

October 2018

The Mashpee Senior Connection

The Mashpee Senior Center will be closed on Monday, October 8, for the holiday. All activities including the van are cancelled for this day.

EASY LOW-IMPACT DANCE CLASS — Tuesdays, October 16 through November 20 (except October 30), 11:15 am. No partner required! Join instructor Kim Benton for a fun dance class for men or women. It will offer a variety of line dance steps and routines danced to country and pop songs. Dancers line up in rows without partners, and each class will have a learning segment and a dance segment. You will learn a new dance at a sensible pace, and each step will be explained. This is a 5-class session, and there is a cost. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.



Participants do not need to attend all sessions. Please Rsvp to HopeHealth, (508) 957-0200.

HILDA'S FAMILY SOCIAL GROUP — Thursdays, October 18 through November 8, 10:00 — 11:30 am. Are you a senior who has a family member, adult child, grandchild, or friend 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.



TALK ON TRANSITIONING TO RETIREMENT — Monday, October 29, 10:00 am. When people retire, they often think they will relax and do nothing for awhile. However, remaining active is important as it leads to a happier, healthier retirement. Come to this talk and explore how to remain physically active, build strong relationships, etc., and learn other tips. Presented by Royal Health. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.



FALL WALK 'N TALK GROUP — Starting Monday and Wednesday, October 15 through December 10, 10:00 am. Join the Walking Program presented by the VNA Of Cape Cod. This is an instructor-led group, all fitness levels are welcome, and we will walk Mashpee trails. The group will walk on Mondays and Wednesdays from 10:00—11:00 am starting October 15 and ending December 10 (omitting November 12). The pre-screening on October 15 and post-screening on December 10 will be held at the Senior Center. Please call Amy from the VNA at (508) 957-7423 to sign up. Registration is required, and there is no cost. Please be aware that a physician release is required in advance before you can participate.



AN OKTOBERFEST VIDEO TOUR AND PRESENTATION — Wednesday, October 17, 11:00 am Join us at the Senior Center for a presentation on Germany to celebrate Oktoberfest. The presentation is a video cruise of scenic history along the Rhine River stopping at Cologne, Rudeschein, Strasborg, castles, and much more. If you have any German memorabilia that you would like to show the group, bring them in! Join us for pretzels and cider. Sponsored by North River Home Care. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.



MATTER OF BALANCE—NEW SESSION — Tuesdays, October 16 through December 4, 1:30—3:30 pm. Through media presentation, group discussion, lecture and physical activity, learn to overcome fear of falling and incorporate physical activity into our daily lives. Participants are advised to check with their healthcare providers before starting this exercise program. Workshop is free thanks to the Prevention and Wellness Trust Fund. Please call Amy from the VNA at (508) 957-7423 to sign up. Registration is required. Please be aware that a physician release is required in advance before you can participate.



FINANCIAL FITNESS — Monday, October 15, 11:00 am. Are you struggling to manage everyday household finances? You are not alone! Please come to the Senior Center and learn a lot of helpful hints! There are 2 main components of this workshop which will be covered: *what is your current financial situation, and what are your financial goals?* Also covered will include taking control of credit and outstanding debt. Presented by Marsha Whittaker, Elder Services of Cape Cod and the Islands. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.



FALL MASON JAR CRAFT — Tuesday, October 30, 2:00 pm. In this class, you will design and decorate a mason jar using paper, Mod Podge, ribbon, and other embellishments. It can be used for a candle or as a vase. Instructor Katri Mullaly provides all the supplies and will guide you step by step. Come and have some fun! Prepayment is required; please provide it no later than one week before the class. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.



HOPE HOSPICE GRIEF SUPPORT GROUP — Tuesdays, October 9 through November 13, 2:30—4:00 pm. Presented by HopeHealth and facilitated by Ann Beth Ostroff, Bereavement Counselor and social worker, for a general grief support group. Participants will have an opportunity to share and discuss their grief experiences in a safe environment.



SHINE OPEN ENROLLMENT PRESENTATION — PLAN AHEAD! — Monday,

November 5, 10:00 am. Don't delay — Medicare's Part C (Medicare Advantage Plan) and Part D (Prescription Drug Plan) Annual Open Enrollment begins October 15 and ends December 7. During the Annual Open Enrollment (October 15 - December 7), you will have a chance to change your plan. Join the SHINE regional director for this Medicare overview and open enrollment presentation for seniors or family members. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.

SENIOR PROPERTY TAX WORK OFF PROGRAM — The Senior Property Tax Work Off Program begins October 1, 2018, and ends September 30, 2019. To be eligible, you must be at least sixty years old, a homeowner living in Mashpee in your primary residence (you cannot own property in another community), and able to meet the requirements of a position in one of various Town departments. The mission of the program is to provide property tax relief to low income seniors. The maximum annual income for a single person is \$35,510, and for a household of two members, \$46,437. Participants who complete the hours of service will receive a credit on the following year's real estate (property) taxes. To be eligible for a position, you must complete an application and return it to the Mashpee Senior Center no later than October 31, 2018. Please include with your application a copy of your driver's license, a copy of a property tax bill, and last year's tax return. Please note that even if you participated in last or a previous year's program, you must file a new application to be considered for this year. Please stop by the Senior Center in the month of October to pick up an application and for more information.

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! 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.

Easy Loom Knitting — Tuesday, October 16, 2:30—4:00 pm. Come and enjoy a relaxing class of easy loom knitting. If you can't knit or crochet, this class is for you! It takes only about 2 hours to make a beautiful winter hat; larger ones may take longer. Karen supplies the loom kits and the yarn to get you started.



Sea Glass Wreaths — Tuesday, October 23, 2:30 pm. Come join us as leader Karen Thurber will help you make beautiful sea glass wreaths. Come on in and create!



MONDAY MORNING MOVIE MUSINGS — Mondays, October 1, 15, and 29, 9:30 — 11:00 am. Come join our friendly group on Mondays as we



have fun talking about 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 and come and share your thoughts. **Movies for October:** October 1

— **Mystic River**; October 15 — **The Verdict**, October 29 — **Spotlight**.

KNITTING AND CROCHETING —Thursdays, 10:00 am. Do you knit? Crochet? Instead of staying at home to knit, join us each Thursday morning and meet new friends. It is a great way to get out and enjoy something you already do. Perhaps sharing will give you new ideas! We have a new volunteer leader, Ann Marie, who will be here to instruct beginners who need help. We do have some beginner supplies. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. See you then!



Save the Dates! More info in the November Newsletter!

Monday, Nov. 5, 10:00 am	SHINE Open Enrollment Presentation	Thursday, Nov. 15, 9:30 am	Cape Cod Disaster Animal Response Team — Sheltering with your pet
Tuesday, Nov. 6 10:00 am - 12:00 noon	Memory Screenings by the Alzheimer's Family Support Center of Cape Cod	Thursday, Nov. 15, 1:00 pm	Presentation on Yankee Division in World War I
Tuesday, Nov. 13, 1:00 pm	New Twists on Thanksgiving Traditions with Chef Patty Ericson-Taylor	Tuesday Nov. 20, 10:00 am	Presentation describing transportation services from the CCRTA (Cape Cod Regional Transit Authority)
Wednesday Nov. 14 10:00 am	Presentation from Massachusetts Commission for the Blind		



FUEL ASSISTANCE — The Low Income Home Energy Assistance Program (LIHEAP), more commonly known as the Fuel Assistance Program, provides low-income households with help in paying heating bills. South Shore Community Action Council (SSCAC, Inc.) provides fuel assistance to residents of 38 communities of the South Shore and Cape & Islands towns. The program runs from November 1, 2018, through April 30, 2019.

Am I Eligible to Receive Fuel Assistance? Eligibility is based on gross income, household size and vulnerability to heating costs. Fuel Assistance can assist with any primary heat type: oil, natural gas, electricity, propane, kerosene, wood or coal. In Massachusetts, the eligible income guidelines extend to households with incomes up to \$35,510 for 1 member, up to \$46,437 for 2 members.

How Do I Apply? Bring the following types of information/documentation to an intake site: 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) Any adult receiving income for a minor must have proof of that income; 3) For the self employed, a copy of last year's Federal Tax Return with pages and schedules; and 4) Full time students need documentation from the school or college. You will also need a complete electric bill; heating bill; mortgage, homeowner's insurance, real estate tax or lease; photo ID; and Social Security cards and birth dates for all in household.

How Does It Work? Typically, the program runs from November 1 until April 30 every year. Once your application is approved, both you and your primary heating company (vendor) receive a written notification from SSCAC, indicating the amount for which you have been approved. This amount is not guaranteed, but is based upon funding availability. After your household is determined eligible, the vendor will send bills to SSCAC for your usage, up to your eligibility amount, as you receive deliveries or utility bills. Although payment of these bills is dependent upon funding availability, SSCAC will make every effort to pay your bills up to your eligibility amount. Payments are made directly to the heating vendor.

How Do I Check the Status of My Application? You can call the automated interactive voice retrieval telephone system at (877) 383-5243, 24 hours/day, 365 days/year. This system will explain how the program works; what the eligibility guidelines are; and the status of your application, including any payments made. To speak with a staff member of South Shore Community Action Council, please call the Hyannis office at (508) 778-0870 starting November 1.

Where Do I Apply? If you did not receive Fuel Assistance last winter through South Shore Community Action Council, you must apply in person at either their office at 66B Willow Avenue, Hyannis, (508) 778-0870, or at one of their outreach sites. The Mashpee Senior Center is an outreach site. You may call us at (508) 539-1440 to make an appointment to fill out an application.

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, October 15, 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!

AUTUMN IS HERE AND IT'S TIME FOR COMFORT FOOD!

(By Mayo Clinic Staff)



Most of us have gotten the message: Upping our quota of fruits and veggies, and lowering our intake of salt, sugar, processed foods and red meat is a good idea. But if you're struggling to master the art of cooking for wellness, you're definitely not alone. These 5 tips will help you slice and dice recipes to cut fats and sugars, but pump up flavors:

- 1. Start fresh, stay positive:** Nutrition experts often recommend starting with some new-to-you recipes to launch your healthier eating journey. Remember: "Healthier" doesn't mean "less tasty." Enjoy the process as you experiment with fresh ingredients and create dishes that don't rely on fat and salt for taste.
- 2. Reduce fats, sugars and salt: increase herbs and spices:** Studies have found, though, if you scale back fat and pump up flavor by adding herbs and spices, you can get the great taste you crave.
- 3. Swap this for that:**
 - Garlic salt = garlic powder
 - Syrup = pureed fruit
 - Ground beef = extra-lean beef, or ground chicken or ground turkey
 - White rice = wild rice, pearl barley or bulgur wheat
- 4. Learn new cooking techniques:** Beware the fryer! Eating a lot of fried food has been associated with a higher risk of type 2 diabetes, obesity and heart disease. Instead, learn to bake, grill, steam and roast. Pre-heat your saute pan. Adding cold ingredients to a cold pan results in drier, less tasty food; starting with a hot pan lets you sear in flavor.
- 5. Stock the right tools: Nonstick pan.** Does your recipe call for sauteing vegetables in oil? Using a good nonstick pan, you can usually saute without added fat. **Steamer basket.** Many top chefs steam fish, chicken or seafood atop a layer of aromatic herbs or vegetables for moist, flavorful results without adding fat. **Kitchen shears.** Invaluable for snipping away

fat from meat, cutting up dried fruit for sauces and toppings, or quickly clipping fresh herbs.

Armed with your new knowledge and a few essential techniques and tools, you'll be able to tackle any recipe, and make it your way — the healthy, delicious way. ~Enjoy! Julie Tooher, RN VNA of Cape Cod Public Health and Wellness~



HEARING TESTS — Thursday, October 18, 2:00 — 3:00 pm by appointment. 3rd Thursday. Call the Senior Center at (508) 539-1440 for an appointment.



FOOT CARE — Wednesday, October 17, 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, October 10. 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, 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, October



11, 10:00 am at the Mashpee Senior Center. The guest speaker for the October Parkinson support meeting, Beth Silvaton, RN, will speak on "Off Periods in Parkinson's". This is a common problem/symptom and may often go unrecognized. Join us on the 2nd Thursday of each month. All are welcome. For information, please contact Jeanne Jackson at (508) 367-4267.

ARE YOU HOUSEBOUND OR FEEL ISOLATED FROM OTHERS? There is no need to feel alone. Please call our Outreach Coordinator at (508) 539-1440 who can tell you of programs such as friendly visiting, telefriend, library delivery, van transportation, and others.



