

June 2019

The Mashpee Senior Connection

REVERSE MORTGAGES — Monday, June 10, 1:00 pm.

Considering a reverse mortgage? Already using one but have concerns? Come learn about reverse mortgages and what to look out for with these financial products. South Coastal Counties Legal Services (SCCLS) will be giving a talk on the topic at the Mashpee Senior Center. SCCLS is a nonprofit that provides free civil legal services to older adults, victims of crime, and people with disabilities in our communities. 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.



HEALTHY HEARING PRESENTATION — Wednesday, June 5, 11:00 am.



Healthy Hearing
BE PART OF THE CONVERSATION

What did you say? Hearing loss is a silent handicap that affects 1 in 3 people over 65 years of age. It impacts the quality of life for not only the hearing-impaired individuals, but also their families. Learn how this common disability can be more prevalent with other conditions, such as diabetes and heart disease. Join Sandra Stumpf Reams, audiologist from Spaulding Rehabilitation Hospital Cape Cod. She will discuss how we hear, how to identify and treat hearing loss and tinnitus (ringing in the ears) and how to prevent further decline in hearing. 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.

EXERCISES FOR LONGEVITY — Fridays, June 7 through Friday August 23, 9:00 am.

This 50-minute class will teach exercises to encourage longevity and promote the well-being of the mind, body and spirit. By combining aspects of tai chi and qi gong with other self-care techniques, this class will focus on slow, gentle movements and nourishing practices for the body. Evidence-based studies have shown that the health and wellness benefits of exercises like tai chi and qi gong may include increased bone density, lowered blood pressure, increased physical strength and balance, increased immune function, decreased anxiety and depression as well as decreased inflammation. Seeking health in older age is a timeless art and one that has countless, palpable benefits for the older adult. This is a drop in class, and there is a fee. For more information, please contact our Activity Coordinator, Julie Silva, at (508) 539-1440, x3512.



THIS IS LOVE – CELEBRATING 50 (OR MORE) YEARS OF LOVE —

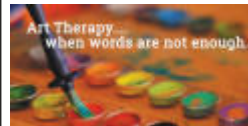
Friday, June 21, 11:30 am — 1:30 pm. “If a June night could talk, it would probably boast it invented romance” (author Bern Williams). In honor of this special month, we would like to recognize and invite all Mashpee couples who have been in a

committed relationship for 50 or more years to a special celebration on Friday June 21 at 11:30 am. Light lunch is included. Feel free to bring your wedding and other special photos to share. Space is limited; Mashpee seniors only, please. 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.



ART THERAPY CLASS — Wednesday, June 12, 10:30 am.

They say “a picture is worth a thousand words.” What if it could be all that and more? Researchers have found that participating in art therapy may significantly improve your mood, and lower levels of pain and anxiety. Making art can be a powerful therapeutic tool for older adults. Maybe you need to channel your scattered thoughts into one concise creation, or perhaps just by creating something you will feel a bit lifted. Join Barbara Greenspan, a registered art therapist, for a one and a half hour class as we cultivate our creativity and make a small inspirational plaque. For Mashpee seniors only. 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.



PAPA'S CHILI - TALK AND TASTING - Tuesday June 18, 11:00 am.

In recognition of Father's Day, join us on Tuesday, June 18, as we welcome 2-time winner of the Amateur Cape Cod Chili Challenge, Papa's Chili. Come learn how this secret recipe came to be, and learn how Papa's Chili participates in the Cape Cod Chili Challenge to prepare samples to over 300 people. This is an opportunity for you to sample a crowd-favorite chili. 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.



VAPING PRESENTATION — E-cigarettes — Wednesday, June 26,

11:00 am, at the Mashpee Senior Center. E-cigarettes are a rapidly changing product class, and are known by many different names, including “e-cigs,” “e-hookahs,” “mods,” and “vape pens.” Recently, a new type of e-cigarette has become increasingly popular due to its minimal exhaled aerosol, reduced odor, and small size, making it easy to conceal. Whether you are trying to quit smoking yourself, or perhaps you have heard someone (your children or grandchildren) talk about “vaping,” come join us on June 26 as Stacey Schakel, Mashpee School Nurse, explains vaping and the risks associated with it.



