

October 2019

The Mashpee Senior Connection



The Mashpee Senior Center will be closed on **Monday, October 14**, for the holiday. All activities including the minibus are cancelled.

SHINE OPEN ENROLLMENT PRESENTATION — PLAN AHEAD! — Thursday, October 31, 11:00 am.

Medicare's Part C (Medicare Advantage Plan) and Part D (Prescription Drug Plan) Annual Open Enrollment begins on October 15 and ends December 7.

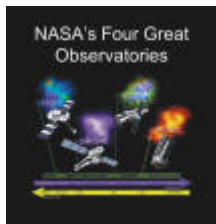
During the Annual Open Enrollment (through December 7), you will have a chance to change your plan. Join the SHINE Regional Director for this Medicare overview and open enrollment presentation for seniors or family members. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. For more information please contact our Activity Coordinator Julie Silva at (508) 539-1440 x3512.

NEW ENGLAND PATRIOTS TAILGATE PARTY – Thursday October 10, 12:00 noon.

TB 12 and the boys are in Foxboro on October 10. Join us for a pre-game "tailgating" party before they take on the NY Giants, complete with sausages, hotdogs and chili. Show your spirit and wear your New England Patriots gear. 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.

NASA'S GREAT OBSERVATORIES PRESENTATION —

Thursday, October 24, 2:00 pm. NASA's Great Observatories is a series of four space-borne observatories designed to help us grasp the wonders of the cosmos. From the Hubble Space Telescope to the Spitzer Space Telescope, these observatories take us on a journey into outer space. Join us as we welcome Randy Moore, a retired engineer with an extensive knowledge of NASA, as he presents on NASA's Great Observatory. 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.



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.



"PIECES OF A DREAM" INSPIRATIONAL TALK — Wednesday, October 9, 1:00 pm.

Join us as we welcome back Magdalana Grace Siegel for another of her inspirational talks, "Pieces of a Dream". Learn how dreaming may help you understand yourself. 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.



TELEPHONE DISTRIBUTION PROGRAM PRESENTATION — Tuesday, October 8, 1:00 pm.

If you live with a disability, the Massachusetts Equipment Distribution Program (MassEDP) may be able to provide you with a specialized telephone network. Depending on your income level, these telephones may come for free or at reduced cost. MassEDP only provides home telephones with land line service. 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.



TALK ON HOSPICE ELIGIBILITY — Wednesday, October 16, 1:00 pm. Join us as a staff member of the Visiting Nurse Association of Cape Cod will talk about Medicare and Massachusetts regulations regarding hospice care, and learn how hospice benefits the patient. 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.



AARP SAFE DRIVING COURSE — Friday, October 18, 9:45 am - 3:00 pm. The AARP Smart Driver Course, offered by AARP Driver Safety, is the nation's largest driver safety course and is designed especially for drivers age 50 and older. You'll learn the current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment. You may be eligible to receive a multi-year auto insurance discount upon completing the course (consult your insurance agent for details). AARP membership is not required to take the course and there are no tests to pass. The class fee is \$15 for AARP members and \$20 for non-members. The classroom course will run from 9:45 am to 3:00 pm with a 30-minute break, and bring your own lunch or a snack. Please try to arrive before 9:45 am to fill out paperwork. Space is limited, so register now by calling (508) 539-1440. For more information please contact our Activity Coordinator Julie Silva at (508) 539-1440 x3512.



"JUST GOOGLE IT" WORKSHOP — Tuesday, October 15, 10:00 am. "Just Google it" – These are familiar words when we want to find out information, but do you know some of the other capabilities of Google? Join us with volunteer Paul Gentile for this hands-on workshop as we introduce other capabilities of Google, such as Google Keep, Google Browser, Google Doc and Google Photo. This is an introductory overview. Prior internet use is suggested. 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.



NEW SESSION! Fit & Strong! for Men and Women — 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.



FABRIC STAR WORKSHOP — Tuesday, October 29, 1:00 - 3:00 pm. Back by popular demand. Join us as leader Gail Goraj

shows you how to make beautiful handcrafted fabric stars. They may be used as ornaments, attach them to gifts as a fun accent, or as we head into the holidays, tuck a gift card into them. They are so versatile and so fun to make. Gail will provide the needed supplies. There is a fee. This class fills up quickly so 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



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.

♦ **Thursday, October 17, 2:00 pm. Beach decor jewelry holder —** This is a beautiful way to display and hold your jewelry. You will paint the sea clams and then resin the crystal candle stick. And finally you can decorate with pearls, shells, seaglass or even glitter.



