opportunity to get to know you and welcome you to be involved with our students and staff. **Please RSVP to Maria Fisher at (508) 539-1520, x5102 by Thursday, April 5, 2018 as space is limited.**



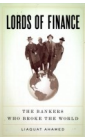
WELCOME TO DENISE FRONIUS, VOLUNTEER AND PROGRAM SUPPORT COORDINATOR — Meet and Greet, Thursday, March 15, 10:00 am. Denise shared with us the following: "I could not be more excited to join the Mashpee Council on Aging community. *Nothing great is ever achieved without enthusiasm*, by Ralph Waldo Emerson, is one of my favorite quotes. The COA in Mashpee exemplifies this quote with its enthusiastic Director, staff, volunteers and membership. Please join me on **March 15 for a Meet and Greet at 10:00 am**. I am eager to get to know you, share information about myself and answer questions you may have regarding volunteer opportunities. It will be during this time that I look forward to meeting everyone. If you are unable to attend the Meet and Greet, please stop by the Senior Center to introduce yourself." Morning refreshments will be provided. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.



MONDAY MORNING MOVIE MUSINGS — Monday, March 12, 10:00 am. Please join our friendly group as we talk about our favorite movies. For this month, we will talk about **"Amelie" (2001)**, a fanciful comedy about a young woman who discretely orchestrates the lives of the people around her, creating a world exclusively of her own making. Please join us! New members are invited!



BOOK CLUB — Friday, March 16, 2:00 pm. The book club selection for March is **The Lords of Finance: The Bankers Who Broke the World** authored by Liaquat Ahamed. It chronicles the role bankers played in triggering the Great Depression of the 1930s, history very relevant to today. It is an engaging read and was the history category Pulitzer Prize winner in 2010. All are welcome to join us for what will likely be an interesting 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 jrmaccoll@comcast.net.

DO YOU LIKE TO READ? Would you like help getting materials from the Mashpee Public Library, but you are home bound? The Mashpee Senior Center has a special service for you. Our volunteer will meet with you to pick up materials and books from the Mashpee Public Library. If you don't have a library card, she will also help you get one. Please call our Outreach Coordinator, Darlene Perkins, for more information about this program at (508) 539-1440, x3502.



DEPARTMENT OF TRANSITIONAL ASSISTANCE — MassGov has a new phone number/hotline for seniors who have SNAP benefits or would like to learn more about SNAP benefits. Please call the hotline at (833) 712-8027 or for more information visit <https://www.mass.gov/dta-seniors>.



SENIOR CIRCUIT BREAKER TAX CREDIT — It's tax time again! So, that means it's also time to file a claim for the Circuit Breaker Tax Credit for adults age 65+. Adults age 65 and older are eligible to receive this tax credit when their property taxes and half of their water/sewer bills total more than 10% of their income. Or, if they rent an apartment (without a state or federal subsidy) they may get this tax credit if their rent is more than 25% of their income. It's easy to get the forms. To download the tax forms — Form 1 and Schedule CB Form — go to the official Department of Revenue site at: <https://www.mass.gov/lists/2017-massachusetts-personal-income-tax-forms-and-instructions>.




The Mashpee Senior Center and its seniors have been very fortunate that **Attorney Thomas Kosman** of South Coastal Counties Legal Services has visited our senior center monthly to provide free legal services. Now it's time to say "goodbye" to Tom as he soon retires, and we thank him for all the many years of service. We will miss you, Tom!



Save the Dates! More info in the April Newsletter!

Tuesday, April 10 9:00 am	A talk on home improvement contractors by the Better Business Bureau	Thursday, April 19 1:00 pm	Who's Your Agent? — A public educational program to help adults open the door to health care planning discussions with their families and care providers. Presented by the VNA of Cape Cod
Thursday, April 12 10:00 am	How to Self-Publish Your Book	Tuesday, April 24 1:00 pm	Sea Shanty Concert — Sea Songs & Stories: Chan- teys, Ballads, Folktales & More with award-winning performer Davis Bates
Tuesdays, April 17 through May 29 10:00 am-12:00 noon	Powerful Tools for the Caregiver	Monday, April 30 10:30 am	Health Fair presented by the VNA of Cape Cod
Wednesday, April 18 11:00 am	Presentation on the Community Health Center of Cape Cod		

 **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.**

PLEASE NOTE: If you are age 59 ½ or over and a Mashpee resident, you are eligible for the outreach services we offer such as our transportation service; assistance filling out forms for SNAP or fuel assistance; referrals from our Outreach Coordinator; SHINE appointments; attorney appointments; the mailing of our newsletter; etc. If you reside in another town, please contact your own town for those services.