Mashpee Senior Center/Council on Aging • 26 Frank E. Hicks Dr. • Mashpee, MA 02649

Phone: (508) 539-1440 • Fax: (508) 539-2791 • www.mashpeema.gov • Email: coa@mashepeema.gov

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 — RESCHEDULED to Tuesday, June 4,



1:00 pm. 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.

MINDFULNESS MEDITATION — Every Tuesday, 1:00 pm.

Meditation is the process of training your mind to focus and redirect your thoughts. Mindfulness meditation may help one recognize and manage stressful thoughts and situations which may lead to a more balanced and healthier outlook. A study by Harvard researchers determined that meditation literally rebuilds the brain's grey matter. Instructor Pete Cormier guides you through and helps you to develop your meditation practice. This is a drop in class and there is a fee. For more information, please contact our Activity Coordinator, Julie Silva, at (508) 539-1440, x3512.



ALZHEIMER'S: KNOW THE 10 SIGNS — Tuesday, June 11, 10:00 am.

If you or someone you know is experiencing changes in memory, it's time to learn the facts. Knowing the warning signs can help determine if you should speak to a doctor. Early detection matters! Join us as Jennifer Hoadley of the Alzheimer's Mass/NH Chapter discusses the 10 signs. 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.

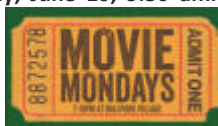
MONDAY MORNING MOVIE MUSINGS — Monday, June 10, 9:30 am.

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. The Hollywood leading man, Spencer Tracy, was a contender for best actor for films of 1967. **June 10:** Spencer Tracy -- *Guess Who's Coming to Dinner*

CORNHOLE TOURNAMENT AND COOKOUT — SENIOR CENTER VS. MASHPEE POLICE — Thursday, July 11, 12:00 noon.

What is cornhole, you ask? Think horseshoes but a very fun game that everyone can do. If mobility is an issue, you can even do it sitting down. We at the Senior Center are gearing up for our 1st annual tournament with

Mashpee's finest men and women in blue. Yes, we are taking on members of the Mashpee Police Department in July, and we need your help. Come join our team or just come for the entertainment. We will teach you how to play, and we will practice walking around with our



championship smiles as we prepare to claim the trophy. Please stop by the front desk or call Julie Silva, Activity Coordinator, for practice information, (508) 539-1440, x3512. or stop by the front desk.

SEA MIST RESORT SWIMMING —



Each year during summer vacation time, Sea Mist swimming is not available for Mashpee Senior Center participants from June through mid-September. **The last swim date will be Thursday, June 6.** It will resume in September. Thank you to Sea Mist Resort and its management and staff for sharing their pool with us!

BOOK CLUB — Friday, June 21, 2:00 pm.

The selection for June is "There There" by Tommy Orange. "There There" is at once poignant and laugh-out-loud funny, utterly contemporary and always unforgettable. 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.



IT'S HOT INSIDE YOUR CAR — DON'T FORGET ABOUT YOUR DOG —



Massachusetts has joined 22 states with laws about animals confined in parked vehicles. The Act prohibits pet owners from leaving animals inside vehicles when temperatures inside a car can exceed levels outside or environmental conditions "that pose an adverse risk to the health or safety of the dog." A bystander, in addition to animal control officials, law enforcement or firefighters, may enter the vehicle if "reasonably necessary to prevent imminent danger or harm to the animal." Any action by a person or first responder would follow checking to see if the door was locked, calling 911, and making an effort to locate the owner. The person must stay with the animal until law enforcement arrives, and is immune from liability resulting from the animal's removal. You can find more information at <https://blog.mass.gov/masslawlib/misc/rescuing-pets-from-hot-cars/>.

