

April 2018

The Mashpee Senior Connection



SEA SHANTY CONCERT: SEA SONGS & STORIES: CHANTEYS, BALLADS, FOLKTALES & MORE — Tuesday, April 24, 1:00 pm

Join us for songs and stories as we celebrate spring and the diverse heritage of the New England Coastal Region presented by award-winning performer Davis Bates. Davis has been telling stories for over 38 years in community settings around New England and across the country. 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. Join us! All are welcome.

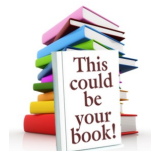
HEALTH FAIR — Monday, April 30, 10:30 am — 12:30 pm

The Visiting Nurse Association of Cape Cod will be hosting a free health fair at the Mashpee Senior Center. During the event, VNA nurses and staff members will be providing FREE screenings, education materials, wellness services and so much more — nutrition demo and food samples, blood pressure, cholesterol, glucose, bone density, falls prevention, aromatherapy, health and wellness materials, and giveaways! Join us for a fun filled event with free information and giveaways! Rsvp's are not necessary. Drop in and meet us!



HOW TO SELF-PUBLISH YOUR BOOK — Thursday, April 12, 10:00 am

It can be fiction, non-fiction, a children's book, a photo book, a memoir or an autobiography. Join Henry Quinlan who will offer tips and suggestions on writing and self-publishing — including how to fund your book and market it. He has over 40 years of experience in book publishing and has spoken extensively about self-publishing. 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.



POWERFUL TOOLS FOR THE CAREGIVER — Tuesdays, April 17 through May 29 (except for May 1), 10:00 am-12:00 noon.

Are you caring for a spouse, parent, relative, friend? *Powerful Tools for Caregivers* is a six-week educational program designed to help family caregivers take care of themselves. This class will give you tools to reduce stress; communicate more effectively; take care of yourself; reduce guilt, anger and depression; help you relax; make tough decisions; and set goals and problem-solve. Presented by the Family Caregiver Support Program of Elder Services of Cape Cod and the Islands. 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.



"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. Principal LaBelle would like to have an opportunity to get to know the Mashpee seniors and welcome them to be involved with its students and staff. *Please Rsvp to Maria Fisher at (508) 539-1520, x5102 by Thursday, April 5, 2018 as space is limited.*

MASHPEE SENIOR CENTER

PATRIOTS' DAY



The Mashpee Senior Center will be closed on Monday, April 16, in observance of Patriots' Day. All activities including the van are cancelled for this day.

PRESENTATION ON THE COMMUNITY HEALTH CENTER OF CAPE COD —



Wednesday, April 18, 11:00 am Join us for senior staff Chris Ellis from the Community Health Center of Cape Cod who will present about Community Health Center of Cape Cod's health care services, including primary care, behavioral health, dental, women's health, optometry, addiction recovery, pharmacy, x-ray and ultrasound services, and Veterans care. CHC serves all who need health care, regardless of ability to pay. Join us to find out more about the Community Health Center located in Mashpee. 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.

BEREAVEMENT GROUP — Thursday, April 19

through May 24' 11:00 am — 12:30 pm. Presented by HopeHealth and facilitated for Ann Beth Ostroff, Bereavement Counselor and social worker, for a general grief support group. Participants will have an opportunity to share and discuss their grief experiences in a safe environment. Articles related to grief and healing will be distributed each week. Participants do not need to attend all sessions. *Please Rsvp to HopeHealth, (508) 957-0304.*



RESIN GLASS CUBES CRAFT — Thursday, April 19, 2:30 pm.

Come join us as leader Karen Thurber will help you make a beautiful resin glass cube. She will supply sea glass, shells, and decorations. Come on in and create! There is a fee. If you choose to supply your own decorations, please be aware that the fee will still be required for instruction. 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.

