

December 2019

The Mashpee Senior Connection

The Mashpee Senior Center will be closed on Tuesday and Wednesday, December 24 and 25, and Wednesday, January 1, for the holidays. All activities including the minibus are cancelled for these days.



GOOGLE PHOTO WORKSHOP – Wednesday, December 4, 10:00.



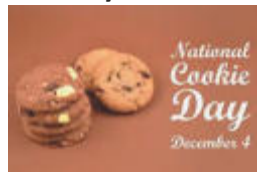
Do you usually take a lot of pictures this time of the year? As a follow up to our previous “Just Google It” presentation, join us with volunteer Paul Gentile for this hands-on workshop — our 1st in a series of Google applications. While on the surface Google Photo appears primarily to be backing up photos, come learn some of the hidden gems within Google Photo such as image quality, seeing photos you have shared in the past, and best of all, how to never lose a photo ever again. 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, ext. 3512.

peace of mind this winter season. Join us as we welcome members of the Mashpee Fire Department as they discuss issues such as the importance of keeping ventilation pipes clear of snow; holiday decoration safety, cooking safety (and the proper way to use a fire extinguisher); heat, smoke, and carbon monoxide detectors, and when to test and replace these units. Participants will receive an Emergency Preparedness Bag to assist them in putting together supplies needed during an emergency. 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.

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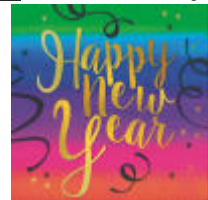
NATIONAL COOKIE DAY FUN – Wednesday December 4, 2:00 pm.

Did you know that December 4 is National Cookie Day? What better way to celebrate this delicious day than to decorate some gingerbread cookies. Come in from the cold, and join us for some hot chocolate, winter tunes and a fun free decorating class. A demonstration will be provided and then with the assistance of Royal Health Group staff and our own art instructor Gerry Raposa, attendees will decorate several gingerbread cookies. Cookies, decorations and a fun time are supplied. Mashpee seniors only; space is limited. Sponsored in part by Royal Health Group. 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 YEAR'S LUNCHEON AND PARTY — Thursday, January 2, 2020, 12:00 pm.

Who says the party needs to end at midnight? Come join us as we continue to welcome in the New Year with a special luncheon/party. Put on those dancing shoes as this party comes complete with a DJ, dancing, noisemakers, our own countdown and a toast to the New Year! Join us with your old friends and meet some new ones. Due to space limitation this is open to Mashpee seniors only. Sponsored in part by Royal Health Group. Call 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.



WINTER PREPAREDNESS PRESENTATION — Thursday, December 5, 1:00 pm.

Winter can bring with it potentially dangerous weather and dangerous conditions such as power outages. Being prepared for this can bring you and your family some



POWERFUL TOOLS FOR CAREGIVERS — Tuesdays, 10:30 — 12:30 pm, December 3, 10, 17, and January 7, 14, and 21.



Are you caring for a spouse, parent, relative, friend? Powerful Tools for Caregivers is a six-week educational program designed to help family caregivers take care of themselves. This class will give you, the family caregiver, tools to:

- *** Reduce stress
- *** Communicate more effectively
- *** Take care of yourself
- *** Reduce guilt, anger and depression
- *** Help you relax
- *** Make tough deci-

sions *** Set goals and problem-solve ***

Registration is required. Please call Elder Services of Cape Cod, (508) 394-4630, ext. 453. Class size limited; for Mashpee residents only. Cost is free, and a copy of the **Caregiver Helpbook** will be provided as well! Presented by Elder Services of Cape Cod Family Caregiver Support Program and Visiting Nurse Association of Cape Cod Hospice and Home Care.

DANZING DIVAZ ANNUAL SHOW — Tuesday, December 10, 1:00 pm. They're back!



Who needs the Rockettes when you can get the Danzing Divaz right here at the Mashpee Senior Center! Under the direction of

Kim Benton, the energy-filled Zumba instructor, this lively group of enthusiastic dancers will be sure to have you tapping your feet and moving to the music. Join us for a fun, engaging and entertaining performance, and then join us afterwards for refreshments. 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, ext. 3512.