MASHPEE SENIOR CENTER TALENT SHOW — COMING SOON!

What do you get when you combine America's Got Talent, The Voice, American Idol, The X Factor, and So You Think You Can Dance? You get the first ever Mashpee Senior Center Talent Show complete with awards and bragging rights. Here is your chance to showcase your talents. How about singing, dancing, poetry reading, juggling, or a magic act? What else can you do? If you are interested in showcasing your talents (individually or as a team) or judging, please contact Activity Coordinator Julie Silva at (508) 539-1440, x3512.



HURRICANE SEASON OFFICIALLY STARTS ON JUNE 1,


and now is the time to prepare in case Mother Nature pays us an unwelcome visit. You can find detailed preparedness information on the National Weather Service's website: <http://www.nhc.noaa.gov/prepare/ready.php> and at FEMA's ready.gov site for hurricanes <http://www.ready.gov/hurricanes>.

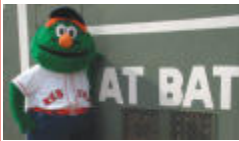


And don't forget about your pets! Check out Cape Cod D.A.R.T at www.capecoddart.org for complete details.

Save the Dates! More info in the July Newsletter!

Thursday, July 11, 12:00 — 2:00	1st Annual Cornhole Tournament—COA vs. Mashpee Police Department	Thursday, July 18, 10:00 am	Breakfast Trivia with the Activity Coordinator
Friday, July 12, 11:00 am	Talk on Ospreys	Tuesday July 23, 10:00 am	Stroke Presentation by Falmouth Hospital Stroke Coordinator
Tuesday, July 16, 11:30 am	Cyber Security and Fraud Prevention	Wednesday, July 31, 11:00 am	Skimming Devices - How to Spot and Avoid Them

 **ZUMBA GOLD CLASSES** are cancelled from June 4 through June 19 and will resume on Friday, June 21.



ARE YOU GOING TO FENWAY PARK AND NEED HELP WITH MOBILITY? The Fenway Park Mobility Assistance/Wheelchair Assistance team is there to help fans! Prior to arriving at the park, please call (617) 226-6000 and request to speak with the Mobility Assistance team. They can provide wheelchair assistance to their seats. Once you arrive at the park, simply go to any gate and ask one of the security guards to radio for mobility assistance. The mobility team will help you or your passengers disembark from the transport van/car at the gate and assist after the game as well. For more information, please click on the Fenway Park Mobility Assistance team at <https://www.mlb.com/redsox/ballpark/disability-access-guide#seating>. Thanks to the Eastham Council on Aging for sharing this information.

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, June 17, 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!

June is Alzheimer's and Brain Awareness Month

Memory loss that disrupts daily life may be a symptom of Alzheimer's or other dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. Here are some warning signs and symptoms. If you notice any of them, don't ignore them. Schedule an appointment with your doctor. Visit www.alz.org for more information.

What is the difference between Alzheimer's and typical age-related changes?

Signs of Alzheimer's and Dementia	Typical Age-Related Changes
◆ Poor judgment and decision-making	◆ Making a bad decision once in a while
◆ Inability to manage a budget	◆ Missing a monthly payment
◆ Losing track of the date or the season	◆ Forgetting which day it is and remembering it later
◆ Difficulty having a conversation	◆ Sometimes forgetting which word to use
◆ Misplacing things and being unable to retrace steps to find them	◆ Losing things from time to time

Julie Tooher, RN VNA of Cape Cod

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

FOOT CARE — Wednesday, June 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 — Attorneys visit the Mashpee Senior Center monthly or bimonthly. **By appointment.**

SCCLS, Tuesday, July 23, 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 consultations 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, June 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.

PARKINSON SUPPORT NETWORK OF CAPE COD — Thursday, June 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 — Monday, June 24, 10:00 am. 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, June 12 and 26, 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, June 5, 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.

