

July 2019

The Mashpee Senior Connection



The Mashpee Senior Center will be closed on **Thursday, July 4 for Independence Day.** All activities including the van are cancelled.

IDENTIFYING AND AVOIDING FINANCIAL SCAMS - Tuesday, July 16, 11:00 am.



It is likely you know someone who has been a victim of a financial scam. Older adults tend to be targets of such scams. Join us on Tuesday July 16th as Taryn Wilson, Director of Fraud Prevention at Cape Cod 5 discusses financial scams, how to best protect yourself as an older adult and what to do if you believe you have been a victim of such a scam. Come to this presentation to become more knowledgeable about this important topic. Please Rvsp 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.

FALMOUTH COMMODORES MEET & GREET - Wednesday July 17, 10:00 am.

Cape Cod is known for many things, its beaches, boating and baseball. Did you know that the Cape Cod Baseball League is the premier amateur baseball league in the nation since 1885. The Cape League is recognized as the best amateur summer leagues in the country by college coaches and professional baseball scouts. Players from across the USA and representing all college divisions are recruited to play in the league. Several Cape League players have reached the majors. Join us as we host a meet and greet with some members of the Falmouth Commodores — and you might meet a future major leaguer! 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



BREAKFAST TRIVIA WITH THE ACTIVITY COORDINATOR - Thursday, July 18, 10:00 am.



If you have been to some of our recent events, you know our activity coordinator loves trivia or at least asking the questions. It's a lot of fun and a really great way to meet people. Come join us for a light breakfast and a very fun-filled session.

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 contact me, your Activity Coordinator, Julie Silva at (508) 539-1440 x3512.

STROKE PRESENTATION - Tuesday, July 23, 10:00 am.

Tedy Bruschi, Luke Perry, Sharon Stone, Candice Bergen what do all these celebrities have in common? They all suffered a stroke. The symptoms of a stroke are varied and often come on suddenly. Most people affected are over 65, but anyone



can have a stroke including younger adults. Join us as Jean Estes, RN and stroke nurse coordinator at Falmouth Hospital, presents the risk factors, signs and symptoms of stroke, and the B.E. F.A.S.T guideline. The sooner you take action the more impact you may have on a person's recovery. She will also discuss the new ways medical personnel are working with local fire departments for quick intervention. Please Rvsp 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.

OSPREY PRESENTATION - Friday, July 12, 11:00 am.



You see them majestically flying above estuaries and bays, whistling at each other, scanning for fish. Spotting their prey they hover, and then plunge into the water catching the fish in their talons. Ospreys were once near extinction and are now one of America's great conservation success stories. Find out more about their feeding and nesting behavior. Join Vaira Harik of

Cape Cod Osprey Watch who will present information about these iconic birds. Please Rvsp 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.

CORNHOLE TOURNAMENT AND COOKOUT - SENIOR CENTER VS. MASHPEE POLICE - Thursday, July 11 from 12:00 noon - 2:00 pm.



Mark your calendars for one of the biggest competitions in Mashpee. The Senior Center is taking on members of the Mashpee Police Department. Grab a burger, grab a hotdog, grab a cornhole bag, and toss away for the bragging rights of being the champions. Mashpee seniors only. Rain or shine! 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, x3512.

THE MASHPEE NATIONAL WILDLIFE REFUGE: A HIDDEN TREASURE IN YOUR BACKYARD! - Thursday, July 25, 10:00 am.

The Mashpee Wildlife Refuge encompasses 5,871 acres in the towns of Mashpee and Falmouth and is the second largest, accessible open space on Cape Cod. Our refuge is unique within the National Wildlife Refuge system. Katelyn Cadoret, the treasurer for the Friends of Mashpee National Wildlife Refuge Organization and the Assistant Conservation Agent for the Town, will share her knowledge on this little-known resource. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front



desk to sign up. For more information contact our Activity Coordinator, Julie Silva at (508) 539-1440 x3512.

