

August 2018

The Mashpee Senior Connection

MOBILE PHONE PHOTOGRAPHY CLASS —

Tuesday, August 14, 11:00 am. Your phone is probably brimming with lots of photos. Whether you have an iPhone or an Android phone, learn some tips for storing and sorting your pics — and getting them off your phone and out into the world. Volunteer Paul Gentile has extensive experience and will show you how to backup and organize your photos, create shared albums and archives, and store and edit photos on your computer. Mashpee seniors only, please. 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.



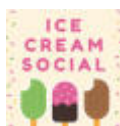
PRESENTATION ABOUT BUTTERFLIES OF CAPE COD — Monday,

August 13, 10:00 am. Over 70 species of butterflies have been identified across Cape Cod. Join Joe Dwelly who will show you outstanding photos of butterflies and will discuss features used to identify butterflies. He will look at the relationship between butterflies and plants, its habits, identify good places on Cape Cod to find butterflies, and talk about gardening to attract butterflies into your yards. 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.



ICE CREAM SOCIAL — Tuesday, August 21, 2:00 pm.

Join us for Royal Health Group's annual ever-popular summer ice cream social at the Mashpee Senior Center. Mashpee seniors only, please. Rsvp's are required. 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.



CENTERTONIX: A CAPPELLA CONCERT — Tuesday, August 14, 2:00 pm.

A Cappella explosion! Please join us at the Mashpee Senior Center to enjoy the a cappella group Centertonix. Centertonix is an exciting ensemble with a variety of ages and vocal talents whose mission is to entertain with an inspiring sound while educating audiences about the wide variety of a cappella genres. 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.



WOODSTOCK CONCERT — Tuesday, August 28, 2:00 pm. Singer Dawna Hammers will perform all your favorite songs from the 60's. Come dress as a hippie, sing & dance along! Dawna has been performing her great original and popular, soft rock, classic rock, blues, ballads and swing tunes for over 30 years on Cape Cod and throughout New England. Dawna does great versions of songs by



Joni Mitchell, Creedence Clear Water Revival, The Beatles, Janis Joplin, Peter, Paul & Mary, Donovan, Cat Stevens, and others. 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.

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.



CROQUET IS BACK! — 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. Call the Mashpee Senior Center to reserve a mallet or bring your own and see what all the excitement is about. 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.



CARING FOR ROSES — Friday, August 10, 10:00 am.

Keeping your roses in bloom throughout the summer, can be tricky! First know what roses you may have — today's roses have a vast selection. Clinton Flagg, Master Gardener, Horticulturist, Floral Arts Teacher, Trained Rosarian, will explore some of the most commonly sold roses for today's garden, and will talk about pruning, deadheading and feeding and disease control. 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.



HEALTHY SMOOTHIE DEMONSTRATION — Friday, August 17, 10:00 am.

Smoothies are fast becoming a nutritious meal replacement or sometimes a healthy supplement to a full meal! Karie Monast, Executive Chef with Royal Health Group, will provide a demonstration and tips on how to plan and create your very own



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

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nutritious, tasty and healthy smoothie! Samples will be provided. Mashpee seniors only, please. 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.

MASHPEE SENIOR CENTER PAINTERS — Please stop by the Mashpee Senior Center through August to view our summer exhibit of paintings by the talented Mashpee Senior Center Painters. Stop by the Senior Center and check out their amazing artwork!



CRAFTS WITH KAREN — Come join us as lead Karen Thurber will help you make beautiful crafts. She will supply included items and decorations. Come on in and create! Prepayment is required; please provide it to Susanne Murphy, our Activity Coordinator, no later than one week before the class. 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, August 16, 2:30 pm. Come join us as leader 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.



SEA GLASS WREATHS — Thursday, August 30, 2:30 pm. Come join us as leader Karen Thurber will help you make beautiful sea glass wreaths. Come on in and create!

BEGINNERS ART CLASSES — Mondays, September 10 — October 22, 10:00 am -12:00 noon. Have you been timid about trying an art class? Let's have fun learning new and creative skills for the beginning artist. Materials needed will depend on each individual and will be discussed at the first class. Volunteer artist Gerry Raposa is looking forward to sharing her art experience with you! 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 AND STRONG FOR MEN — Mondays and Thursdays, September 13 through December 17 (except Oct. 8, Nov. 12 and 22), 2:00-3:30 pm. 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. This men-only class 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.

PINOCHLE — Every Monday, 12:30–3:00. We would like to meet card players who love to play and learn pinochle. Our regular players help and teach newcomers to learn the game. It's a social and fun activity, so come and join in whenever you are available. You are not required to bring anything with you except a smile, and you do not have to know how to play!