October Travel Club News — Foxwoods 11/06, \$35; \$79; Anastasia, PPAC, 7:30 Show, 11/29, \$113/\$99; Legends in Concert Holiday Show-Foxwoods, 12/04, \$63; Mannheim Steamroller, PPAC, 7:30 Show, 12/07, \$105; Annual Holiday Luncheon DiParma Italian Table, reservation required, 12/10, \$20; Holiday Pops Boston, matinee, 12/12, \$105; CATS, PPAC, matinee, 1/26, \$120/\$110; Deposit only being accepted now for these shows next year: Charlie & Chocolate Factory, matinee, 2/09, \$112/\$90; School of Rock, matinee, 3/03, \$105/\$75; A Bronx Tale, Boston Opera House, 4/14, orchestra-6:30 PM, \$130; Jersey Boys-5/10, \$108/\$75; Waitress the Musical-5/31, \$115/\$95; The Band's Visit, 6/28 (date change) \$110/\$75; Hello Dolly, Boston Opera House — 8/18, orchestra, 6:30 PM, \$140; Dear Evan Hansen tba. For a complete listing of all trips stop by the Senior Center or visit adventureswithkarynwendell.com. Karyn is here Thursdays from 9:00 am 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.

***** FOR THIS MONTH ONLY: Aerobics for the Brain will be held on the 3rd and 5th Tuesday, 11:00 am. *****

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 (1st and 3rd) *	9:00-12:00	Woodcarving	10:00-3:30	*Foot Care Clinic (3rd) *
9:30-10:30	Candid Coffee Hour (Julie Toher, RN, VNA of Cape Cod) (3 rd)	9:00-11:00	Attorney Services (2nd) *	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 (4th) *	11:00-12:00	Aerobics for the Brain	12:30-3:00	Canasta
11:00-12:00	*Chair Yoga	11:00-2:00	Sea Mist Swimming	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 (1st) *	1:30-3:30	Hope Dementia & Alzheimer's Service's Caregiver 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)		
10:00-11:30	Cribbage	9:45-10:45	Ageless Yoga Neighborhood		
10:00-11:00	Knitting and Crocheting	10:00-11:30	Sight Loss 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		
12:00-2:00	PC and Gadgets *	1:00 - 4:00	Veterans Services (1st & 3rd) *		
12:15-1:15	Ballroom Dancing	2:00-3:00	Book Club (3 rd)		
1:00-2:30	Sketching (starting Sept. 13)	2:00-4:00	SHINE *		
2:00-3:00	Hearing Tests (3 rd)				
1:00-4:00	Social Bridge				
6:30-9:30	* Cape Cod Tai Ji Club (Beginners, please come 1 st Thursday)				

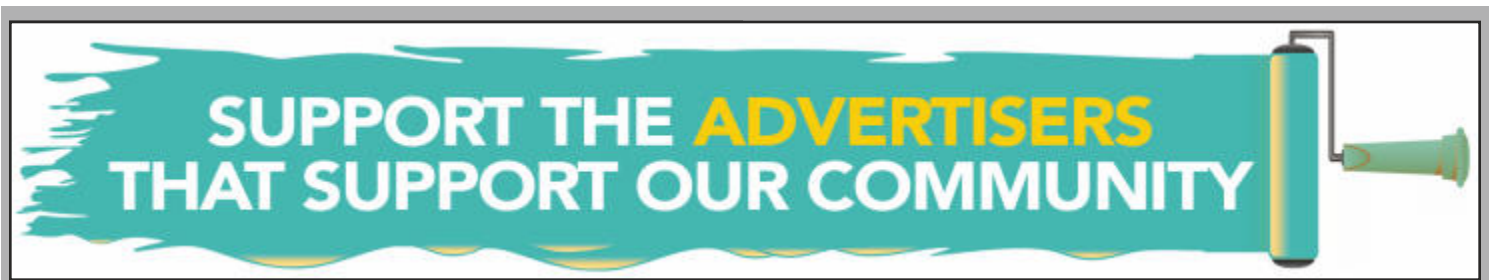
NOTES: Transportation is available for activities, either through our van or Cape Cod Regional Transit Authority at (800) 352-7155.
*** Appointments required;** please call the Senior Center (508) 539-1440 or stop by the front desk to schedule
****Waiting list sign up required.** Please stop by the front desk or contact the Mashpee Senior Center at (508) 539-1440 to add your name to the wait list.

* There is a fee

NOTE: Please be aware that the previously called CARES Group is now called the **Hope Dementia & Alzheimer's Services Caregiver Support Group**. It continues to be on the 2nd and 4th Wednesdays of each month at 1:30 pm at the Senior Center. The support group is for people with memory impairment and their care partners. It provides information, guidance, and respite to caregivers; and conversation and socialization for those with memory impairment. To preregister, please call Hope Dementia at (508) 775-5656.

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.

Can you give us some time? The FOMCOA Thrift Shop needs volunteers to help! The Thrift Shop is 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 in helping, please call Eleana at (508) 681-8391.