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) *	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	@ Mashpee Senior Painting Class
9:45-10:45	@ Gentle Yoga	10:00-11:00	@ Zumba Gold	10:00-12:00	Independence House Relationship Education and Advocacy (2 nd)
10:00-12:00	Beginners Art Class	10:00-12:00	Attorney Services (4th every other month) *	12:30-3:00	Canasta
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	@ Mashpee Senior Painting Class
11:00-12:00	@ Chair Yoga	11:00-2:00	Sea Mist Swimming ***	1:30-3:30	Cape Cod Healthcare Dementia & Alzheimer's Services (2 nd & 4 th)
12:30-4:00	Mah Jongg	12:00-4:00	SHINE *	2:30-4:00	Tai Chi for Healthy Aging **
12:30-3:00	Pinochle	1:00-2:00	@ Mindful Meditation		
1:00-4:00	Hand and Foot/Pony Canasta	1:00-3:00	Attorney Services (1st) *		
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	9:45-10:45	Ageless Yoga Neighborhood	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	10:00-2:00	SHINE*		
10:00-11:00	Knitting and Crocheting	11:00-12:00	@ Zumba Gold		
10:00-11:30	Parkinson Support Group (2 nd)	12:30-4:00	Mah Jongg		
11:00-2:00	Sea Mist Swimming ***	1:00 - 4:00	Veterans Services (1st & 3rd) *		
12:00-2:00	PC and Gadgets *	2:00-3:00	Book Club (3 rd)		
12:15-1:15	@ Ballroom Dancing (partner is necessary)				
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... When Can You Enroll in a Medigap (Supplement) Plan?

Medigap (supplement) plans provide extra protection beyond Medicare by filling in some of the "gaps" in Medicare coverage. In Massachusetts, the insurance companies allow continuous open enrollment. You must have

Medicare A and B to enroll, and cannot be enrolled in a Medicare Advantage plan (HMO, PPO). Anyone who is eligible may enroll or change plans or coverage levels at any time, with changes effective the first of the following month.

In Massachusetts, there are two Medigap plans, Core and Supplement 1. The Core plan pays some of the co-pays and co-insurance for Medicare covered services, while the Supplement 1 covers all the deductibles, co-

insurance and co-pays for these services. With a Medigap policy, you are free to choose any doctor or hospital that accepts Medicare and you do not need referrals to see a specialist.

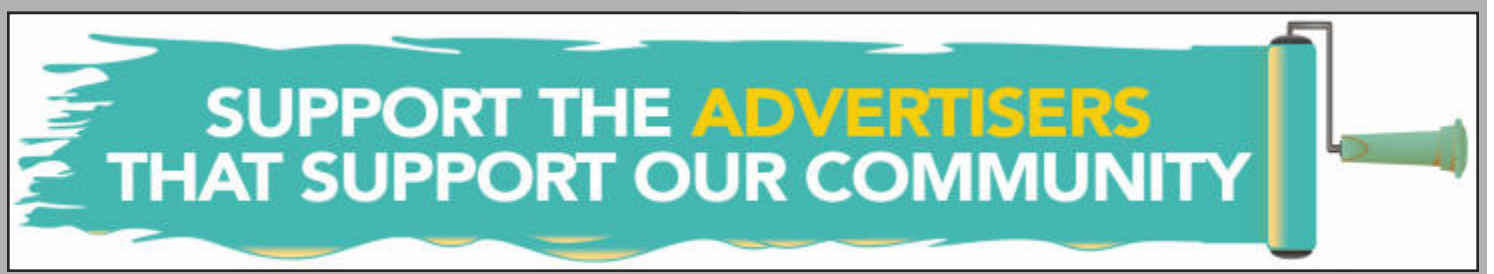
Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. Please call the Mashpee Senior Center to schedule a SHINE appointment at (508) 539-1440. For Mashpee residents, for more information on these programs or assistance with any 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.