EAT.
SLEEP.
PINOCHLE.
REPEAT.

BOOK CLUB — Friday, August 17, 2:00 pm. The Book Club selection for our August 17 meeting is the literary non-fiction work titled, "*Nothing to Envy: Ordinary Lives in North Korea*", written by Barbra Demick. Demick is the L.A. Times Beijing bureau chief who through the testimony of refugees and defectors gives us a clear-eyed look of the day-to-day life of North Koreans. We welcome everyone to join our discussion the 3rd 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 complete our discussion with Ed Harris movies on August 6. Then on August 20 we will discuss movies created about and filmed in the greater Boston area starting with *The Fighter*. New members are invited. **Please watch the movie before we meet to discuss.** **Movies for August: August 6 — The Hours, August 20 — The Fighter**



CURRENT EVENTS DISCUSSION — Tuesday, 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!



BOOKS IN OTHER LANGUAGES — The Mashpee Senior Center library is pleased to add books from other languages. Please feel free to borrow them and return them when you are finished. If you are able to donate books to our Mashpee Senior Center library from other languages, we would love for you to donate!



Save the Dates! More info in the September Newsletter!

Monday, September 10 10:00 am	Talk on Home Modification Loan Program	Tuesday, September 18 10:00 am	Coping with Early Memory Loss
Mondays, September 10 through October 21 10:00—12:00	Beginners Art Class	Monday, September 24 10:00 am	Cyber Security Presentation
Tuesday, September 11 12:00 noon	National Senior Center Month Pizza Party	Friday, September 14 10:00 am	Presentation on Nutrition and Weight Loss
Mondays and Thursdays, September 13 — Dec. 17 2:00-3:30 pm	Fit and Strong for Men	Friday, September 21 10:00 am	Presentation about Coffee and Chocolate and Your Health
Monday, September 17 10:00 am	Presentation by NAMI (National Alliance on Mental Illness)		



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.

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, August 20, 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!



August is National Immunization Awareness Month

Older adults need to get shots (vaccines) to prevent serious diseases. Protect your health by getting all your shots on schedule.

If you are age 50 or older: Get shots to prevent shingles. Shingles causes a rash and can lead to pain that lasts for months.

If you are age 65 or older: Get shots to prevent pneumococcal disease. Pneumococcal disease can include pneumonia, meningitis, and blood infections.

It's also important for all adults to:

- ◆ Get a flu vaccine every year. The seasonal flu vaccine is the best way to protect yourself and others from the flu.
- ◆ Get the Tdap shot to protect against tetanus, diphtheria, and whooping cough (pertussis). Everyone needs to get the Tdap shot once. After you get a Tdap shot, get a Td shot every 10 years to keep you protected against tetanus and diphtheria.

Ask your doctor or nurse about other shots you may need to stay healthy. Even if you have always gotten your shots on schedule, you still need to get some shots as an older adult. This is because:

- ◆ Older adults are more likely to get certain diseases.
- ◆ Older adults are more at risk for serious complications from infections.
- ◆ The protection from some shots can wear off over time.
- ◆ When you get shots, you don't just protect yourself — you also protect others. This is especially important if you spend time around anyone with a long-term health problem or a weak immune system (the system in the body that fights infections). Older adults need to get shots

(vaccines) to prevent serious diseases. Protect your health by getting all your shots on schedule.

Julie Tooher, RN VNA Cape Cod, CDC

HEARING TESTS — Thursday, August 16, 2:00 — 3:00 pm **by appointment.** 3rd Thursday. Call the Senior Center at (508) 539-1440 for an appointment.

FOOT CARE — Wednesday, August 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 be aware that these appointments are for Mashpee seniors only, for consultations only, and not for dealing with on-going legal issues.** We respectfully request that you limit your appointments during the year so that others may be accommodated. The 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, August 8, 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 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.

PARKINSON SUPPORT NETWORK OF CAPE COD — Thursday, August 9, 10:00 am at the Mashpee Senior Center. The guest speaker will be Saba Shahid, M.S., owner and creator of The Art Cart, a creativity and movement program for people living with Parkinson's. Join us on the 2nd Thursday of each month. All are welcome. For information, please contact Jeanne Jackson at (508) 367-4267.



Zumba is cancelled for the following days in August: Friday, August 17*** Friday, August 24*** Tuesday, August 21***Wednesday, August 22***Tuesday, August 28***Wednesday, August 29***



AUGUST TRAVEL CLUB NEWS — Foxwoods 8/07, \$35; "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); 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.

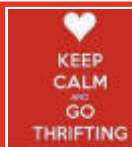
For a complete listing of all trips stop by the Senior Center or visit adventureswithkarynwendell.com. Karyn is here Thursdays from 9:00 to 11:00 am. For more information, contact Karyn Wendell at (508) 420-5288 - Karynmw1@comcast.net. Mail payments for travel to Karyn Wendell, P. O. Box 161, Centerville, 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 (). Please be aware that all Mashpee Senior Center activities including games and cards are open to all Mashpee seniors regardless of abilities and levels. Individual lessons may not be included.

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 10:00-12:00 12:30-3:00 1:00-2:00 1:00-3:00 1:30-3:30 2:30-4:00	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 **
THURSDAYS		FRIDAYS		SATURDAYS	
8:30-9:30 10:00-11:30 10:00-11:30 12:15-1:15 2:00-3:00 1:00-4:00 6:30-9:30	Exercise Cribbage 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!



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 located 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! Just drop in!

"Volunteers are paid in six figures ... S-M-I-L-E-S." ...Gayla LeMaire



Annual volunteer group meetings are being scheduled for September. This is a great opportunity for each volunteer group to share what is going well and if there are any suggestions to improve. Volunteers will receive email notification announcing the date and time for their group's meeting. Front Desk Volunteers met on July 18.

And don't forget that September is Intergenerational Month. This is a great time to share a memory of when you were a child with a younger family member or youth in your neighborhood. Intergenerational activities will be featured in the September Newsletter.

If you are interested in becoming a volunteer, please contact Denise Fro-nius, Volunteer Coordinator, at (504)539-1440 ext. 3508.



SHINE NEWS — **Hospital Observation Stays and Original Medicare** — Hospitals often admit patients under observation status. Patients under "observation" are considered outpatients even though they may stay in a hospital bed for many days. For those with Original Medicare, outpatient stays at a hospital could result in increased costs. For instance, Medicare requires a three-day inpatient stay at a hospital before it will pay for any stay in a skilled nursing facility and time spent under "observation" in a hospital will not count toward that three-day minimum. In addition, a Medicare Supplement (Medigap) will not cover any of the costs of the skilled nursing care if Medicare has not paid first. So patients with Original Medicare who have been under observation status, whether they have a Medigap or not, must decide whether to pay out-of-pocket for the medically necessary rehab/skilled nursing care, or cut care short and return home, because they are unable to cover the costs. Medicare Advantage plans (HMOs, PPOs) will cover costs of skilled nursing facility care, if it is medically necessary, because they do not have a three-day minimum in a hospital stay requirement. However, in a Medicare Advantage plan, skilled nursing facility services are subject to co-payments, which can be substantial. SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

Please call the Senior Center to schedule a SHINE appointment. For Mashpee residents, for more information on these programs or assistance with any Medicare issue, the SHINE counselor is available twice a week at the Mashpee Senior Center. 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 or have an urgent question, 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.



SCAM
ALERT

- ◆ You don't have to answer the telephone.
- ◆ If you don't recognize a telephone number, don't answer it.
- ◆ If you do answer, **NEVER** give out your personal information.
- ◆ Don't open emails from senders you **DO NOT** know.
- ◆ Always confirm with a utility company (or other) by contacting the number on your bill if there is a question of cancellation or past due funds.

Below are some helpful numbers: **Attorney General's Office** at (617) 727-8400 to notify them of a scam. **Federal Trade Commission** at (877) 382-4357 to file ID theft report. As always please do not hesitate to contact the Mashpee Police Department with any questions or concerns regarding a call. Any questions please contact Special Officer and Advocate Tara Carline at (508) 539-1480, ext 7253.



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 officers or firefighters, may enter the vehicle if necessary to prevent imminent danger or harm to the animal. 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 animal. The person must stay with the animal until law enforcement arrives. The owner is immune from liability resulting from the animal’s removal. For more information at <https://blog.mass.gov/masslawlib/leaving-pets-from-hot-cars/>.

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	Friday, September 7
Sight Loss Support Group	Friday, September 28
PC Laptops	Monday, September 17
Singing Seniors	Thursday, September 1
Sketching	Thursday, September 1
PC & Gadgets	Thursday, September 6
Brain Aerobics	Tuesday, September 25
Knitting and Crocheting	In the Fall

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CINDY ADELSTEIN, DMD



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Mashpee Council on Aging, Mashpee, MA

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.mashpeeema.gov/council-aging> and click the appropriate newsletter link on the right side of the page.
- ♦ Please be aware that some of our staff members are part-time and grant funded. They may not be available every day. If they are not available, please leave a message; they will return your call as quickly as possible.

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MASHPEE COUNCIL ON AGING MISSION STATEMENT:

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

Our Core Values

Respectful



Welcoming



Supportive

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

Lynne Waterman, Director
David Egel, Chairperson, Council on Aging

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

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

DISCLAIMER