Health, Wellness, and Appointments

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



March is Colorectal Cancer Awareness Month — Healthfinder.gov.

Colorectal cancer is the fourth most common cancer in the United States and the second leading cause of death from cancer. Colorectal cancer affects all racial and ethnic groups and is most often found in people ages 50 and older. Everyone can take these healthy steps to help prevent colorectal cancer:

- ◆ Begin getting screened at age 50. If you are older than age 75, ask your doctor if you should continue to be screened.
 - ◆ Encourage your family members and friends over age 50 to get screened.
 - ◆ Quit smoking and stay away from secondhand smoke.
 - ◆ Be physically active for at least 30 minutes at least five days a week.
 - ◆ Maintain a healthy weight and waist size.
 - ◆ Don't smoke. If you do smoke, quit
 - ◆ Limit alcohol to no more than one drink per day if you're a woman or two drinks per day if you're a man.
 - ◆ Eat more fruits, vegetables and whole grains, which are good sources of fiber.
 - ◆ Eat less red meat and cut out processed meat
- Julie Tooher, RN, BS, VNA of Cape Cod



CARES PROGRAM — HOPE DEMENTIA & ALZHEIMER'S SERVICES. Wednesdays, March 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, March 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, March 15, 11:00 am — 2:00 pm by ap-

pointment. 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, March 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 on-going 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, March 14, 10:00 am. Independence House, Inc., is the only



comprehensive community-based organization on Cape Cod providing free and confidential services and programs for people 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.

SIGHT LOSS SERVICES PEER SUPPORT GROUP — Friday, March 23, 10:00 am. This support group meets at the Mashpee Senior Center on the 4th Friday of every month from 10:00 am — 11:30 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.



MARCH TRAVEL CLUB NEWS — Boston Flower Show-"Savor Spring" 3/14, \$60; Georgia O'Keeffe Exhibit -Peabody Essex Museum 3/31, \$65; Celtic Woman Homecoming Tour - PPAC, matinee, orchestra 4/08, \$110; Thrift Shops of the Lower Cape 4/13, \$25; "Art In Bloom" Museum of Fine Arts Boston 4/30, \$69; Boston Pops Leonard Bernstein Centennial Celebration, First Balcony 5/11, \$99; Something Rotten Matinee-PPAC, matinee, 5/19, \$80/\$110; Film Night with John Williams and the Boston Pops, First Balcony 5/23, \$109; Aladdin the Musical Boston Opera House, orchestra 7/25, \$99; 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 am 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.

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
9:00-12:00	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	2:30-3:30	Attorney Services (1 st) *	12:30-3:00	Canasta
			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
10:00-11:30	Cribbage	9:00-10:00	Ask-A-Nurse (4 th)		
10:00-11:30	Parkinson Support Network (2 nd)	9:15	Bowling		
11:00-2:00	Sea Mist Swimming ***	9:45-10:45	Ageless Yoga Neighborhood		
12:00-2:00	PC and Gadgets *	10:00-11:30	Sight Loss Services Spt. Group (4 th)		
12:15-1:15	Ballroom Dancing	11:00-12:00	Zumba Gold		
1:00-2:30	Sketching	12:30-4:00	Mah Jongg		
2:00-3:00	Hearing Tests (3 rd)	1:30 - 3:30	Veterans Services (1 st & 3 rd) *		
1:00-4:00	Social Bridge	2:00-3:00	Book Club (3 rd)		
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

Woodcarving	Tuesdays 9:00 am	Get the benefits of a new hobby! Realize a creative outlet in your life. Lose yourself with an enjoyable past-time. We specialize in bird carving, but we also do animals, canes, characters, and other special items. Most of those in the class had never carved in their lives but realized they had innate talent for the craft after giving it a try. You will be given all the hands-on experience and guidance you may need to create your own personal works. You'll learn about the supplies you need, some of which you may already have. No charge.
Mashpee Singing Seniors	Thursdays beginning March 15 9:30 am—11:30 am	Join our informal singing group who rehearse a variety of musical tunes, from old to new. Just show up as often as you can, and sing! You don't need to be able to read music. 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."