♦ **Thursday, October 24, 2:00 pm. Glass resin block with lights —** This unique glass block can be a decorative piece for a fireplace mantel, window sill, doorstop, or nightlight, and it can be designed with many different decor ideas and decals — and the fairy light is supplied to light up your creations.



GRANDPARENTS RAISING GRANDCHILDREN SOCIAL GROUP - Thursday, October 3, 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 from 10:00–11:30 am each 1st Thursday of the month 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.



MONDAY MORNING MOVIE MUSINGS — Monday, October 7, 9:30 am. John Grisham has written many novels which Hollywood has turned into films. Please watch the film, "The Firm" (1993) with Academy Award nominated Holly Hunter on your own (it's like reading a book for a book club); then come prepared to discuss. The DVD is available through the public library CLAMS catalogue. Did the film follow the book's writing? Did you like the acting? directing? music? 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, October 18, 2:00 pm. This selection is James Patterson's "The Chef" which takes place in New Orle-

ans. Detective and food truck chef Caleb Rooney is accused of committing a murder in the line of duty. 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.



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



BEGINNER BRIDGE LESSONS - BACK BY POPULAR DEMAND — October 2, 16, 23 and 30. Bridge is played everywhere. Have you seen it being played and thought, “I wish I knew how to

Save the Dates! More info in the November Newsletter!

Thursday, November 7, 1:00 pm	Choosing Meaningful Activities for People with Memory Loss	Friday, November 15, 10:00 am	Stop the Bleed Training
Tuesday, November 5 and Wednesday, November 6	Memory Loss Screenings	Wednesday, November 20, 10:00 am	“Getting to Know You” with Mashpee Tax Collector/ Treasurer Craig Mayen
Friday, November 8, 2:00 pm	Talk about Wine		



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!

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!*



OCTOBER SPOTLIGHTS

THE “GADGET GUY”: Volunteer Greg McKelvey is back on the 1st and 3rd Thursday of the month beginning Thursday, October 17,

12:00 — 2:00 pm by appointment. He will answer your questions about your gadgets (cell phones, GPS, email, Facebook, etc.). Please bring your devices fully charged, power sources are limited. No charge.

MONDAY CARD DAYS:

- ♦ **Pinocle:** Mondays, 12:30—3:00 pm. Wanted: Card players who love to have fun learning and playing pinocle. No experience necessary. Regular players help and teach new players learn the game. It is strictly a social and fun activity. Come and join in whenever you are available; you do not need to be here every week. You are not required to bring anything with you except a smile, and you do not have to know how to play. No charge.
- ♦ **Hand & Foot/Pony Canasta:** Mondays, 1:00—4:00 pm. Come and join our group for a fun, social afternoon of playing, or learning, the game of Hand and Foot/Pony Canasta. All you need to bring is a sense of humor, and be ready to have some fun. Drop ins welcome. No charge.

REGIONAL SHINE PROGRAM — The following information is from the Barnstable County Regional SHINE office:



Don’t Delay — Medicare Open Enrollment Begins October 15th! Now is the time to review your Medicare plan options. A quick review could save you money in 2020. Medicare’s Part C (Medicare Advantage Plan) and Part D (Prescription Drug Plan) Annual Open Enrollment begins October 15th and ends December 7th. Please make

DO NOT WAIT UNTIL IT’S TOO LATE — Appointments fill up fast! Call the Senior Center and make an appointment with a SHINE counselor for this year’s open enrollment. If possible, create a mymedicare.gov account before your appointment. This will expedite the process. Please be sure to bring a list (or bottles) of your current medications to the appointment, and if you are a couple, please ask for 2 appointments. If we are unable to accommodate you during this short period, please call the regional SHINE office in Barnstable Village at (508) 375-6762. SHINE is here to help.

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. **Please remember to bring your list of current medications to your appointment.** 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.

sure you review your 2020 Medicare options during this time period so that you have the most cost-effective plan for 2020. During this Annual Open Enrollment (October 15 - December 7), you will have a chance to CHANGE your plan. This change will take effect January 1, 2020. SHINE Counselors can help you understand your plan’s changes, screen you for assistance programs and discuss other options you may have. If you do not change your plan during this period you may have to stay with your existing plan for another whole year. (Note: the open enrollment may not affect those with retiree coverage).

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◀ **Joan Lunden**, journalist, best-selling author, former host of *Good Morning America* and senior living advocate.



