

July 2018

The Mashpee Senior Connection



FOURTH OF JULY HOLIDAY
The Mashpee Senior Center will be closed on Wednesday, July 4, in observance of Independence Day. All activities including the van are cancelled for this day.



PATRIOTIC HOLIDAY LUNCHEON AND CONCERT — Tuesday, July 17, 12:00 noon. Join us for our annual holiday luncheon to celebrate the birthday of our great country! Relive the Fifties and have some fun with *Daddy-O!*, a Fifties band performing everything from 1954 to 1959: rock & roll, rockabilly, rhythm & blues, and more! Luncheon is sponsored by the Royal Health Group. **Mashpee seniors only, please.** Rsvp's are required 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.

TALK ON HOME IMPROVEMENT CONTRACTORS — Tuesday, July 24, 10:00 am. Do you have any questions about hiring a home improvement contractor? Come and inform yourself — knowledge is power! Robin Putnam from the Massachusetts Office of Consumer Affairs and Business Regulation and Amy Schram from the Better Business Bureau will give you information on home improvement contractors. The presentation will include information about their offices and what they do. 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.



ZENTANGLE® — Wednesday, July 11, 10:00 am. — Zentangle® is an easy-to-learn, relaxing and fun way to create beautiful images by drawing structured patterns (tangles) with pen on paper (tiles). Begin or continue your Zentangle journey with Christine Walkley, a Certified Zentangle teacher. All supplies are included to create your first tile plus some to take home! There is a fee. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. For more information, please contact our Activity Coordinator, Susanne Murphy, at (508) 539-1440, x3512.



CROQUET IS BACK! — Tuesday, July 24, and Tuesday, August 21, 10:00-12:00 noon. Join us for a morning of fun and movement as we learn to play croquet at the Mashpee Senior Center backyard. We will learn the rules and enjoy the company of Mashpee seniors of all ages, as we play croquet, a lawn sport that started in medieval times. Call the Mashpee Senior Center to reserve a mallet or just come by and see what all the excitement is about. Mallets will be provided. 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.



BEGINNER KARATE CLASS — Tuesdays, July 24 through August 28, 1:00 pm. Here's an opportunity for both senior men and

women to learn an age-modified traditional martial art focusing on health and wellness while having fun in a supportive environment. The classes will also include core exercises and stretching so please bring a mat and wear comfortable shoes and clothing. The classes will be lead by a volunteer instructor who has studied Uechi-ryu Okinawan Karate for over 20 years earning a 6th degree master level black belt. Space is limited; Mashpee seniors only. No fee. A release form is required to participate. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. For more information and to obtain a release form, please contact our Activity Coordinator, Susanne Murphy, at (508) 539-1440, x3512.



YESTERDAY'S COUNTRY BAND CONCERT — Tuesday, July 31, 2:00 pm. Yesterday's Country Band plays the vintage country and western music that was popular during the Golden Era of country music. Yesterday's Country Band has evolved from a group of semi-retired musicians who enjoyed jamming and playing music together to an active, performing band. 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.



COMING SOON! BURIED IN TREASURES SUPPORT GROUP — Every Monday, August 13 through December 10, 1:30 to 3:30 pm. The Buried in Treasures workshop is based on the book *Buried in Treasures: Help for Compulsive Acquiring, Saving and Hoarding* by David F. Tolin, Randy O. Frost and Gail Steketee. During this 16-week action-oriented self-help support group, you will receive support from others, get help to develop strategies to de-clutter the home, and work on ways to change problematic acquiring and discarding behaviors. This program is facilitated by volunteer Lynne Barbee and supported by the Cape Cod Hoarding Taskforce. **Pre-registration is required for the program, and space is limited so please sign up early by calling Erika Woods at (508) 375-6620.** There is no fee for this program, and each person will receive a book at no charge.



