

May 2019

The Mashpee Senior Connection



CELEBRATE NATIONAL OLDER AMERICANS MONTH — Thursday, May 2, 2:00 pm.

Join us as we celebrate the Older Americans Month's theme of "Connect, Create and Contribute" (literally!). Join us for refreshments and socialization as we kick off our connection of a 1,000+ piece puzzle and create a replica of our beautiful Mashpee Senior Center. The puzzle will remain in the lobby until its completion, at which time it will be framed and proudly displayed. Individually we are like a single piece of a puzzle but when we come together and connect, we create a strong community! Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. For more information, please contact our Activity Coordinator, Julie Silva, at (508) 539-1440, x3512.



PERKINS LIBRARY PRESENTATION — Wednesday, May 15, 10:00 am.

Perhaps you or someone you know is starting to notice some vision loss or another condition making it difficult to read or hold a book. You may not be able to experience the joy of being immersed in a book. Debby King from the Perkins Talking Book Library, which is a free service, will describe the services offered including audio books and magazines, audible newspapers, large print books and much more. Learn about who can become a patron, how to sign up for the service and all that is available. The Perkins Library serves people with vision loss however, patrons do not have to be legally blind. A person with conditions such as brain injury, stroke patients and learning disabilities can become patrons of the Perkins Library. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. For more information, please contact our Activity Coordinator, Julie Silva, at (508) 539-1440, x3512.



TRAVEL SAFETY AND WELLNESS — Tuesday, May 7, 1:00 pm.

Travel can be wonderful, and staying safe and healthy while you are away is a good thing. The travel safety presentation will cover information about staying safe while you travel to maximize your experience. Topics covered will include fall prevention, maintaining fitness, what to eat and drink, medications and immunizations, health care documentation, personal safety, jet lag and so much more! Presented by the Visiting Nurse Association of Cape Cod. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. For more information, please contact our Activity Coordinator, Julie Silva, at (508) 539-1440, x3512.



TICK AWARENESS PRESENTATION — Wednesday, May 8, 11:00 am.

Join Larry Dapsis of the Cape Cod Cooperative Extension to learn more about Lyme Disease. It is now the most prevalent infectious disease in Massachusetts and is considered to be a public health crisis. Larry will review the basic life cycle and ecology of deer ticks, incidence rates and distribution of tick-borne illnesses. A three-point protection plan will show you how to Protect Yourself, Protect Your Yard, and Protect your Pet. Tick-borne diseases are preventable! Please Rsvp to the



Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. For more information, please contact our Activity Coordinator, Julie Silva, at (508) 539-1440, x3512.

CABARET SHOW WITH LIZ SAUNDERS — Tuesday, May 21, 1:00 pm.

Don't miss out on a show filled with great music performed by Liz Saunders, a favorite local entertainer and cabaret vocalist here on the Cape and beyond. She specializes in sharing music from the Great American Songbook era, standards that are known by everyone...but is also known to mix it up a bit. Come for an entertaining afternoon — you may even leave humming a tune and with a spring in your step! Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. For more information, please contact our Activity Coordinator, Julie Silva, at (508) 539-1440, x3512.



GROUP HEALTH COACHING — Fridays, May 17 through July 12, 10:00 am.

In health coaching, we look at how all areas of your life are connected and contribute to your overall wellbeing. Things such as relationships and spirituality have just as much impact on your health as does kale and spinach. Here are 6 reasons to join our FREE group health coaching program: personal support system, higher likelihood of achieving your goals, collective wisdom, new perspective, team investment, and having fun! Group health coaching is presented by the Visiting Nurse Association of Cape Cod. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. For more information, please contact our Activity Coordinator, Julie Silva, at (508) 539-1440, x3512.



AMSTERDAM AND TULIP PRESENTATION — Wednesday, May 29, 10:00 am.