WHO'S YOUR AGENT? — Thursday, April 19, 1:00 pm

Presented by the VNA of Cape Cod "Let's Talk About Your Healthcare- It's Your Choice!" 82% of people say it's important to put their healthcare wishes in writing; however, 23% have actually done it. Leave this informal discussion feeling empowered and knowledgeable about making a plan to receive the best possible care that honors your values and choices. Our conversation will help you build on your plan as your health needs and care choices change throughout your life. Join Julie Tooher, RN, a trained facilitator from the VNA of Cape Cod, on Monday April 19 at 1:00 pm. 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.

DINE-AROUND — Monday, April 23, 12:30 noon at Fisherman's View in

Sandwich. 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. *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.

GOOD START SOCIAL BREAKFAST — Monday, April 9,

10:00 am. Join us on Monday, April 9, for a continental breakfast and good conversation. Please Rsvp to the



Mashpee Senior Center/Council on Aging • 26 Frank E. Hicks Dr. • Mashpee, MA 02649

Phone: (508) 539-1440 • Fax: (508) 539-2791 • www.mashpeema.gov

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.

BOOK CLUB — Friday, April 20, 2:00 pm *Killers of the Flower Moon: The Osage Murders and the Birth of the FBI*, a National Book Award Finished, was authored by journalist David Grann. This book club selection is the non-fiction story of murder and intrigue on the Osage Indian Reservation in the 1920s. All are welcome to join us, and we would love to have new seniors

join us too!

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!



NATIONAL VOLUNTEER WEEK — April 15 - April 22. National Volunteer

Week is an annual celebration observed in many countries, to promote and show appreciation for volunteerism and volunteering. It is a time of year when organizations across the country honor volunteers for their selfless contributions and recognize the irreplaceable impact of their time, energy, and caring all year round. We at the Council on Aging wish to express our heartfelt gratitude for each of our volunteers. Your hard work, commitment and dedication are qualities that are recognized and appreciated every day of the year. During the week of April 15, we invite all volunteers to sign their name on a **We Love Our Volunteers** easel in the lobby at the Senior Center.

Volunteer Needed If you are interested in collating welcome packets, please contact Denise Fronius at (508) 539-1440, ext. 3508. The commitment is approximately 1-2 hours per month. Thank you.

MONDAY MORNING MOVIE MUSINGS — Mondays, 10:00 am. Please join our friendly group as we talk about our favorite movies. Please join us as we take a close look at movies directed by Kathryn Bigelow to discuss this director's growth from new filmmaker, to Academy Award winning director, to her more current critically acclaimed movie. Please join us — new members are invited! Movies for the upcoming April: **April 2 — Near Dark** and **April 23 — Point Break.**



DROP-IN NIGHT — for Substance Use Resources and Treatment Options-First Tuesday of every month, 4:00 pm - 7:00pm, at the Community Health Center of Cape Cod/ Mashpee, 107 Commercial Street, Mashpee. 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. Anyone is welcome from any town. Cost: Free; no rsvp is required.

BOOK DONATIONS — Thank you for your generosity for donating books. *Because of the limited shelves in our library, we can accept only a few books at a time.* Mashpee residents may bring books for recycling to the Mashpee Transfer Station during normal hours of operation.



PARKINSON'S GOOD START PROGRAM ON THE CAPE — April 11 and 18, 6:00 — 8:00 pm, Spaulding Rehabilitation Hospital Cape Cod, 311 Service Road East Sandwich, MA 02537. The Good Start Program is designed for individuals recently diagnosed with Parkinson's disease and their family members. It will introduce participants to Parkinson's disease diagnosis, management strategies, local community resources, and treatment options. The Good Start Program is a two-part series presented by a team of Parkinson's disease specialists from the Boston University Medical Campus, Spaulding Rehabilitation Hospital Cape Cod, and the American Parkinson Disease Association. Please contact the APDA Information and Referral Center at Boston University Medical Center; there is no fee for the program, but **registration is required.** Call (800) 651-8466 or (617) 638-8466, apdama@apdaparkinson.org



