

August 2019

# The Mashpee Senior Connection

## **BREAKFAST AND BROADWAY – Thursday, August 15, 10:00 am.**

If you love Broadway shows and musicals you won't want to miss this presentation! Join Karyn Wendell and learn about the phenomenon of Hamilton and revivals such as Oklahoma. She will talk about the Tony award winners, the story behind the shows, and lest we not forget the fabulous local theater — the Cape, Boston, and Providence. She will discuss shows coming locally as well, all while enjoying a cup of coffee and breakfast treats. 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, ext.3512.



## **ICE CREAM SOCIAL – Tuesday August 20, 2:00 pm.**

“I scream, you scream, we all scream for ice cream!” What better way to spend a summer afternoon. Join us for Royal Health Group's ever popular summer ice cream social at the Mashpee Senior Center. 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, ext. 3512.

## **RAISING YOUR OWN MONARCH BUTTERFLIES – Wednesday, August 28, 10:00 am.**

Some say that Monarch butterflies are the most beautiful of all butterflies and are considered the “king” of the butterflies, hence the name “Monarch”. They travel north from as far as Mexico to lay their eggs and as adults bestow



their beauty upon us. Join us as Mary Kay Fox from the Friends of the Mashpee National Wildlife Refuge will show you how to raise your own Monarch butterflies. Please Rsvp to the Mashpee Senior Center or stop by the front desk to sign up. For more information, please contact our Activity Coordinator, Julie Silva, at (508) 539-1440, ext. 3512.

## **CLOTH STAR CRAFT – Tuesday, August 13, 1:00 pm.**

Join us as leader Gail Goraj shows you how to make beautiful handcrafted cloth stars. They may be used as ornaments, attach them to gifts as a fun accent, or tuck gift cards into them — they are so versatile and so fun to make. Gail will provide the needed supplies. Come on in and



create! 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, ext. 3512.

## **LYME DISEASE AND OTHER TICK-BORNE DISEASES: THE EFFECTS ON THE OLDER ADULT – Thursday, August 1, 11:00 am.**

Learn about Lyme disease, other tick-borne diseases, and its symptoms

and treatment. Handouts will include tick ID cards, a pamphlet on ticks and mosquitoes. Presented by Rita Mitchell, RN, Barnstable County Department of Health and Environment. 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 , ext. 3512.



## **CROQUET IS BACK! – Tuesday, August 8, 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, ext. 3512.



## **MASHPEE POLICE DEPARTMENT'S 4TH ANNUAL NATIONAL NIGHT OUT – Tuesday, August 6, 5:30 to 7:30 pm.**

Come hang with the Mashpee Police for this all free and totally fun event!



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. Music by Cape Country 104, free food, free bicycle helmets courtesy of Mashpee Kiwanis and courtesy of Salvation Army free backpacks filled with school supplies (all freebies while supplies last), face painting courtesy of NAMI, balloon twister and tattoo artist courtesy of Friends of Mashpee Library, and don't forget to visit the Mashpee Senior Center/Council on Aging table. 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.

## **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, ext. 3512.

**COMING SOON! GRANDPARENTS RAISING GRANDCHILDREN SOCIAL GROUP - Thursday, September 5, 10:00 am.**

Raising grandchildren has its special challenges and often allows little time for yourself. With the kids back in school, give yourself the gift of time and come socialize with other grandparents raising their grandchildren. Join us on Thursday, September 5 from 10:00 – 11:30 and every 1st Thursday of the month thereafter for coffee and treats. 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, ext. 3512.



**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, ext. 3512.



**BOOK CLUB — Friday, August 16, 2:00 pm.**

The selection for August is a reader's choice — talk about a recent book we've read, an all-time favorite book, or maybe talk about one we want to read. Come and join this entertaining group and enjoy our interesting discussions. We will also discuss various books for the next month's read. Guaranteed to be a fun hour. 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.



**MASHPEE SENIOR CENTER TALENT SHOW —**

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, ext. 3512.

**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. Call Bob MacColl, (508) 477-0145 for information.

**SUMMER SPORTS HUDDLE — Wednesdays, 10:00 — 12:00.**

Come join this lively sports discussion. This fun group which is open to all seniors — men and women. There are discussions about sports from professional down to high school levels with a special emphasis on Boston and Cape Cod sports news. Come and share your knowledge, give your opinion (will there be a 7th ring for our beloved Patriots?) or just meet some other sports enthusiasts. No fee and no reservation needed, just drop on in.