If there's one thing that Amsterdam is most known for, it might just be the beautiful tulip. This bright and stunning flower has become a colorful symbol of Amsterdam and the Dutch countryside. Join us as we enjoy a presentation on Amsterdam and Tulips while enjoying samples of cheeses. 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. For more information, please contact our Activity Coordinator, Julie Silva, at (508) 539-1440, x3512.



BEGINNERS BRIDGE LESSONS — Wednesdays, May 1 through 22, 10:00 am.

Bridge is played everywhere. Have you seen it being played and thought, "I wish I knew how to play." Well, here is your opportunity to learn. Join us for 4 weeks of bridge lessons. It's perfect for those who want to learn how to play bridge or may need a refresher. These fun hands-on lessons will not only provide you with instruction but will also give you the opportunity to meet other new bridge players. Please Rsvp for this 4-week commitment to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. For more information, please contact our Activity Coordinator, Julie Silva, at (508) 539-1440, x3512.



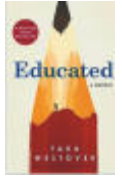
MALNUTRITION EDUCATIONAL SESSION —

Tuesday May 14, 10:00 am — 1:00 pm. Do you want to learn more about the important topic of malnutrition which may impact you or someone you know? Join the staff of Elder Services of Cape Cod and the Islands at the Mashpee Senior Center for this educational session. At this session they will talk about the scope of malnutrition and how to eat well to prevent it. Additionally, free malnutrition screenings will be offered. This session is part of the first Annual Massachusetts Malnutrition Week (May 13 — May 17). Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. For more information, please contact our Activity Coordinator, Julie Silva, at (508) 539-1440, x3512.



the group are welcome to attend, but please be aware that sessions will run from the beginning. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. For more information, please contact our Activity Coordinator, Julie Silva, at (508) 539-1440, x3512. There is no fee for this program, and each person will receive a book at no charge.

BOOK CLUB — Friday, May 17, 2:00 pm. The selection for May is “Educated, a Memoir” by Tara Westover. This book was selected as one of The New York Times Book Review's 10 Best Books of 2018. Come and join us on the 3rd Friday of each month. Reservations not required — just pop in for a fun hour. New members are always welcome to join this lively group. Everyone has a say, and we spend 99% of the hour discussing books. It's also a nice way to meet new people.



NEW SESSION: FIT & STRONG FOR MEN — Mondays and

Thursdays, May 2 — August 1, 2:00 pm. For men only: See what all the hype is about and join us for the next 12-week session of Fit & Strong! (excluding May 27 and July 4). This is an evidence-based, multiple component exercise program. It combines flexibility, strength training and aerobic walking with health education for sustained behavior change. The class will meet on Mondays and Thursdays from 2:00 — 3:30 pm starting May 2 and ending August 1. REGISTRATION IS REQUIRED. Please call Amy at the VNA at (508) 957-7423 to sign up. Please be aware that a physician release is required in advance before you can participate.

BURIED IN TREASURES WORKSHOP — Wednesdays through July 3, 12:30 pm. The Buried in Treasures workshop is based on the book *Buried in Treasures: Help for Compulsive Acquiring, Saving and Hoarding*. During this 16-week action-oriented self-help support group, you will receive support from others, get help to develop strategies to de-clutter the home, and work on ways to change problematic acquiring and discarding behavior. Pre-registration is required for the program. Space is limited, and Mashpee seniors will be given preference. Individuals who have attended a previous session of

MONDAY MORNING MOVIE MUSINGS — Mondays, May 6 and 20, 9:30 am.

Please join our friendly group as we watch each movie on our own and then meet different Mondays to discuss each leading man's performances. Hollywood leading men, Paul Newman and Spencer Tracy, were all contenders for best actor for films of 1967. Only one person won. **May 6** Paul Newman -- Cool Hand Luke; **May 20** Spencer Tracy -- Guess Who's Coming to Dinner

TAX INFORMATION — PLEASE NOTE: If AARP did your taxes at the Mashpee Senior Center and you have additional questions about your taxes or refund, please contact the IRS for Federal information or the Massachusetts government for State information. The staff at the Senior Center are not trained to answer tax return questions. For status on your Federal refund for information, check the status at the web site at www.irs.gov/refunds or call the IRS toll-free phone number at (800) 829-1954. Automatic service is available every day of the week, 24 hours per day, and you can check on your refund in either English or Spanish. Or you can call (800) 829-4477 to reach the IRS TeleTax System. For status on your Massachusetts refund, check your status at <https://mtc.dor.state.ma.us/mtc/> or call (617) 887-6367 or (800) 392-6089 (toll-free).

