

November 2019

The Mashpee Senior Connection



The Mashpee Senior Center will be closed on **Thursday, November 28, and Friday, November 29**, for the Thanksgiving holiday. All activities including the minibus are cancelled.

CHOOSING MEANINGFUL ACTIVITIES FOR PEOPLE WITH MEMORY LOSS — Thursday, November 7, 1:00 pm.

This is a program for caregivers and family members of those who have memory loss. Choosing meaningful activities may improve the quality of life and sense of belonging and personhood. Participants will learn how meaningful activities reduce isolation and help a person use the skills and abilities they still have with their life story in mind. Presented by the Visiting Nurse Association of Cape Cod. 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.



TALK ABOUT WINE — Friday, November 8, 2:00 pm.



To swirl or not to swirl? Have you ever wondered about certain wine etiquette such as corking, smelling, storage and even the particular glassware used for certain wines? Join us as volunteer Paul Gentile, former owner of a wine touring

company with extensive experience in the wine industry gives us a better understanding and appreciation of wine including an introduction to the wine industry, types of wines, deciphering restaurant wine lists, pairing wine with food and learn about various New England wineries all while enjoying samples of various non-alcoholic wines. 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.

OYSTER PRESENTATION — Wednesday, November 6, 2:00 pm.

Oyster season is back! The oyster season kicks off November 1 in Popponesset Bay. Join us as we welcome Ashley Fisher, the Mashpee Shellfish Constable, to learn about everything you would want



to know about oysters from harvesting, to safely shucking them and best of all some delicious recipes. 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.

SELF DEFENSE COURSE — Thursday, November 21, 10:00 am.

Come learn how to protect yourself. Join us with Detective Brett Calhoun of the Mashpee Police Department for a basic introduction to awareness and self-defense that will aid in the participant's ability to recognize danger, avoid it, and, if necessary, defend against it. 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.



STOP THE BLEED TRAINING — Friday, November 15, 10:00 am.

This program was designed to empower members of the public to respond to incidents of uncontrolled bleeding, to save lives before first responders arrive. Trauma is the leading cause of death in the US, and many trauma victims bleed to death before reaching the hospital. People who are trained in Stop the Bleed will learn how to recognize life threatening bleeding and how to respond. The program will also include a "hands only" CPR component. Pre-registration is required. 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.



"GETTING TO KNOW YOU" WITH MASHPEE TAX COLLECTOR/TREASURER CRAIG MAYEN — Wednesday, November 20, 10:00 am.

If you have ever received a real estate, motor vehicle or personal



property tax bill, you may be familiar with Mashpee's Tax Collector/Treasurer Craig Mayen. Join us on Wednesday, November 20, as we kick off our "Meet and Greet" series with Craig Mayen. Come learn about things such as how Town tax bills are processed, due dates, and the frequently asked questions that come into Craig's office. This session will be of particular interest if you are a resident that winters elsewhere as information will be provided to ensure email reminders. Come educate 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 ext. 3512.

BARNSTABLE COUNTY SHERIFF'S OFFICE TECHNOLOGICAL CAPABILITIES — Thursday, November 14, 1:00



pm. Come hear how the Barnstable County Sheriff's Office uses the latest advances in technology to investigate, track down, and apprehend criminal offenders. The Sheriff's Office also uses technology to assist in keeping prohibited items (contraband) from illegally entering the county jail in order to maintain safe and secure operations. 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.

MEMORY LOSS SCREENINGS — Tuesday, November 5, 9:30 — 11:30 am, and Wednesday, November 6, 10:00 — 12:00 noon.

November is National Memory Screening Month. The Alzheimer's Family Support Center of Cape Cod will offer at the Senior Center free confidential 30-minute memory screenings. The screenings are not diagnostic, but will indicate whether participants should see a doctor for further testing. Pre-registration is required. 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.



ATTENTION MASHPEE VETERANS — Friday, November 9, Quashnet School. You are cordially invited to attend Quashnet School's annual assembly honoring our Veterans on Friday, November 8, in the Quashnet School Gymnasium.



