

December 2018

The Mashpee Senior Connection

The Mashpee Senior Center will be closed on Monday and Tuesday, December 24 and 25, and Tuesday, January 1, for the holidays. All activities including the van are cancelled for these days.

Happy Holidays



HOLIDAY LUNCHEON — Tuesday, December 11, 12:00 pm. Join us for our annual holiday luncheon sponsored by Royal Health Group.



For your enjoyment, our entertainment will be Katie Lynch Koglin, harpist. Katie performs from Woods Hole to Provincetown to Boston. Luncheon starts at noon. Due to space limitations, this is open to Mashpee seniors only. Rsvp's required. Please stop by the front desk or call (508) 539-1440.

MAKE A HOLIDAY WREATH — Thursday, December 6, 1:30 — 4:00 pm. There is nothing more enjoyable than a festive wreath on your front door to celebrate the holiday season. Join us to design your own beautiful wreath. All supplies are provided. Sponsored by Royal Health. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. There is a limit so please reserve quickly!



DANZING DIVAZ PERFORMANCE — Tuesday, December 18, 1:00 pm. Join us at the Mashpee Senior Center for the performance of the Danzing Divaz, now under the direction of Kim Benton. This lively group of enthusiastic dancers came together six years ago via their Zumba Gold fitness classes. The dance troupe enjoys performing at various venues and expressing their gratitude for the joy they feel when they get together. Join us for a fun and entertaining holiday performance. Rsvp's are appreciated but not required. Please stop by the front desk or call (508) 539-1440.



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.

♦ **Knitting with Looms** — Tuesday, December 4, 2:00—3:30 pm. Come and enjoy a relaxing class of easy loom knitting. If you can't knit or crochet, this class is for you! Karen supplies the loom kits and the yarn to get you started.



♦ **Holiday Glass Ornaments** — Friday, December 7, 2:00 to 3:30 pm. Glass ornaments make great gifts for the holidays! Please come join the class and make a wonderful ornament to hang anywhere.



♦ **Holiday Fairy Ornaments** — Thursday, December 13, 2:00—3:30 pm. Come join this class making light-up ornaments with a fairy inside. They make great gifts for the young people in your life, and they are so much fun to make and to give for the holidays.



CANDID COFFEE HOUR — Monday, December 17, 9:30 am. Join us for coffee and a casual conversation about healthcare planning, plus get your blood pressure checked by Julie Tooher, RN. Julie is a trained facilitator and will be happy to answer questions and guide conversations about managing your health care planning. Join us on the third Monday of each month from 9:30 — 10:30 am. Walk-ins are always welcome!



THE HOLIDAYS ARE HERE! — Don't let isolation and loss keep you from enjoying your holidays. The Mashpee Senior Center has many activities during the month that can help you find new traditions. Meet new people, or bring a friend or neighbor with you. The Senior Center offers programs that educate, entertain, socialize and help you get back into that exercise program! No transportation? The Senior Center can help with that! We have a van that not only helps you to the Senior Center for activities. Holidays can bring about feelings of loss, and this can make it hard to feel excited about celebrating. Call Lauren Haddad, Outreach Coordinator, at (508) 539-1440, if you would like to talk with her.



BEGINNERS ART CLASSES — Every Monday, 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. We encourage everyone to join us -- both those who have joined the class previously and especially those who are new to art classes. Materials needed will depend on each individual and will be discussed at class. Volunteer artist Gerry Raposa is again 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.



BOOK CLUB — Friday, December 21, 2:00 pm. Book Club meets on the third Friday of the month at 2:00 pm at the Senior Center. For the month of December our members will discuss a book of their choice. Come and tell the group about your choice and why you think it's worth reading. It's also a nice way to meet new people. New members are always welcome to join this lively group. Everyone has a say, and we spend 99% of the hour discussing books. No need to Rsvp; just drop in!



COMING SOON! MEDITATION PRACTICE — Tuesdays, February 5 through 26, 1:00 pm. Join leader Lynnette Walker as she explores many types of meditation in a series of classes. Gentle moving, like walking or sitting, standing, breathwork, music, reading,



and general information will be included. For example, we may sit in silence for a few minutes (in a chair!) and perhaps listen to music or a guided visualization. There is a fee. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.