WOOD CARVING — Tuesdays, 9:00 am — 12:00 pm. When people visit the wood carving class at the Mashpee Senior Center, we often hear people saying that “I could never do that — I don't have the patience.”

Try it first! If you're a novice, not to worry — none of our group's members including the instructor had any experience prior to joining the group. Join us and see how we do it, what tools you might need, and how to help us from anyone (or everyone!) in the class. We would be happy to start you out with a no. 2 pencil, sandpaper, an easy cutout to work on, a set of plans or a picture. It's free, it's great, and it's fun! There is no cost for the class, and men and women are invited and welcomed to join us.

MASHPEE SINGING SENIORS — Thursdays, 9:30 — 11:30 am. Join the Mashpee Singing Seniors, an informal singing group. They rehearse a variety of musical tunes, from old to new. The Singing Seniors perform on the Upper Cape at local skilled nursing and assisted living facilities. It is not necessary to be able to read music.

WHAT IS MASSOPTIONS — A Service of the Massachusetts Executive Office of Health and Human Services. Are you an elder looking for help, such as in-home care ... an individual with a disability seeking help to live independently...or a family member or caregiver trying to locate services for a loved one? It is a free resource that links you to services that help you or a loved one live independently.

How MassOptions Can Help: Everyone's situation is unique. MassOptions will connect you to resources in your community that are right for you. The MassOptions trained staff will connect you to its statewide network of local partners and agencies that have expertise in working with people with disabilities, elders, and caregivers. These specialized agencies can give you information, help you to determine what you need, and can support you with choosing and coordinating services and supports that are right for you. Their staff can also assist you with determining your eligibility for and applying to MassHealth. [Click here](https://www.massoptions.org/massoptions/about-MassOptions/what-is-mass-options/) for more information (<https://www.massoptions.org/massoptions/about-MassOptions/what-is-mass-options/>). You can speak to a specialist at MassOptions, Monday - Friday from 9:00 am to 5:00 pm, call toll-free at 1(844) 422-6277.



Save the Dates! More info in the June Newsletter!			
Tuesday, June 4, 1:00 pm	Reverse Mortgage Presentation by South Coastal Counties Legal Services	Wednesday, June 12, 10:30 am	Art Therapy Class
Wednesday, June 5, 11:00 am	Healthy Hearing Presentation by Spaulding Cape Cod	Friday, June 21, 11:30 am	This Is Love - Celebrating 50 (or more) Years of Love
Fridays, June 7 through Friday August 23 (no class on July 5 and 26) 9:00 am	Exercise for Longevity	Wednesday June 26, 11:00 am	Vaping Presentation — E-cigarettes

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

COFFEE FOR HEALTH TALKS — Monday, May 20, 9:30 am Join us for coffee, a healthy snack, and casual conversation about managing your healthcare. In addition, we invite you to get your blood pressure checked and a 1-on-1 consult with your Town Nurse, Julie Tooher RN. This group accepts requests for specific health related topics. Please stop by and see what it's all about! We meet on the third Monday of each month from 9:30 am - 10:30 am. Bring a friend; walk-in's are always welcome!