- ♦ 10:00 Arrival
- ♦ 10:15 Assembly in the Quashnet

School Gymnasium

- ♦ 11:30 Luncheon in the Cafeteria

To be sure we have proper seating, **please Rsvp by November 1** by calling (508) 539-1550 or email Ellie Pagano at epagano@mpspk12.org.

EXERCISE FOR LONGEVITY IS EXTENDED! — Fridays through December 27, 9:00 am.



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.

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, November 14, 2:00 pm. Knitting on a Loom.**

Brrr... the colder weather is coming and who wouldn't love a cozy hat or scarf? Using a knitting loom is a wonderful way to "knit" without the frustration that sometimes comes from trying to manipulate the needles.



- ♦ **Thursday, November 21, 2:00 pm. Learn the Resin Technique**

So many possibilities using only 1 technique, resin. Resin crafts are unique. Learn how to use the material



and use your creativity to make unique paper weights, glass ornaments, picture frames with seashells — use your imagination for other things too!

BOOK CLUB — Friday, November 15, 2:00 pm.

"The Places in Between" is a travel narrative by Rory Stewart, a British member of Parliament, writer, and former diplomat, detailing his solo walk across north-central Afghanistan in 2002. 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.

MONDAY MORNING MOVIE MUSINGS —

Monday, November 4, 9:30 am. John Grisham has written many novels which Hollywood has turned into films. Please watch the film, "A Time To Kill" (1996) with Golden



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



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Ned Eastman
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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 Relationship Education and Advocacy (2 nd)
10:00-11:30	Sight Loss Support Group (4 th)	10:00-12:00	Attorney Services (4th every other month) *	10:00-12:00	Canasta
10:00-12:00	Beginners Art Class	11:00-12:00	Aerobics for the Brain (2 nd & 4 th)	12:30-3:00	@ Wednesday Senior Painting Class
11:00-12:00	@ Chair Yoga	11:00-2:00	Sea Mist Swimming ***	1:00-3:00	Cape Cod Healthcare Dementia & Alzheimer's Services (2 nd & 4 th)
12:30-4:00	Mah Jongg	12:00-4:00	SHINE *	1:30-3:30	Tai Chi for Healthy Aging **
12:30-3:00	Pinocle	1:00-2:00	@ Mindful Meditation	2:30-4:00	
1:00-4:00	Hand and Foot/Pony Canasta	1:00-3:00	Attorney Services (1st) *		
		3:15-4:15	@ Ballroom Dancing (a partner or friend 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	9:00-9:50	Exercise for Longevity	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	
10:00-11:30	Cribbage	9:15	Bowling (Falmouth)		
10:00-11:00	Knitting and Crocheting	9:45-10:45	Ageless Yoga		
10:00-11:30	Parkinson Support Group (2 nd)	11:00-12:00	Neighborhood		
11:00-2:00	Sea Mist Swimming ***	12:30-4:00	@ Zumba Gold		
12:00-2:00	Gadgets and PC Clinic (1st and 3rd) *	1:00 - 4:00	Mah Jongg		
1:00-2:30	Sketching	2:00-3:00	Veterans Services (1st & 3rd) *		
1:00-4:00	Social Bridge		Book Club (3 rd)		
2:00-3:00	Hearing Tests (3 rd)				
6:30-9:30	@ Cape Cod Tai Ji Club (Beginners, please come 1st Thursday)				



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, Thursday, Friday, and Saturday from 9:00 am — 1:00 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!

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.



are cancelled. However, the Senior Center building will remain open, and Council on Aging staff will report unless the Town Hall is closed. Please listen to the local radio stations for updated information.

We are strongly encouraging all seniors to be as proactive as possible. **Before the snow flies, line up a snow plowing service you can depend upon before the snow emergency begins.** ** Verify that this service can plow the driveway and shovel your walkway. ** Make sure that you are able to leave your home safely. ** Make sure that services such as the Visiting Nurse and Meals on Wheels are able to access your home. ** **We know of no service that does plowing or shoveling free of charge.** For help making a plan, please call our Outreach Coordinator at (508) 539-1440 ext. 3502.

INCLEMENT WEATHER

— When the Mashpee schools are closed, the Senior Center/Council on Aging activities and programs (including the minibus)



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, 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.



HAPPY THANKSGIVING!





MASHPEE POLICE DEPARTMENT'S TIP OF THE MONTH

November is Alzheimer's Awareness Month

The fear of a loved one wandering or becoming lost is a frightening thought for anyone who cares for a person with Alzheimer's disease, dementia, or other memory impairments.

****Wandering is one of the most common behaviors in persons with Alzheimer's or a related dementia.****

The Town of Mashpee encourages residents with a loved one with a serious cognitive impairment to register with the Mashpee Police Department. Registering an Alzheimer's/ endagered person before an incident occurs enables the police department to begin search procedures immediately. Collecting information after a person has already gone missing can take critical time away from an effective search. For questions or more information, please go to: <https://www.mashpeema.gov/police> or contact Special Officer and Advocate Tara Carline at 508-539-1480 ext. 7253



NOVEMBER TRAVEL CLUB NEWS :

Museum of Fine Arts Boston 11/02, \$55; **Foxwoods** 11/05, \$35; **Flying Ivories Dueling Piano's & Lunch Venezia** 11/07, \$99; **Newport Holiday-Visit 3**

Mansions 12/05, \$65; **NYC Holiday Shopping** 12/08, \$85; **Annual Holiday Luncheon-DiParma Italian-Reservation Required**, 12/09, \$20; **Holiday Pops Boston-Matinee-First Balcony** 12/11, \$105; **Festival Ballet Nutcracker PPAC-Matinee** \$89/\$59; **Encore Casino** 1/20, \$35; **Mean Girls-Boston Opera** 2/09, \$145; **Fiddler on the Roof-PPAC** 2/14, \$110/\$75; **Peabody Essex Museum-NEW Wing Open!** 2/22, \$65.

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 - Karyn-mw1@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.

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 "Rider Alerts — Large print schedule is available [here](http://www.capecodtransit.org/)" by visiting its website's home page 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. Also, **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 1/2 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, November 18, 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!



Flu season!

Your first winter illness came on fairly suddenly, with a fever and a slight sore throat. You had your flu shot but wonder if this could be the flu. For older adults and those with chronic medical conditions, it is best to call your doctor's office and to be seen for an appointment if you're asked to come in. Dealing with the flu involves several key steps:

- ◆ **Getting the flu vaccine each year:** This reduces the risk of flu infections and lessens the severity of illness if you get the flu.
- ◆ **Practicing good hand hygiene:** Clean your hands frequently using an alcohol based hand sanitizer or soap and water. Avoid large crowds and close contact with people who are sick.
- ◆ **Contact your doctor as soon as you suspect that you have the flu.**
- ◆ **Being alert to complications:** Contact your doctor if symptoms become more severe, improve, and then become worse, or if you have unusual symptoms, such as severe sore throat, chest pain, confused thinking, dizziness, lightheadedness or breathing difficulty. (Mayo Clinic, Oct. 2018)

HEARING TESTS — Thursday, November 21, 2:00 — 3:00 pm by appointment. 3rd Thursday. Call the Senior Center at (508) 539-1440 for an appointment.



FOOT CARE — Wednesday, November 20, 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, November 13, 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,

November 14, 10:00 am at the Mashpee Senior Center. Dr. William Nikolic will discuss low blood pressure and Parkinson's disease. 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,

November 13 and 27, 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,

November 25, 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,

November 6, 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.



THE BROWN BAG — The Mashpee Council on Aging in partnership with the Greater Boston Food Bank is pleased to be offering a program called The Brown Bag. This program is offered to Mashpee residents who may need a little extra. Participants will receive a bag of groceries on the first Friday of each month. The pickup site for participants is the Mashpee Senior Center. 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 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.






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.



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.

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.



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

Please note:

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

Lynne Waterman, Director lwaterman@mashpeema.gov	Julie Silva, Activity Coordinator coaactivitycoordinator@mashpeema.gov	Nina Cocomazzi, Volunteer and Program Support Coordinator coavolunteercoordinator@mashpeema.gov	Linda Wicks, Administrative Secretary lwicks@mashpeema.gov
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MASHPEE COUNCIL ON AGING MISSION STATEMENT

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

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.

DISCLAIMER
 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.