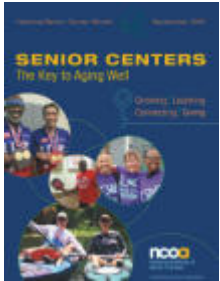


September 2019

# The Mashpee Senior Connection



The Mashpee Senior Center will be closed on **Monday, September 2, for Labor Day.** All activities including the minibus are cancelled.



## **NATIONAL SENIOR CENTER MONTH**

### **— PIZZA PARTY, Friday, September 6, 12:00 noon.**

September is National Senior Center Month. The 2019 theme is: ***Senior Centers: The Key to Aging Well!*** Senior centers are the future of what aging can be. Innovative programs hosted at senior centers can change the perception of aging, and create important community resources for aging expertise. Join us as we celebrate National Senior Center Month with a fun-filled pizza party complete with music and fun games. 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 our Activity Coordinator, Julie Silva at (508) 539-1440 x3512.

like “Here Comes the Sun” and “Octopus’ Garden” Join us as we bring back Dawna Hammers to play and sing these classics. 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.



## **THE SINGING TROOPER CONCERT** — Tuesday,



### **September 17, 1:00 pm.**

Dan Clark, The Singing Trooper, is a former Marine Sargent and a retired Massachusetts State Trooper. He has made appearances with the Boston Pops and at Boston sports events, and this past April was his 30th year of opening the prestigious Boston Marathon. In addition, he will be participating in the opening ceremonies of this year’s Falmouth Road Race. Join us as he brings us on a musical journey with his unique style of inspiration, engaging and entertainment featuring a popular repertoire of music including Patriot, Broadway and tributes to our veterans and troops. Refreshments to be served afterwards. 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.

## **A TALK ABOUT MEDICAL DEBT** — Tuesday, September 10, 1:00 pm.



Talk by South Coastal Counties Legal Services, Inc. (SCCL). Medical debt affects tens of millions of consumers. It is one of the most prevalent types of

consumer debt, with one in five Americans being contacted by a debt collector over an unpaid healthcare bill. Of older adults, 20% have at least one medical debt collection item in their credit reports. Older adults may struggle to pay Medicare premiums and copayments, and are more likely than younger people to file for bankruptcy due to medical expenses. Come to this talk to see how you can take steps to avoid medical debt. 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.

## **PROPERTY TAX DEFERRAL AND ABATEMENTS** — Talk

### **by Jason Streebel, Mashpee Town Assessor — Monday, September 23, 10:00 am.**



Jason Streebel will give a presentation about available tax relief for seniors through local personal exemption options. He will review both personal options and property tax deferrals, will have applications available, and also offer assistance filling out forms for any Mashpee resident who feels that they qualify and would like to file for exemption with the Assessor’s Office. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk.

## **BEATLES CONCERT WITH DAWNA HAMMERS** —

**Thursday, September 26, 2:00 pm.** September 26 marks the 50th anniversary of the release of the Beatles Abbey Road Album and features classic songs

**SEPTEMBER STEP CHALLENGE** — Physical exercise is one of

the key essentials to aging well. Walking is such a valuable fitness tool no matter what age you are. The many benefits of walking include lowering blood sugar, reducing body fat, lowering blood pressure, improving bone density and many more. Lace up your sneakers and join us for our Mashpee Senior Center September Step Challenge. You will log your steps and report them to our Activity Coordinator. If you do not already have a trackable device (such as a pedometer), please contact Julie Silva as a pedometer will be provided. Don't like to walk alone? Not a problem, we will pair you up with other walkers. Make September a month of putting your best foot forward. Mashpee seniors only, please. Register for the challenge by calling the front desk at (508) 539-1440. For more information please contact our Activity Coordinator Julie Silva at (508) 539-1440, ext. 3512.

**KAREN'S KRAFTS** — Come join us as leader Karen Thurber will help you make beautiful crafts. She will provide 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.

- ◆ **Candy Dish — Thursday, September 12, 2:00 pm.** It looks like a bubblegum machine but it is a candy dish!
- ◆ **Wooden Mason Ball Jar — Thursday, September 19, 2:00 pm.** Hang this lovely piece on your front door or wall. Match your decor with paint and glue flowers!



