


May 2018

The Mashpee Senior Connection

**MASHPEE SENIOR CENTER
MEMORIAL DAY**

The Mashpee Senior Center will be closed on Monday, May 28, in observance of Memorial Day. All activities including the van are cancelled for this day




OLDER AMERICANS MONTH 2018 — ENGAGE WITH THE MASHPEE SENIOR CENTER! Every May, the Administration on Aging, part of the Administration for Community Living, leads our nation's observance of Older American's Month. The 2018 theme, Engage at Every Age, emphasizes

that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities. Participating in activities that promote mental and physical wellness, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you—those are just a few examples of what being engaged can mean. No matter where you are in your life, there is no better time than now to start. We hope you will join in and Engage at Every Age at the Mashpee Senior Center!

OUT OF AFRICA CONCERT — Thursday May 17, 2:00 pm. Join us for a concert with musical styles from classical to African and Latin American folkloric music to the American songbook. Amy Lynn Barber, trained percussionist and marimbist, and Sam Holmstock, co-founder of the world fusion group Entrain who devotes himself to using world drumming for health and healing will both perform in the genre of percussion. Despite both play in the genre of percussion, Mr. Holmstock and Ms. Barber consider themselves to be practically at opposite ends of the drumming spectrum. They will perform separately and together in a range of musical styles. This concert is presented with the support of the Mashpee Cultural Council. 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.



PRESENTATION ON ADDICTION AND OPIATES USE — Monday, May 21, 2:00 pm. Education for maintaining a healthier lifestyle is an important step on the road to recovery. Please join Community Health Center of Cape Cod's Addictions Team, Yvonne Nickerson and Jennifer Monaghan for a presentation on the signs and symptoms of addiction, opiate use and abuse, and treatment options for substance use disorders. Some of the topics are: What are opiates? How do they affect the body? What constitutes safe use as prescribed? What are signs of misuse? How and where does someone receive help? How to dispose safely of unused/unneeded opiates? Rsvp to the front desk, or by calling (508) 539-1440. Come and become educated on this important issue that affects all of us in our communities.

AROMATHERAPY — Monday, May 14, 11:00 am. Join us to learn about aromatherapy and how to find healthy ways to integrate essential oils into your personal wellness kit. Aromatherapy can be defined as the art and science of utilizing naturally extracted aromatic essences from plants to balance, harmonize and promote the health of body, mind and spirit. Some of the topics to be discussed are: a basic



introduction to aromatherapy; the application of essential oils; and building your own wellness kit. Presented by the Visiting Nurse Association of Cape Cod. 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.

MENTAL HEALTH FIRST AID — RESCHEDULED FROM MARCH — Tuesday and Wednesday, May 8 and 9, 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.



PRESENTATION — MANAGING CANCER-RELATED FATIGUE — Wednesday, May 16, 1:00 pm. Cancer-related fatigue can be a huge issue for cancer patients and their families during and years after cancer treatment is completed. Learn about the symptoms and causes of cancer-related fatigue and how you can manage these symptoms and greatly improve your quality of life. Join this discussion with Kristine Whaples who coordinates the Living Fit for You! Cancer Wellness Program for Falmouth Hospital. 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.



HOME FIRE AND DISASTER PREPAREDNESS PRESENTATION — Wednesday, May 16, 10:00 am. Are you prepared if a home fire or natural disaster strikes your area? Home fires kill more people than all other natural disasters combined in the United States. Please join the Red Cross for a presentation that will cover disaster preparedness kit tips, fire safety tips, summer safety tips, and smoke and carbon monoxide detector install information. 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.





FRENCH CONVERSATION LESSONS — Thursdays, May 24 through June 28, 2:00 pm. Would you enjoy brushing up on your French or even starting anew? We will be offering free lessons — including some grammar but mainly fun and games, role play, conversation, and perhaps a movie and a song or two. Our volunteer is a retired Massachusetts certified teacher of French and Spanish, and has taught from fifth grade to high school. She was born in Paris, and hopefully can add some culture and historical anecdotes — so let's have some French fun! Rsvp to the front desk, or by calling (508) 539-1440. For more information, please contact our Activity Coordinator, Susanne Murphy, at (508) 539-1440, x3512. There is no cost.

TAI CHI FOR BEGINNERS — Fridays, May 11 through July 13, 3:00 pm. Have you wanted to learn Tai Chi but have been nervous about trying? Using gentle and slow movements, Tai Chi has been shown to give significant results for improving balance and preventing falls among elder populations. Join us for a 10-week beginner session.



Mashpee seniors only, please. Priority will be given to any senior who has not attended any other Tai Chi classes at the Mashpee Senior Center as space is limited. 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.

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. 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. Presented by the Visiting Nurse Association of Cape Cod. **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.**



MATTER OF BALANCE WORKSHOP — NEW SERIES — Tuesdays, May 15 thru June 26, 1:30 — 4:00 pm. Through media presentation, group discussion, lecture and physical activity, learn to overcome fear of falling and incorporate physical activity into our daily lives. **Participants are advised to check with their healthcare providers before starting this new exercise program.** Workshop is free thanks to the Prevention and Wellness Trust Fund. Presented by the organization Healthy Living Cape Cod. **For questions and to register, please contact Healthy Living Cape Cod at (508) 957-7620.**



BEREAVEMENT GROUP — Thursdays through May 24, 11:00 am — 12:30 pm. Presented by HopeHealth and facilitated by 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 — Thursday, May 10, 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.

PAINTING FLOWER POTS — Friday, May 11, 10:00 am. Join us for painting beautiful spring lilacs and daisies on flower pots. If you have never picked up a paint brush before this class, it is for you! There is no skill required — everyone will have fun and make a beautiful pot by the end of the class. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. **Mashpee seniors only, please.** Space is limited, and there is no fee. For more information, please contact our Activity Coordinator, Susanne Murphy, at (508) 539-1440, x3512. Sponsored by North River Home Care.



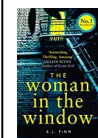
DECORATIVE WOODEN TRAYS — Thursday, May 17, 10:00 am. Do you like being creative in a relaxed and friendly environment? Join Barbara Greenspan as you create a unique art project using a small wooden tray, acrylic paints, mod-podge, tissue and decorative papers. Trays can be used for personal use or given as a gift. It's fun and a nice way to start the day! Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. **Mashpee seniors only, please.** Space is limited, and there is no fee. For more information, please contact our Activity Coordinator, Susanne Murphy, at (508) 539-1440, x3512.



DINE-AROUND — Monday, May 21, 12:30 pm **Bucatino's, North Falmouth.** 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.



BOOK CLUB — Friday, May 18, 2:00 pm. For our May book selection, we return to the world of suspense fiction with "The Woman in the Window" authored by A. J. Finn. It is a sophisticated psychological thriller in the style of Alfred Hitchcock that is already published in 36 languages and in development as a full length movie. All are welcome to join us in our discussion, and we would love to have new seniors join us too.



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 May:



May 7, K-19: The Widowmaker and May 21, The Hurt Locker.

PARKINSON'S EDUCATIONAL PROGRAM: DRIVING DECISIONS — Wednesday, May 16, 2018. The PSN/APDA Branch will provide this presentation by Donna Klein-Erdman, OTR/L, Certified Driving Instructor for the Driver Assessment Program at Spaulding Rehabilitation Hospital Cape Cod. The presentation will be followed by a panel discussion featuring a representative from the Cape Cod Regional Transit Authority, the Director of the Harwich Council on Aging, and a licensed



Save the Dates! More info in the June Newsletter!

Thursday, June 7, 10:00 a.m.	Tick Awareness Presentation	Thursday, June 14, 12:00 noon	Facebook for Beginners
Thursday, June 7, 2:30 pm	Crafts — Resin Frames or Glass Cubes — your choice!	Friday, June 15, 10:00 am	Waquoit Bay National Estuarine Research Reserve Presentation
Monday, June 11, 10:00 am	Horse Shoe Crab Presentation by the Friends of National Wildlife Refuge	Tuesday, June 19, 10:00 am	Medicare 101
Tuesday, June 12, 1:00 pm	Book Swap	Monday, June 25, 1:00 pm	Talk on arthritis by Dr. Michelle Costa
Tuesday, June 12, 1:00 pm	Elder Abuse Awareness Presentation		

social worker. Location: Orleans Senior Center, 150 Rock Harbor Road, Orleans, MA 02653. Contact: APDA I & R Center, (800) 651-8466 or apdama@apdaparkinson.org

THE MASHPEE SENIOR CENTER OFFERS A FRIENDLY VISITORS PROGRAM! You might appreciate a weekly visit from a friend. Would you or someone you know benefit from this program? It is available to

Mashpee seniors who would like the companionship and support of a new friend. Maybe you are new to Mashpee or perhaps have lost a spouse or you may find yourself spending more time alone at home for health reasons. All Mashpee seniors are eligible; if interested please call Outreach Coordinator, Darlene Perkins, (508) 539-1440, x3502.



Health, Wellness, and Appointments

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.



A message from Julie Tooher, RN BS of the Visiting Nurse Association of Cape Cod

Candid Coffee Hour — Monday, May 21, 9:30 am



Join us for coffee and a casual conversation about healthcare planning and get your blood pressure checked by a Registered Nurse on the third Monday of the month from 9:30 — 10:30 am. Julie Tooher, RN is a trained facilitator and will be happy to answer questions and guide conversations about managing your health care planning.

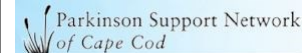
Walk-ins are always welcome!

Tips for a Healthy Brain (Mayo Clinic)

More than a third of dementia cases could potentially be prevented by addressing several key risk factors, including:

- ◆ Diabetes hypertension and obesity – Taking your diabetes medication as prescribed, controlling high blood pressure and consuming a healthy diet may help you lose any excess weight and improve your cardiovascular health, thus potentially reducing your dementia risk.
- ◆ Inactivity – Exercise can help increase blood flow to the brain, reduce the loss of brain cells and improve cardiovascular-related dementia risk factors.
- ◆ Smoking – Smoking has been linked to a 41 percent increased risk of dementia.
- ◆ Depression and social isolation – Some research suggests that depression can negatively impact stress hormones and alter brain structure. Being socially isolated also can be a risk factor for dementia. If you have depression, your doctor may recommend therapy or medication.

PARKINSON SUPPORT GROUP — Thursday, May 10, 10:00 am at the



Mashpee Senior Center. The guest speaker for the May 10 Parkinson Support meeting is Saba Shahid, M.S., a board

member of the APDA-MA chapter and owner of The ART CART, a "creativity" and movement program for people living with Parkinson's. Monthly on the 2nd Thursday of each month. For information, please contact Jeanne Jackson at (508) 367-4267.

HEARING TESTS — Thursday, May 17, 11:00 am — 2:00 pm by appointment. 3rd Thursday. Call the Senior Center at (508) 539-1440 for an appointment.



FOOT CARE — Wednesday, May 15, 10:00 am — 3:30 pm by appointment. Available the 3rd Wednesday of each month. There is a fee. Call the Senior Center at (508) 539-1440 for an appointment.

LEGAL ASSISTANCE — By appointment. The South Coastal Counties Legal Services, Inc. (SCCLS) Elder Law Project on the 4th Monday of each month. Other attorneys on the 1st and 2nd Tuesday of the month, regarding general legal information, trusts, wills, health care choices, estate planning, etc. PLEASE NOTE: Appointments are for Mashpee seniors only. The lawyers do not handle questions regarding criminal matters. Call the Senior Center at (508) 539-1440 for an appointment.



INDEPENDENCE HOUSE RELATIONSHIP EDUCATION AND ADVOCACY — Wednesday, May 9, 10:00 am. Free and confidential services and programs for people who are survivors of or affected by domestic and sexual violence. Every 2nd Wednesday from 10:00 am — 12:00 noon. Appointments are not necessary; just stop by.

SIGHT LOSS SERVICES PEER SUPPORT GROUP — Friday, May 25, 10:00 am. 4th Friday of every month from 10:00 — 11:30 am. For more information, call Sight Loss Services at (508) 394-3904 or visit their website: <http://www.sightloss.org/>. Drop in's are welcome.



CAPE COD COPD SUPPORT GROUP — This support group (emphysema, chronic bronchitis, asthmatic bronchitis, and other lung conditions) meets the 2nd Wednesday of the month at the Orleans COA, 150 Rock Harbor Rd. Informed speakers and discussions on subjects about lung conditions will be discussed. For information, contact Georgette Keeler at (508) 420-5302.

DROP-IN NIGHT — for Substance Use Resources and Treatment Options, first Tuesday of every month, 4:00 — 7:00 pm, 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.



MAY TRAVEL CLUB NEWS — Mohegan Sun, 5/15, \$35; Leonard Bernstein Centennial Celebration with the Boston Pops, 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; **Thrift Shops** of Upper Cape, 6/08, \$25 pp; **Newport Flower Show** "Cottages Smart and Small", 6/22, \$59; **Aladdin the Musical**, Boston Opera House, orchestra 7/25, \$99; **"Mardi Gras by the Sea"** Carnival P-town, 8/16, \$35; **Miss Saigon** (National Tour Launch-PPAC), matinee, 9/29, \$90/\$115. **On sale starting 5/1:** PPAC- Cats, Anastasia, Charlie & the Chocolate Factory, School of Rock, Waitress the Musical, The Band's Visit; BOH Dear Evan Hansen, Hello Dolly starring Betty Buckley, A Bronx Tale, The Play That Goes Wrong. For a complete listing of all trips stop by the senior center or visit adventureswithkarynwendell.com. Karyn is here Thursdays from 9:00 to 11:00 am. For more information, contact Karyn Wendell at (508) 420-5288 - Karynmw1@comcast.net. Mail payments for travel to Karyn Wendell, P. O. Box 161, Centerville, MA 02632. See "Adventures with Karyn" ad every Sunday in the Cape Cod Times.

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

MONDAYS		TUESDAYS		WEDNESDAYS	
8:30-9:30	Strength Training	8:30-9:30	Exercise	8:30-9:30	Strength Training
9:00-12:00	PC Laptop Skills (1 st and 3 rd) *	9:00-12:00	Woodcarving	10:00-3:30	Foot Care Clinic (3 rd) *
9:45-11:00	Gentle Yoga	9:00-11:00	Attorney Services (2 nd) *	10:00-11:00	Zumba Gold
10:00-11:30	Attorney Services (4 th) *	10:00-12:00	Men's Club (1 st)	10:00-12:00	Independence House Relationship Education and Advocacy (2 nd)
11:00-12:00	Chair Yoga	10:00-11 :00	Zumba Gold		
12:30-4:00	Mah Jongg	11:00-2:00	Sea Mist Swimming ***		
12:30-3:00	Pinochle	1:00-4:00	SHINE *	10:00-12:00	Painting
1:00-4:00	Hand and Foot/Pony Canasta	1:00-3:00	Attorney Services (1 st) *	1:00-3:00	Painting
		2:30-3:30	Aerobics for the Brain (2 nd & 4 th)	1:00-2:00	Line Dancing
				12:30-3:00	Canasta
				1:30-3:30	CARES Support Group (2 nd & 4 th)
				2:30-4:30	Tai Chi for Healthy Aging **
THURSDAYS		FRIDAYS		SATURDAYS	
8:30-9:30	Exercise	8:30-9:30	Strength Training	8:30-9:30	Exercise
9:30-11:30	Mashpee Singing Seniors	9:15	Bowling		
10:00-11:30	Cribbage	9:45-10:45	Ageless Yoga Neighborhood		
10:00-11:00	Knitting and Crocheting	10:00-11:30	Sight Loss Services Support Group (4 th)		
10:00-11:30	Parkinson Support Group (2 nd)				
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				
6:30-9:30	Tai Chi (Beginners, please come 1 st Thursday)				

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	9:30-11:30 am	Mashpee Singing Seniors — 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!
Thursdays	10:00 am	Knitting and Crocheting — 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. No charge.



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.



TAX REFUND INFORMATION: PLEASE NOTE: If AARP did your taxes at the Mashpee Senior Center and you have additional questions about your taxes or refund, please contact the IRS for Federal information or the Massachusetts government for State information. The staff at the Senior Center are not trained to answer tax return questions. **For status on your Federal refund for information,** check the status at the web site at www.irs.gov/refunds or call the IRS toll-free phone number at (800) 829-1954. Automatic service is available every day of the week, 24 hours per day, and you can check on your refund in either English or Spanish. Or you can call (800) 829-4477 to reach the IRS TeleTax System. **For status on your Massachusetts refund,** check your status at www.mass.gov/dor or call (617) 887-6367 or (800) 392-6089 (toll-free).

LET US PLACE YOUR AD HERE.



VOLUNTEER NEEDS — *“If you want to lift yourself up, lift up someone else.”* Civic engagement opportunities are those which extend beyond the Senior Center by reaching out to the local community and make it better, including our four-legged, furry friends. We are currently seeking a volunteer interested in coordinating a future pet food drive. If this volunteer opportunity is calling your name or if you are interested, become a community civic engagement volunteer.



FOMCOA THRIFT SHOP — The Friends of the Mashpee Council on Aging are grateful to the many wonderful people who donate to its thrift shop! Your help goes to support the Senior Center as well as other community needs. We do ask, however, that you do not leave donations outside the shop when it is not open. We have had too many wonderful donations ruined by weather because our volunteers were not at the shop to accept the donations when they were left. PLEASE drop off your donations ONLY during open hours, which are Tuesday, Wednesday, Friday, and Saturday from 9:00 am — 1:00 pm, and Thursday from 9:00 am - 3:00 pm.

The FOMCOA Thrift Shop needs volunteers to help on Wednesdays and Saturdays! The Friends need volunteers to help staff the Thrift Shop located across the parking lot from the Mashpee Senior Center. The shifts are generally 4 hours, and the volunteers provide helping hands for retail and organizing assistance at the store. Plus it's a great time to meet and greet a variety of people! Please contact Jean Nousse of the Friends at (508) 477-2330 if you are interested in helping.

- ◆ Other volunteer needs at the Senior Center include: **leader for Mashpee Singing Seniors, drivers, front desk receptionist, and newsletter preparation.** Please contact Denise Fronius, Volunteer and Program Support Coordinator, at (508) 539-1440, ext. 3508.
- ◆ Please consider becoming a volunteer **Friendly Visitor.** Friendly Visitors provide much needed social contact for community seniors who are homebound and lonely. The time commitment is one to two hours each week. If interested or would like more information, please contact Outreach Coordinator, Darlene Perkins, at (508) 539-1440, ext. 3502.



SHINE NEWS — *Need help with prescription drug costs? Prescription Advantage may be your answer!* By now, some of you may have reached or are getting close to the gap or “donut hole” with your Medicare Prescription Drug Plan (Part D). In 2018, you fall into the Medicare Part D gap when the negotiated retail cost of your medications reach \$3,750. Once in the gap, you are now responsible for 35% of the negotiated retail cost for brand name medications and 44% for generics. **Prescription Advantage**, which is a state-run program, can assist you in this gap and/or put a cap on your out-of-pocket cost for medications. Eligibility is based on income only and there is no asset limit! If you are a Massachusetts resident and eligible for Medicare, the income limits are:

- ◆ Age 65 or over- \$60,700 or less for a single person or \$82,300 or less for a married couple.
- ◆ Under age 65 and disabled- \$22,823 or less for a single person or \$30,945 or less for a married couple.
- ◆ There is no charge for joining Prescription Advantage if you have an annual income at or less than \$36,420 for a single person or \$49,380 for a married couple. However, there is a \$200 per person annual enrollment fee for those with higher incomes.

You may also join if you are 65 years or older and not eligible for Medicare. If you are not eligible for Medicare, Prescription Advantage will be your primary prescription drug plan and there is no income limit. Medicare also has a program, called “**Extra Help**”, which can assist with the cost of your Medicare Part D plan’s premium, deductible and co-pays. For Mashpee residents, please call the Senior Center to make an appointment. The SHINE counselor is available once each week for more information on these programs or assistance with any Medicare issue. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. Contact the Barnstable County Regional SHINE office: Website <http://www.bchumanservices.net/initiatives/shine/>, email at SHINE@barnstablecounty.org, or call (508) 375-6762, (508) 362-5885 TTY.

PLEASE NOTE: If you are a resident of a town other than Mashpee, please call your town for SHINE locations/appointments.

MASHPEE SENIOR CENTER VAN SERVICE

DOOR TO DOOR SERVICE! Are you getting tired of driving? Reluctant to drive in bad weather? Or just trying to save on gas? Don't be shy, give us a try; you're sure to love our van service! Are you looking for a ride to a doctor's appointment, hair salon appointment, rehab appointment or for some other appointment in the towns we serve? How about shopping trips? We will pick you up at your home, drop you off at your appointment, and then bring you back home when you are finished! 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/>.



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 at (508) 539-1440, x3502.



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

May is Mental Health Awareness Month

According to the National Alliance on Mental Illness (NAMI) Cape Cod & the Islands: "With an estimated year round population of 230,000 for Cape Cod, 15,000 for Martha's Vineyard, and 10,000 for Nantucket, or a total of about 250,000 (not including the summer population), approximately 15,000 people struggle with a diagnosable mental illness on Cape Cod and The Islands." **If you are concerned about a loved one's or friend's mental health. SAY SOMETHING — DO SOMETHING.** Please reach out to NAMI at (508) 778-4277; MPD Advocate Tara Carline (508) 539-1480 ext. 7253; Cape Cod & The Islands Emergency Services Program 24hr. Hotline (800) 981-4357. Any questions please contact, Special Officer and Advocate Tara Carline at (508) 539-1480, ext. 7253.



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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.”

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.

Lynne Waterman, Director lwaterman@mashpeema.gov	Susanne Murphy, Activity Coordinator coaactivitycoordinator@mashpeema.gov	Darlene Perkins, Outreach Coordinator dperkins@mashpeema.gov
Linda Wicks, Administrative Secretary lwicks@mashpeema.gov	Denise Fronius, Volunteer and Program Support Coordinator coavolunteercoordinator@mashpeema.gov	Lisbeth Dineen, Office Assistant coaofficeassistant@mashpeema.gov
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MASHPEE COUNCIL ON AGING MISSION STATEMENT:

The Council on Aging is a department of the Town of Mashpee. Its charge is to sponsor, coordinate, or conduct human 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.

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

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

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