

The Mashpee Senior Connection



The Mashpee Senior Center will be closed on Monday, September 3, in observance of Labor Day. All activities including the van are cancelled for this day.



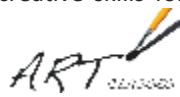
NATIONAL SENIOR CENTER MONTH AND PIZZA PARTY — Tuesday, September 11, 12:00 noon.

We invite you to join us for National Senior Center Month, with a pizza party and beverages followed by a musical performance by pianist Ed Scheer! The national celebration theme is: **Senior Centers: Building Momentum!** Senior centers are the

future of what aging can be. Innovative programs hosted at senior centers change the perception of aging, and create important community resources. Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. Mashpee seniors only, please.

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.



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 from the VNA at (508) 957-7423 to sign up. Please be aware that a physician release is required in advance before you can participate.



TALK ON MASSACHUSETTS HOME MODIFICATION LOAN PROGRAM — Monday, September 10 10:00 am.

If you or a household member is disabled or a senior, the [Mass.gov Home Modification Loan Program](#) can provide a loan so you can make needed adaptations or modifications to your home. Modifications can help you remain in your home and live more independently. Offered by the [Massachusetts Rehabilitation Commission](#) (MRC). For more information, click on



[mass.gov](#). Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.

COPING WITH EARLY MEMORY LOSS — Tuesday, September 18, 10:00 am.

Are you, a family member, or a friend experiencing early memory loss? Knowledge is power. For those experiencing mild memory challenges or have received an early stage diagnosis of Alzheimer's, come and learn about diagnosis treatment, and effective coping techniques. Presented by the Alzheimer's Association Southeastern MA/Cape Cod & the Islands. Rsvp to the Alzheimer's Association Southeastern MA/Cape Cod & the Islands at (800) 272-3900.



PRESENTATION BY NAMI (NATIONAL ALLIANCE ON MENTAL ILLNESS) — Monday, September 17, 10:00 am.

The National Alliance on Mental Illness (NAMI) Cape Cod is a grass-roots non-profit organization serving the families and friends of people with mental illness. Join Jud Phelps of NAMI who will discuss and distribute to each attendee a copy of the booklet, **The Primer**, as a tool for families and friends for those who suffer with mental/health behavior issues. The purpose of the booklet is to acquaint "newcomers" to mental illness and to give them information they may need to feel empowered to advocate for friends and/or family members who are experiencing mental health issues. Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.



AEROBICS FOR THE BRAIN — Note change of time: 11:00 am, Tuesdays, 2nd and 4th week each month.

Like our bodies, we need to keep our minds fit. Join our Aerobics for the Brain program, and join a fun, social group to help keep your mind sharp and focused. Expect to have fun and a challenge. In every class, the volunteer leader uses "a myriad of activities" to try and exercise different parts of the brain such as problem solving, observing patterns, language, math, pictures and other games. Drop ins are welcome! No commitment; no charge for the class.



DO YOU FEEL SOCIALLY ISOLATED FROM OTHERS? Are you

aware that loneliness can impact your quality of life and your health? The Mashpee Senior Center can help! Please call our Outreach Coordinator to learn more about programs that the Mashpee Senior Center offers or promotes, such as friendly visiting, telefriend, library book delivery, police reassurance, and others.



NUTRITION EDUCATIONAL SERIES — Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up for one or more of the presentations listed below. Sponsored by Cape Heritage Rehabilitation.

◆ **PRESENTATION ON NUTRITION AND WEIGHT LOSS** — Friday, September 14, 10:00 am. Join the licensed dietician from Cape Heritage Rehabilitation who will discuss nutrition labels, dietary needs, calorie intakes, and superfoods that may aid in weight loss.



◆ **PRESENTATION ABOUT COFFEE, CHOCOLATE, AND YOUR HEALTH** — Friday, September 21, 10:00 am. Learn how chocolate and coffee may have a beneficial effect on your health, the risks of consuming them, and the specific medical conditions on which they have a positive or negative effect. Coffee and a variety of chocolate samples will be served.