**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 am and every 1st Thursday of the month thereafter for coffee and socializing. 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 — Thursday, September 19, 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.



**MONDAY MORNING MOVIE MUSINGS — Monday, September 9, 9:30 am.** John Grisham has written many novels which Hollywood has turned into films. Please watch the film "The Client" (1997) with



Academy Award nominated Susan Sarandon on your own, and then come prepared to discuss. Did the film follow the book's writing? Did you like the acting? The directing? The music? Was it award worthy? Join us and share your insight. Looking forward to an exciting discussion on this noteworthy author's material. No need to Rsvp. Just drop in.

**BOOK CLUB – Friday, September 20, 2:00 pm.** The selection for September is "*The Only Woman in the Room*" by Marie Benedict. 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.

**EXERCISE FOR LONGEVITY IS EXTENDED! — Friday, September 6, through September 22, 9:00 am.** This 50-minute class will teach exercises to encourage longevity and promote the well-being of the mind, body and spirit. 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, 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. 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.

**NEW SESSION! FIT & STRONG! FOR MEN AND WOMEN — Starting Thursday, October 3, 2:00 pm.** See what all the hype is about and join us for the next 12-week session of Fit & Strong! This is an evidence-based, multiple component exercise program. It combines flexibility, strength training and aerobic walking with health education for sustained behavior change. The class will meet on Mondays and Thursdays from 2:00 — 3:30 pm starting Thursday, October 3, and ending January 13, 2020. REGISTRATION IS REQUIRED. Please call Amy at the VNA at (508) 957-7423 to sign up. Please be aware that a physician release is required in advance before you can participate.

**COMING SOON! GEN SILENT DOCUMENTARY AND DISCUSSION — Tuesday, October 22, 2:00 - 4:00 pm.** Cape Cod PRIDE presents *Gen Silent*. Please join us at the Mashpee Senior Center for a viewing and discussion of *Gen Silent*, a film about the generations of aging LGBT people who remain in or return to the closet out of concern for their safety or quality of life. This documentary follows the lives of six LGBT seniors living in the Boston area who must choose if they will hide their sexuality in order to survive in the long-term care system. The film will be followed by a discussion. All welcome! Popcorn provided! For more information please contact our Activity Coordinator Julie Silva at (508) 539-1440, ext. 3512.





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

Tuesday October 1, 1:00 pm	90's and Notable Social Party	Friday, October 18, 9:30 am - 3:00 pm	AARP Safe Driving Course
Thursday, October 3, 2:00 pm	NEW SESSION! Fit & Strong! for Men and Women	Thursday, October 24, 2:00 pm	NASA's Great Observatory Presentation
Wednesday, October 9, 1:00 pm	"Pieces of a Dream" Inspirational Talk	Tuesday, October 22, 2:00 pm	Gen Silent Documentary Showing
Tuesday, October 8, 1:00 pm	Mass Equipment Distribution Program Presentation	Thursday, October 31, 11:00 am	SHINE Open Enrollment Presentation
Thursday, October 10, 1:00 pm	Talk on Hospice Eligibility		



The Mashpee Senior Center conducts many activities — too many to include one paragraph in the newsletter for all the activities! Every month we will spotlight one or two Mashpee Senior Center activities. We encourage you to join us!

**September Spotlight**

**SINGING SENIORS** – Thursdays, 9:30-11:30 am – An informal singing group who rehearse a variety of musical tunes, from old to new. Practices begin in September and end in June. Not necessary to be able to read music. No charge.

**BOWLING** – Fridays, 9:30 am – A fun-loving great group of seniors meet every Friday to bowl. Join in the fun; it's also a great way to exercise. Preregistration

not required; just show up and join in! Beginners are welcome. There is a fee. Please contact our Activity Coordinator at (508) 539-1440, ext. 3512, for more information and location.