**HAVE FUN DOING TAXES —**

Do you enjoy people? Do you think numbers can be fun? If yes, then we're looking to share the fun with you. Since 1968 AARP Foundation TAX-Aide Volunteers have been helping low and moderate income taxpayers complete their Federal and State income tax returns free of charge. New volunteers participate in a training program each fall. Over a three week period of time (twice a week for 3 weeks) they are trained in the process of completing tax returns. Counselors, upon passing the required test, are assigned to various centers across the Cape and Islands. Preference is given to centers near their homes. From February through April 15 wonderful people are met and needed help is given. Schedules are flexible and allow for vacation time. Find out more about the fun you can have by being a Tax-Aide Volunteer Counselor. For more information contact: Pat Zeiss, Volunteer Coordinator at: [patzeiss@juno.com](mailto:patzeiss@juno.com) or call (508) 255-2292.



**FUEL ASSISTANCE —**

It's that time of year when you will receive in your mail your application to recertify for fuel assistance if you received fuel assistance last winter. Along with the application you will need to send in all your documentation: 1) Last 4 weeks' gross income for everyone in the household 18 years and older; all income must be documented such as child support, odd jobs, veterans, pension, AFDC, Social Security, etc.; 2) complete electric bill; 3) heating bill; 4) mortgage, homeowner's Insurance, real estate tax or lease; 5) photo ID; and 6) Social Security cards and birth dates for all in household. **For new applications, the process for applying starts November 1, 2019.** Please call our Outreach Coordinator for more information (508) 539-1440, ext. 3502.



**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 our Outreach Coordinator at (508) 539-1440, ext. 3502.



**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 for more information about this program at (508) 539-1440, ext. 3502.



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

Tuesday, Sept. 10, 1:00 pm	A Talk about Medical Debt by the South Coastal Counties Legal Services, Inc. (SCCLS)	Thursday, Sept. 26, 2:00 pm	Beatles Concert with Dawna Hammers
Tuesday, Sept. 17, 12:30 pm	The Singing Trooper Concert	Monday, Sept. 23, 10:00 am	Property Tax Deferral and Abatements — Talk by the Mashpee Town Assessor





**CAPE COD & ISLANDS REGIONAL SHINE PROGRAM** 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.

**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.




## 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 Melanie Parrish, RN, of the Visiting Nurse Association of Cape Cod


**COFFEE FOR HEALTH TALKS** — Monday, August 19, 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 Jane Bollin, 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!



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



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




**LEGAL ASSISTANCE** — 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 bi-monthly 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 4<sup>th</sup> Tuesday. Consultation by SCCLS is free.


Other attorneys are available on the 1<sup>st</sup> and 2<sup>nd</sup> 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, August 14, 10:00 am. Every 2<sup>nd</sup> Wednesday from 10:00 am – 12:00 noon at the Mashpee Senior Center, an Independence House


volunteer can confidentially assist you with information and referrals for services if you or someone you know is experiencing domestic, sexual, and elder violence. Appointments are not necessary; just stop by.




**PARKINSON SUPPORT NETWORK OF CAPE COD** — Thursday, August 14, 10:00 am at the Mashpee Senior Center. Guest speaker this month is Cheryl Gayle, LICSW, Director of Community Services at Elder Services of Cape Cod and the Islands. She will present an overview of the diverse services of this agency including homecare, money management, information and referral, protective services, etc. Please come and learn more about this important community resource. There will be time for questions, and Cheryl will be available to speak with you individually if needed. All are welcome. For information, please contact Jeanne Jackson at (508) 367-4267.




**CAPE COD HEALTHCARE DEMENTIA & ALZHEIMER'S SERVICES SUPPORT GROUP** — Wednesdays, August 14 and 28, 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, August 7, 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 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.



**MASHPEE SUBSTANCE USE TASK FORCE — DROP-IN NIGHT** Drop-In Night provides treatment options, counseling and education to individuals and families struggling with substance use and addiction. This Drop-In Center model is the first of its kind on Cape Cod. Anyone is welcome from any town.  
**Date:** First Tuesday of every month **Time:** 4:00 pm - 7:00 pm **Location:** Community Health Center of Cape Cod, 107 Commercial Street, Mashpee **Cost:** Free; no Rsvp is required



**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, our Administrative Secretary, and Linda will provide you with the device.