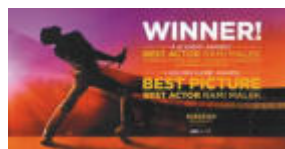
NEW SESSION! MATTER OF BALANCE — INFORMATIONAL SESSION — Thursday, December 12, 1:00 pm. CLASSES starting Thursdays, January 9 through February 27, 1:00 — 3:00 pm



Matter of Balance is back! Presented by the team at Healthy Living Cape Cod. The 8-week session may transform your life and give you the confidence that you need to stay active and healthy as you age. Light to moderate exercise, group discussion, a reference workbook, videos and a visit from a Physical Therapist makes for a thorough learning experience. The workshop is free and registration is required. Call Amy from the VNA at (508) 957-7423 to sign up and obtain registration forms. Mashpee seniors only. For more information, please visit www.healthylivingcapecod.org. Please be aware that a physician release is required in advance before you can participate.

BOHEMIAN RHAPSODY MOVIE (PG-13) - Friday, December 6, 1:00 pm.

Join us for a foot-stomping celebration of Queen, their music and their extraordinary lead singer Freddie Mercury who defied stereotypes and shattered convention to become one of the most beloved entertainers on the planet. 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.

♦ **BEACH DECOR JEWELRY HOLDER** — **Thursday, December 12, 2:00 pm.** 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.



♦ **SPARKLE BALLS** — **Thursday, December 19, 2:00 pm** Come join us as instructor Karen Thurber will teach you to make a sparkle ball — it's a wonderful gift for others or for yourself. You can use the sparkle ball year round, indoors and outdoors.



MONDAY MORNING MOVIE MUSINGS — Monday, December 2, 9:30 am.



John Grisham has written many novels which Hollywood has turned into films. Please watch the film, "The Rainmaker" (1997) directed by award winning director Francis Ford Coppola and starring award winning actors Matt Damon and Claire Danes on your own (like reading a book for a book club). Then come prepared to discuss. This 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, December 20, 2:00 pm.** "Skipping Christmas" by John Grisham. 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.



VOLUNTEERS, WE NEED YOUR HELP! Can you volunteer once a month for an hour or two to help with our newsletters?



Newsletter Calling — Make calls asking volunteers to



come in to help with mailing process. Multiple volunteers are needed!

Newsletter Preparation — This is critical to the process. Organize printed newsletters and mailing materials for group mailing day. It will last about 2 hours each month. We will train you on the preparation.

Please contact Nina Cocomazzi, Volunteer Coordinator, (508) 539-1440, ext. 3508, if you are interested in volunteering.

GRANTS FOR CAREGIVERS — ROAD SCHOLAR

Need some respite from your caregiving responsibilities? Not-for-profit Road Scholar (formerly Elderhostel) offers caregiver grants to qualified recipients of an award up to \$1,500 applied to any Road Scholar program in the U.S. or Canada that costs \$2,000 or less. Currently, Road Scholar offers more than 600 program choices in the U.S. and Canada that fall within the grant guidelines. The grant is available for current caregivers as well as caregivers who have lost their loved one within two years. For more information, please visit www.road scholar.org/caregiverMA.



Sea Mist swimming will be closed beginning Tuesday, December 10, 2019, for maintenance and will reopen on Tuesday, January 7, 2020.

Save the Dates! More info in the January Newsletter!

Thursday, January 2 12:00 pm	New Year's Luncheon and Party	Thursday, January 16 11:00 am	Home Modification Loan Program
Thursday, January 9 10:00 am	National Law Enforcement Appreciation Day Breakfast	Thursday, January 23 1:00 pm	Real ID Presentation by the Registry of Motor Vehicles
Wednesday, January 15 11:00 am	Smart TV Presentation	Wednesday, January 29 10:00 am	"Meet and Greet" Series - Jack Meade, Barnstable County Register of Deeds

Spotlight

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!

DECEMBER SPOTLIGHTS

BOOK CLUB — 3rd Friday each month, 2:00-3:00 pm. Book selections are discussed by the group. You need not have read the book to join in; you may just want to meet new people and see what Book Club is all about. Books that are



chosen to be read are those that are easily accessible. Book selections may be chosen by the leader of the group, from member suggestions, or you may call the Activity Coordinator at the Center for more information. New members always welcome. This is a fun and social group. No charge

BOWLING — Fridays, 9:15 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. Our regular bowlers are happy to tutor newcomers. Please call the Activity Coordinator at the Mashpee Senior Center for location and more information at (508) 539-1440.



REGIONAL SHINE PROGRAM



Please be aware that the Mashpee Council on Aging provides space to the regional SHINE program for their counselors to meet with Mashpee seniors at the Mashpee Senior Center. The counselors are here on a limited basis.