◆ **SMOOTHIE CLASS** — Friday, September 28, 10:00 am. Smoothies have many health benefits! Join us to learn to make two different variations of smoothies — a protein and a green. And it's easy and convenient to make them — all of this while packing a nutritious start to the day! You will receive a recipe card and a small sample.



DINE-AROUND IS BACK! — Monday, September 24, 12:00 noon.

let's do lunch Wimpy's, Osterville. 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.

CREATIVE WRITING — Wednesdays, September 12 through October 31, 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.



CRAFTS WITH KAREN — Come join us as leader 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 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.

◆ **RESIN PICTURE FRAMES** — Thursday, September 13, 2:30 pm. Come join us — Leader Karen Thurber will help you make a beautiful resin frame. She will supply sea



glass, shells, and decorations. Come on in and create!

◆ **MOSAIC TILES** — Thursday, September 27, 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.



BOOK CLUB — Friday, September 21, 2:00 pm. The Book Club selection for September is the novel *Exit West*, written by Moshin Hamid. Two young people in a new relationship become immigrants, first on a Greek Island, then Europe, and then North America. 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!



MONDAY MORNING MOVIE MUSINGS — Mondays, September 10 and 24, 9:30 — 11:00 am. Come join our friendly group on Mondays as we discuss movies created about and filmed in the greater Boston area. Think about the movies overall including those Boston accents — were they good?! Please watch each movie before we meet for the discussion. **Movies for September: September 10 — *Shutter Island*; September 24 — *Gone Baby Gone*.**



SEA MIST SWIMMING — Tuesday and Thursday, starting September 18, 11:00 am — 2:00 pm, each week. **Please note:** You must fill out a new form at the Senior Center prior to starting this activity even if you have filled out a form in the past. The forms are available at the front desk. You must be at least 59-1/2 years old and a Mashpee resident to participate. You will also need to provide identification that you are a Mashpee resident (driver's license or utility bill, for example). Please do not arrive early, and be aware that the exercise room is not part of the swimming program.



NEW SUPPORT GROUP! HILDA'S FAMILY SUPPORT GROUP — Thursdays, October 18 through November 8, 10:00 — 11:30 am. Are you a senior who has a family member, adult child, or grandchild with special needs? If so, would you enjoy meeting others in a similar situation, to socialize and share information and support? The group will meet every Thursday from October 18 to November 8, from 10 to 11:30 am, at the Mashpee Senior Center. It will be led by a retired special needs educator. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. For more information, please contact the Director, Mashpee Senior Center.



Save the Dates! More info in the October Newsletter!

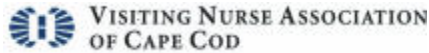
Tuesdays Beginning Oct. 9 thru Nov. 13 2:30—4:00 pm	Hope Hospice Grief Support Group	Wednesday, October 17 11:00 am	Presentation about Germany's Oktoberfest and its trip along the Rhine River
Mondays and Wednesdays Oct. 15 thru Dec. 10 12:00 noon	Fall Walking Group presented by the VNA	Thursdays, Oct. 18 thru Nov. 8 10:00-11:30 am	Hilda's Family Social Group
Monday, October 15 11:00 am	Financial Fitness talk presented by Elder Services of Cape Cod and the Islands	Monday, October 29 10:00 am	Transition to Retirement
Tuesdays, Oct. 16 thru Dec. 4 1:30—3:30 pm	Matter of Balance—New Session	Tuesday, October 30 2:00 pm	Thanksgiving/Fall Mason Jar Craft



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.

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, September 17, 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 3rd 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!



September is...Fruits & Veggies—More Matters month!

Now, let's help you focus your attention on eating MORE fruits and vegetables! Add one more. Try something new. Educate yourself. Teach the kids. Try a new recipe.

The Facts: More than 90% of both adults and children do not eat the amount of fruits and vegetables recommended by the latest Dietary Guidelines for Americans and the MyPlate nutrition guide. But just remember two things: fill half your plate with fruits and veggies at every eating occasion (including snacks), AND all forms — fresh, frozen, canned, dried and 100% juice — count toward your daily intake!

Ways to Add More Fruits & Veggies to Your Day: Everyone can benefit from eating just one more serving of fruits or veggies. Some easy ways to add more: Make a yummy fruit smoothie for breakfast. Pack pre-packaged containers of fruit for snacks. Mix frozen or canned vegetables into your favorite casseroles. Add dried fruits to grain side dishes, such as rice and couscous. Choose 100% juice instead of soda for lunch. Here's a fun recipe to try: **Watermelon, Arugula and Feta Salad**

Ingredients:

- 4 cups cubed seedless watermelon
- ¼ cup roughly chopped fresh mint leaves
- 4 ounces arugula leaves
- 1/3 cup chopped Kalamata olives
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- 1 teaspoon fresh lemon zest
- salt and freshly ground black pepper
- 4 ounces feta cheese, crumbled

Be Healthy! Julie Tooher, RN Visiting Nurse Association of Cape Cod — Fruits and Veggies More Matters (fruitsandveggiesmorematters.org)



HEARING TESTS — Thursday, September 20, 2:00 — 3:00 pm **by appointment.** 3rd Thursday. Call the Senior Center at (508) 539-1440 for an appointment.



FOOT CARE — Wednesday, September 19, 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, September 12 10:00 am. Every 2nd Wednesday from 10:00 am — 12:00 noon at the Mashpee Senior Center, an Independence House volunteer can confidentially assist you with information and referrals for services if you or someone you know is experiencing domestic, sexual, and elder violence. Appointments are not necessary; just stop by.



DROP-IN NIGHT — Substance Use Resources and Treatment Options, 1st 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, September 13, 10:00 am at the Mashpee Senior Center. The guest speaker is Stephanie Bissonnette, DO, a movement disorder specialist in the Parkinson's Disease and Movement Disorder Center at Boston University Medical Center. Dr. Bissonnette will present "What's New in Parkinson's". Join us on the 2nd Thursday of each month. All are welcome. For information, please contact Jeanne Jackson at (508) 367-4267.



SIGHT LOSS SERVICES PEER SUPPORT GROUP — Friday, September 28, 10:00 am. This support group meets at the Mashpee Senior Center on the 4th Friday of every month from 10:00 — 11:30 am. This group is open to anyone with vision issues from diagnosis to legal blindness and provides access and information on services available. For more information, call Sight Loss Services at (508) 394-3904 or visit their website: <http://www.sightloss.org/>. Drop in's are welcome.