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Tiffany Pflieger, Au.D., FAAA

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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	PC Laptops Skills (1st and 3rd) *	9:00-12:00	Woodcarving	10:00-3:30	@ Foot Care Clinic (3rd) *
9:30-10:30	Candid Coffee Hour (Jane Bollin, RN, VNA of Cape Cod) (3 rd)	9:00-11:00	Attorney Services (2nd) *	10:00-11:00	@ Zumba Gold
9:30-11:00	Movie Musings (1 st)	10:00-12:00	Men's Club (1 st)	10:00-12:00	@Wednesday Senior Painting Class
9:45-10:45	@ Gentle Yoga	10:00-11 :00	@Zumba Gold	10:00-12:00	Independence House
10:00-11:30	Sight Loss Support Group (4 th)	10:00-12:00	Attorney Services (4th every other month) *	10:00-12:00	Relationship Education and Advocacy (2 nd)
10:00-12:00	Beginners Art Class	11:00-12:00	Aerobics for the Brain (2 nd & 4 th)	12:30-3:00	Canasta
11:00-12:00	@Chair Yoga	11:00-2:00	Sea Mist Swimming ***	1:00-3:00	@Wednesday Senior Painting Class
12:30-4:00	Mah Jongg	12:00-4:00	SHINE *	1:30-3:30	Cape Cod Healthcare
12:30-3:00	Pinocle	1:00-2:00	@ Mindful Meditation	1:30-3:30	Dementia & Alzheimer's Services (2 nd & 4 th)
1:00-4:00	Hand and Foot/Pony Canasta	1:00-3:00	Attorney Services (1st) *	2:30-4:00	Tai Chi for Healthy Aging **
		1:30-2:30	@ Ballroom Dancing (partner is necessary)		
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)		
10:00-11:30	Cribbage	9:45-10:45	Ageless Yoga	NOTES: Transportation is available for activities , either through our minibus or Cape Cod Regional Transit Authority at (800) 352-7155. * Appointments required ; please call the Senior Center (508) 539-1440 or stop by the front desk to schedule ** Waiting list sign up required. Please stop by the front desk or contact the Mashpee Senior Center at (508) 539-1440 to add your name to the wait list. *** Liability forms are required prior to swimming at Sea Mist. Please obtain the form from the Senior Center Receptionist. @ There is a fee	
10:00-11:00	Knitting and Crocheting		Neighborhood		
10:00-11:30	Parkinson Support Group (2 nd)	10:00-2:00	SHINE*		
11:00-2:00	Sea Mist Swimming ***	11:00-12:00	@ Zumba Gold		
10:00 -11:30	Grandparents Raising Grandchildren Social Group (1 st)	12:30-4:00	Mah Jongg		
		1:00 - 4:00	Veterans Services (1st & 3rd) *		
12:00-2:00	PC and Gadgets Clinic (1st and 3rd) *	2:00-3:00	Book Club (3 rd)		
1:00-2:30	Sketching				
1:00-4:00	Social Bridge				
2:00-3:00	Hearing Tests (3 rd)				
6:30-9:30	@ Cape Cod Tai Ji Club (Beginners, please come 1 st Thursday)				

SENIOR PROPERTY TAX WORK OFF PROGRAM — The Senior Property Tax Work Off Program begins October 1, 2019, and ends September 30, 2020. To be eligible, you must be at least sixty years old, a homeowner living in Mashpee in your primary residence (you cannot own property in another community), and able to meet the requirements of a position in one of various Town departments. The mission of the program is to provide property tax relief to low income seniors. The maximum annual income for a single person is \$37,360, and for a household of two members, \$48,855. Participants who complete the hours of service will receive a credit on the following year's real estate (property) taxes. To be eligible for a position, you must complete an application and return it to the Mashpee Senior Center no later than October 31, 2019. Please include with your application a copy of your driver's license, a copy of a property tax bill, last year's tax return, and documentation regarding all sources of gross income. Please note that even if you participated in last or a previous year's program, you must file a new application to be considered for this year. Please stop by the Senior Center in the month of October to pick up an application and for more information.



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HURRICANE SEASON DOESN'T OFFICIALLY END UNTIL NOVEMBER 30, and there is still 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 <http://www.ccdart.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>.



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.



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





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 needs of seniors in the Mashpee community. 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 Tuesday, Wednesday, Friday, and Saturday from 9:00 am — 1:00 pm, and Thursday from 9:00 am - 3:00 pm, but please note that occasionally the Thrift Shop hours may be closed as a result of volunteer unavailability. **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!



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: Falmouth Senior Center or Christ the King Thrift Shop.