MONDAY MORNING MOVIE MUSINGS — Mondays, December 3 and 17,

9:30 — 11:00 am. Please join us as we preview at home and then meet to discuss many movies from the master of suspense, Alfred Hitchcock. He was a groundbreaking British director of so many movies with so many great movie stars. We would like to meet you and talk about this genius' works. It was hard to select just a few but here are the last ones we will be discussing:



- ◆ December 3 — "Dial M for Murder"
- ◆ December 17 — "The Man Who Knew Too Much"

COST-OF-LIVING ADJUSTMENT (COLA) INFORMATION FOR 2019 —

Social Security and Supplemental Security Income (SSI) benefits for more than 67 million Americans will increase 2.8 percent in 2019. It will begin with benefits payable to more than 62 million Social Security beneficiaries in January 2019. The maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$132,900. Increased payments to more than 8 million SSI beneficiaries will begin on



December 31, 2018. (Note: some people receive both Social Security and SSI benefits.) [Read more](https://www.ssa.gov/news/press/releases/2018/#10-2018-1) about the Social Security Cost-of-Living adjustment for 2019. <https://www.ssa.gov/news/press/releases/2018/#10-2018-1>. [Read more](https://www.ssa.gov/news/press/factsheets/colafacts2019.pdf) about the COLA, tax, benefit and earning amounts for 2019. <https://www.ssa.gov/news/press/factsheets/colafacts2019.pdf>

PC, LAPTOPS, AND GADGETS — Are you aware that we have two of our volunteers help with computers and other gadgets?



- ◆ **PC AND GADGETS CLINIC** – Thursdays, 12:00 — 2:00 p.m. (by appointment) – Greg McKelvey, 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.
- ◆ **PC LAPTOP SKILLS** - Mondays, the 1st and 3rd month, 9:00 a.m. – 12:00 noon (by appointment) — PC Laptop Users — (**NOT APPLE**) — Upgrade/improve your email, word processing, or spreadsheet skills on your own laptop. One-on-one coaching appointments with Volunteer Ray Goodale. No charge. *Ray will be here through December 17 but will be away from January through March, but look for him again in April!*

Save the Dates! More info in the January Newsletter!

Tuesday, Jan. 15 1:00 pm	Presentation by the Mashpee Police Department on Sex Offenders	Thursday, Jan. 24—April 25, 2:00 pm	New Session: Fit and Strong (Men and Women)
Tuesday, Jan. 22 1:00 pm	Hepatitis C: Educational Workshop and Testing	Tuesday, Jan. 29, 1:00 pm	Ukulele Concert and Performance



AEROBICS FOR THE BRAIN – Tuesday, December 11, 11:00 am — 12:00 pm (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. There is no charge for the class.



SEA MIST SWIMMING will be closed beginning Tuesday, December 11, 2018, and will reopen on Tuesday, January 8, 2019.

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.



VISITING NURSE ASSOCIATION OF CAPE COD

A message from Julie Tooher, RN BS of the Visiting Nurse Association of Cape Cod



IT'S FLU TIME!

It's time to think about how to take everyday preventive actions to stop the spread of the flu and germs.

- ◆ Try to avoid close contact with sick people.
- ◆ While sick, limit contact with others as much as possible to keep from infecting them.
- ◆ If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)
- ◆ Cover your nose and mouth with a tissue when you cough or sneeze. After using a tissue, throw it in the trash and wash your hands.
- ◆ Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- ◆ Avoid touching your eyes, nose and mouth. Germs spread this way.
- ◆ Clean and disinfect surfaces and objects that may be contaminated with germs like flu.

Centers for Disease Control and Prevention

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

FOOT CARE — Wednesday, December 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 **every other month on the 4th Tuesday starting on January 22, 2019.** 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, December 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, 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, December 13, 10:00 am at the Mashpee Senior Center. Join us on the 2nd 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, December 14, 10:00 am. This support group meets at the Mashpee Senior Center. The group is open to anyone with vision issues from diagnosis to legal blindness and provides access and information on services available. **Beginning in January, the group will meet at the Senior Center on the 4th Monday of every month from 10:00 — 11:30 am. The first date in 2019 will be January 28, 2019.** For more information, call Sight Loss Services at (508) 394-3904 or visit their website: <http://www.sightloss.org/>. Drop in's are welcome.