SKIMMING DEVICES - HOW TO SPOT AND AVOID THEM - Wednesday,

July 31, 11:00 am. How can such a small device wreak so much havoc for someone? Ask anyone who has had fraudulent charges on their credit cards and had to replace all their cards or money withdrawn from their bank accounts without them knowing. Join us as Robin Putnam, Research and Special Projects Manager from the Office of Consumer Affairs and Business Regulation, discusses credit card skimming devices. The presentation will cover tips on how to spot skimming devices found at gas stations and ATMs. It will also include information about the offence and what it does. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. For more information contact our Activity Coordinator, Julie Silva at (508) 539-1440 x3512.



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.

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.



CROQUET IS BACK! — Tuesday, July 30, 10:00-12:00 noon.

Join us for a morning of fun and movement as we play croquet at the Mashpee Senior Center backyard. Call the Mashpee Senior Center to reserve a mallet and just come by and have fun. Mallets will be provided. 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.



SENIOR CENTER VOLUNTEER RECOGNITION —

“Volunteers don't get paid, not because they're worthless, but because they're priceless.” (author Sherry Anderson). Our annual volunteer recognition breakfast was held on Thursday, June 13, at The Clubhouse at Willowbend Country Club. This was our annual opportunity to show thanks to our many precious volunteers. This year's most valuable Volunteer of the Year Award went to Charles Bellone, a friendly volunteer for nearly 10 years. This year's Rookie of the Year Award went to volunteer driver, Larry Bonfilio. If you are interested in becoming a volunteer, please contact our Volunteer Coordinator, Nina Cocomazzi, at (508) 539-1440, x3508.



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. 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.



FRIENDLY REMINDER TO ALL VOLUNTEERS —

To all of our Senior Center/Council on Aging volunteers, please submit your volunteer time sheets. If you need a time sheet, please stop by the Senior Center or call Nina Cocomazzi, Volunteer Coordinator, at (508) 539-1440, x3508. Time sheets begin on July 1 and go through June 30 each year.



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 brains 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. 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.



MASHPEE MEN'S CLUB —

Retired or semi-retired men over the age of 50 are invited to join the Men's Club, formed in 1997. Meetings are held the first Tuesday of each month starting with coffee at 10:00 am followed by a brief business meeting and speaker at 10:30 am. Throughout the year (but not necessarily on a Tuesday) the Men's Club have a variety of interesting trips on and off Cape, followed by lunch.



MASHPEE POLICE DEPARTMENT'S 4TH ANNUAL NATIONAL NIGHT OUT

— Tuesday, August 6, 5:30 to 7:30 pm. Join the Mashpee Police Department's Annual National Night Out located between the Mashpee Police and Fire Departments at Frank E. Hicks Drive. Bring your family and join us for an evening of fun, food, and fellowship plus police, fire and DPW equipment, demonstrations, and vehicle tours, information from many agencies, businesses and much more! National Night Out is a community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer and better places to live. Stay tuned for more information!



Save the Dates! More info in the August Newsletter!

Tuesday, August 13, 1:00 pm	Cloth Stars Craft	Tuesday, August 20, 2:00 pm	Ice Cream Social
Thursday, August 15, 10:00 am	Breakfast and Broadway Presentation	Wednesday, August 28, 10:00 am	Raising Your Own Monarch Butterflies
Thursday, August 8, 10:00-12:00	Croquet		



PORTABLE POCKET TALKERS — The Mashpee Senior Center has three portable pocket talkers, assistive listening devices which will help you to hear better while you are at the Senior Center. If you would like to use the pocket talker during one of our activities, please see Linda Wicks, Administrative Secretary, and Linda will provide you with the device.

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.

IT'S TIME TO CELEBRATE SUMMER and our patio furniture is ready to use!! Our patio set is back out and ready for you to relax! So, come and enjoy the sun from our lovely patio!



HURRICANE SEASON OFFICIALLY STARTED ON JUNE 1, and now is the

ANNUAL SUMMER ART EXHIBIT — Please stop by the Mashpee Senior



Center to view the summer exhibit of paintings by the Wednesday class of talented painters. The paintings will be on display at the Senior Center through Wednesday, September 4.



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://>

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, July 15, 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!