## 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	Strength Training	8:30-9:30	Exercise	8:30-9:30	Strength Training
9:30-10:30	Candid Coffee Hour (Jane Bollin, RN, VNA of Cape Cod) (3 <sup>rd</sup> )	9:00-12:00	Woodcarving	10:00-3:30	@ Foot Care Clinic (3 <sup>rd</sup> ) *
9:45-10:45	@ Gentle Yoga	9:00-11:00	<b>Attorney Services (2<sup>nd</sup>) *</b>	10:00-11:00	@ Zumba Gold
10:00-12:00	Beginners Art Class	10:00-12:00	Men's Club (1 <sup>st</sup> )	10:00-12:00	@ Wednesday Senior Painting Class
11:00-12:00	@ Chair Yoga	10:00-11:00	@ Zumba Gold	10:00-12:00	Independence House Relationship Education and Advocacy (2 <sup>nd</sup> )
12:30-4:00	Mah Jongg	10:00-12:00	<b>Attorney Services (4<sup>th</sup> every other month) *</b>	12:30-3:00	Canasta
12:30-3:00	Pinochle	11:00-12:00	Aerobics for the Brain (2 <sup>nd</sup> & 4 <sup>th</sup> )	1:00-3:00	@ Wednesday Senior Painting Class
1:00-4:00	Hand and Foot/Pony Canasta	12:00-4:00	<b>SHINE *</b>	1:30-3:30	Cape Cod Healthcare Dementia & Alzheimer's Services (2 <sup>nd</sup> & 4 <sup>th</sup> )
		12:15-1:15	@ Ballroom Dancing (partner is necessary)	2:30-4:00	Tai Chi for Healthy Aging **
		1:00-2:00	@ Mindful Meditation		
		1:00-3:00	<b>Attorney Services (1<sup>st</sup>) *</b>		
THURSDAYS		FRIDAYS		SATURDAYS	
8:30-9:30	Exercise	8:30-9:30	Strength Training	8:30-9:30	Exercise
10:00-11:30	Cribbage	9:45-10:45	Ageless Yoga Neighborhood	<b>NOTES: Transportation is available for activities,</b> either through our van or Cape Cod Regional Transit Authority at (800) 352-7155. <b>* Appointments required;</b> please call the Senior Center (508) 539-1440 or stop by the front desk to schedule <b>**Waiting list sign up required.</b> 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	
10:00-11:00	Knitting and Crocheting	10:00-2:00	<b>SHINE*</b>		
10:00-11:30	Parkinson Support Group (2 <sup>nd</sup> )	11:00-12:00	@ Zumba Gold		
12:15-1:15	@ Ballroom Dancing (partner is necessary)	12:30-4:00	Mah Jongg		
1:00-4:00	Social Bridge	1:00 - 4:00	<b>Veterans Services (1<sup>st</sup> &amp; 3<sup>rd</sup>) *</b>		
2:00-3:00	Hearing Tests (3 <sup>rd</sup> )	2:00-3:00	Book Club (3 <sup>rd</sup> )		
6:30-9:30	@ Cape Cod Tai Ji Club (Beginners, please come 1 <sup>st</sup> Thursday)				



**STAY COOL!** Summer is wonderful but it can be very hot outside! Come into the Mashpee Senior Center and relax. Perhaps read a book, maybe join an activity, or simply quietly unwind – we'd love to see you! The center is open from Monday through Friday, 8:30 am to 4:30 pm.

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



**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.

**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.

<h3 style="margin: 0;">Mashpee Dental Associates</h3> <p style="margin: 0;">C. DARZENTA, DMD • GARY GALOVIC, DMD CINDY ADELSTEIN, DMD</p> <p style="margin: 0;">Cosmetic &amp; Family Dentistry</p> <h2 style="margin: 0;">508-477-0070</h2> <p style="margin: 0;">96 Old Barnstable Rd. “Seniors are special to us”</p>	<p style="margin: 5px 0;"><b>• Hearing Aid Sales &amp; Services</b> <b>• Hearing Evaluations</b> <b>• Batteries and Accessories</b></p>
<p style="margin: 0;">Leanne O'Neil Fletcher, Au.D., FAAA Tiffany Pflieger, Au.D., FAAA <i>Doctors of Audiology</i></p> <p style="margin: 0;">800 Falmouth Rd., Mashpee, MA</p> <h2 style="margin: 0;">508-539-9780</h2> <p style="margin: 0;">www.hearingonthecape.com</p>	

**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/>.

**HURRICANE SEASON OFFICIALLY STARTED 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](http://www.capecoddart.org) for complete details.