 <p>MASHPEE POLICE DEPARTMENT'S TIP OF THE MONTH October is Domestic Violence Awareness Month</p> <p>There is no excuse for domestic abuse. Are you or someone you love being abused? Domestic violence and abuse can happen to anyone. DO YOU:</p> <ul style="list-style-type: none"> ◆ Feel afraid of your partner much of the time? ◆ Avoid certain topics out of fear of angering your partner? ◆ Feel that you can't do anything right for your partner? ◆ Believe that you deserve to be hurt or mistreated? ◆ Wonder if you're the one who is "crazy"? ◆ Feel emotionally numb or helpless? <p>Noticing the signs of a psychological and/or physically abusive relationship is the first step to ending it. There are laws and programs to protect you and your family. We all have a right to be safe! For questions or more information, please contact Special Officer and Advocate Tara Carline at (508) 539-1480 ext. 7253.</p>	 <p>OCTOBER TRAVEL CLUB NEWS — Oktoberfest at East Hill Farm & Covered Bridges of NH 10/08, \$95; Carol Burnett Live on Stage -PPAC 10/19, \$150/\$105; Legends In Concert-Foxwoods 10/22, \$60; Aladdin on Broadway-Matinee-PPAC special orchestra prices! \$95/\$75; Museum of Fine Arts Boston 11/02, \$55; Foxwoods 11/05, \$35; Flying Ivories Dueling Piano's & Lunch 11/07, \$99; Newport Holiday - Visit 3 Mansions 12/05, \$65; NYC Holiday Shopping 12/08, \$85; Come From Away-PPAC 12/06, \$115/\$99; Holiday Pops Boston-Matinee-First Balcony 12/11, \$105; Festival Ballet Nutcracker PPAC-Matinee \$89/\$59. For a complete listing of all trips stop by the senior center or visit adventureswithkarynwendell.com. Karyn is here Thursdays from 9:00 to 11:00 am. For more information, contact Karyn Wendell at (508) 420-5288 - Karynmw1@comcast.net. Mail payments: Karyn Wendell, P. O. Box 161, Centerville, MA 02632. See "Adventures with Karyn" ad every Sunday in the Cape Cod Times.</p>
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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, October 21, 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 at 9:30 am. Bring a friend; walk-in's are always welcome!



OCTOBER IS BREAST CANCER AWARENESS MONTH

Other than skin cancer, breast cancer is the most common cancer among American women. Getting mammograms regularly can lower the risk of dying from breast cancer. The United States Preventive Services Task Force recommends that if you are 50 to 74 years old, be sure to have a screening mammogram every two years. There are different [symptoms of breast cancer](#), and some people have no symptoms at all. If you have any signs that worry you, see your doctor right away. Most women who get breast cancer have no known risk factors and no history of the disease in their families. There are things you can do to help [lower your breast cancer risk](#). Although [breast cancer screening](#) cannot prevent breast cancer, it can help find breast cancer early, when it is easier to treat. Talk to your doctor about which breast cancer screening tests are right for you, and when you should have them. Content source: [Division of Cancer Prevention and Control, Centers for Disease Control and Prevention](#)



HEARING TESTS — Thursday, October 17, 2:00 — 3:00 pm by appointment. 3rd Thursday. Call the Senior Center at (508) 539-1440 for an appointment.

FOOT CARE — Wednesday, October 16, 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, November 26, 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 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, October 9, 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, October 10, 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, October 9 and 23, 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, October 28, 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, October 2, 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. Visit www.itsnevertotooearly.com for more information.



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.



THE BROWN BAG — The Mashpee Council on Aging in partnership with the Greater Boston Food Bank (GBFB) is pleased to be offering a program called The Brown Bag. This program is offered to Mashpee residents who may need a little extra help making it from month to month. Participants will receive a bag of groceries on the first Friday of each month. The pickup site for participants is the Mashpee Senior Center, 26 Frank E. Hicks Drive, Mashpee. Please be reassured there is no cost to you; this is a free program. You are eligible for this program as a SNAP, Fuel Assistance, MassHealth or another public assistance program recipient. A typical grocery bag weighs about 15 pounds and contains roughly \$35 worth of food items. A typical bag might contain milk, cheese, pasta, rice, ground beef, tuna, green beans, peanut butter, and oatmeal, based on availability. If you are interested in signing up or if you have questions, please call the Mashpee Outreach Coordinator 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.