Staying positive with age — Attitude as a route to health and happiness

Changes that come with aging can mean opportunities for new ways of thinking and doing. No one is ever too old to learn, hope or renew. Very often one of the nice things about aging is that you begin to appreciate what really matters in life, including the small things you may have previously taken for granted. Research shows a daily practice of gratitude can boost your energy, improve your mood, increase optimism and enhance well-being. Make gratitude a habit:


*** Before you get out of bed, make your first thought one of gratitude
 *** Start a gratitude journal *** Collect gratitude sayings *** Be grateful to those you help *** Look for positives in the negatives ***

Julie Tooher, RN VNA of Cape Cod (Mayo Clinic)

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




FOOT CARE — Wednesday, May 15, 10:00 am — 3:30 pm by appointment. Available the 3rd Wednesday of each month. There is a fee. Call the Senior Center at (508) 539-1440 for an appointment.



LEGAL ASSISTANCE — Attorneys visit the Mashpee Senior Center monthly or bimonthly. **By appointment.**


SCCLS, Tuesday, May 28, 10:00 am. The South Coastal Counties Legal Services, Inc. (SCCLS) Elder Law attorneys visit the Cape and Islands' senior centers bimonthly including Mashpee, and they provide legal services to elders who are economically or socially disadvantaged. Priority areas include housing, government benefits, Medicare, Medicaid, reverse mortgage counseling, and general health law concerns. They are available every other month on the 4th Tuesday. Consultation by SCCLS is free.




Other attorneys are available on the 1st and 2nd Tuesday of the month, regarding trusts, wills, probate, and estate planning. Please be aware that these appointments are for Mashpee seniors only, for consul-

tations only, and not for dealing with on-going legal issues. The initial consultation at the Senior Center is free. If you choose to have any additional consultations or follow up with the attorney outside of the Senior Center, please be aware that it is not the responsibility of the Mashpee Council on Aging. We respectfully request that you limit your appointments during the year so that others may be accommodated. Please note that the lawyers do not handle questions regarding criminal matters, divorce concerns, and VA benefits. Call the Senior Center at (508) 539-1440 for an appointment.

INDEPENDENCE HOUSE RELATIONSHIP EDUCATION AND ADVOCACY — Wednesday, May 8, 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.




PARKINSON SUPPORT NETWORK OF CAPE COD — Thursday, May 9, 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 — Monday, May 20, 10:00 am. 3rd Monday *for this month only*; typically the 4th Monday of each month, 10:00 — 11:30 am. This support group meets at the Mashpee Senior Center, and 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.



CAPE COD HEALTHCARE DEMENTIA & ALZHEIMER'S SERVICES SUPPORT GROUP — Wednesdays, May 8 and 22, 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 Cape Cod Healthcare Dementia & Alzheimer's Services at (508) 775-5656.





INCONTINENCE PRODUCTS DISTRIBUTION — Wednesday, May 1, 10:00 am. The Mashpee Senior Center distributes incontinence products to low income Mashpee seniors (both men and women) on the first Wednesday of every month from 10:00 am to 12:00 noon. Participants will be given one pack of products. For more information regarding the style/type of products that are available and to register for the program, please call our Outreach Coordinator, Lauren Haddad, at (508) 539-1440, ext. 3502. No appointments are necessary, but you must preregister. Please note that you must be a resident of Mashpee and a senior; distribution will be subject to availability.



OUTREACH UPDATE — Friendly Visiting — The Mashpee Senior Center offers a friendly visitors program! You might appreciate a weekly visit from a friend. Would you or someone you know benefit from this program? It is available to Mashpee seniors who would like the companionship and support of a new friend. Maybe you are new to Mashpee or perhaps have lost a spouse or you may find yourself spending more time alone at home for health reasons. All Mashpee seniors are eligible; if interested please call Outreach Coordinator, Lauren Haddad, (508) 539-1440, x3502.

Library Book Delivery — Do you like to read? Would you like help getting materials from the Mashpee Public Library, but you are homebound? 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.