Medicare Part D and Pharmacies: For MOST Medicare drug plans, the pharmacy you use could make a big difference in the cost of your medications! All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have network pharmacies. Most pharmacies accept most plans. However, if you go to a pharmacy that is not in your plan's network, your medications will not be covered, and you will pay full retail price. For 2020, the majority of the Medicare drug plans have preferred pharmacies. By using a preferred pharmacy, you can save money! Some plans have changed their preferred pharmacies for 2020, so please check to make sure the pharmacy you currently use will still be the best come January 1st. There is a big difference between preferred pharmacy co-payments and non-preferred pharmacy co-

payments. Most plans have a mail-order program that allows you to get a 90-day supply of your covered prescription drugs sent directly to your home. Some mail order programs may have a cost savings, but there are times when using a preferred, local pharmacy could end up costing you less than mail order. Medicare Open Enrollment ends December 7! If you want to change your Medicare plan, **DON'T WAIT!** Call 1-800-MEDICARE or (800) 633-4227 now.

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, a Barnstable County SHINE counselor is placed 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.

Mashpee Dental Associates

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



Leanne O'Neil Fletcher, Au.D., FAAA
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 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) *	12:30-3:00	Canasta
10:00-12:00	Beginners Art Class	11:00-12:00	Aerobics for the Brain (2 nd & 4 th)	1:00-3:00	@Wednesday Painting Class
11:00-12:00	@Chair Yoga	11:00-2:00	Sea Mist Swimming ***	1:30-3:30	Cape Cod Healthcare Dementia & Alzheimer's Services (2 nd & 4 th)
12:30-4:00	Mah Jongg	12:00-4:00	SHINE *	2:30-4:00	Tai Chi for Healthy Aging **
12:30-3:00	Pinochle	1:00-2:00	@ Mindful Meditation		
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 1 st Thursday)				

- ♦ **Wednesday Painters:** Please be aware that the **morning** Wednesday painting class will be on recess from Wednesday, December 25, 2019, through Wednesday, April 29, 2020. The morning class will resume on Wednesday, May 6. The **afternoon** Wednesday painting class will continue as usual.
- ♦ **Zumba** is cancelled on **December 17, 18, and 20**.
- ♦ **PC Laptops Skills** held the 1st and 3rd on Mondays will be on recess from January through March.
- ♦ **Aerobics for the Brain** held the 2nd and 4th Tuesdays will be on recess in January, resuming on February 11.



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) 681-8391. This is a fabulous way for you and a friend to volunteer together as a team!

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

MASSACHUSETTS EMERGENCY MANAGEMENT AGENCY

(MEMA) EMERGENCY ALERTS — Receiving advance warnings for severe weather, timely emergency alerts, and information during a disaster is critical to staying safe during an emergency. Every family should have multiple methods for receiving emergency alerts, including at least one with an audible alert to wake you in the middle of the night. MEMA has the authority to activate EAS and Wireless Emergency Alerts (WEA) on behalf of the Governor of Massachusetts, Director of MEMA, Massachusetts State Police (MSP), and National Weather Service (NWS). Click here <https://www.mass.gov/info-details/be-informed-and-receive-emergency-alerts> to find more information on the MEMA emergency alerts programs.



- ♦ **Emergency Alert System (EAS)** — The Emergency Alert System (EAS) is a national warning system that uses radio, television, and satellite channels to broadcast important public safety information during times of emergency. When an EAS is issued, you will hear a tone followed by an audio message, and participating television broadcasters will also display a visual message.
- ♦ **Wireless Emergency Alerts (WEA)** — The Wireless Emergency Alerts (WEA) program enables cellphones to receive alerts for severe weather emergencies, imminent threats to life or property, AMBER alerts, and Presidential alerts. These alerts are used only for the most imminent and severe weather conditions, which includes tornados, flash floods, hurricanes, and tsunamis. The alerts are sent to all WEA-enabled devices in the impacted region. **To find out whether you have a WEA-enabled phone, you should contact your mobile carrier.** WEA alerts use a special tone and vibration. If you receive a WEA, you should follow the protective actions advised in the message. You do not need to subscribe to any service to receive alerts.

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.



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.



MASHPEE EMERGENCY ALERT SIGN UP - Did you know that you could receive automated messages by phone from the Town, helping you with storm preparedness or other Town activities? If you do not already receive important/emergency messages from the Town, or if you want to edit your contact info, please go to the Town website: www.mashpeema.gov, and select the "Emergency Alert Sign-up" box in the upper center of the page. Then select the next signup button and enter your contact information so local leadership may contact you with timely, important messages.