FUEL ASSISTANCE — The Low Income Home Energy Assistance Program (LIHEAP), more commonly known as the Fuel Assistance Program, provides low-income households with help in paying heating bills. South Shore Community Action Council (SSCAC, Inc.) provides fuel assistance to residents of 38 communities of the South Shore and Cape & Islands towns. The program runs from November 1, 2019, through April 30, 2020.

Am I Eligible to Receive Fuel Assistance? Eligibility is based on gross income, household size and vulnerability to heating costs. Fuel Assistance can assist with any primary heat type: oil, natural gas, electricity, propane, kerosene, wood or coal. In Massachusetts, the eligible income guidelines extend to households with incomes up to \$37,360 for 1 member, up to \$48,855 for 2 members.



How Do I Apply? Bring the following types of information/documentation to an intake site: 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) Any adult receiving income for a minor must have proof of that income; 3) For the self employed, a copy of last year's Federal Tax Return with pages and schedules; and 4) Full time students need documentation from the school or college. You will also need a complete electric bill; heating bill; mortgage, homeowner's insurance, real estate tax or lease; photo ID; and Social Security cards and birth dates for all in household.

How Does It Work? Typically, the program runs from November 1 until April 30 every year. Once your application is approved, both you and your primary heating company (vendor) receive a written notification from SSCAC, indicating the amount for which you have been approved. This amount is not guaranteed, but is based upon funding availability. After your household is determined eligible, the vendor will send bills to SSCAC for your usage, up to your eligibility amount, as you receive deliveries or utility bills. Although payment of these bills is dependent upon funding availability, SSCAC will make every effort to pay your bills up to your eligibility amount. Payments are made directly to the heating vendor.

How Do I Check the Status of My Application? You can call the automated interactive voice retrieval telephone system at (877) 383-5243, 24 hours/day, 365 days/year. This system will explain how the program works; what the eligibility guidelines are; and the status of your application, including any payments made. To speak with a staff member of South Shore Community Action Council, please call the Hyannis office at (508) 778-0870 starting November 1.

Where Do I Apply? If you did not receive Fuel Assistance last winter through South Shore Community Action Council, you must apply in person at either their office at 66B Willow Avenue, Hyannis, (508) 778-0870, or at one of their outreach sites. The Mashpee Senior Center is an outreach site. You may call us at (508) 539-1440 to make an appointment to fill out an application.



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.



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.

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.



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

- ◆ **Savvy Caregiver Training: Six-week-long Caregiver training with respite care available.**
 - Brewster Ladies Library, Thursday, March 7 - April 11, 10 - 11:30 am.
 - Falmouth Senior Center, Friday, March 8 - April 12, 10 a.m. - noon.
 - Mill Hill Residences, West Yarmouth, Monday, March 11 - April 15, 10-11:30 am.
 - Harwich Council on Aging, Tuesday, April 23 - May 28, 10 - 11:30 am.
 - Sandwich Council on Aging, Thursday, April 25 - May 30, 1 - 2:30 pm.
- ◆ **Men's Alzheimer's Monthly Coffee & Conversation Group**
 - Maplewood of Brewster, 3rd Thursday, 9:30-11 am.
 - Lauretide at Mashpee Commons, 4th Wednesday, 11 AM-12:30 pm.
- ◆ **Art Fridays for People with Cognitive Loss and Their Caregivers**
 - Cape Cod Museum of Art in Dennis partnering with the Alzheimer's Family Support Center. Every Friday, 2:00-3:30 p.m., at the Art Museum. Questions: 508-385-4477.
- ◆ **Support Groups for caregivers and people with dementia.**
 - Offered in all 15 Cape towns. See listing on website: 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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Mashpee Council on Aging, Mashpee, MA

06-5131



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

Please note:

- ◆ To get an on-line copy of this newsletter, visit <http://www.mashpeema.gov/council-aging> and click the appropriate newsletter link on the right side of the page.
- ◆ Please be aware that some of our staff members are part-time and grant funded. They may not be available every day. If they are not available, please leave a message; they will return your call as quickly as possible.

Lynne Waterman, Director lwaterman@mashpeema.gov	Julie Silva, Activity Coordinator coaactivitycoordinator@mashpeema.gov	Nina Cocomazzi, Volunteer and Program Support Coordinator coavolunteercoordinator@mashpeema.gov	Linda Wicks, Administrative Secretary lwicks@mashpeema.gov
Peggy Rose, Receptionist prose@mashpeema.gov	Lisbeth Dineen, Office Assistant coaofficeassistant@mashpeema.gov	Robert Morton, Minibus Driver rmorton@mashpeema.gov	

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