PUBLIC HEARING NOTICE — Monday, April 9, 11:00 am at ESCCI, 68 Route 134, South Dennis, MA. Area Agency on Aging Advisory Council of Elder Services of Cape Cod and the Islands, Inc. (ESCCI) will hold a public hearing to receive public comment on the needs of elderly residents and their caregivers in Barnstable, Dukes, and Nantucket Counties. The information received will help to plan for the distribution of federal Older Americans Act funds for the Federal Fiscal Year 2019. If you are unable to attend and would like to comment, please complete the survey at: <https://www.surveymonkey.com/r/ESCCICommunitySurvey> or contact Cheryl Gayle, Director of Community Services, ESCCI, email: cheryl.gayle@esci.org, or call at (800) 244-4630, Ext. 103. All are welcome.

MASHPEE SENIOR SINGERS— Each Thursday, 9:30-11:30 a.m. at the Mashpee Senior Center. Join our informal singing group that sings a variety of musical tunes, from old to new. Just show up as often as you can, and sing! If you would also like to perform in addition to singing, the Mashpee Singing Seniors brings its performances to variety venues. It is not necessary to be able to read music. Join us!



Save the Dates! More info in the May Newsletter!

May 7 thru August 16, Mondays and Thursdays, 2:00-3:30 pm (except May 17 and 28 and week of July 4)	New Series — Fit & Strong	Wednesday, May 16, 10:00 am	Home Fire and Disaster Preparedness Presentation
Friday, May 11, 10:00 am	Crafts — Painting Flower Pots	Thursday, May 17, 10:00 am	Crafts — Decorative Wooden Trays
Monday, May 14, 11:00 am	Aromatherapy	Thursday May 17, 2:00 pm	Out of Africa Performance
Tuesdays, May 15 thru June 26, 1:30 — 4:00 pm	Matter of Balance Workshop	Monday, May 21, 2:00 pm	Presentation on Drug and Alcohol Use
Wednesday, May 16, 1:00 pm	Managing Cancer Related Fatigue	Thursdays, May 24 through June 28, 2:00 pm	French Conversation Lessons

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

A message from Julie Tooher, RN BS of the Visiting Nurse Association of Cape Cod:  VISITING NURSE ASSOCIATION OF CAPE COD

National Healthcare Decisions Day is April 16. This day exists to inspire, educate, and empower the public and providers about the importance of advance care planning. Accidents and illness are just part of everyday life and can happen at any age. Having a written health care plan can:


- ◆ Protect your right to get the care you want
- ◆ Tell your family how best to take care of you
- ◆ Help your doctors match quality care to your care goals, values, and choices.


It's a good idea to:


- ◆ Talk with your family and others about your care choices, and start to make your own personal plan
- ◆ Talk with your doctors & care providers. Put your plan into action to honor your choices today & everyday.

"Here's how I am feeling today..." is a good way to start a discussion to better understand your health condition and treatment options, and to create some goals with your care providers for the care you want today, and at every phase of health. It starts with you and your loved ones. Have you had the **Conversation**?

~The Conversation Project and Honoring Choices, MA

PARKINSON SUPPORT GROUP — Thursday, April 12, 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, April 19, 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, April 18, 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, April 11, 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, April 27, 10:00 am. This support group meets at the Mashpee Senior Center on the 4th Friday of every month from 10:00 — 11:30 am. 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. 

COMING SOON! FIT & STRONG — NEW SERIES — Mondays and Thursdays, May 7 through August 16, 2:00-3:30 pm (except May 17 and 28 and week of July 4). Fit & Strong! is an evidence-based, multiple component exercise program. It combines flexibility, strength training and aerobic walking with health education for sustained behavior change among older adults with lower extremity osteoarthritis (OA). It is a twelve-week program that improves lower extremity stiffness, lower extremity pain, lower extremity strength, aerobic capacity, participation in exercise and caloric expenditure, self-efficacy for exercise. **REGISTRATION IS REQUIRED! Please call Amy (508) 957-7423 to sign up! Please be aware that a physician release is required in advance before you can participate.** 



 **APRIL TRAVEL CLUB NEWS — "Spring Fling" Foxwoods 4/03, \$35; 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, 5/19, \$80/\$110; Film Night with John Williams and the Boston Pops, First Balcony 5/23, \$109; Newport Flower Show "Cottages Smart and Small" 6/22, \$59; 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.