Town of Mashpee Special and Annual Town Meeting

Monday, May 6, 2019

Mashpee High School, 500 Old Barnstable Road

Mashpee, MA 02649



Click below for the information on the special town meeting: https://www.mashpeema.gov/sites/mashpeema/files/news/may_2019_town_meetingwarrant_final_executed.pdf

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 Laptop Skills (1st and 3rd)	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) *	@ 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)
9:45-10:45	@ Gentle Yoga	10:00-11:00	@Zumba Gold		Canasta
10:00-12:00	Beginners Art Class	10:00-12:00	Attorney Services (4th every other month) *	12:30-3:00	@Mashpee Senior Painting Class
10:00-11:30	Sight Loss Support Group (4 th)	11:00-12:00	Aerobics for the Brain (2 nd & 4 th)	1:00-3:00	Cape Cod Healthcare Dementia & Alzheimer's Services (2 nd & 4 th)
11:00-12:00	@Chair Yoga	11:00-2:00	Sea Mist Swimming ***	1:30-3:30	Tai Chi for Healthy Aging **
12:30-4:00	Mah Jongg	12:00-4:00	SHINE *	2:30-4:00	
12:30-3:00	Pinochle	1:00-3:00	Attorney Services (1st) *		
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	Mashpee Singing Seniors	9:15	Bowling (Ryan Falmouth)	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	10:00-2:00	SHINE *		
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 (partner is necessary)	2:00-3:00	Book Club (3 rd)		
1:00-2:30	Sketching				
1:00-4:00	Social Bridge				
2:00-3:00	Hearing Tests (3 rd)				
6:30-9:30	@ Cape Cod Tai Ji Club (Beginners, please come 1 st Thursday)				

SHINE NEWS – Are you or someone you know turning 65 or thinking about retiring?
 SHINE can help! Every day there are 10,000 baby boomers turning 65 and are now eligible for Medicare. Those new to Medicare can make costly mistakes resulting in higher health care costs, gaps in coverage and possibly a lifetime late enrollment penalty.
How do you get the Medicare benefit? Can you defer Medicare without penalty? Are you going to continue working past 65? Are you contributing to an HSA (Health Saving Account) and how does that work with Medicare? Each situation is unique, and you want to make the best decisions for you. SHINE (Serving the Health Insurance Needs of Everyone) counselors can sit down with you and go over your situation and all your Medicare options. SHINE volunteer counselors are trained and certified by the Executive Office of Elder Affairs and are re-certified each year to help Medicare

beneficiaries navigate the complex health insurance system for free. If you or someone you know will be turning 65 soon, please call the senior center to make an appointment with a SHINE counselor or call the Regional SHINE Office, Barnstable County Department of Human Services, at (508) 375-6762.
 Please call the Mashpee 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 once each 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. 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.



SUPPORT THE ADVERTISERS THAT SUPPORT OUR COMMUNITY



PARKINSON'S GOOD START ON THE CAPE — Tuesdays, May 14 and 21, 6:00 — 8:00 pm. A light supper will be served starting at 5:30 pm. Located at Spaulding Rehabilitation Hospital Cape Cod, 311 Service Road, East Sandwich, MA 02537. This two-night series is an introduction to Parkinson's for individuals diagnosed within the past five years and their family members. The program will present up-to-date information on diagnosis and treatment. Although there is no fee for the program, registration is required. Please contact the APDA Information and Referral Center at Boston University Medical Center at (800) 651-8466 or (617) 638 -8466, email at apdama@apdaparkinson.org.

Emergency Preparedness



CIVIL DEFENSE EMERGENCY — 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 a simple registration form for you to complete and return. Should you need assistance completing the form, please call Outreach Coordinator, Lauren Haddad.

MASSACHUSETTS ALERTS — Join the thousands of residents of Massachusetts who receive emergency alerts and critical information about disasters and public safety incidents on their Smartphones. Massachusetts Alerts provides emergency notifications and public safety information based on your location, proximity to an event or incident, and the preferences you select. Find out more information and how to download the app to your Smartphone at <http://www.mass.gov/eopss/agencies/mema/massachusetts-alerts.html>.



have any of the listed disabilities, Clay Nicholson, Mashpee's 911 Municipal Coordinator, recommends that a **911 DISABILITY INDICATOR FORM** be completed and forwarded to him so that if an emergency occurs, public safety officials will be alerted that an individual residing at your address communicates over the phone via TTY and/or has a disability that may hinder evacuation or transport. **This information is confidential and will only appear at the dispatcher's location when a 911 call originates from your address.** Please contact Clay Nicholson, (508) 539-1400, ext. 8499 with any questions and to pick up a form. You can also pick up this form at the Mashpee Senior Center.