September Travel Club News — Foxwoods 9/04, \$35; Waterfire Providence, 9/08, \$35; The Big E Opening Day & "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; Essex Rail and Sail (includes lunch on train), 10/15, \$99; Sweet Caroline Tribute to Neil Diamond Show and Twin Rivers, 11/14, \$79; Anastasia, PPAC, 7:30 Show, 11/29, \$113/\$99; Legends in Concert Show-Foxwoods, 12/04, \$63; Mannheim Steamroller, PPAC, 7:30 Show, 12/07, \$105; Holiday Pops Boston, matinee, 12/12, \$105; 1/2/19, CATS, PPAC, matinee, 1/26, \$120/\$110; **Deposit only being accepted now for these shows next year: Providence Performing Arts:** Charlie & The Chocolate Factory, School of Rock, Waitress the Musical, The Band's Visit, Jersey Boys, **Boston Opera House:** Dear Evan Hansen, Hello Dolly, A Bronx Tail. 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	Strength Training	8:30-9:30	Exercise	8:30-9:30	Strength Training
9:00-12:00	PC Laptops (1 st and 3 rd — starting Sept. 17) *	9:00-12:00	Woodcarving	10:00-3:30	☀️Foot Care Clinic (3 rd) *
9:30-10:30	Candid Coffee Hour (Julie Tooher, RN, VNA of Cape Cod) (3 rd)	9:00-11:00	Attorney Services (2 nd) *	10:00-11:00	☀️Zumba Gold
9:30-11:00	Movie Musings (see details on page 2)	10:00-12:00	Men's Club (1 st)	10:00-12:00	Independence House Relationship Education and Advocacy (2 nd)
9:45-11:00	☀️Gentle Yoga	10:00-11:00	☀️Zumba Gold	10:00-12:00	☀️Painting
10:00-11:30	Attorney Services (4 th) *	11:00-12:00	Aerobics for the Brain (2 nd and 4 th — starting Sept. 25)	12:30-3:00	Canasta
11:00-12:00	☀️Chair Yoga	11:00-2:00	Sea Mist Swimming (starting Sept. 18)	1:00-2:00	☀️Line Dancing
12:30-4:00	Mah Jongg	12:00-4:00	SHINE *	1:00-3:00	☀️Painting
12:30-3:00	Pinochle	1:00-3:00	Attorney Services (1 st) *	1:30-3:30	CARES Support Group (2 nd & 4 th)
1:00-4:00	Hand and Foot/Pony Canasta			2:30-4:00	Tai Chi for Healthy Aging **
THURSDAYS		FRIDAYS		SATURDAYS	
8:30-9:30	Exercise	8:30-9:30	Strength Training	8:30-9:30	Exercise
9:30-11:30	Singing Seniors	9:15	Bowling (Ryan Amusement)	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	
10:00-11:30	Cribbage	9:45-10:45	Ageless Yoga Neighborhood		
10:00-11:00	Knitting and Crocheting (starting Sept. 13)	10:00-11:30	Sight Loss Support Group (4 th)		
10:00-11:30	Parkinson Support Group (2 nd)	11:00-12:00	☀️Zumba Gold		
11:00-2:00	Sea Mist Swimming	12:30-4:00	Mah Jongg		
12:15-1:15	☀️Ballroom Dancing	1:00 - 4:00	Veterans Services (1 st & 3 rd) *		
1:00-2:30	Sketching (starting Sept. 13)	2:00-3:00	Book Club (3 rd)		
2:00-3:00	Hearing Tests (3 rd)	2:00-4:00	SHINE *		
1:00-4:00	Social Bridge				
6:30-9:30	☀️Tai Chi (Beginners, please come 1 st Thursday)				


KEEP CALM AND GO THRIFTING

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. **PLEASE NOTE: The Thrift shop will be closed on Friday, 9/7/18, and Saturday, 9/8/18 for restocking of merchandise.**

The FOMCOA Thrift Shop needs volunteers! 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! If you are interested, please call Eleana at (508) 681-8391.




SUPPORT THE ADVERTISERS THAT SUPPORT OUR COMMUNITY



“Those who can, do. Those who can do more, volunteer.” ~Author Unknown
September is National Senior Center Month! Celebrate by trying a new activity, attending a program or becoming a volunteer at your Mashpee Senior Center.


September is Intergenerational Month. Please consider partnering with a Mashpee classroom at a grade level of your choice throughout the 2018-2019 school year. The commitment could vary from weekly, monthly, or a couple times a year. Depending on the grade level you choose, you may want to share your memories of school, your career before retirement or even a favorite childhood book. The possibilities for this volunteer opportunity are endless.

If you are interested in becoming a volunteer for the Mashpee Council on Aging, please contact our Volunteer and Program Support Coordinator, Denise Fronius, at (508) 539-1440, ext. 3508.



Have you been missing some of our summer activities? They are back! The following activities are resuming in September:

- ★ **Sea Mist Swimming** — Tuesday and Thursday, starting September 18, 11:00-2:00, each week
- ★ **Bowling** — Friday, starting September 7, 9:15 am, each week
- ★ **Sight Loss Support Group** — Friday, starting September 28, 10:00-11:30 am, 4th week
- ★ **PC Laptops** — Monday, starting September 17, 9:00-12:00, 1st and 3rd week
- ★ **Singing Seniors** — Thursday, starting September 6, 9:30-11:30, each week
- ★ **Sketching** — Thursday, starting September 13, 1:00-2:30, each week
- ★ **Aerobics for the Brain** — Tuesday, starting September 25, 11:00-12:00, 2nd and 4th week
- ★ **PC & Gadgets** — October (to be determined)
- ★ **Knitting and Crocheting** — Thursday, starting September 13, 10:00-11:00 each week




SHINE NEWS — MEDICARE’S OPEN ENROLLMENT IS JUST AROUND THE CORNER... Don’t wait until it is too late!
 The Open Enrollment Period (Oct 15 – Dec 7, 2018) for Medicare Advantage Plans (Part C) and Prescription Drug Plans (Part D) will be here before you know it, and it is very important to re-evaluate your Medicare options for 2019 during this period. Each year Medicare plans can change premiums, deductibles, co-pays and the prescription formulary (list of drugs they cover). In addition, Medicare Advantage Plans (HMOs, PPOs) often add and/or drop primary and specialty physicians, skilled nursing facilities and hospitals. Your current plan is required to notify you by September 30 of any changes for the coming year. This letter is called the Annual Notice of Coverage (ANOC) - please make sure you review it. If you decide to stay with your current plan, there is no further action required. If you switch your Medicare Advantage (Part C) or Medicare Prescription Drug (Part D) Plan during the Open Enrollment Period, it will take effect January 1, 2019 (Please note - this enrollment period may not affect you if you have retiree coverage). SHINE appointments fill up quickly so don’t forget to call the senior center late September or early October to make your SHINE appointment for this year’s open enrollment. Remember- don’t wait until it is too late. If you don’t make a change during the Open Enrollment Period (Oct 15 - Dec 7, 2018) you may have to stay with your existing plan for another whole year.

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.



Mashpee Police Department's Tip of the Month

As of July 1, 2018 BayCove took the lead in providing emergency mental health services for the Cape and Islands.



◆ Call Center — The call center for triaging emergency services will be located at its offices in Hyannis. The Emergency Services Program provides 24-hour response to adults and youth in need of crisis intervention for mental health and substance use concerns. Dial the number below 24 hours a day to initiate services. Call Center clinicians will provide information, referral or arrange an in-person evaluation. Their new number for Emergency Services is 1-833-BAYCOVE (1-833-229-2683).

◆ Urgent Care Center/ESP — This remains the same service as before. They will continue providing crisis evaluations at their office in Hyannis, in the community, and at Cape Cod and Falmouth Hospital.

◆ CCS Program — BayCove will be running the Community Crisis Stabilization (CCS) program in Hyannis. This program is co-located with its Urgent Care Center/ESP Program.

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

FUEL ASSISTANCE — It's that time of year when you will receive in your mail your application to recertify for fuel assistance if you received fuel assistance last winter. Along with the application you will need to send in all your documentation:



1) Last 4 weeks' gross income for everyone in the household 18 years and older; all income must be documented such as child support, odd jobs, veterans, pension, AFDC, Social Security, etc.; 2) complete electric bill; 3) heating bill; 4) mortgage, homeowner's Insurance, real estate tax or lease; 5) photo ID; and 6) Social Security cards and birth dates for all in household. For new applications, the process for applying starts November 1, 2018. Please call our Outreach Coordinator for more information (508) 539-1440.

◆ Be Informed — Know what disasters and hazards could affect your area, how to get emergency alerts, and where you would go if you and your family need to evacuate. Check out the related links to learn what to do before, during and after each type of emergency.

