

November 2018

# The Mashpee Senior Connection

The Mashpee Senior Center will be closed on Monday, November 12 for Veteran's



Day, and Thursday and Friday, November 22 and 23, for Thanksgiving. All activities including the van are cancelled for these days.



## PRESENTATION ON THE YANKEE DIVISION IN WORLD WAR I — Thursday, November 15, 1:00 pm.

The 26th "Yankee" Division was created from the National Guard units of the New England states. It was the first full US Army division to arrive in France in 1917. Approximately 15,000 Massachusetts men served in the 26th, making it the largest unit the state sent to the war. Virtually every town had men serving in the 26th. Come to the Mashpee Senior Center to attend the talk by Joe Yukna of the Cape Cod Military Museum. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.

## STORM PREPARATION WITH PETS — Thursday, November 15, 9:30 — 11:30 am.

Let's hope we don't have a repeat of last year's back-to-back storms when our shelters were open; however, it never hurts to prepare. Visit the Cape Cod Disaster Animal Response Team (CCDART) table in the Mashpee Senior Center lobby and talk with Christine Foisy from CCDART about sheltering with your pet during a storm. Pet treats and handouts will be available! For your information, CCDART delivers pet food donations to local food pantries monthly. Rsvp's are not required; stop by our table at the Mashpee Senior Center.



## PRESENTATION FROM MASSACHUSETTS COMMISSION FOR THE BLIND — Wednesday, November 14, 10:00 am.

The Massachusetts Commission for the Blind provides services and information to individuals or their family members coping with legal blindness. Come to the Senior Center on Wednesday, November 14 at 10:00 am and learn about their services, such as adaptive equipment, peer support, etc. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.



## NEW TWISTS ON THANKSGIVING TRADITIONS — Tuesday, November 13, 1:00 pm.

Come join Chef Patti Ericson-Taylor for an interactive cooking demonstration where she'll share small samples of her delicious twists on traditional Thanksgiving favorites: Simon & Garfunkel stuffing; Patti's cranberry relish; roasted Brussels sprouts with butternut squash and glazed pecans. Sponsored by Bridges® by EPOCH. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.



## PRESENTATION BY THE CAPE COD REGIONAL TRANSIT AUTHORITY — Tuesday, November 20, 10:00 am.

Come join us at the Mashpee Senior Center on Tuesday, November 20, at 10:00 am as staff from the Cape Cod Regional Transit Authority (CCRTA)



talk about the services that CCRTA provides, including fixed route, ADA para-transit, Dial-A-Ride Transportation, Boston Hospital transportation, COA vans, human and social service transportation, and its accessible transportation program. Join the CCRTA representative who will show videos about its services travel, answer questions, and hand out valuable transportation information. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.

## MEMORY SCREENINGS — Tuesday, November 6, 10:00 am - 12:00 noon.

November is National Memory Screening Month. The Alzheimer's Family Support Center of Cape Cod will offer at the Senior Center free confidential 30-minute memory screenings. The screenings are not diagnostic, but will indicate whether participants should see a doctor for further testing. Pre-registration is required. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.



## ATTENTION MASHPEE VETERANS — Friday, November 9, Quashnet School.

The students and staff at the Quashnet School invite you to be guests at their annual Veteran's Day Assembly in the Quashnet School gymnasium at 150 Old Barnstable Road. Join us at 9:15 am for coffee and Danish. The assembly begins at 9:45 followed by a luncheon in the cafeteria. To be sure we have proper seating, please let us know if you will be in attendance by calling (508) 539-1550 or email Beth Wunder at [ewunder@mpspk12.org](mailto:ewunder@mpspk12.org) by November 2.



## PARKINSON SUPPORT NETWORK OF CAPE COD EDUCATIONAL PRESENTATION — Friday, November 2, 2018, 11:00 am—12:30 pm, Mashpee Senior Center.

Join the Parkinson Support Network of Cape Cod for a panel presentation on Wellness in Motion (seating begins at 10:30 am). Rsvp is required. Call (800) 651-8466 or [apdama@apdaparkinson.org](mailto:apdama@apdaparkinson.org).



## SHINE MEDICARE OPEN ENROLLMENT PRESENTATION — Monday, November 5, 10:00 am.

During the Annual Open Enrollment (October 15 - December 7), you will have a chance to change your Medicare plan. Join the SHINE Regional Director for this Medicare overview and open enrollment presentation for seniors and their family members. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.