SENIOR CENTER VOLUNTEER RECOGNITION — "Volunteers do not necessarily have the time; they just have the heart." Our annual Volunteer Recognition Breakfast was held on Thursday, June 14, at The Clubhouse at Willowbend Country Club. The Mashpee Singing Seniors led a spirited, patriotic Flag Day sing-along of *It's Grand Old Flag*. This year's Most Valuable Volunteer Award went to a volunteer group, The Brown Bag Volunteers. Brown Bag volunteers Mary Draheim, Virginia McIntyre, John McIntyre, Ralph Mills, Joanne Morrow, Richard Stewart and Schuyler Wires have all made a long-term commitment to us,



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have given a significant number of hours, and have been an inspiration to others. This year's Rookie of the Year Award went to Front Desk Volunteer, Anita Voveris. This award is presented annually to a new volunteer who has made a significant contribution at the Mashpee Senior Center. If you are interested in becoming a volunteer, please contact our Volunteer Coordinator, Denise Fronius, at (508) 539-1440.

RESIN GLASS CUBES OR RESIN FRAMES — YOUR CHOICE! — Tuesday, July 17, 2:30 pm. Come join us as leader Karen Thurber will help you make a beautiful resin glass cube or resin frame. 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.



MOSAIC TILES — Tuesday, July 24, 2:30 pm. Come join us as leader Karen Thurber will help you make beautiful and fun craft with mosaic art. Using an unfinished wood shape such as a starfish, a seahorse, or a mermaid, for example, Karen will show you using sea glass, shells, beads, sequins, sparkles, and paint to glue the wood shape. There will be pictures to help you along. 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.



BOOK CLUB — Friday, July 27, 2:00 pm. For our meeting in July, we will have "Reader's Choice" — each attendee will talk briefly about a book he or she has enjoyed which makes this a great meeting to get started in the club. We encourage you to join us and share a book you found of interest. We welcome everyone to join our discussion the 4th Friday of each month at 2:00 pm, and we would love to have new seniors join us too. No need to Rsvp; just drop in!



SPORTS HUDDLE — Every Wednesday through September 5, 10:00 am — 12:00 noon. During 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.



MONDAY MORNING MOVIE MUSINGS — Mondays, 9:30 — 11:00 am. Please join our friendly group as we discuss Ed Harris movies. Ed received Academy nominations for many 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 July: July 9 — The Truman Show and July 23 — Pollock*



MASHPEE MEN'S CLUB JULY EVENTS — We invite retired or semi-retired men over the age of 50 to meet on the first Tuesday of each month starting with coffee at 10:00 am followed by a brief business meeting and a speaker. For July 10 (for this month the second Tuesday), join us for our monthly meeting and annual barbecue. If you are a prospective member and would like to join our club at these events, please contact Bob MacColl at (508) 477-0145.

MASHPEE SENIOR CENTER PAINTERS — Summer exhibit of paintings through August. Please join us at the Mashpee Senior Center for the summer exhibit of paintings by the talented Mashpee Senior Center Painters. Stop by the Senior Center and check out the amazing artwork!



CURRENT EVENTS DISCUSSION — 1st Tuesday of each month, July 3 and 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!



SLEEP AND NON-MOTOR SYMPTOMS IN PARKINSON'S — Friday, July 13, 11:00 — 12:30 pm. Presented by the Parkinson Support Network of Cape Cod. YMCA Cape Cod, 2245 Iyannough Road, West Barnstable, MA 02668. Seating begins at 10:30 am. Okeanis Vaou, MD, Assistant Professor of Neurology Parkinson's Disease and Movement Disorders Center, Boston University Medical Campus. This program is designed for individuals with Parkinson's and family members. Reservations are required for this event. To Rsvp, contact the American Parkinson Disease Association Information & Referral Center at (800) 651-8466 or apdama@apdaparkinson.org.

HURRICANE SEASON OFFICIALLY RUNS TO NOVEMBER 30, 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 site for hurricanes <http://www.ready.gov/hurricanes>. If you are under a hurricane warning, find safe shelter right away. Determine how best to protect yourself from high winds and flooding. Evacuate if told to do so. Take refuge in a designated storm shelter, or an interior room for high winds. Listen for emergency information and alerts. Only use generators outdoors and away from windows. Do not walk, swim, or drive through flood waters.