HOPE DEMENTIA & ALZHEIMER'S SERVICES CAREGIVER SUPPORT GROUP — 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.

PORTABLE POCKET TALKERS — The Mashpee Senior Center now has three portable pocket talkers for use during events at the Senior Center. This device amplifies sounds closest to the listener while reducing background noise, and it is ideal for one-on-one conversation, small-group and television listening. It can be used with or without hearing aids. If you would like to use the pocket talker during one of our activities, please see our Administrative Secretary, Linda Wicks.

CAPE COD HEALTHCARE Cape Cod Healthcare is seeking your opinion about the health needs in our community. A Community Health Survey will be available to all residents through December 31, 2018. The survey is available online or in print. Your answers to this survey are anonymous and your opinions will help to identify the health and social issues facing our community. To take the survey, please visit www.capecodhealth.org/survey or call 774-470-5511 for more information.

COMING SOON! AARP TAX-AIDE INCOME TAX PREPARATION PROGRAM — Once again the Mashpee Senior Center is a site for the AARP Tax-Aide Income Tax Preparation Program. The Tax-Aide Program will begin at the Mashpee Senior Center on Friday, February 1, 2019, and appointment scheduling will start mid-January. **Stay tuned for more information in the January newsletter.**

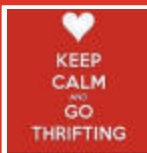
The Mashpee Senior Center respects all aspects of people including race, ethnicity, gender expression, sexual orientation, socio-economic background, age, religion, body shape, size and ability.



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 (NOT Apple) (1st and 3rd) * (through Dec 17)	9:00-12:00	Woodcarving	10:00-3:30	@ Foot Care Clinic (3rd) *
9:30-10:30	Candid Coffee Hour (Julie Tooher, 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
10:00-12:00	@Beginners Art Class	11:00-12:00	Aerobics for the Brain (2 nd & 4 th)	12:30-3:00	Canasta
11:00-12:00	@Chair Yoga	11:00-2:00	Sea Mist Swimming *** (thru Dec 6)	1:00-3:00	@Painting
12:30-4:00	Mah Jongg	12:00-4:00	SHINE *	1:30-3:30	Hope Dementia & Alzheimer's Service's Caregiver Support Group (2 nd & 4 th)
12:30-3:00	Pinochle	1:00-3:00	Attorney Services (1st) *	2:30-4:00	Tai Chi for Healthy Aging **
1:00-4:00	Hand and Foot/Pony Canasta				
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. *** Liability forms are required prior to swimming at Sea Mist. Please obtain the form from the Senior Center Receptionist. @ There is a fee	
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 (Dec. 14)		
10:00-11:30	Parkinson Support Group (2 nd)	11:00-12:00	@ Zumba Gold		
11:00-2:00	Sea Mist Swimming *** (thru Dec 6)	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				
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)				

 **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. PLEASE BE AWARE THAT THE THRIFT SHOP WILL BE CLOSED ON TUESDAYS UNTIL SPRING TIME.** Open days are currently 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. Retail experience helpful, but not necessary. Shifts are 4 hours. Volunteer must have good mobility, and this is a great way to stay active. If you are interested in helping, please call Eleana at (508) 681-8391.

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/>.



VOLUNTEER UPDATE: "Here's to all volunteers, those dedicated people who believe in all work and no pay." ~Robert Orben

- ◆ **Census Caller volunteers needed.** Make calls for the purpose of updating our mailing list. Commitment is approximately one to two hours each week at a time that is convenient for the volunteer.
- ◆ Here are some of our **Intergenerational Volunteers** who read to preschoolers at the K.C. Coombs School as part of the "Read to Me at KCC" program.
- ◆ Volunteer hours are maintained by the volunteer throughout the year. Forms can be obtained at the Volunteer Center in the Senior Center Library. Or, you can request an electronic version of the log sheet whereby you can input your hours on the computer and they will be automatically calculated. Your Volunteer Hours Log Sheet should be submitted by the end of the Fiscal Year, June 30, 2019.