## A WELCOME MESSAGE FROM LAUREN HADDAD, Outreach Coordinator for the Mashpee Council on Aging.

I am so excited to be a part of the Mashpee Senior Center working as the new Outreach Coordinator. My previous work experience was working in a skilled nursing facility in admissions and marketing and as a



nurse. I am here to help Mashpee seniors, its families, and caregivers with home care, transportation, companionship agencies, assisted living, and other housing options, as well as a variety of programs such as Friendly Visiting, Telefriend, and other activities. My goal is to help Mashpee seniors sustain the best quality of life possible in their community. Please reach out directly with any questions as well as information and referral needs at (508) 539-1440, ext. 3502.

**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.

**Glass Resin Ornaments — Thursday, November 8, 2:00 to 3:30 pm.** Glass resin ornaments make great gifts for the holidays! Please come join the class and make a wonderful ornament to hang anywhere.



**Sparkle Balls — Thursday, November 29, 2:00 to 3:30 pm** Come join us as instructor Karen Thurber will teach you to make a sparkle ball — it’s a wonderful gift for others or for yourself. You can use the sparkle ball year round, indoors and outdoors.



**MONDAY MORNING MOVIE MUSINGS — Mondays, November 5, 19, and 26, 9:30 — 11:00 am.** Come join our friendly group and join us as we preview at home and then meet to discuss the many movies from the master of suspense, Alfred Hitchcock. He was a groundbreaking British director of many movies with so many great movie stars — it was hard to select just a few! Upcoming November movies:



November 5, Rebecca; November 19, Suspicion; November 26, Notorious.

**BOOK CLUB — Friday, November 16, 2:00 pm.** The selection for

November is “In the Midst of Winter” by Isabel Allende. This book is somewhat of a thriller, hints of romance, and insight into the human heart. New members are always welcome to join this lively group. Everyone has a say, and we spend 99% of the hour discussing books. New members are always welcome to join this lively group. No need to Rsvp; just drop in!



**FILL THE VAN FOOD DRIVE** — November is the Mashpee Recreation Department’s Annual “Fill the Van” Food Drive. During the month of November, please drop off items to the Mashpee Senior Center until Friday, November 16, when they will be picked up by the Recreation Department. Suggested items for donation include household goods such as diapers, formula, toothpaste, shampoo, laundry detergent, soap and cleaning products. All food donations must be non-perishable. These donations help our local community and are taken to St. Vincent DePaul Food Pantry and the Falmouth Service Center. Each year, the generosity of our community has grown! Looking forward to another great turnout!



**THANKSGIVING DINNERS FROM THE MASHPEE CHAMBER OF COMMERCE** — The Mashpee Chamber of Commerce will organize and deliver Thanksgiving dinners to home-bound Mashpee residents again this year.



•**To request a meal**, please call the Mashpee Chamber of Commerce at (508) 477-0792 with the name, phone number, and address of the person in need of a meal. The cut-off for requests is Friday, November 16.

•**To volunteer and help deliver meals**, please call the Mashpee Chamber of Commerce at (508) 477-0792, and they will be happy to add you to its delivery team!

Meals will be delivered on Wednesday, November 21. Exact times will be decided based on the need of meals and number of volunteers. Thanksgiving meals are sponsored by Bayada Home Healthcare and Roche Bros., and prepared by Roche Bros.

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

Thursday, December 6, 1:00 pm	Make a Holiday Wreath	Tuesday, December 18, 1:00 pm	Dancing Divaz Performance
Tuesday, December 11, 12:00 pm	Holiday Luncheon sponsored by Royal Health		

**Knitting and Crocheting** — Every Thursday, 10:00 am. Instead of staying at home to knit or crochet, join us each Thursday morning and meet new friends! Our volunteer Ann Marie will be happy to help beginners, but she does not provide instructions or formal lessons.

\*\*\* PLEASE NOTE: The Walk N Talk group meeting on Mondays and Wednesdays through December 10 has been changed to 1:00 — 2:00 pm. \*\*\*

**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.



**VOTE — MASSACHUSETTS STATE ELECTION — Tuesday, November 6**, located at Christ the King Parish, 5 Jobs Fishing Road. Please be aware that any Mashpee senior who is registered and wishes to vote can be transported by the Mashpee Senior Center van. Please contact the Mashpee Senior Center at (508) 539-1440 at least 24 hours before to reserve the van.