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 Relation- ship 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) *	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
9:30-11:30	Singing Seniors	9:15	Bowling		
10:00-11:30	Cribbage	9:45-10:45	Ageless Yoga Neighborhood	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.	
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	1:30 - 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)				

Spotlights of Ongoing Activities and Programs

Sketching	Thursday, 1:00-2:30 pm	Do you like to sketch? Are you interested in joining a beginners sketching group where individuals get together to share their sketching talents? All levels welcome. No prior experience or knowledge expected. Introductory class. Leader will let students know what supplies participants need to bring. Volunteer Leader, Bob Vesprini No charge
Canasta	Wednesday, 12:30-3:00 pm	Come to the Senior Center for a fun, social afternoon of playing, or learning, Canasta. All game supplies needed are available at the Senior Center. All you need to bring is a smile, sense of humor, and be ready to have some fun. Regular players are most helpful at teaching newcomers how to play. Drop ins welcome. Volunteer Leader, Muriel Sculos. 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 — AVOID BECOMING A VICTIM OF A NEW MEDICARE CARD SCAM

You may have heard that everyone on Medicare will receive new Medicare cards with new numbers beginning April 2018. Social Security numbers will no longer be used on Medicare cards to prevent identity theft. Instead, each Medicare beneficiary will receive their own unique Medicare number. Medicare beneficiaries in Massachusetts are scheduled to receive their cards starting in June 2018.

These cards are FREE. You do not need to do anything to receive the new Medicare card except to make sure the Social Security Administration has your correct address. Medicare will NOT call you to ask for information in order to send you the new card.

Please do not be tricked into sharing your personal information. Once you receive your new Medicare card, you can destroy the old one. Don't hesitate to give us a call if you have any questions regarding your Medicare coverage or the new Medicare cards. You can make an appointment with a SHINE counselor at your local senior center or call the Regional SHINE Office, Barnstable County Department of Human Services, at (508) 375-6762.

For Mashpee residents, you may contact the Mashpee Senior Center at (508) 539-1440. **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.



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.

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>.

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 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.



MASHPEE POLICE DEPARTMENT'S TIP OF THE MONTH ON-LINE DATING SCAMS

HAS AN ON-LINE LOVE INTEREST ASKED YOU FOR MONEY? Here are signs of a scam: *** Professes love quickly *** Claims to be from the U.S. but is overseas for business or military service. *** Asks for money and lures you off the dating site *** Claims to need money for emergencies, hospital bills or travel *** Plans to visit but can't because of an emergency

**SCAM
ALERT**

WHAT TO DO: *** Slow down, talk with someone you trust. **DON'T** let the scammer rush you *** Never wire money or put it on a gift or cash reload card. **DON'T** send money period! *** Contact your bank right away if you sent money *** Report the incident through the on-line dating site, Federal Trade Commission (ftc.gov/complaint), or the Federal Bureau of Investigation (ic3.gov).

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

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. . . that this publication is produced at no cost to your newsletter? The cost of assembling, printing and delivery is carried by the advertisers which appear on these pages. By paying for advertising space, these businesses help your publication communicate with its members. When you patronize these businesses, it proves that advertising in your publication is a good investment which brings a return. Please mention that you saw the company's ad in this publication—solid evidence which encourages advertisers to continue their support!



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Please note:

- ♦ To get an on-line copy of this newsletter, visit <http://www.mashpeeema.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

DISCLAIMER

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.

MASHPEE COUNCIL ON AGING

26 FRANK E. HICKS DRIVE

Mashpee, MA 02649

Lynne Waterman, Director

Darlene Perkins, Outreach Coordinator

David Egel, Chairperson, Council on Aging

The cost of mailing this newsletter has been paid by the Friends of the Mashpee Council on Aging.

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