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 — The Men's Club invites retired or semi-retired men over the age of 50 to join its club which meets on the first Tuesday of each month at the Mashpee Senior Center. The meeting starts with coffee at 10:00 am followed by a brief business meeting at 10:30 and a speaker. It also has a variety of interesting trips on and off Cape each month. If you are a prospective member and would like to join the club, please contact club president Bob MacColl at jrmaccoll@comcast.net.



SHINE NEWS — Medicare Part D and Pharmacies

For MOST Medicare drug plans, the pharmacy you use could make a big difference in the cost of your medications! All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have network pharmacies. Most pharmacies accept most plans. However, if you go to a pharmacy that is not in your plan's network, your medications will not be covered, and you will pay full retail price. For 2019, the majority of the Medicare drug plans have preferred pharmacies. By using a preferred pharmacy, you can save money! Some plans have changed their preferred pharmacies for 2019 so please check to make sure the pharmacy you currently use will still be the best come January 1st. There is a big difference between preferred pharmacy co-payments and non-preferred pharmacy co-payments. Most plans have a mail-order program that allows you to get a 90-day supply of your covered prescription drugs sent directly to your home. Some mail order programs may have a cost savings, but there are times when using a preferred, local pharmacy could end up costing you less than **mail order**.

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.

MEDICARE OPEN ENROLLMENT ENDS DECEMBER 7!

Mashpee Senior Center Van

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.

Emergency Preparedness



The Mashpee Council on Aging maintains a list of seniors who are homebound, and/or frail to help the Town provide assistance to them during a civil defense emergency such as hurricane or blizzard. If you would like to be on the list, please call the Senior Center at (508) 539-1440 and request the simple registration form for you to complete and return. Please call Outreach Coordinator, Lauren Haddad, for more information or if you need help with the form.



MASHPEE POLICE DEPARTMENT'S TIP OF THE MONTH

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

WHETHER the scammer is pretending to be a family member that has been in an accident and needs money — or the scammer is calling to tell you that you have a virus on your computer and need to send money for the repair, **REMEMBER** —

- ◆ Don't get forced into making an immediate decision or pressured to "act now"
- ◆ Don't pay by cash, wire money or by gift cards
- ◆ Don't be afraid to hang up the phone
- ◆ Check references

If you have a question regarding the legitimacy of a call, please contact the Mashpee Police Department BEFORE you send any money. To report a crime or for any questions please contact Special Police Officer and Advocate Tara Carline at 508-539-1480 ext. 7253.



DECEMBER TRAVEL CLUB NEWS — NEW — On sale now:

2019 Red Sox, Shen Yun, Celtic Woman Live, Hello Dolly, Dear Evan Hansen! **Legends in Concert Holiday Show w/lunch**, 12/04, \$63; Foxwoods only, \$35; **Christmas In Newport** — 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. **\$25 deposit holds your seat:** **School of Rock** — matinee, 3/03, \$105/\$75; **Boston Flower Show — The Beauty of Balance**, 3/13, \$59; **A Bronx Tale**, 4/14, orchestra — 6:30 pm, \$130; **Art In Bloom at MFA Boston**, 4/29, \$65 pp; **Jersey Boys** — 5/10, \$108/\$75; **Waitress The Musical** — 5/31, \$115/\$95; **The Band's Visit** — 6/28 (date change) \$110/\$75. 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.



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.



Do you like to read? Would you like help getting materials from the Mashpee Public Library, but you are home-bound? The Mashpee Senior Center has a special service for you. Our volunteer will meet with you to pick up books and other items such as DVDs or tapes from the Mashpee Public Library. If you don't have a library card, she will also help you get one. Please call our Outreach Coordinator, Lauren Haddad, for more information about this program at (508) 539-1440, ext. 3502.



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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
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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	Lauren Haddad, Outreach Coordinator lhaddad@mashpeema.gov	Linda Wicks, Administrative Secretary lwicks@mashpeema.gov	Peggy Rose, Receptionist prose@mashpeema.gov
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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