## 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, November 19, 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!

### KEY FACTS ABOUT SEASONAL FLU VACCINE IT'S NOT TOO LATE TO GET VACCINATED!

**Why should people get vaccinated against the flu?** Influenza is a potentially serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently. Vaccination has been shown to have many benefits including reducing the risk of flu illnesses, hospitalizations and even the risk of flu-related death in children.

**How do flu vaccines work?** Flu vaccines cause antibodies that provide protection against infection with the viruses that are in the vaccine. The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season.

**Who should get vaccinated this season?** Everyone 6 months of age and older should get a flu vaccine every season as recommended when CDC voted for "universal" flu vaccination in the United States to expand protection against the flu to more people. Vaccination to prevent influenza is particularly important for people who are at high risk of serious complications from influenza.

**When should I get vaccinated?** You should get a flu vaccine before flu begins spreading in your community. It takes about two weeks after vaccination for antibodies that protect against flu to develop in the body. CDC recommends that people get a flu vaccine by the end of October. Getting vaccinated later, however, can still be beneficial, and vaccination should continue to be offered throughout the flu season, even into January or later.

**Why do I need a flu vaccine every year?** A flu vaccine is needed every season. First, the body's immune response from vaccination declines over time, so an annual vaccine is needed for optimal protection. Second, because flu viruses are constantly changing, the formulation of the flu vaccine is reviewed each year and updated as needed to keep up with changing flu viruses. For the best protection, everyone 6 months and older should get vaccinated annually.

Julie Tooher, RN

**HEARING TESTS — Thursday, November 15, 2:00 — 3:00 pm by appointment.** 3rd Thursday. Call the Senior Center at (508) 539-1440 for an appointment.



**FOOT CARE — Wednesday, November 21, 10:00 am — 3:30 pm by appointment.** Available the 3rd Wednesday of each month. There is a fee. Call the Senior Center at (508) 539-1440 for an appointment.

**LEGAL ASSISTANCE — By appointment.** The South Coastal Counties Legal Services, Inc. (SCCLS) Elder Law Project on the 4<sup>th</sup> Tuesday of each other month starting on January 22, 2019. Other attorneys on the 1<sup>st</sup> and 2<sup>nd</sup> Tuesday of the month, regarding general legal information, trusts, wills, health care choices, estate planning, etc. **Please 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, November 14, 10:00 am.** Every 2<sup>nd</sup> 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, November 8, 10:00 am

at the Mashpee Senior Center. Join Saba Shahid, MS, and the Art Cart, a creativity and movement program for people living with Parkinson's disease. Join us for this fun and interactive workshop. Join us on the 2<sup>nd</sup> Thursday of each month at 10:00 am. All are welcome. For information, please contact Jeanne Jackson at (508) 367-4267.



### SIGHT LOSS SERVICES PEER SUPPORT GROUP — Friday, November 16, 10:00 am

This support group meets at the Mashpee Senior Center monthly on 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.



**NOVEMBER TRAVEL CLUB NEWS — Anastasia, PPAC, 7:30 Show, 11/29, \$113/\$99; Legends in Concert Holiday Show-Foxwoods, 12/04, \$63; Foxwoods only, 12/04, \$35; Newport Holiday- Visit 3 Mansions, 12/05, \$65; Annual Holiday Luncheon DiParma Italian Table, reservation required, 12/10, \$20; Charlie & Chocolate Factory-matinee, 2/09, \$112/\$90; Boston Flower Show, 2/13, \$59; \$25 Deposit holds your seat: School of Rock-matinee, 3/03, \$105/\$75; A Bronx Tale, 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, 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](http://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](mailto:Karynmw1@comcast.net). Mail payments for travel to Karyn Wendell, P. O. Box 161, Centerville, MA 02632. See "Adventures with Karyn" ad every Sunday in the Cape Cod Times.**



**VOLUNTEER UPDATE:** "The greatest reward for doing is the opportunity to do more." ... Dr. Jonas Salk

A special thank you to Brownie Troop 62100 for filling BRIGHTEN YOUR DAY baskets and artfully decorating bags for our Brown Bag Program. The baskets were given to community seniors during National Senior Center Month who were unable to participate in Council on Aging events at the Senior Center.