And don't forget about your pets! Check out Cape Cod D.A.R.T at www.capecoddart.org for complete details. **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 August Newsletter!			
Mondays, August 13 until December 10 1:30 to 3:30 pm	Buried Treasures Workshop — Develop strategies to de-clutter the home	Tuesday, August 14, 11:00 am	Mobile Phone Photography
Monday, August 13, 10:00 am	Presentation about Butterflies of Cape Cod	Tuesday, August 21, 2:00 pm	Ice Cream Social
Tuesday, August 14, 2:00 pm	Centertonix: A Cappella Concert	Tuesday, August 28, 2:00 pm	Woodstock Concert — your favorite songs from the 60's

 Please be aware that the swimming program for Mashpee seniors at Sea Mist does not occur during the summer. It will resume in mid-September.

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, July 16, 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!

IT'S SUMMERTIME! LET'S BE COOL AND BE CAREFUL!

- ◆ **Why are older adults more prone to heat stress?** Older adults do not adjust as well as young people to sudden changes in temperature.
 - ◆ They are more likely to have a chronic medical condition that changes normal body responses to heat. They are more likely to take prescription medicines that affect the body's ability to control its temperature or sweat.
- ◆ **Stay cool, stay hydrated.** Stay in air-conditioned buildings as much as possible. If your home doesn't have air conditioning, contact your local health department or locate an air-conditioned shelter in your area. Do not rely on a fan as your main cooling source when it's really hot outside.
- ◆ **Drink more water than usual** and don't wait until you're thirsty to drink. If your doctor limits the amount of fluids you drink or has you on water pills, ask them how much you should drink during hot weather.
- ◆ **Don't use the stove or oven to cook**—it will make you and your house hotter.
- ◆ **Wear loose, lightweight, light-colored clothing.**
- ◆ **Take cool showers or baths to cool down.**
- ◆ **Do not engage in very strenuous activities and get plenty of rest.**
- ◆ **Check on a friend or neighbor and have someone do the same for you.**

Julie Tooher, RN VNA Cape Cod, CDC



HEARING TESTS — Thursday, July 19, 2:00 — 3:00 pm by appointment. 3rd Thursday. Call the Senior Center at (508) 539-1440 for an appointment.

FOOT CARE — Wednesday, July 18, 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 be aware that these appointments are for Mashpee seniors only, for consultations only, and not for dealing with ongoing legal issues.** We respectfully request that you limit your appointments during the year so that others may be accommodated. The 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, July 11, 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.

DROP-IN NIGHT — 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.

PARKINSON SUPPORT GROUP — Thursday, July 12, 10:00 am at the Mashpee Senior Center. Guest speaker Dr. John Allen, Health Psychologist at Spaulding Cape Cod, will discuss psychological and cognitive issues related to Parkinson and helpful wellness therapies. Join us on the 2nd Thursday of each month. For information, please contact Jeanne Jackson at (508) 367-4267.

MOBI-CHAIRS AT MASHPEE BEACHES — The Recreation Department has two beach and water accessible wheelchairs available on a first-come, first-serve basis for those who need it. There are two chairs available: one at South Cape Beach and one at John's Pond. You can reserve a chair by calling the Recreation Department or asking the beach gate attendant if a chair is available. The beach staff will take the chair out for you. Please have someone available to assist you on the beach and in the water.

PATIO FURNITURE — It's summer! Our patio set is back out and ready for use! So, come and enjoy the sun from our lovely patio!



Summer Summer Recess — See you in September! Don't forget that some of our activities are on hiatus from summer until the fall. The following activities are on hiatus and will resume in September:


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

JULY TRAVEL CLUB NEWS: Foxwoods 7/10, \$35; Secret Gardens of Provincetown 7/15, \$75; Jewels of Narragansett Bay Lighthouse Tour w/lunch 8/14, \$89; "Mardi Gras by the Sea" Carnival P-town, 8/16, \$35; Waterfire Providence, August TBA, \$35; The Big E "Military Appreciation Day," 9/15, \$60 (w/military ID \$45); Miss Saigon, matinee, 9/29, \$90/\$115; Peabody Essex Museum Exhibit -Last Empress of China: Forbidden City's Untold Story, 9/22, \$79; Sweet Caroline Tribute to Neil Diamond Show & Twin Rivers, 11/14, \$79; 11/29 Anastasia, 7:30 Show, \$113/\$99; Mannheim Steamroller at PPAC, 7:30 Show, 12/07, \$105; 1/26 CATS at PPAC, matinee, \$120/\$110. **Deposit only being accepted now for these shows next year:** Providence Performing Arts: Charlie & Chocolate Factory, School of Rock, Waitress the Musical, The Band's Visit, Jersey Boys, Boston Opera House: Dear Evan Hansen, Hello Dolly, A Bronx Tale
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.

Regular Events


Activities are held weekly unless indicated otherwise by a specific week in parentheses (). All activities are open to all Mashpee seniors regardless of ability and level. Please be aware that individual lessons do not occur during the playing of cards and other games.

MONDAYS		TUESDAYS		WEDNESDAYS	
8:30-9:30 9:30-10:30	Strength Training Candid Coffee Hour (Julie Tooher, RN, VNA of Cape Cod) (3 rd)	8:30-9:30 9:00-12:00 9:00-11:00 10:00-12:00 10:00-11:00 12:00-4:00 1:00-3:00	Exercise Woodcarving Attorney Services (2 nd) * Men's Club (1 st) *Zumba Gold SHINE * Attorney Services (1 st) *	8:30-9:30 10:00-3:30 10:00-11:00 10:00-12:00	Strength Training *Foot Care Clinic (3 rd) * *Zumba Gold Independence House Relationship Education and Advocacy (2 nd) *Painting Canasta *Line Dancing *Painting CARES Support Group (2 nd & 4 th) Tai Chi for Healthy Aging **
9:45-11:00 10:00-11:30 11:00-12:00 12:30-4:00 12:30-3:00 1:00-4:00	*Gentle Yoga Attorney Services (4 th) * *Chair Yoga Mah Jongg Pinochle Hand and Foot/Pony Canasta			10:00-12:00 12:30-3:00 1:00-2:00 1:00-3:00 1:30-3:30 2:30-4:00	
THURSDAYS		FRIDAYS		SATURDAYS	
8:30-9:30 10:00-11:30 10:00-11:00 10:00-11:30 12:15-1:15 2:00-3:00 1:00-4:00 6:30-9:30	Exercise Cribbage Knitting and Crocheting Parkinson Support Group (2 nd) *Ballroom Dancing Hearing Tests (3 rd) Social Bridge Tai Chi (Beginners, please come 1 st Thursday)	8:30-9:30 9:45-10:45 11:00-12:00 12:30-4:00 1:30 - 3:30 2:00-3:00 2:00-4:00	Strength Training Ageless Yoga Neighborhood *Zumba Gold Mah Jongg Veterans Services (1 st & 3 rd) * Book Club (3 rd) SHINE *	8:30-9:30	Exercise
				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. * There is a fee	



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.



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.



Mashpee Police Department's 3rd Annual National Night Out Tuesday, August 7, 2018 5:30 to 7:30 pm

Join the Mashpee Police Department's Annual National Night Out between the Mashpee Police and Fire Departments at Frank E. Hicks Drive.

Bring your family and join us for fun, food and fellowship — Music by Cape Country 104, free bike helmets, life jackets and courtesy of Salvation Army free backpacks filled with school supplies (all freebies while supplies last), face painting courtesy of NAMI, balloon twister courtesy of Friends of Mashpee Library, tattoo artist courtesy of Franey Medical Laboratory, giveaways, free food courtesy of Dino's Sports Bar, The Lanes Bowl and Bistro, Polar Cave Ice Cream Parlour, The Salvation Army, and Washashore Bakery plus police, fire and DPW equipment and vehicle tours, information from many agencies, businesses and much more!



National Night Out is a community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer and better places to live. The first National Night Out took place on Tuesday, August 7, 1984. It now involves over 37.8 million people and 16,124 communities from all fifty states, U.S. Territories, Canadian cities, and military bases worldwide. The traditional "Lights On" campaign and symbolic front porch vigils turned into a celebration across America with various events and activities including, but not limited to block parties, cookouts, parades, visits from emergency personnel, rallies and marches, exhibits, youth events, safety demonstrations and seminars, in an effort to heighten awareness and enhance community relations. Find out more at National Association of Town Watch website.