Tick and Lyme Disease Prevention

The first line of defense against tick-borne infection is you! Larry Dapsis, director of the Barnstable County Deer Tick Project, explains that ticks "attach to you, pets or other animals that brush up against them. Nymph stage ticks are found mostly at ground level. Adult stage ticks can be found up to a couple of feet off the ground on vegetation." Once ticks attach to your shoes, socks or pant leg, they typically crawl up, looking for a place to feed. *Wear light-colored clothing and socks to make it easier to spot a tick *Tuck your pant cuffs into socks *Check inside your cuffs * Use repellents and follow all instructions * Always do a tick check after coming inside * Tumble dry your clothes for 20 minutes.

What to do if you find a tick on you: Once you have grasped the tick by its head, pull it up straight and avoid twisting it. After removing the tick, apply antiseptic to the bite area. Note the date the tick was removed. Save the tick in a sealed bag for identification to determine if it is carrying infection – it will help to have as much data as possible when you see your doctor. You can send the tick specimen for a laboratory analysis at the University of Massachusetts Amherst's Laboratory of Medical Zoology to be tested for Lyme disease and twenty other tick-borne pathogens. Visit their Laboratory of Medical Zoology website, Tick Report at <https://www.tickreport.com/>. Notify your primary care physician for next steps, which may include a blood test for Lyme disease and a course of antibiotics. **Education and Information is your best defense.** ~Julie Tooher, RN BS VNA of Cape Cod ~ Cape Cod Healthcare



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



FOOT CARE — Wednesday, July 17, 10:00 am — 3:30 pm **by appointment.** Available the 3rd Wednesday of each month. There is a fee. Call the Senior Center at (508) 539-1440 for an appointment.

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



SCCLS, Tuesday, September 24, 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 brief 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, July 10, 10:00 am. Every 2nd Wednesday from 10:00 am – 12:00 noon at the Mashpee Senior Center, an Independence House volunteer can confidentially assist you with information and referrals for services if you or someone you know is experiencing domestic, sexual, and elder violence. Appointments are not necessary; just stop by.



PARKINSON SUPPORT NETWORK OF CAPE COD — Thursday, July 11,

10:00 am at the Mashpee Senior Center. This month's guest speaker will be discussing deep brain stimulation and its therapeutic benefit for early onset and advanced Parkinson's Disease. 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.

CAPE COD HEALTHCARE DEMENTIA & ALZHEIMER'S SERVICES SUPPORT GROUP — Wednesdays, July 10 and 24, 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, July 3, 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 Summer Schedule

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 9:30-10:30 9:45-10:45 10:00-12:00 11:00-12:00 12:30-4:00 12:30-3:00 1:00-4:00	Strength Training Candid Coffee Hour (Julie Tooher, RN, VNA of Cape Cod) (3 rd) @ Gentle Yoga Beginners Art Class @ Chair Yoga Mah Jongg Pinochle Hand and Foot/Pony Canasta	8:30-9:30 9:00-12:00 9:00-11:00 10:00-12:00 10:00-11:00 10:00-12:00 11:00-12:00 12:00-4:00 1:00-2:00 1:00-3:00	Exercise Woodcarving Attorney Services (2 nd) * Men's Club (1 st) @ Zumba Gold Attorney Services (4 th every other month) * Aerobics for the Brain (2 nd & 4 th) SHINE * @ Mindful Meditation Attorney Services (1 st) *	8:30-9:30 10:00-3:30 10:00-11:00 10:00-12:00 10:00-12:00 12:30-3:00 1:00-3:00 1:30-3:30 2:30-4:00	Strength Training @ Foot Care Clinic (3 rd) * @ Zumba Gold @ Wednesday Senior Painting Class Independence House Relationship Education and Advocacy (2 nd) Canasta @ Wednesday Senior Painting Class Cape Cod Healthcare Dementia & Alzheimer's Services (2 nd & 4 th) Tai Chi for Healthy Aging **
THURSDAYS		FRIDAYS		SATURDAYS	
8:30-9:30 10:00-11:30 10:00-11:00 10:00-11:30 12:15-1:15 1:00-4:00 2:00-3:00 6:30-9:30	Exercise Cribbage Knitting and Crocheting Parkinson Support Group (2 nd) @ Ballroom Dancing (partner is necessary) Social Bridge Hearing Tests (3 rd) @ Cape Cod Tai Ji Club (Beginners, please come 1 st Thursday)	8:30-9:30 9:45-10:45 10:00-2:00 11:00-12:00 12:30-4:00 1:00-4:00 2:00-3:00	Strength Training Ageless Yoga Neighborhood SHINE * @ Zumba Gold Mah Jongg Veterans Services (1 st & 3 rd) * Book Club (3 rd)	8:30-9:30	Exercise

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



YOUR NEW MEDICARE CARD SHOULD HAVE ARRIVED IN THE MAIL BY NOW! What if you didn't get your new Medicare card? Your new Medicare card should have arrived in the mail by now. Remember that your new Medicare card will come in a plain white envelope from the Department of Health and Human Services. If the card didn't arrive, call at 1-800-MEDICARE. Call center representatives can check the status and help you get your new card. **You will need to have your new card before 12/31/2019, so it is important to call for your new card if you did not receive one yet.** The mailings were done last summer.



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.

Mashpee Dental Associates

C. DARZENTA, DMD • GARY GALOVIC, DMD
CINDY ADELSTEIN, DMD

Cosmetic & Family Dentistry

508-477-0070

96 Old Barnstable Rd. "Seniors are special to us"

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/>.

MOBI-CHAIRS AT MASHPEE BEACHES — The Recreation Department has two beach and water accessible wheelchairs available on a first-come, first-serve basis for those who need it. There are two chairs available: one at South Cape Beach and one at John’s Pond. You can reserve a chair by calling the Recreation Department (508) 539-1416 or by asking the beach gate attendant if a chair is available. The beach staff will take the chair out for you. Please have someone available to assist you on the beach and in the water.



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/>.





JULY TRAVEL CLUB NEWS — Foxwoods 7/09, 8/06, \$35; Gloucester Schooner Cruise w/lunch 7/18, \$105; Waterfire-Full Lighting Providence, RI 8/17, \$35; Maine Lobster Bake & Stonewall Kitchens 8/21, \$89; Carnival P-town "Enchanted Forest" 8/22, \$35; Downton Abbey: The Exhibition 8/27, \$60; Quabin Foliage Tour & Salem Cross Inn 10/03, \$95; Carol Burnett Live on Stage-PPAC 10/19, \$150/\$105; Legends In Concert-Foxwoods 10/22, \$60; **2019/2020 Broadway Season-\$25 holds your seat:** Escape to Margaritaville-PPAC 10/04, \$110/\$98; Lion King-Boston 10/09, \$159; Come From Away-PPAC 12/06, \$115/\$99; Mean Girls-Boston 2/09/20, \$145; Fiddler on the Roof-PPAC 2/14/20, \$110/\$75; Blue Man Group-PPAC 2/20/20 \$105/\$75; Jesus Christ Superstar-PPAC 4/04/20 \$110/\$99; Riverdance 25th Anniversary Tour-Wang 4/05/20, \$95; Donna Summer Musical-Boston 8/16/20, \$149. 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




Mashpee and other towns on Cape have seen an increase in "smash and grab" incidents. Please remember whenever and wherever you park, do not leave any valuables in plain sight inside your vehicle. Remote areas, such as conservation area parking lots in towns, have seen the bulk of the incidents. If you notice any suspicious activity around our parking areas in town, please contact the Mashpee Police Department at (508) 539-1480. To report a crime or for any questions, please contact Special Police Officer and Advocate Tara Carline at (508) 539-1480, ext. 7253.




Activity	Date to Resume
Sea Mist Swimming	Mid September
Bowling	Friday, September 6
Sight Loss Support Group	Monday, September 23
Sketching	Thursday, September 5
Singing Seniors	Thursday, September 5
Movie Musings	TBD during September
PC & Gadgets	TBD during September
PC Laptops	TBD during September

 **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!



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Alzheimer's Family Support Center

Created by caregivers for caregivers
2035 Main Street, Brewster, MA 02631 www.alzheimersupport.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.
 - Lauretude 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: alzheimersupport.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, 3rd 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.alzheimersupport.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 20, 2019: 8:30 a.m.-4 p.m. Sponsored by the Alzheimer's Family Support Center.



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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