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 except for the first Friday at which the van **does not go** to Falmouth. Please make sure that appointments must 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 – Are you happy with your 2018 Medicare health Insurance plan?

Now that you are a few months into 2018, let's think about your 2018 Medicare health and prescription plans. Have you had some out of pocket expenses you did not anticipate? Were your co-payments more than you thought they should be? Are you struggling with premium expenses? Do you just need someone to explain what you have for coverage? SHINE counselors can help explain your policies so you have a better understanding of what your financial obligations are. We can also look to see if you qualify for any assistance programs to help alleviate some of the out of pocket expenses. We are here to help. Don't hesitate to give us a call if you have any questions regarding your Medicare coverage. You can make an appointment with a SHINE counselor at the Mashpee Senior Center who is available one afternoon each week at (508) 539-1440 or call the Regional SHINE Office, Barnstable County- Dept. of Human Services, at (508) 375-6762. **PLEASE NOTE:** If you are a resident of a town other than Mashpee, please call your town for SHINE locations/appointments.



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. Typically, the program runs from November 1 until April 30 every year.

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.

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.



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 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 – 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.



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.



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.



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>.



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 information, 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.

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



MASHPEE POLICE DEPARTMENT'S TIP OF THE MONTH

It has been reported that the Eversource scam has resurfaced. The scammer claims to be from Eversource calling a resident or a business and states the resident or business that there is a balance due. The scanner gives them a Eversource "customer service number" to call to clear up the balance. The resident or business calls the number and gives their credit card information. The scammer then states the credit card was not working and advises them to go to the nearest Walgreens and purchase a "money pack" to clear the balance. **Please remember DO NOT ever give out your personal information or credit card information over the telephone.** Don't fall victim to an unsolicited call, contact the company direct to verify if there is any outstanding balance. Any questions, please contact Special Officer and Advocate Tara Carline at (508) 539-1480, ext. 7253.



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Please note:

- ◆ To get an on-line copy of this newsletter, visit <http://www.mashpeema.gov/council-aging> and click the appropriate newsletter link on the right side of the page.
- ◆ Please be aware that some of our staff members are part-time and grant funded. They may not be available every day. If they are not available, please leave a message; they will return your call as quickly as possible.

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MASHPEE COUNCIL ON AGING MISSION STATEMENT:

The Council on Aging is a department of the Town of Mashpee. Its charge is to sponsor, coordinate, or conduct human services, educational, social and recreational services and programs at the Mashpee Senior Center, as well as to identify and create opportunities and solutions for the empowerment and betterment of the Town’s seniors and their care partners. This is accomplished with the support of a volunteer advisory board, also known as the Council on Aging.

Our Core Values

Respectful ★ **Welcoming** ★ **Supportive**

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Lynne Waterman, Director
Darlene Perkins, Outreach Coordinator
David Egel, Chairperson, Council on Aging

MASHPEE COUNCIL ON AGING
26 FRANK E. HICKS DRIVE
Mashpee, MA 02649

The Mashpee Senior Center offers many legal, financial, recreational, medical screening or other services and/or activities by volunteer or nominal-cost practitioners. Seniors participating in these services do so with the understanding that the Mashpee Council on Aging, The Mashpee Senior Center, the Town of Mashpee or its employees do not assume any legal responsibility for any advice or services rendered by such volunteer or nominal practitioner. Any act or advice or service by outside providers at the Council on Aging should not be presumed to be endorsed & sponsored by the Council on Aging.

DISCLAIMER