SHINE NEWS — When Can You Enroll in a Medigap (Supplement) Plan?



Medigap (supplement) plans provide extra protection beyond Medicare by filling in some of the "gaps" in Medicare coverage. In Massachusetts, the insurance companies allow continuous open enrollment. You must have Medicare A and B to enroll, and cannot be enrolled in a Medicare Advantage plan (HMO, PPO). Anyone who is eligible may enroll or change plans or coverage levels at any time, with changes effective the first of the following month. In Massachusetts, there are two Medigap plans, Core and Supplement 1. The Core plan pays some of the co-pays and co-insurance for Medicare covered services, while the Supplement 1 covers all the deductibles, co-insurance and co-pays for these services. With a Medigap policy, you are free to choose any doctor or hospital that accepts Medicare and you do not need referrals to see a specialist. 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.

For Mashpee residents, the SHINE counselor is available twice a week at the Mashpee Senior Center for more information on these programs or assistance with any Medicare issue. Please call the senior center to schedule an appointment with a SHINE counselor. If you are a resident of a town other than Mashpee, please call your town for SHINE locations/appointments. PLEASE NOTE: The Mashpee Senior Center front desk volunteers who answer the phone are not trained SHINE counselors and therefore are not able to answer health insurance questions. If you need immediate help, please contact the Barnstable County Regional SHINE office at (508) 375-6762, (508) 362-5885 TTY.

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 the 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.



Mashpee Police Department's Tip of the Month — 10 Common Scams

**SCAM
ALERT**

1. **Phone Scams** — The Scammer is trying to convince you to buy a product or send money
 2. **Robo calls** — Automated Calls
 3. **Email Scams** — The scammers send an email with a virus in it or they pretend to be a legitimate company seeking personal information or a payment.
 4. **Home Improvement/ Contractor Scams** — The scammer poses as an employee of home/yard company to solicit business. The scammer offers a low price but you have to decide on the spot.
 5. **Home Refinancing Scam** — The scammer gives you a cheap interest rate but requires an upfront fee.
 6. **IRS/ Fake government entity scam** — The scammer is impersonating a government official to get you to send money.
 7. **Grandparent Scam** — The scammer pretends to be a loved one that is hurt or in trouble and needs money.
 8. **Utility Scam** — The scammer demands payment for an outstanding bill but requests payment in reloadable debit card or gift cards.
 9. **Charity Scam** — The scammer takes advantage of generosity by posing as a charity organization.
 10. **Lottery Scam** — The scammer says you have won the lottery or a prize but you need to pay a processing fee to receive your winnings.
- REMEMBER:** Don't not give out your personal information over the phone *** Hang up or don't answer a call from a number you don't know. Let the call go to voicemail. If it's important, they will leave a message *** Don't trust unsolicited emails *** Don't click on attachment unless you have verified the sender *** Have your computer updated with antivirus software *** Don't give money on the spot to anyone ***
- Any questions, please contact Special Officer and Advocate Tara Carline at (508) 539-1480, ext. 7253.

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/>.



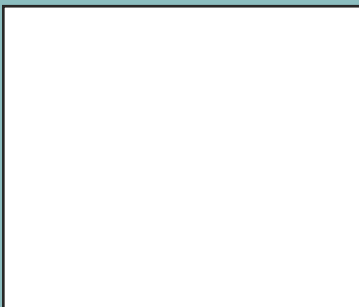
FRIENDLY REMINDER TO ALL VOLUNTEERS — To all Senior Center volunteers, please submit your volunteer time sheets. If you need a time sheet, please stop by the Senior Center or call Denise Fronius, Volunteer Coordinator, at (508) 539-1440, x3508. Time sheets begin on July 1 and go through June 30 each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



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06-5131



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.

Our Core Values

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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

MASHPEE COUNCIL ON AGING
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David Egel, Chairperson, Council on Aging
The cost of mailing this newsletter has been paid by the Friends of the Mashpee Council on Aging.