EMERGENCY ALERT SIGN UP - Did you know that you could receive automated messages by phone from the Town, helping you with storm preparedness or other Town activities? If you do not already receive important/emergency messages from the Town, or if you want to edit your contact info, please go to the Town website: www.mashpeema.gov, and select the "Emergency Alert Sign-up" box in the upper center of the page. Then select the next signup button and enter your contact information so local leadership may contact you with timely, important messages.



DISABILITY INDICATOR FORM - Are you a disabled elder? Disabilities would include life support system, mobility impaired, blind, deaf and hard of hearing, teletypewriter, speech impaired, cognitive impairment, etc. If you

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.



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.

Van Schedule

Mondays: Mashpee and Sandwich — Please make sure that appointments must be made between **10:00 am and 1:30 pm**

Wednesdays: Mashpee — Please make sure that appointments must be made between **10:00 am and 1:30 pm**. Please note that Wednesdays are food pantry days.

Fridays: Mashpee and Falmouth except for the first Friday at which the van does not go to Falmouth — Please make sure that appointments on Fridays must be made between **10:00 am and 1:00 pm**


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. **Large print directory schedules are available for the following fixed route bus service routes:** Barnstable Villager, Sealine, H2O Hyannis-Orleans, Flex, Bourne Run, Sandwich Line, and Hyannis Loop. They are year-round fixed routes. Download the large print files of the schedule by selecting "Bus Schedules and Maps"; then "Select the Route" showing "Large Print Schedule" by visiting its website at <http://www.capecodtransit.org/>. In addition to fixed route bus service routes, **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. In addition, **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/>.

To our readers: Our newsletter company, Liturgical Publications, accepts advertisement from a number of area businesses and service providers. Please note that although we publish these advertisements, the Mashpee Senior Center does not receive any financial benefit from the identification of any product or service provider contained or referred to any ad, and does not constitute an endorsement, referral, guarantee, or recommendation of them.




MAY TRAVEL CLUB NEWS — Twin Rivers "Spring Fling" 5/14, \$35; Boston Pops Summer of '69 w/Arlo Guthrie, 5/15, \$99; Foxwoods 6/07, \$35; Cirque de la Symphonie 6/08, \$95; Rick Steves' Symphonic Journey 6/13, \$95; Newport Flower Show 6/21, \$59; MGM Springfield 6/23, \$39; The Band's Visit 6/28, \$110/\$75; Gloucester Schooner Cruise w/ lunch 7/18, \$105; Dear Evan Hansen Boston Opera-matinee, 7/21, \$165; Boston Red Sox Games 8/01 Tampa and 8/21 Philly, Pavilion Box 13, \$139; Hello Dolly Boston Opera 8/18, \$140; Maine Lobster Bake 8/21, \$89; Carnival P-town "Enchanted Forest" 8/22, \$35.

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.




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
It's Spring! As the weather gets warmer, we love seeing people out and about enjoying all Mashpee has to offer. Unfortunately, our officers can't be everywhere, so we ask the citizens of Mashpee for their help with keeping our town safe. Please follow the motto **"IF YOU SEE SOMETHING, SAY SOMETHING"** if you have a concern about:

- ◆ An animal left in a hot car
- ◆ A person asleep at the wheel
- ◆ Someone looking suspicious/out of place in an area
- ◆ Finding a hypodermic needle
- ◆ A neighbor that has mail piling up
- ◆ A concern for neighbor(s) about whom you can hear arguing
- ◆ Witnessing a concerning event such as a disturbance or car accident.