MASHPEE POLICE DEPARTMENT'S TIP OF THE MONTH

December is National Drunk and Drugged Driving Prevention Month

1 out of 3 traffic deaths result from drunk or drug impaired drivers. Don't drive "buzzed", drunk or when impaired by illegal or prescription drugs. The holiday season comes with many holiday festivities. *Always designate a sober driver before the celebration begins or call for a sober ride home.* Please remember to call Mashpee Police Department immediately at (508) 539-1480 ext. 0 if you witness a possible impaired driver on the road. If you or a loved one is suffering from addiction, please contact Special Officer and Advocate Tara Carline at (508) 539-1480, ext. 7253 for support services.



DECEMBER TRAVEL CLUB NEWS

Foxwoods 12/03, \$35; **NYC Holiday Shopping** 12/08, \$85; **Annual Holiday Luncheon** DiParma Italian-Reservation Required, 12/09, \$20; **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; **Blue Man Group** PPAC-Matinee 2/21, \$105/\$75; **Riverdance** Boston Wang-Orchestra 4/04, \$95; **Jesus Christ Superstar** PPAC-Matinee 4/05, \$110/\$75; **Art In Bloom**-MFA 5/04, \$69; **Dear Evan Hansen** PPAC-Matinee 5/31, \$139; **Newport Flower Show** 6/19, \$60; **Red Sox 2020** tickets on sale 12/15! 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.



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, ext. 3502. 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 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

CANDID COFFEE FOR HEALTH TALKS — Monday, December 16,

9:30 am Join us for coffee, a healthy snack, and casual conversation about managing your healthcare. Donna Hardy, physical therapist for the VNA, will do a fall risk assessment during the Candid Coffee hour on December 16. 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!

WINTER WORRIES AND WOES? Simple Steps to Stay Fall Free This Winter:

- ♦ **FOOTWEAR:** Wear shoes with rubber or neoprene soles with plenty of tread.
- ♦ **CARS:** Many falls occur getting in and out of cars. *FOCUS ON YOUR FOOTING!*
- ♦ **BLACK ICE:** Try to stay on clear paths treated with salt. Move slowly with feet apart if you are unsure of the surface!
- ♦ **SURFACES:** Pathways should be shoveled level so your balance isn't thrown off.
- ♦ **SAFE HABITS: AVOID RUSHING!** Give yourself extra time. *HAVE YOUR HANDS FREE!* (Don't carry too much or have your hands in your pockets). Avoid shortcuts through the snow.
- ♦ **TAKE WITH YOU:** A cellphone for emergencies and cat litter in your car (cat litter helps with icy surfaces)

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

FOOT CARE — Wednesday, December 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, January 28, 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, December 11, 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,

December 12, 10:00 am at the Mashpee Senior Center. Our guest speaker, Swati Guta, will discuss deep brain stimulation and when to consider this intervention. 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, December 11 (cancelled for

December 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,

December 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,

December 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.



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.



COMING SOON! AARP TAX-AIDE INCOME TAX PREPARATION PROGRAM — Once again the Mashpee Senior Center is a site for the AARP Tax-Aide Income Tax Preparation Program. The Tax-Aide Program will begin at the Mashpee Senior Center on January 31, 2020, and appointment scheduling will start mid-January. **Stay tuned for more information in the January newsletter.**



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 from: Falmouth Senior Center or Christ the King Parish 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	Lori Nelson, Outreach Coordinator lnelson@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 coaofficeassitant@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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The cost of mailing this newsletter has been paid by the Friends of the Mashpee Council on Aging.
Lynne Waterman, Director
David Egel, Chairperson, Council on Aging

MASHPEE COUNCIL ON AGING
26 FRANK E. HICKS DRIVE
Mashpee, MA 02649

The Mashpee Senior Center offers many legal, financial, recreational, medical screening or other services and/or activities by volunteer or nominal-cost practitioners. Seniors participating in these services do so with the understanding that the Mashpee Council on Aging, the Mashpee Senior Center, the Town of Mashpee or its employees do not assume any legal responsibility for any advice or services rendered by such volunteer or nominal practitioner. Any act or advice or service by outside providers at the Council on Aging should not be presumed to be endorsed & sponsored by the Council on Aging.

DISCLAIMER