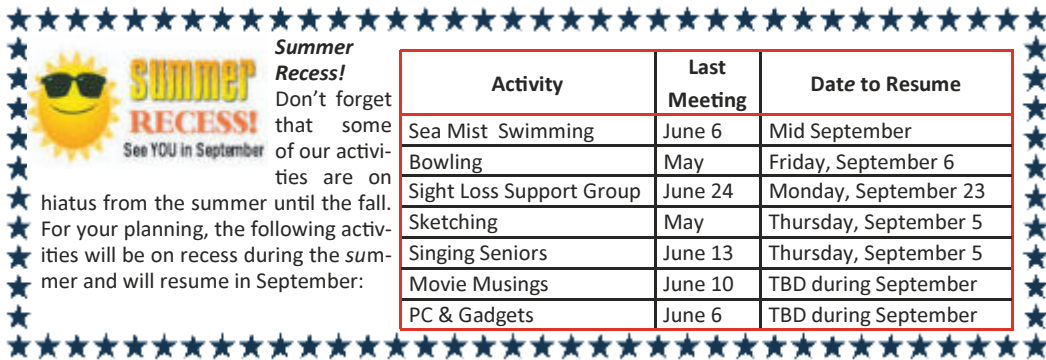
OUTREACH UPDATE — Friendly Visiting — The Mashpee Senior Center offers a friendly visitors program! You might appreciate a weekly visit from a friend. Would you or someone you know benefit from this program? It is available to Mashpee seniors who would like the companionship and support of a new friend. 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.

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 or any product or service provider contained or referred to any ad, and does not constitute an endorsement, referral, guarantee, or recommendation of them.





Summer Recess!
Don't forget that some of our activities are on hiatus from the summer until the fall. For your planning, the following activities will be on recess during the summer and will resume in September:


Activity	Last Meeting	Date to Resume
Sea Mist Swimming	June 6	Mid September
Bowling	May	Friday, September 6
Sight Loss Support Group	June 24	Monday, September 23
Sketching	May	Thursday, September 5
Singing Seniors	June 13	Thursday, September 5
Movie Musings	June 10	TBD during September
PC & Gadgets	June 6	TBD during September



Thank you to the Mashpee Garden


Club! 700 King Alfred daffodil bulbs were donated by Katherine Schwartz in memory of her husband, Dr. Miles Schwartz, and were planted at the Mashpee Council on Aging/Senior Center.

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>.




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 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.



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/>.



JUNE TRAVEL CLUB NEWS — Foxwoods 6/04, \$35; 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 -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; Downtown Abbey: The Exhibition 8/27, \$30; Martha's Vineyard Adventure w/lunch 9/05,\$99. 2019/2020 Broadway Season-\$25 holds your seat: Disney's Lion King, Donna Summer Musical, Mean Girls, Come From Away, Escape To Margaritaville, Fiddler on the Roof, Blue Man Group, Jesus Christ Superstar, Disney's Aladdin, Riverdance 25th Anniversary Tour.

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.


MASHPEE POLICE DEPARTMENT'S TIP OF THE MONTH




Noise: The Mashpee Police Department often sees an increase of noise complaints during the spring and summer months. Please remember to be mindful and respectful of your neighbors. In general excessive or unusual noises by person or persons are prohibited in the Town of Mashpee between the hours of 10:00 pm to 8:00 am other than with a licensed establishment. Making loud or boisterous noises that can be heard within 150' feet or more from the building, structure, vehicle or premises can result in a fine.

Noise by Dogs: A dog excessively howling or barking for a duration longer than fifteen 15 minutes is considered a nuisance.

Please contact the Mashpee Police Department with any questions or concerns at (508) 539-1480, Tara Carline, Special Police Officer and Advocate, extension 7253; and Animal Control Officer, extension 7264.

 **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.**



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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Alzheimer's Family Support Center

Created by caregivers for caregivers
2095 Main Street, Brewster, MA 02631 www.alzheimerscapeod.org

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