**DID YOU EVER HEAR THE SAYING, "NOW THAT I'M RETIRED, I'M BUSIER THAN EVER!"?** Something similar can be heard frequently here at the Mashpee Senior Center! Encourage a friend to stop by and invite them to check out all of our events, such as activities, volunteering, services, and outreach programs. A list of all groups, descriptions and meeting days, times and locations is throughout the newsletter. *It's a great way to meet friends that share common interests!*

**CAPE COD & ISLANDS REGIONAL SHINE PROGRAM  
MEDICARE'S OPEN ENROLLMENT IS JUST AROUND THE CORNER.**

The Open Enrollment Period (October 15 – December 7) for Medicare Advantage Plans (Part C) and Prescription Drug Plans (Part D) will be here before you know it, and it is very important to re-evaluate your Medicare options for 2020 during this period. Each year Medicare plans can change premiums, deductibles, co-pays and the prescription formulary (list of drugs they cover). In addition, Medicare Advantage Plans (HMOs, PPOs) often add and/or drop primary and specialty physicians, skilled nursing facilities and hospitals.



Your current plan is required to notify you by September 30 of any changes for the coming year. This letter is called the Annual Notice of Coverage (ANOC) - please make sure you review it. If you decide to stay with your current plan, there is no further action required. If you switch your Medicare Advantage (Part C) or Medicare Prescription Drug (Part D) Plan during the Open Enrollment Period, it will take effect January 1, 2020

(Please note - this enrollment period may not affect you if you have retiree coverage). SHINE appointments fill up quickly so don't forget to call the senior center **late September or early October** to make your SHINE appointment for this year's open enrollment. Reviewing your plans could save you money in 2020.

If you don't make a change during the Open Enrollment Period (October 15 - December 7, 2019), you may have to stay with your existing plan for another whole year.

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.

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*Own your tomorrow.*





*Have you been missing the activities that didn't meet during the summer? Well, we are back!*

Activity	Starting Date
Sea Mist Swimming	Tuesday, September 17
Bowling	Friday, September 6
Sight Loss Support Group	Monday, September 23
Sketching	Thursday, September 12
Singing Seniors	Thursday, September 5
Movie Musings	Monday, September 9
PC Laptops	Monday, September 16
PC & Gadgets	Will return in October

## Regular Events 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
9:00-12:00	<b>PC Laptops Skills (1st and 3rd) *</b>	9:00-12:00	Woodcarving	10:00-3:30	<b>@ Foot Care Clinic (3<sup>rd</sup>) *</b>
9:30-10:30	Candid Coffee Hour (Jane Bollin, RN, VNA of Cape Cod) (3 <sup>rd</sup> )	9:00-11:00	<b>Attorney Services (2<sup>nd</sup>) *</b>	10:00-11:00	<b>@ Zumba Gold</b>
9:30-11:00	Movie Musings	10:00-12:00	Men's Club (1 <sup>st</sup> )	10:00-12:00	<b>@ Wednesday Senior Painting Class</b>
9:45-10:45	<b>@ Gentle Yoga</b>	10:00-11 :00	<b>@ Zumba Gold</b>	10:00-12:00	Independence House
10:00-11:30	Sight Loss Support Group (4th)	10:00-12:00	<b>Attorney Services (4<sup>th</sup> every other month) *</b>	10:00-12:00	Relationship Education and Advocacy (2 <sup>nd</sup> )
10:00-12:00	Beginners Art Class	11:00-12:00	Aerobics for the Brain (2 <sup>nd</sup> & 4 <sup>th</sup> )	12:30-3:00	Canasta
11:00-12:00	<b>@ Chair Yoga</b>	11:00-12:00	Sea Mist Swimming ***	1:00-3:00	<b>@ Wednesday Senior Painting Class</b>
12:30-4:00	Mah Jongg	12:00-4:00	<b>SHINE *</b>	1:30-3:30	Cape Cod Healthcare
12:30-3:00	Pinochle	12:15-1:15	<b>@ Ballroom Dancing (partner is necessary)</b>	1:30-3:30	Dementia & Alzheimer's Services (2 <sup>nd</sup> & 4 <sup>th</sup> )
1:00-4:00	Hand and Foot/Pony Canasta	1:00-2:00	<b>@ Mindful Meditation</b>	2:30-4:00	Tai Chi for Healthy Aging **
		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
9:30-11:30	Singing Seniors	9:15	Bowling (Ryan Falmouth)	<b>NOTES: Transportation is available for activities, either through our minibus or Cape Cod Regional Transit Authority at (800) 352-7155.</b> <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. <b>*** Liability forms</b> are required prior to swimming at Sea Mist. Please obtain the form from the Senior Center Receptionist. <b>@ There is a fee</b>	
10:00-11:30	Cribbage	9:45-10:45	Ageless Yoga		
10:00-11:00	Knitting and Crocheting	10:00-2:00	Neighborhood		
10:00-11:30	Parkinson Support Group (2 <sup>nd</sup> )	11:00-12:00	<b>SHINE*</b>		
11:00-2:00	Sea Mist Swimming ***	11:00-12:00	<b>@ Zumba Gold</b>		
12:15-1:15	<b>@ Ballroom Dancing (partner is necessary)</b>	12:30-4:00	Mah Jongg		
1:00-2:30	Sketching	1:00 - 4:00	<b>Veterans Services (1<sup>st</sup> &amp; 3<sup>rd</sup>) *</b>		
1:00-4:00	Social Bridge	2:00-3:00	Book Club (3 <sup>rd</sup> )		
2:00-3:00	Hearing Tests ( 3 <sup>rd</sup> )				
6:30-9:30	<b>@ Cape Cod Tai Ji Club (Beginners, please come 1<sup>st</sup> Thursday)</b>				