### 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 at (508) 539-1440, ext.3502.

**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](http://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/>.





**TRAVEL CLUB NEWS** — Foxwoods 9/03 \$35; Big E-Eastern States Exposition 9/13, \$55 (\$45 w/military ID); MGM Springfield 9/13 \$45; Salem Tour & "Witch Trial" 9/27, \$85; Quabin Foliage Tour & Salem Cross Inn 10/03, \$95; Escape to Margaritaville-PPAC 10/04, \$110/\$98; Oktoberfest at East Hill Farm, NH 10/08, \$95; Lion King-Boston 10/09, \$159; Carol Burnett Live on Stage-PPAC 10/19, \$150/\$105; Legends In Concert-Foxwoods 10/22, \$60; Aladdin on Broadway-Matinee-PPAC special price \$95/\$75; **2019/2020 Broadway Season-\$25 holds your seat: 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.** For a complete listing of all trips stop by the senior center or visit [adventureswithkarynwendell.com](http://adventureswithkarynwendell.com). Karyn is here Thursdays from 9:00 am to 11:00 am. For more information, contact Karyn Wendell at (508) 420-5288 - [Karynmw1@comcast.net](mailto:Karynmw1@comcast.net). Mail payments for travel to Karyn Wendell, P. O. Box 161, Centerville, MA 02632. See "Adventures with Karyn" ad every Sunday in the Cape Cod Times.



**MASHPEE POLICE DEPARTMENT'S TIP OF THE MONTH**

In the summer our population increases as does our traffic. We want those driving to drive safe!

**The 3 biggest of fatalities on the road are:**

**\*\*\* Alcohol \*\*\* Speed \*\*\* Distracted Driving \*\*\***

Please **DO NOT** operate a motor vehicle if you are under the influence of alcohol or drugs, they can alter your ability to operate safely. Please **DO NOT** speed and drive above the posted speed limits. Please **DO NOT** text while driving; the text can wait until you are at your destination. Please call the Mashpee Police Department at (508) 539-1480, ext. 0, IMMEDIATELY if you witness an operator driving erratically or unsafely. Any questions please contact, Special Officer and Advocate Tara Carline at 508-539-1480, ext. 7253.



**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 volun-

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## Alzheimer's Family Support Center

Created by caregivers for caregivers  
2095 Main Street, Brewster, MA 02631 [www.alzheimerscapecod.org](http://www.alzheimerscapecod.org)

WINTER/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](mailto: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, 3<sup>rd</sup> Thursday, 9:30-11 am.
  - Lauretide at Mashpee Commons, 4<sup>th</sup> 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: [alzheimerscapecod.org/support-groups](http://alzheimerscapecod.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, 2<sup>nd</sup> & 4<sup>th</sup> Thursdays, 1-3 pm.
  - Atria in Falmouth, Wednesdays, 11 pm-1 pm.
  - Spaulding Rehabilitation Hospital Cape Cod, Sandwich, 1<sup>st</sup> 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 4<sup>th</sup> and 5<sup>th</sup> Grade Students.**
  - Eastham Senior Center, 2<sup>nd</sup> & 3<sup>rd</sup> 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.alzheimerscapecod.org](http://www.alzheimerscapecod.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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**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 <a href="mailto:lwaterman@mashpeema.gov">lwaterman@mashpeema.gov</a>	Julie Silva, Activity Coordinator <a href="mailto:coaactivitycoordinator@mashpeema.gov">coaactivitycoordinator@mashpeema.gov</a>	Nina Cocomazzi, Volunteer and Program Support Coordinator <a href="mailto:coavolunteercoordinator@mashpeema.gov">coavolunteercoordinator@mashpeema.gov</a>	Linda Wicks, Administrative Secretary <a href="mailto:lwicks@mashpeema.gov">lwicks@mashpeema.gov</a>
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**MASHPEE COUNCIL ON AGING MISSION STATEMENT**

The Council on Aging is a department of the Town of Mashpee. Its charge is to sponsor, coordinate, or conduct human services, educational, social and recreational services and programs at the Mashpee Senior Center, as well as to identify and create opportunities and solutions for the empowerment and betterment of the Town’s seniors and their care partners. This is accomplished with the support of a volunteer advisory board, also known as the Council on Aging.

**Our Core Values**  
 Respectful ★ Welcoming ★ Supportive

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*The 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.*

MASHPEE COUNCIL ON AGING  
 26 FRANK E. HICKS DRIVE  
 Mashpee, MA 02649  
 Lynne Waterman, Director  
 David Egel, Chairperson, Council on Aging  
 The cost of mailing this newsletter has been paid by the Friends of the Mashpee Council on Aging.

**DISCLAIMER**