


January 2019

The Mashpee Senior Connection



I HAVE DECIDED TO STICK WITH Love. HATE IS TOO GREAT A BURDEN TO BEAR.
— Martin Luther King, Jr.

The Mashpee Senior Center will be closed on **Monday, January 21, for Martin Luther King Day.** All activities including the van are cancelled.



Happy new year to all! Thank you all for your help and support with the Mashpee Council on Aging/Senior Center during 2018, and we hope that 2019 will be a healthy and happy year for everyone.

BARNSTABLE COUNTY'S HEALTHY AGING-CAPE COD SURVEY — We want to hear from you! Barnstable County's Healthy Aging-Cape Cod project, in conjunction with the Mashpee Council on Aging and other Councils on Aging on Cape Cod, is conducting a community survey to hear more about people's plans as they age. Are you planning to stay on the Cape as you grow older? Are you a caregiver for your spouse or parent, or helping a relative or neighbor as they age? And are you receiving help or services from others that's allowing you to stay in your home or community as you age? Please take 15 minutes to complete this important survey, either online using the link below, or through a paper survey which will be available at the Senior Center. Thank you for your feedback! Click here for the survey link: <https://www.surveymonkey.com/r/Aging-CapeCod-Regional>

SEATED DANCE CLASS — Tuesdays, January 8 through 29, 11:15 am. Dance like nobody is watching from the comforts of your chair! Join us for a 4-week seated dance class. This is a fun, engaging class and a great form of low-impact aerobic activity that performs easy dance moves to upbeat songs while seated for the entire hour. It is a great low-impact alternative for individuals facing mobility impairments or for people who feel an hour of standing dance is just too much for them. Come experience a fun hour of music and smiles while improving your strength and muscle tone, range of motion, cardiovascular fitness and circulation, coordination, cognitive function, mood, and sleep. People in wheel chairs are welcome also. There is no standing during the exercise; everything is done in the chair. 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, x3512.



NEW SESSION: FIT & STRONG (FOR BOTH MEN AND WOMEN) — Mondays and Thursdays, January 24—April 25, 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 2-3:30 pm starting January 24 and ending April 25. 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.

UKULELE (AND MORE) CONCERT AND PERFORMANCE — Tuesday, January 29, 1:00 pm. Come join us for some knee slapping, toe tapping super fun time. Yee haw with ukuleles, harmonicas, train whistles and various noise makers. There is sure to be lots of silliness and fits of laughter — join us to sing and clap along! Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. Presented by the Cape Cod Ukulele Club.



AARP TAX-AIDE INCOME TAX PREPARATION PROGRAM — The Mashpee Senior Center is a site for the AARP Tax-Aide Income Tax Preparation Program. The following is a message from the volunteers who conduct this program. The Tax-Aide Program will begin at the Mashpee Senior Center on Friday, February 1, 2019, with the last available appointments on Monday, April 15, 2019. Appointments will be available on Mondays between 9:15 and 2:00 and on Friday's between 9:15 and 2:00.

MAKING APPOINTMENTS — Appointment scheduling will start mid-January. Call the Senior Center at (508) 539-1440 to schedule your appointment. You will be given an appointment time; no special requests for a particular tax preparer will be taken. After making your appointment, please stop by the Senior Center to pick up the income tax questionnaire. Please fill out the questionnaire and bring it to your appointment.

WHAT ARE YOU REQUIRED TO BRING TO YOUR APPOINTMENT?

- ◆ Your Social Security Card and a photo ID
- ◆ The completed questionnaire
- ◆ A copy of last year's [2017] federal and state tax returns with schedules and supporting documents — VERY IMPORTANT — We may not be able to properly prepare your return without them.
- ◆ All of your 2018 tax related documents.
- ◆ If you wish your refund to be directly deposited (recommended), a check for the account.

As appointments are limited, it is important that you have all documentation with you at the time of your appointment. There will be limited opportunity to reschedule.

ABOUT YOUR APPOINTMENT — You will be contacted by phone before your appointment to confirm your attendance. If you don't confirm your attendance, we will not be able to guarantee your appointment. If you have any questions regarding this program, please bring them to your appointment as the Mashpee Senior Center staff is not able to answer tax questions.

MANY THANKS TO THE MASHPEE GARDEN CLUB who spent time in the fall to plant many daffodil bulbs at the Senior Center — spring will be beautiful!



TALK FROM THE MASHPEE POLICE DEPARTMENT ON SEX OFFENDERS — Tuesday, January 15, 1:00 pm. The Mashpee Police Department's Dispatch Supervisor, Scott Halligan and Special Police Officer and Victim Advocate, Tara Carline, would like to welcome seniors to the Mashpee Senior Center on Tuesday January 15 at 1:00 pm to learn more about the sex offender registration process and what you need to know if a sex offender is living in your neighborhood. Learn valuable information regarding the sex offender process. What classifies a person as a sex offender? Often there are misconceptions regarding registered sex offenders. Come to learn and educate yourself. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. For more information about the program, please contact our Activity Coordinator, Julie Silva, at (508) 539-1440, x3512.

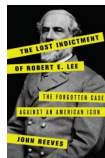


CRAFTS WITH KAREN — Come join us as leader Karen Thurber will help you make beautiful crafts. She will provide needed supplies. Come on in and create! There is a fee. If you choose to supply your own decorations, please be aware that the fee will still be required for instruction. Please Rsvp to the 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.

♦ **Soft Lap Blankets** — Thursday, January 10, 2:00 pm. Oh baby — it's cold outside! Spend an hour and enjoy using your hands to make a really soft lap blanket. These blankets are so easy to make and are heavy warm lap blankets. The class will include 3 skeins of yarn to create a lap blanket. Come join us and have fun knitting with your hands.

♦ **Crystal Bracelets** — Thursday, January 24, 2:00 pm. The crystal bracelet is so much fun to design and create. All supplies are included to make 2 bracelets.

BOOK CLUB — Friday, January 18, 2:00 pm. Book Club meets on the third Friday of the month at 2:00 pm at the Senior Center. The first book selected for 2019 is "The Lost Indictment of Robert E. Lee" by John Reeves. New members are always welcome to join this lively group. Everyone has a say, and we spend 99% of the hour discussing books. It's also a nice way to meet new people. No need to Rsvp; just drop in!



MONDAY MORNING MOVIE MUSINGS — Mondays, January 7 and 14, 9:30 — 11:00 am. Have you ever wondered how a documentary is filmed, how the subject matter is determined and how a documentary differs from a mainstream film? We will be looking closely at the following films to get an idea of the workings of a documentary.



January 7: "The Wild Parrots of Telegraph Hill"
January 14: "Who Killed Lindbergh's Baby?"
 Please watch the documentary on your own and then join us for a discussion of each individual film. Join our friendly group as we explore the stories as told by documentarists revealing a variety of tales from far and wide. Drop in's are welcome.

HEPATITIS C EDUCATIONAL WORKSHOP AND TESTING — Tuesday, January 22, 1:00 pm. Did you know the highest rate of hepatitis C infections (75%) is in baby boomers? Up to 3 in 4 people infected with hepatitis C don't know it. Join us on January 22nd at 1:00 pm at the Mashpee Senior Center for a thirty-minute educational workshop on hepatitis C. You will also have the opportunity to be tested if you want to do so. Presented by the AIDS Support Group of Cape Cod. For more information, please contact our Activity Coordinator, Julie Silva, at (508) 539-1440, x3512.

COMING SOON! MEDITATION PRACTICE — Tuesdays, February 5 through 26, 1:00 pm. Join leader Lynnette Walker as she explores many types of meditation in a series of classes. Gentle moving, like walking or sitting, standing, breathwork, music, reading, and general information will be included. For example, we may sit in silence for a few minutes (in a chair!) and perhaps listen to music or a guided visualization. There is a fee. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.



INCONTINENCE PRODUCTS DISTRIBUTION — Beginning in February, we are starting a pilot program to distribute 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 1 pack of products. For more information regarding the style/type of products that will be available and to register for the program, please call our Outreach Coordinator, Lauren Haddad, 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, and distribution will be subject to availability.

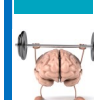
Save the Dates! More info in the February Newsletter!

Tuesday February 12 , 2:00 pm	Valentine's Concert	Tuesday, February 19, 11:00 am	Presentation by Independence House
Thursday, February 14, 1:30 pm	Common Threads: Poems of Love, Loss and Remembrance.	Mid-February to be de-termined	Presentation on Barnstable County's Healthy Aging-Cape Cod Survey

ACTIVITY UPDATES

SEA MIST SWIMMING will resume on Tuesday, January 8.

Don't forget that **AEROBICS FOR THE BRAIN** meets at the Senior Center on the 2nd and 4th Tuesday at 11:00 am, January 8 and 22.



SKETCHING will start again on Thursday, January 10.

PC LAPTOP SKILLS will be on hiatus from January through March, but look for Ray again in April.

MASHPEE SINGING SENIORS will be on hiatus from January through March. They will be back rehearsing at the Senior Center on Thursday, April 4.


WEDNESDAY PAINTING CLASS HAS RESUMED! Winter 2019 painting classes at the Mashpee Senior Center begin for 13 consecutive Wednesdays from January 2 through March 27. Instructor Barry Jones-Henry guides students — beginners and advanced — who decide for themselves their subject matter of preference. Classes start at 10:00 am to 12:00 noon and at 1:00 pm through 3:00 pm. You may sign up with the receptionist for either morning or afternoon sessions. There is no commitment to attend all 13 dates. Students bring their own materials and tablecloth for their work areas. There is an instruction fee.



VOLUNTEER UPDATE: *Volunteers are needed to photograph special events* at the Mashpee Council on Aging/Senior Center. An event typically lasts for 1-2 hours. No professional experience is required! Please contact the Senior Center if you can help at (508) 539-1440.

Health, Wellness, and Appointments

PLEASE NOTE: If you are age 59 ½ or over and a Mashpee resident, you are eligible for the outreach services we offer such as our transportation service; assistance filling out forms for SNAP or fuel assistance; referrals from our Outreach Coordinator; SHINE appointments; attorney appointments; the mailing of our newsletter; etc. If you reside in another town, please contact your own town for those services.

 **VISITING NURSE ASSOCIATION OF CAPE COD** **A message from Julie Tooher, RN BS of the Visiting Nurse Association of Cape Cod**


January is Glaucoma Awareness Month


Glaucoma is a leading cause of vision loss and blindness in the United States. People are often unaware that glaucoma has no symptoms in its early stages. Vision that is lost from glaucoma cannot be restored. Almost 3 million people ages 40 and older have glaucoma, yet only half know they have it. It starts with a buildup of fluid that increases the pressure in your eye and can cause damage to the optic nerve, the bundle of nerve fibers that transfers visual images to your brain.


"If glaucoma is detected in its early stages, pressure can be controlled through medication or surgery, and the progression can be delayed" says Dr. Paul Sieving, director of the National Eye Institute. Early detection by having a comprehensive dilated eye exam every one to two years is key to protecting vision. Anyone can get glaucoma, but those at higher risk include: African Americans over age 40; everyone over age 60, especially Hispanics/Latinos; people with a family history of the disease

Julie Tooher, RN VNA of Cape Cod and National Eye Institute/National Institute of Health


Note that the monthly Candid Coffee will not meet in January due to the MLK holiday. It will resume in February.


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

FOOT CARE — Wednesday, January 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 — **By appointment.** The South Coastal Counties Legal Services, Inc. (SCCLS) Elder Law Project **every other month on the 4th Tuesday starting on January 22, 2019.** Other attorneys on the 1st and 2nd Tuesday of the month, regarding general legal information, trusts, wills, health care choices, estate planning, etc. **Please be aware that these** 

appointments are for Mashpee seniors only, for consultations only, and not for dealing with on-going legal issues. We respectfully request that you limit your appointments during the year so that others may be accommodated. The lawyers do not handle questions regarding criminal matters. Call the Senior Center at (508) 539-1440 for an appointment.


INDEPENDENCE HOUSE RELATIONSHIP EDUCATION AND ADVOCACY — **Wednesday, January 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, January 10, 10:00 am at the Mashpee Senior Center. The guest speaker is Michael Zigmond, PhD, recently retired professor of Neurology at the University of Pittsburgh with special focus on aging and Parkinson's disease. In his talk, Dr. Zigmond will discuss his results and will answer questions. Join us on the 2nd Thursday of each month at 10:00 am. All are welcome. For information, please contact Jeanne Jackson at (508) 367-4267. 

SIGHT LOSS SERVICES PEER SUPPORT GROUP — **Monday, January 28, 10:00 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. **The group will meet at the Senior Center on Monday of every month from 10:00 — 11:30 am. The first date in 2019 will be January 28, 2019. Thereafter the group will meet the 4th Monday of each month.** For more information, call Sight Loss Services at (508) 394-3904 or visit their website: <http://www.sightloss.org/>. Drop in's are welcome. 


HOPE DEMENTIA & ALZHEIMER'S SERVICES CARE-GIVER SUPPORT GROUP — **Wednesdays, January 9 and January 23,** 2nd and 4th Wednesdays of each month at 1:30 pm at the Senior Center. The support group is for people with memory impairment and their care partners. It provides information, guidance, and respite to caregivers, and conversation and socialization for those with memory impairment. To preregister, please call Hope Dementia at (508) 775-5656. 


OUTREACH UPDATE

 **Friendly Visiting** — The Mashpee Senior Center offers a friendly visitors program! You might appreciate a weekly visit from a friend. Would you or someone you know benefit from this program? It is available to Mashpee seniors who would like the companionship and support of a new friend. Maybe you are new to Mashpee or perhaps have lost a spouse or you may find yourself spending more time alone at home for health reasons. All Mashpee seniors are eligible; if interested please call Outreach Coordinator, Lauren Haddad, (508) 539-1440, x3502.

 **Can't Drive? Ask about our LIBRARY BOOK DELIVERY!** **Do you like to read? Would you like help getting materials from the Mashpee Public Library, but you are homebound?** The Mashpee Senior Center has a special service for you. Our volunteer will meet with you to pick up books and other items such as DVDs or tapes from the Mashpee Public Library. If you don't have a library card, she will also help you get one. Please call our Outreach Coordinator, Lauren Haddad, for more information about this program at (508) 539-1440, ext. 3502.

DONATIONS FOR THE MASHPEE SENIOR CENTER

 **BOOK DONATIONS** — Thank you for your generosity for donating books. 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.

 **DONATING OR BORROWING MEDICAL EQUIPMENT** — We receive many questions about either borrowing or donating medical equipment (such as commodes and shower chairs). We do not accept donations of items due to space constraints. We have a list of other organizations that may help if you want to borrow equipment.

Regular Events

Activities are held weekly unless indicated otherwise by a specific week in parentheses (). Please be aware that all Mashpee Senior Center activities including games and cards are open to all Mashpee seniors regardless of abilities and levels. Individual lessons may not be included.

MONDAYS		TUESDAYS		WEDNESDAYS	
8:30-9:30	Strength Training	8:30-9:30	Exercise	8:30-9:30	Strength Training
9:30-10:30	Candid Coffee Hour (Julie Tooher, RN, VNA of Cape Cod) (3 rd)	9:00-12:00	Woodcarving	10:00-3:30	@ Foot Care Clinic (3 rd) *
9:30-11:00	Movie Musings (see details on page 2)	9:00-11:00	Attorney Services (2nd) *	10:00-11:00	@ Zumba Gold
9:45-11:00	@ Gentle Yoga	10:00-12:00	Men's Club (1 st)	10:00-12:00	Independence House Relationship Education and Advocacy (2 nd)
10:00-12:00	@Beginners Art Class	10:00-11:00	@Zumba Gold		@ Painting
10:00-11:30	Sight Loss Support Group (4 th) — For January: Jan. 28	10:00-12:00	Attorney Services (4th every other month) *	10:00-12:00	Canasta
11:00-12:00	@Chair Yoga	11:00-12:00	Aerobics for the Brain (2 nd & 4 th)	12:30-3:00	@Painting
12:30-4:00	Mah Jongg	11:00-2:00	Sea Mist Swimming *** (as of Jan. 8)	1:00-3:00	Hope Dementia & Alzheimer's Service's Caregiver Support Group (2 nd & 4 th)
12:30-3:00	Pinochle	12:00-4:00	SHINE *	1:30-3:30	Tai Chi for Healthy Aging **
1:00-4:00	Hand and Foot/Pony Canasta	1:00-3:00	Attorney Services (1st) *	2:30-4:00	
THURSDAYS		FRIDAYS		SATURDAYS	
8:30-9:30	Exercise	8:30-9:30	Strength Training	8:30-9:30	Exercise
10:00-11:30	Cribbage	9:15	Bowling (Ryan Amusement)	NOTES: Transportation is available for activities, either through our van 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	9:45-10:45	Ageless Yoga Neighborhood		
10:00-11:30	Parkinson Support Group (2 nd)	11:00-12:00	@ Zumba Gold		
11:00-2:00	Sea Mist Swimming *** (as of Jan. 10)	12:30-4:00	Mah Jongg		
12:00-2:00	PC and Gadgets *	1:00 - 4:00	Veterans Services (1st & 3rd) *		
12:15-1:15	Ballroom Dancing	2:00-3:00	Book Club (3 rd)		
1:00-2:30	Sketching (as of Jan. 10)				
2:00-3:00	Hearing Tests (3 rd)				
1:00-4:00	Social Bridge				
6:30-9:30	@ Cape Cod Tai Ji Club (Beginners, please come 1 st Thursday)				

KEEP CALM AND GO THRIFTING

FOMCOA THRIFT SHOP — The Friends of the Mashpee Council on Aging are grateful to the many wonderful people who donate to its thrift shop! Your help goes to support the Senior Center as well as other community needs. We do ask, however, that you do not leave donations outside the shop when it is not open. We have had too many wonderful donations ruined by weather because our volunteers were not at the shop to accept the donations when they were left. **PLEASE drop off your donations ONLY during open hours. PLEASE BE AWARE THAT THE THRIFT SHOP WILL BE CLOSED ON TUESDAYS UNTIL SPRING TIME.** Open days are currently Wednesday, Friday, and Saturday from 9:00 am — 1:00 pm, and Thursday from 9:00 am - 3:00 pm.

Can you give us some time? The FOMCOA Thrift Shop needs volunteers to help! The Thrift Shop is located across the parking lot from the Mashpee Senior Center. Retail experience helpful, but not necessary. