

June 2018

# The Mashpee Senior Connection



## **DEER TICKS PRESENTATION: ONE BITE CAN CHANGE**

**YOUR LIFE...** — **Thursday, June 7, 10:00 am.** Join us with Larry Dapsis, Entomologist from the Cape Cod Cooperative Extension. Lyme disease is the most prevalent infectious disease in Massachusetts. This program will present a three-point protection plan: protect yourself, protect your yard, and protect your pet. Tick-borne diseases are preventable. 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.

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## **BOOK SWAP** — **Tuesday, June 12, 1:00 pm.**

Need some variety on your bookshelf? For a fun time we will host a book swap, it operates similar to a Yankee swap where you will bring 5 of your books and trade for other books that you may enjoy. We will also be serving refreshments. Come join the fun. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. For more information, please contact our Activity Coordinator, Susanne Murphy, at (508) 539-1440, x3512.



## **WAQUOIT BAY NATIONAL ESTUARINE RESEARCH RESERVE PRESENTATION** — **Friday, June 15, 10:00 am.**

Please join us to learn about the Waquoit Bay reserve and how you can enjoy its beauty. Waquoit Bay has 2,700 acres of open waters, barrier beaches, marshlands, and uplands. The reserve is representative of typical shallow bay environment. Enjoy discovering the bay, by land or water. 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.



## **EDUCATIONAL TALK ON ARTHRITIS BY DR. MICHELLE COSTA** — **Monday, June 25, 1:00 pm.**

Dr. Michelle Costa is a Board Certified Rheumatologist practicing at Falmouth Hospital. On Monday, June 25 at 1:00 pm at the Senior Center, she will discuss the different types of arthritis (osteoarthritis, gout, Rheumatoid arthritis etc.) and will discuss their symptoms and how they can affect your living activities. Dr. Costa will also review questions you should ask your physician and will answer questions from the audience. 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.



## **HORSESHOE CRAB PRESENTATION BY THE FRIENDS OF NATIONAL WILDLIFE REFUGE** —

**Monday, June 11, 10:00 am.** Can you tell the difference between a female and a male

horseshoe crab? If you find this crab on the beach, do you know if it died or is it just a molt, a shed outer shell? MaryKay Fox, President of the Friends of Mashpee National Wildlife Refuge Organization, will share her knowledge on this elusive animal and will share pictures of her work, describe its natural history and bring you up-to-date on its regulations. 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.

## **CREATIVE WRITING** — **Wednesdays, June 13 through July 25, 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.



## **ELDER ABUSE AWARENESS** — **Tuesday, June 12, 1:00 pm.**

June is Elder Abuse Awareness Month. Elder abuse includes physical, sexual, and emotional abuse, caretaker neglect, financial exploitation and self-neglect. Special Police Officer and Victim Advocate, Tara Carline, will welcome seniors to the Mashpee Senior Center to learn more about how Mashpee Police Department assists survivors of domestic violence. KNOWLEDGE IS POWER! 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.



## **MEDICARE 101** — **Tuesday, June 19, 10:00 am.**

Do you understand how Medicare works? Have you wondered about options to save money on your medical or prescription coverage? Let's help you get the most out of your benefits. Presented by Tracey Benson, Program Manager, Regional SHINE (Serving the Health Insurance Needs of Everyone) Program. Please Rsvp to the



## **SPORTS HUDDLE** — **Every Wednesday through September 6, 10:00 am — 12:00 noon.**

*Join us on Wednesday, June 20, at 10:00 am to meet with some members of the Falmouth Commodores*, its collegiate summer baseball team and get to know these possible future Hall of Famers. The Sports Huddle group will host the players for a question and answer time. During June, July, and August, the sports huddle is open to all seniors, men and women, free of charge. This fun group talks about sports from professional down to college and high school levels with special emphasis on Boston and Cape Cod sports news. Come and share your opinions. No need to Rsvp; just drop in for a fun and lively discussion.

**A MESSAGE AND THANK YOU FROM OUTREACH COORDINATOR DARLENE PERKINS:** This is a time of happiness and a time of sadness for me. I have loved the time I have spent here at the Mashpee Senior Center; I have met and worked with wonderful, fun, and kind people. This is why it is so hard to say good-bye to all of you since I have decided to RETIRE! When I say good-bye, I only mean that in the sense of working. I honestly can say I could never have dreamed of a better way to finish my working career than spending my last years with the Town of Mashpee at the Senior Center. Thank you to all of the wonderful people who have been a part of my experiences at the Senior Center! All of you hold a special place in my heart!



**RESIN GLASS CUBES OR RESIN FRAMES — YOUR CHOICE!** — Thursday, June 7, 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.

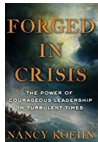
**SPARKLE BALLS** — Thursday, June 21, 2:30 pm. Come join us as instructor Karen Thurber will teach you to make a sparkle ball — it's a wonderful gift for others or for yourself. You can use the sparkle ball year round, indoors and outdoors. Everything is included to make a sparkle ball; there is a fee. **Mashpee seniors only, please. Space is limited, and Rsvp's are required.** 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** — RESCHEDULED for Tuesday, June 19 at 1:00 pm. Join us for painting beautiful spring lilacs and daisies on flower pots. 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.

**DINE-AROUND** — Monday, June 21, 12:30 pm, **Crabapple's Restaurant, 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, June 15, 2:00 pm. What do Ernest Shackleton, Abraham Lincoln, Frederick Douglas, Dietrich Bonhoffer, and Rachel Carson all have in common? The story of how each demonstrated superior leadership skills in dire circumstances, and the common traits that all shared, is wonderfully told in the Senior Center book club selection for



June: **Forged in Crisis - The Power of Courageous Leadership in Turbulent Times** written by Nancy Koehn. We welcome everyone to join our discussion, and we would love to have new seniors join us too.



**MONDAY MORNING MOVIE MUSINGS** — Mondays, 10:00 — 11:30 am. Please join our friendly group as we discuss Ed Harris movies. Ed received academy nominations for many of these lead and supporting roles. Join our friendly group as we discuss the talents of Ed Harris. New members are invited. Please watch the movie before we meet to discuss. Movies for June: June 18 — **Glengarry Glen Ross** and June 25 — **Apollo 13**.

**FRIENDLY REMINDER TO ALL VOLUNTEERS** — To all Senior Center volunteers, please submit your volunteer time sheets. If you need a time sheet, please stop by the Senior Center or call Denise Fronius, Volunteer Coordinator, at (508) 539-1440, x3508. Time sheets begin on July 1 and go through June 30 each year.

**CURRENT EVENTS DISCUSSION** — 1st Tuesday of each month June 5, July 3, August 7, 10:45 am. This group is an informal meeting of people who are interested in staying involved with current events in our state, our country, and the world. Subjects are determined by the members of the group, and all views are respected. Dr. Robert Calzini will lead the class. Come and join us and keep those synapses functioning! Rsvp's are not required. Just stop in!

**HURRICANE SEASON OFFICIALLY STARTED ON JUNE 1,** and now is the time to prepare in case Mother Nature pays us an unwelcome visit. You can find detailed preparedness information on the National Weather Service's website: <http://www.nhc.noaa.gov/prepare/ready.php> and at FEMA's ready.gov site for hurricanes <http://www.ready.gov/hurricanes>. To prepare for a hurricane, here are some of the following measures to take to protect you and your family:



Build an emergency kit and make a family communications plan; learn community hurricane evacuation routes and how to find higher ground. Determine where you would go and how you would get there if you needed to evacuate; make plans to secure your property; be sure trees and shrubs around your home are well trimmed so they are more wind resistant; clear loose and clogged rain gutters and downspouts; plan to bring in all outdoor furniture, decorations, garbage cans and anything else that is not tied down.

And don't forget about your pets! Check out Cape Cod D.A.R.T at [www.capecoddart.org](http://www.capecoddart.org) for complete details, but here are some basics: Know which shelters in your area are pet-friendly. If you go to a shelter, if possible bring a crate for your pet. Prepare an emergency go-kit for your pet including at least 3 days of food in an airtight, waterproof container, at least 3 days of water specifically for your pets, and an extra supply of your pet's meds in a waterproof container. List the name and contact information for your pet's veterinarian. Keep up-to-date copies of your pet's registration information, adoption papers, vaccination documents and medical records in a clean plastic bag or waterproof container in your kit.



Local Shelters (which ones will be designated as pet-friendly will be determined at the time of the emergency): Barnstable Intermediate School, 895 Falmouth Road, Hyannis; Falmouth High School, 874 Gifford Street, Falmouth; Sandwich High School, 365 Quaker Meetinghouse Road, Sandwich.

**Save the Dates! More info in the July Newsletter!**

Tuesday, July 11 12:00 noon	Patriotic Holiday Luncheon	Tuesday, July 24 10:00 am	Talk on Home Improvement Contractors
July 11, 2018 10:00 am	Zentangle — An easy-to-learn, relaxing, and fun way to create beautiful images	Tuesday, July 24 and August 21, 10:00-12:00 noon	Croquet is back!
Tuesdays, July and August, 1:00 pm	Beginner Karate Class — Stay turned for information on exact dates!	Tuesday, July 31 2:00 pm	Yesterday's Country Band Concert
Thursday, July 19 2:30 pm	Mosaic Tiles		

# 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, June 18, 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!

### Summer is on it's way! Let's remember about skincare....

Some sun can be good for you, but to keep your skin healthy, be careful all year long:

- ◆ Limit time in the sun. It's okay to go out during the day, but try to avoid being in sun during peak times when the sun's rays are strongest. For example, during the summer, try to stay out of the sun between 10 a.m. and 4 p.m. Don't be fooled by cloudy skies. The sun's rays can go through clouds. You can also get sunburned if you are in water, so be careful when you are in a pool, lake, or the ocean.
- ◆ Use sunscreen. Look for sunscreen with an SPF (sun protection factor) number of 15 or higher. It's best to choose sunscreens with "broad spectrum" on the label. Put the sunscreen on 15 to 30 minutes before you go outside. Sunscreen should be reapplied at least every 2 hours. You need to put sunscreen on more often if you are swimming, sweating, or rubbing your skin with a towel.
- ◆ Wear protective clothing. A hat with a wide brim can shade your neck, ears, eyes, and head. Look for sunglasses that block 99 to 100 percent of the sun's rays. If you have to be in the sun, wear loose, lightweight, long-sleeved shirts and long pants or long skirts.
- ◆ Skin cancer is a very common type of cancer in the United States. The main cause of skin cancer is the sun. Sunlamps and tanning booths can also cause skin cancer. Anyone, of any skin color, can get skin cancer. People with fair skin that freckles easily are at greatest risk. Skin cancer may be cured if it is found before it spreads to other parts of the body.

- ◆ Check your skin once a month for things that may be signs of cancer. Skin cancer is rarely painful. Look for changes such as a new growth, a sore that doesn't heal, or a bleeding mole. Your skin may change with age. But remember, there are things you can do to help. Check your skin often. If you find any changes that worry you, see your doctor.



**HEARING TESTS** — Thursday, June 21, 11:00 am — 2:00 pm by appointment. 3rd Thursday. Call the Senior Center at (508) 539-1440 for an appointment.

**FOOT CARE** — Wednesday, June 20, 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 4<sup>th</sup> Monday of each month. Other attorneys on the 1<sup>st</sup> and 2<sup>nd</sup> 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, June 13, 10:00 am. Free and confidential services and programs for people who are survivors of or affected by domestic and sexual violence. Every 2<sup>nd</sup> Wednesday from 10:00 am — 12:00 noon. Appointments are not necessary; just stop by.



**SIGHT LOSS SERVICES PEER SUPPORT GROUP** — Friday, June 22, 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.

**DROP-IN NIGHT** — **NOTE: CHANGE IN LOCATION** for Substance Use Resources and Treatment Options, first Tuesday of every month, 4:00 — 7:00 pm, at the **Mashpee Public Library**, 64 Steeple St, 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.



**INTERESTED IN HAVING AN AFTERNOON DANCE? JOIN THE MASHPEE SENIOR CENTER!** We need your thoughts! Would you be interested in attending a dance during the afternoon with live music for entertainment? Besides dancing is great exercise, it's also a lot of fun! Please let us know of your interest. If there is enough, we'll set up a dance in the fall. Contact our Activity Coordinator, Susanne Murphy, at (508) 539-1440, x3512, and let us know if you'd like to join us.

**PATIO FURNITURE** — It's time to celebrate summer which officially begins on June 21st! Thanks to the DPW, our patio set is back out and ready for use! So, come and enjoy the sun from our lovely patio!



**JUNE TRAVEL CLUB NEWS** — Foxwoods 6/05, \$35; Thrift Shops of Upper Cape 6/08, \$25 pp; Newport Flower Show "Cottages Smart and Small" 6/22, \$59; Secret Gardens of Provincetown 7/15, \$75; Aladdin the Musical Boston Opera House, orchestra 7/25, \$99; "Mardi Gras by the Sea" Carnival P-town, 8/16, \$35; Waterfire Providence — Full Lighting, 09/08, \$35; The Big E "Military Appreciation Day," 9/15, \$60 (w/military ID \$45); Miss Saigon, matinee, 9/29, \$90/\$115; Last Empress of China: Forbidden City's Untold Story PEM, 9/22, \$79; Sweet Caroline Tribute to Neil Diamond Show & Twin Rivers, 11/14, \$79; **Book now:** PPAC — Cats, Anastasia, Charlie & Chocolate Factory, School of Rock, Waitress the Musical, The Band's Visit; BOH-Dear Evan Hansen, Hello Dolly, A Bronx Tale, The Play That Goes Wrong. For a complete listing of all trips stop by the Senior Center or visit [adventureswithkarynwendell.com](http://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](mailto: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.



## Regular Events

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

MONDAYS		TUESDAYS		WEDNESDAYS	
8:30-9:30 9:45-11:00 10:00-11:30 11:00-12:00 12:30-4:00 12:30-3:00 1:00-4:00	Strength Training Gentle Yoga Attorney Services (4 <sup>th</sup> ) * Chair Yoga Mah Jongg Pinochle Hand and Foot/Pony Canasta	8:30-9:30 9:00-12:00 9:00-11:00 10:00-12:00 10:00-11 :00 11:00-2:00 1:00-4:00 1:00-3:00	Exercise Woodcarving Attorney Services (2 <sup>nd</sup> ) * Men's Club (1 <sup>st</sup> ) Zumba Gold Sea Mist Swimming *** SHINE * Attorney Services (1 <sup>st</sup> ) *	8:30-9:30 10:00-3:30 10:00-11:00 10:00-12:00  10:00-12:00 1:00-3:00 1:00-2:00 12:30-3:00 1:30-3:30 2:30-4:30	Strength Training Foot Care Clinic (3 <sup>rd</sup> ) * Zumba Gold Independence House Relationship Education and Advocacy (2 <sup>nd</sup> ) Painting Painting Line Dancing Canasta CARES Support Group (2 <sup>nd</sup> & 4 <sup>th</sup> ) Tai Chi for Healthy Aging **
THURSDAYS		FRIDAYS		SATURDAYS	
8:30-9:30 9:30-11:30 10:00-11:30 10:00-11:00 10:00-11:30 11:00-2:00 12:15-1:15 1:00-2:30 2:00-3:00 1:00-4:00 6:30-9:30	Exercise Mashpee Singing Seniors Cribbage Knitting and Crocheting Parkinson Support Group (2 <sup>nd</sup> ) Sea Mist Swimming *** Ballroom Dancing Sketching Hearing Tests (3 <sup>rd</sup> ) Social Bridge Tai Chi (Beginners, please come 1 <sup>st</sup> Thursday)	8:30-9:30 9:45-10:45 10:00-11:30  11:00-12:00 12:30-4:00 1:30 - 3:30 2:00-3:00	Strength Training Ageless Yoga Neighborhood Sight Loss Services Support Group (4 <sup>th</sup> ) Zumba Gold Mah Jongg Veterans Services (1 <sup>st</sup> & 3 <sup>rd</sup> ) * Book Club (3 <sup>rd</sup> )	8:30-9:30     Exercise	<p><b>NOTES: Transportation is available for activities,</b> either through our van or Cape Cod Regional Transit Authority at (800) 352-7155.</p> <p><b>* Appointments required;</b> please call the Senior Center (508) 539-1440 or stop by the front desk to schedule</p> <p><b>**Waiting list sign up required.</b> Please stop by the front desk or contact the Mashpee Senior Center at (508) 539-1440 to add your name to the wait list.</p> <p><b>*** Open to Mashpee seniors only.</b> Please stop by the Front Desk at the Senior Center to complete a form prior to going to Sea Mist for swimming. Please be aware that swimming is not available during school vacations and July through August</p>

### Spotlights of Ongoing Activities and Programs

<b>KNITTING AND CROCHETING</b>	Thursday 10:00 am	All are welcome! Do you knit? Crochet? Instead of staying at home to knit, join us for each Thursday morning and meet new friends. It is a great way to get out and enjoy something you already do. Perhaps sharing will give you new ideas! This will not be led by an instructor; group members will help each other. No charge.
<b>PAINTING CLASS</b>	Wednesday, 10:00 am -12:00 pm and 1:00–3:00 pm	All are welcome! Beginners to Advanced – Students bring their own art supplies. Please sign up for either morning or afternoon class. Students may switch class times when they are unable to attend at their regularly scheduled time due to appointments, illness, etc. Previous experience or knowledge is not required. Painting techniques include watercolor, pastel, acrylic, oil, drawing. There is a fee. Instructor, Barry Jones Henry.

**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.



LET US PLACE YOUR AD HERE.



**"YOU GIVE BUT LITTLE WHEN YOU GIVE OF YOUR POSSESSIONS. IT IS WHEN YOU GIVE OF YOURSELF THAT YOU TRULY GIVE."**

Congratulations to Patricia "Tricia" Casey for receiving the beautiful hanging geranium plant for National Volunteer Appreciation Week. Tricia is a Singing Senior Volunteer. Singing Seniors practice weekly at the Mashpee Council on Aging and provide concerts at local rehabilitation and assisted living facilities. Professional singing talent is not required. These volunteers have a lot of social fun!

It was exciting to meet so many volunteers during National Volunteer Appreciation Week which was held throughout the week of April 15th. I couldn't have been more pleased with the outpouring of existing members who signed up to be a volunteer in an area of need here at the Senior Center. Additionally, quite a few existing volunteers expressed interest in other areas of need. At this time, I am processing Volunteer Applications and will be in touch with everyone who filled out the volunteer paperwork.

Our annual volunteer appreciation recognition event will be on Thursday, June 14, at 10:00 am at Willowbend. All volunteers have been sent an invitation in the mail.

If you are interested in becoming a volunteer, please contact Denise Fronius at (508) 539-1440, x3508.

**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.



**SHINE NEWS** — *Are you or someone you know turning 65 or thinking about retiring?* SHINE can help! Every day there are 10,000 baby boomers turning 65 and are now eligible for Medicare. Those new to Medicare can make costly mistakes resulting in higher health care costs, gaps in coverage and possibly a lifetime late enrollment penalty. How do you get the Medicare benefit? Can you defer Medicare without penalty? Are you going to continue working past 65? Are you contributing to an HSA (Health Saving Account) and how does that work with Medicare? Each situation is unique, and you want to make the best decisions for you. SHINE (Serving the Health Insurance Needs of Everyone) counselors can sit down with you and go over your situation and all your Medicare options. SHINE volunteer counselors are trained and certified by the Executive Office of Elder Affairs and are re-certified each year to help Medicare beneficiaries navigate the complex health insurance system for free. If you or someone you know will be turning 65 soon please call the senior center to make an appointment with a SHINE counselor or call the Regional SHINE Office, Barnstable County- Dept. of Human Services, at (508) 375-6762. For Mashpee residents, 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](mailto: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, x3502. 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.**

**Summer Recess!** Don't forget that some of our activities are on hiatus from the summer until the fall. For your planning, the following activities will be on hiatus during the summer and will resume in September:

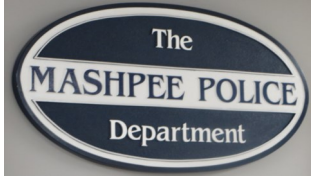
Activity	Date of Hiatus	Date Resuming
Sea Mist Swimming	June 7	Mid-September
Bowling	May	Thursday, September 6
Sight Loss Support Group	June 25	Friday, September 28
PC Laptops	May	Monday, September 17
Singing Seniors	June 14	Thursday, September 13
Sketching	June 14	Thursday, September 13
PC & Gadgets	May	Thursday, September 6
Brain Aerobics	May	Tuesday, September 25

## SCAM ALERT


**MASHPEE POLICE DEPARTMENT'S TIP OF THE MONTH**

**Gift Card Scams** — Mashpee Police Department continues to see scams involving the purchase of a gift card.

- ♦ **RED FLAG:** No reputable company nor the IRS or any government agency will ever demand payment via gift cards.
- ♦ **WHAT TO DO:** If you get a phone call from someone telling you to make a payment with gift cards, hang up the phone. If you get an email from a company telling you to make a payment with gift cards, delete it. Don't be fooled. If you have any doubts that the call or email is legitimate, contact the company yourself. Don't call the number given to you on the voice message, and don't respond to the email or click any of the links inside of it. Initiate the call yourself.
- ♦ **If you have any questions regarding the legitimacy of a call, please contact Mashpee Police Department.** Any questions please contact Special Officer and Advocate Tara Carline at (508) 539-1480, x7253.



**IT'S HOT INSIDE YOUR CAR — DON'T FORGET ABOUT YOUR DOG.** Massachusetts has joined 22 states with laws about animals confined in parked vehicles. The Act prohibits pet owners from leaving animals inside vehicles when temperatures inside a car can exceed levels outside or environmental conditions "that pose an adverse risk to the health or safety of the dog." A bystander, in addition to animal control officials, law enforcement or firefighters, may enter the vehicle if "reasonably necessary to prevent imminent danger or harm to the animal." Any action by a person or first responder would follow checking to see if the door was locked, calling 911, and making an effort to locate the owner. The person must stay with the animal until law enforcement arrives, and is immune from liability resulting from the animal's removal. You can find more information at <https://blog.mass.gov/masslawlib/misc/rescuing-pets-from-hot-cars/>.



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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.

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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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*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.

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

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