VOLUNTEER UPDATE *"The world is hugged by the faithful arms of volunteers." ...Terri Guillemets*



Annual volunteer group meetings are currently being scheduled. These meetings are a perfect opportunity for volunteers to meet each other and talk about what is going well and to discuss issues that have come up. Meetings are an hour or less, and refreshments are served.

Our new Volunteer Center in the Mashpee Senior Center library is a work in progress. The top left drawer contains the Volunteer Hours Report Form (inside the yellow folder). The top right drawer contains file folders. For easy access, volunteers are welcome to keep their report form in their own individual folder in one of the other drawers in the Volunteer Center. Please help yourself to a special **"Proud Mashpee Council on Aging VOLUNTEER"** pen.

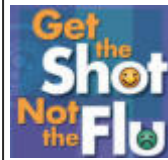
Senior Center Ambassador is a new volunteer opportunity. If you are an active COA member, please consider being a Senior Center Ambassador (or mentor) to a new member who is new to the Senior Center. The time commitment is minimal and just might result in a lasting friendship.

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

EVERSOURCE LIFE SUPPORT IDENTIFICATION INFORMATION — If you depend on power for life-support equipment, Eversource maintains a list of customers who depend on life-support equipment such as a ventilator or dialysis machinery so Eversource can notify you before planned power outages or when there is a potential for outages from severe weather. Your physician must certify, in writing, that equipment is being used for life support by you or a member of your household. To participate in this voluntary program, please call (800) 791-3369. Enrollment does not protect you from shutoff or outages.



SEASONAL FLU CLINICS — **Monday, October 15, 9:00 am to 12:00 noon** and **Thursday, November 8, 3:00 to 6:00 pm.** The Mashpee Board of Health in cooperation with the Visiting Nurse Association of Cape Cod and the Mashpee Council on Aging will hold flu vaccination clinics at the Christ the King Parish Center for ALL residents 18 years of age and older. There is no charge. For more information, please contact the Mashpee Board of Health at (508) 539-1426 or visit its website at <https://www.mashpeema.gov/board-health/urgent-alerts/flu-clinic>. Please do not contact the Church for information.

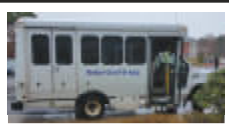


SHINE NEWS — MEDICARE OPEN ENROLLMENT — It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/PPO), expect an information packet from your plan by the end of September. It is important to understand and save this information: it explains the changes in your plan for 2019. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly! During Medicare Open Enrollment, you can adjust your plan for next year. SHINE Counselors help you understand your plan changes as well as other options you may have. Call now during the Open Enrollment from October 15 through December 7 to discuss your insurance questions, schedule your SHINE phone or face-to-face appointment — or attend the presentation at the Mashpee Senior Center on Monday, November 5, at 10:00 am! REMINDER: Be on the alert for your new Medicare card in the mail and as always, bring your card and drug list to your appointment! You can call the Mashpee Senior Center at (508) 539-1440 or call SHINE (800) AGE-INFO (800) 243-4636, then press or say 3. If you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible.

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.



Mashpee Police Department's Tip of the Month

Domestic Violence is a pattern of abusive behavior that is used by one partner to gain or maintain power and control over another intimate partner. Domestic violence can be physical, sexual, emotional, economic and psychological actions or threats.

There is no excuse for domestic abuse. Are you or someone you love being abused? Domestic Violence and abuse can happen to anyone. Noticing the signs of a psychological and/or physically abusive relationship is the first step to ending it. We all have a right to be safe!

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



OCTOBER IS
domestic violence awareness month



PC & GADGETS CLINIC IS BACK IN OCTOBER! — **Thursdays, 12:00-2:00 pm.**

The "Gadget Guy" will answer your questions about your gadgets (cell phones, GPS, email, Facebook, etc.). Please bring your devices fully charged, power sources are limited. No charge. By appointment only. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.

BOOK CLUB — **Friday, October 19, 2:00 pm.** The selection for October is Lauren Groff's "*Florida*". A selection of 11 finely crafted stories, Groff lives up to the book's title by including at least a passing reference to all parts of that state. New members are always welcome to join this lively group. No need to Rsvp; just drop in!



Don't forget that the Mashpee October Annual Town Meeting will be on Monday, October 15, 7:00 pm, at Mashpee High School, 500 Old Barnstable Road.



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.



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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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 508 896-5170

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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.

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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
Lauren Haddad, Outreach Coordinator
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