Please contact the Mashpee Police Department to report any suspicious incidents or concerns at (508) 477-1212. It's imperative that when you see something, call the police IMMEDIATELY. Any questions please contact Special Officer and Advocate Tara Carline at (508) 539-1480, ext. 7253.



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.** 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) 364-3898. This is a fabulous way for you and a friend to volunteer together as a team!

➤ Reach the Senior Market
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WINTERS/SPRING 2019 EVENT SCHEDULE
ALL EVENTS ARE FREE AND OPEN TO THE PUBLIC
For information, or to register, please call (508) 896-5170
or email support@capecodalz.org

- ◆ **Savvy Caregiver Training: Six-week-long Caregiver training with respite care available.**
 - Brewster Ladies Library, Thursday, March 7 - April 11, 10 - 11:30 am.
 - Falmouth Senior Center, Friday, March 8 - April 12, 10 a.m. - noon.
 - Mill Hill Residences, West Yarmouth, Monday, March 11 - April 15, 10-11:30 am.
 - Harwich Council on Aging, Tuesday, April 23 - May 28, 10 - 11:30 am.
 - Sandwich Council on Aging, Thursday, April 25 - May 30, 1 - 2:30 pm.
- ◆ **Men's Alzheimer's Monthly Coffee & Conversation Group**
 - Maplewood of Brewster, 3rd Thursday, 9:30-11 am.
 - Lauretide at Mashpee Commons, 4th Wednesday, 11 AM-12:30 pm.
- ◆ **Art Fridays for People with Cognitive Loss and Their Caregivers**
 - Cape Cod Museum of Art in Dennis partnering with the Alzheimer's Family Support Center. Every Friday, 2:00-3:30 p.m., at the Art Museum. Questions: 508-385-4477.
- ◆ **Support Groups for caregivers and people with dementia.**
 - Offered in all 15 Cape towns. See listing on website: alzheimerscapeod.org/support-groups, or call office 508-896-5170.
- ◆ **Care Consultations with the Alzheimer's Family Support Center staff, for families living with dementia.**
 - Neurologists of Cape Cod, Hyannis, Wednesdays, 11 - 1 pm.
 - Bridges at Mashpee, Wednesdays 2-4 pm.
 - Seashore Point, Provincetown, 2nd & 4th Thursdays, 1-3 pm.
 - Atria in Falmouth, Wednesdays, 11 pm-1 pm.
 - Spaulding Rehabilitation Hospital Cape Cod, Sandwich, 1st Wednesday, 5:30-7 pm.
 - Alzheimer's Family Support Center, Brewster, Mondays, 9 am - 12 pm, Wednesdays, 12 - 3 pm, Fridays, 12-4 pm.
 - Harbor Point, Centerville, as needed. Call to schedule an appointment.
- ◆ **Re-Memorable Multigenerational Chorus of Cape Cod with Eastham Elementary School 4th and 5th Grade Students.**
 - Eastham Senior Center, 2nd & 3rd Wednesday of every month, 9:45-10:45 a.m.
- ◆ **Dave Birtwell Memorial Alzheimer's Walk.**
 - Brooks Park, Harwich, Saturday, May 11, 11 am - 2 pm. Live music by the Sound Dunes, dancing, barbecue lunch. Register to walk at www.alzheimerscapeod.org.
- ◆ **Teepa Snow Seminar and Lecture: "Positive Approaches to Living With Dementia" Learn practical skills from this nationally recognized expert.**
 - Barnstable Performing Arts Center, Wednesday, June 26, 2019; 8:30 a.m.-4 p.m. Sponsored by the Alzheimer's Family Support Center.

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Mashpee Council on Aging, Mashpee, MA

06-5131



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

Please note:

- ◆ To get an on-line copy of this newsletter, visit <http://www.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	Nina Cocomazzi, Volunteer and Program Support Coordinator coavolunteercoordinator@mashpeema.gov	Linda Wicks, Administrative Secretary lwicks@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.

Respectful ★ Our Core Values ★ 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