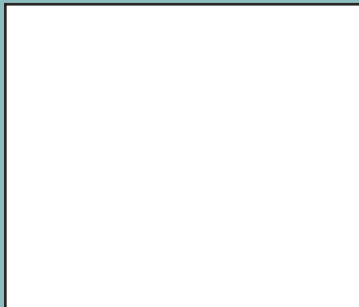
◆ Make A Plan — Make a plan today. Your family may not be together if a disaster strikes, so it is important to know which types of disasters could affect your area. Know how you'll contact one another and reconnect if separated. Establish a family meeting place that's familiar and easy to find.

◆ Get Involved — There are many ways to Get Involved especially before a disaster occurs. The content found on this page https://www.ready.gov/get-involved will guide you to find ways to take action in your community. Community leaders agree the formula for ensuring a safer homeland consists of trained volunteers and informed individual taking action to increase the support of emergency response agencies during disasters. Major disasters can overwhelm first responder agencies, empowering individuals to lend support.



NATIONAL PREPAREDNESS MONTH — National Preparedness Month (NPM), recognized each September, provides an opportunity to remind us that we all must prepare ourselves and our families now and throughout the year — Disasters Happen. Prepare Now. Learn How. Find more information at https://www.ready.gov/september

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SUNDAY, OCTOBER 14TH, 2018
Walk for Alzheimer's
Provincetown Town Hall@noon

"The support I received from the Alzheimer's Family Support Center taught me that even though I couldn't stop my husband Alzheimer's disease, there were things I could do to make our lives better. I learned to not over react because what was happening was not his fault. And I learned to take care of myself while I was taking care of him. By realizing the importance of caring for myself, I could focus on the positive aspects of caring for Roland. Caring for myself is the reason I am as healthy as I am today."

- Alzheimer's caregiver



Join us for the **Walk for Alzheimer's** to support free services for families living with Alzheimer's and dementia on Cape Cod. **All funds remain on the Cape.** Dance, eat, and celebrate your community. Everyone is welcome!
 To register online go to www.alzheimerscapecod.org or call (508) 896-5170



- We provide free local services
- Care Consultations
- Support Groups
- Family Counseling
- Education
- Memory Screens
- Art, Music & Social Programs

The Alzheimer's Family Support Center, is a 501(c)3 nonprofit located at 2095 Main Street, Brewster, MA, 02631. Support services are available in every town on Cape Cod.

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HOME SECURITY TEAM



DID YOU KNOW... that Elder Services of Cape Cod and the Islands serves a luncheon at the Mashpee Senior Center every Monday - Friday at 11:30 am? This is a good way to help keep your food costs down — plus it is fun and social! A voluntary suggested donation is \$3.00. Come for an activity in the morning and stay for lunch! Make a day of activity at the Senior Center! You need to call (508) 477-0910 2 business days in advance to reserve a meal. If you have questions, call the luncheon program at (508) 477-0910. **If you want to see the current menu**, please visit the Elder Services web site at <http://www.escci.org/>. Then click on “Our Programs and Services,” then click on “Senior Nutrition Program.” Once there, you can then select “Barnstable County Meal Sites Menu.”

Please note:

- ◆ To get an on-line copy of this newsletter, visit <http://www.mashpeema.gov/council-aging> and click the appropriate newsletter link on the right side of the page.
- ◆ Please be aware that some of our staff members are part-time and grant funded. They may not be available every day. If they are not available, please leave a message; they will return your call as quickly as possible.

Lynne Waterman, Director lwaterman@mashpeema.gov	Denise Fronius, Volunteer and Program Support Coordinator coavolunteercoordinator@mashpeema.gov	Lisbeth Dineen, Office Assistant coaofficeassistant@mashpeema.gov
Linda Wicks, Administrative Secretary lwicks@mashpeema.gov	Peggy Rose, Receptionist prose@mashpeema.gov	Robert Morton, Van Driver rmorton@mashpeema.gov

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
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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.

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