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





**HURRICANE SEASON DOESN'T OFFICIALLY END UNTIL NOVEMBER 30**, and there is still 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.

### 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 the 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.



**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!



**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.



**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.

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

**September is Alzheimer's Awareness Month**



Is your loved one suffering from memory loss and could become lost? If so, please register that person with the Mashpee Police Department. Please visit [https://](https://www.mashpeema.gov/police)



[www.mashpeema.gov/police](https://www.mashpeema.gov/police) and click on the Alzheimer's Registration to learn more about the program and how to register. Any questions please contact Special Officer and Advocate Tara Carline at 508-539-1480, ext. 7253.

**TRAVEL CLUB NEWS — Travel and Extravaganza Presentation and Luncheon 9/24, \$10-RSVP Required; Foxwoods 9/03, 10/01, \$35; Big E-Eastern States Exposition 9/13, \$55 (\$45 w/ military ID); MGM Springfield 9/13 \$45;**



**Salem Tour & "Witch Trial" 9/28, \$85; Escape to Margaritaville-PPAC 10/04, \$110/\$98; Oktoberfest at East Hill Farm & Covered Bridges of 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; Flying Ivories Dueling Piano's & Lunch 11/07, \$99; Come From Away-PPAC 12/06, \$115/\$99; Holiday Pops Boston-Matinee-First Balcony 12/11, \$105.** 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 or [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 Senior Center Minibus**

**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 minibus 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 minibus 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 minibus cannot guarantee time of pick up or drop off.



**Minibus 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 minibus does not go to Falmouth — Please make sure that appointments on Fridays must be made between **10:00 am and 1:00 pm.**

**PLEASE NOTE:** The minibus 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 minibus with you. Please include this information in your minibus reservation. If you need special assistance, please contact the Outreach Coordinator at (508) 539-1440, x3502. Minibus 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.

**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/>.



**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.



A message from Jane Bollin,  
Public Health and Wellness

RN, of the Visiting Nurse Association of Cape Cod

**COFFEE FOR HEALTH TALKS — Monday, September 16, 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!

"Grief is an individual process. There is no 'right' way to grieve after the loss of a loved one." During the Candid Coffee Hour on September 16, Rebecca Chesbro, a bereavement counselor with the VNA of Cape Cod, will answer questions and identify available local resources for grief support. If you have lost a loved one or are supporting someone who has, please join us for coffee and discussion. "It is the process of grieving that helps us heal."



**HEARING TESTS — Thursday, September 19, 2:00 — 3:00 pm by appointment.** 3rd Thursday. Call the Senior Center at (508) 539-1440 for an

appointment.

**FOOT CARE — Wednesday, September 18, 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. 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, September 11, 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, September 12, 10:00 am** at the Mashpee Senior Center. All are welcome for the 2nd Thursday of each month. For information, please contact Jeanne Jackson at (508) 367-4267.