Volunteer group meetings have served to be a wonderful opportunity for volunteers in specific groups to meet one another, hear about each other's experiences and offer suggestions.

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



**INCLEMENT WEATHER** — When the Mashpee schools are closed, the Senior Center/Council on Aging activities and programs (including the van) are cancelled. However, the Senior Center building will remain open, and Council on Aging staff will report unless the Town Hall is closed. Please listen to the local radio stations for updated information.

We are strongly encouraging all seniors to be as proactive as possible. **Before the snow flies, line up a snow plowing service you can depend upon before the snow emergency begins.** \*\* Verify that this service can plow the driveway and shovel your walkway. \*\* Make sure that you are able to leave your home safely. \*\* Make sure that services such as the Visiting Nurse and Meals on Wheels are able to access your home. \*\* **We know of no service that does plowing or shoveling free of charge.** For help making a plan, please call our Outreach Coordinator, Lauren Haddad, at (508) 539-1440, ext. 3502.



**MASHPEE MEN'S CLUB** — We invite retired or semi-retired men over the age of 50 to join our club which meets on the first Tuesday of each month starting with coffee at 10:00 am followed by a brief business meeting at 10:30 and a speaker. We also have a variety of interesting trips on and off Cape each month. If you are a prospective member and would like to join our club, please contact club president Bob MacColl at jrmaccoll@comcast.net.



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

**SHINE NEWS \*\*\* IMPORTANT REMINDER \*\*\* The Medicare Open Enrollment ends on December 7th! Don't Wait Until It's Too Late! Make a SHINE Appointment Now!**

Every year, Medicare Part D (prescription) and Part C -Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. It's important to review your options EVERY year to make sure you have the plan that works best for you for 2019. Assistance is available from the SHINE program. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare, so please call the Senior Center now and ask for a SHINE appointment. If we have no appointments left for the open enrollment period, please call the Regional SHINE Office at (508) 375-6762, and they will try to fit you in before the deadline. You can also call 1-800-MEDICARE (1-800-633-4227). They are available 24/7 and can assist with enrolling you into a new Part C or Part D plan for 2018.

Please call the Senior Center to schedule a SHINE appointment at (508) 539-1440. 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

Be advised the Mashpee Police Department continues to see scams directed at seniors.



TIPS: \*\*\* Do Not Give Out Your Credit Card or Bank Account Number \*\*\* Never give your credit card number or bank account number to unsolicited callers. \*\*\* Monitor Your Assets \*\*\* Keep track of everything you own that is a financial asset. \*\*\* Monitor credit accounts, bank statements, stock and pension fund statements, properties you own, and similar assets. That way you will note any discrepancies that may require you to investigate further.

CALL THE POLICE. If you have been the victim of a swindle, or even if you think you have been approached by a con artist, call and cooperate with law enforcement authorities. Do not be embarrassed about how you were swindled; it happens to people all the time for in-person schemes, such as the bank examiner, home repair, inspectors, etc. CALL YOUR LOCAL POLICE DEPARTMENT IMMEDIATELY AT 911.

For mail fraud, call US Postal Police: (800) 300-3492. For telephone fraud, call the Attorney General's consumer Hotline: (617) 727-8400 and the National Fraud Information Center at (800) 876-7060.

To report a crime or for any questions, please contact Special Police Officer and Advocate Tara Carline at (508) 539-1480, ext. 7253.



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.



SEASONAL FLU CLINIC — 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.



TICK TESTING — It's never too late to get tick testing. Please consider to have a tick testing at the Laboratory of Medical Zoology at UMass-Amherst. Cape Cod Healthcare continues to provide a subsidy so that the cost for Cape residents is only \$15 for the test. Order your Tickreport online at www.tickreport.com.

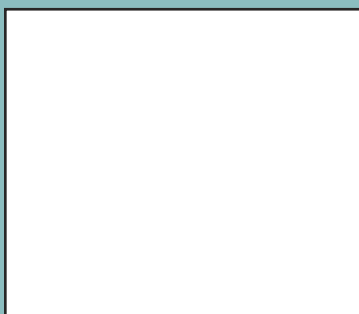


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**SUNDAY, OCTOBER 14TH, 2018**  
**Walk for Alzheimer's**  
**Provincetown Town Hall@noon**

"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](http://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.

Support is just phone call away.  
 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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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**