**CAPE COD HEALTHCARE DEMENTIA & ALZHEIMER'S SERVICES SUPPORT GROUP — Wednesdays,**

**September 11 and 25, 2nd and 4th** Wednesday 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.



**SIGHT LOSS SERVICES PEER SUPPORT GROUP — Monday,**

**September 23, 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.



**INCONTINENCE PRODUCTS DISTRIBUTION — Wednesday,**

**September 4, 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. **Date:** First Tuesday of every month **Time:** 4:00 pm - 7:00 pm **Location:** Community Health Center of Cape Cod, 107 Commercial Street,



Mashpee **No fee.**



**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. Please note that this is not a respite program.



**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.



**POLICE REASSURANCE PROGRAM** — The Police Reassurance Program is offered to Mashpee older adults who live alone. The program is intended to provide some support to Mashpee residents should an accident or illness occur. The program allows the older adult to call the Mashpee Police department every day between 6:00 am and 10:00 am. The dispatcher has a list of all the members of the program and will make a note if the older adult has not called in. If an older adult has not called in by 10:00 am, Dispatch will call their residence directly. If Dispatch is unable to make contact with the older adult or there is a busy signal, an officer will be sent to the residence. If you or a family member is interested in registering for the Reassurance Program, please contact the Mashpee Council on Aging Outreach Coordinator at (508) 539-1440, ext. 3502.



**THE SAMARITANS ON CAPE COD AND THE ISLANDS SENIOR OUTREACH PROGRAM** is open to all older adults living on the Cape or Islands who are experiencing signs of isolation, loneliness, and/or depression and would benefit from a weekly call. Samaritan trained volunteers are matched with seniors on Cape for weekly telephone chats. Volunteers listen without judgement, with compassion and empathy, and all calls are confidential. For more information, please contact Karen Ellery Jones [assistantdirector@capesaritans.com](mailto:assistantdirector@capesaritans.com).



**MEDICAL EQUIPMENT BORROWING OR DONATING** — The Mashpee Senior Center does not accept nor loan out medical equipment such as walkers, canes, transfer benches, commodes, or shower chairs. Our center does not have storage space for this equipment. Please check with the following locations for which you may donate to or borrow from: Falmouth Senior Center or Christ the King Thrift Shop.



### NATIONAL PREPAREDNESS MONTH

**September is Preparedness Month.** Each September, National Preparedness Month encourages and reminds Americans to be prepared for disasters or emergencies in their homes, businesses, and communities. Homeowners, families, communities, and businesses can use this opportunity to find ways or help others understand more about preparing for disasters and reducing risks to health and the environment. There are many ways to reduce risks from contamination, leaks, spills, hazardous materials, and other dangers. September is also the peak of hurricane activity. Find more information at <https://www.epa.gov/natural-disasters/september-preparedness-month>.



**How to report emergencies:** Call 911 if you are in immediate danger, or if someone is injured, has trouble breathing, or is unconscious. To report oil, chemical, or hazardous substance releases or spills, call the National Response Center 800-424-8802. For pesticide poisoning, call Poison Control at (800) 222-1222. If you use a mobile device, follow the EPA at

- ♦ <http://twitter.com/epa> for updates and information.
- ♦ <http://www.facebook.com/epa> for information or directions where to get information.



We are pleased to announce that our publisher has expanded our newsletter from 8 to 12 pages, allowing us to provide additional information and news and to increase the size of typeface. We hope that you are pleased to see the changes!



**BOOK DONATIONS** — Because of the limited shelves in our library, we can accept only a few books at a time. Mashpee residents may bring books for recycling to the Mashpee Transfer Station during normal hours of operation.



**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.



*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.*



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## Alzheimer's Family Support Center

Created by caregivers for caregivers  
2035 Main Street, Brewster, MA 02631 [www.alzheimersupport.org](http://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](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: [alzheimersupport.org/support-groups](http://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, 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, 3<sup>rd</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.alzheimersupport.org](http://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.

<b>Lynne Waterman, Director</b> <a href="mailto:lwaterman@mashpeema.gov">lwaterman@mashpeema.gov</a>	<b>Julie Silva, Activity Coordinator</b> <a href="mailto:coaactivitycoordinator@mashpeema.gov">coaactivitycoordinator@mashpeema.gov</a>	<b>Nina Cocomazzi, Volunteer and Program Support Coordinator</b> <a href="mailto:coavolunteercoordinator@mashpeema.gov">coavolunteercoordinator@mashpeema.gov</a>	<b>Linda Wicks, Administrative Secretary</b> <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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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.

*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**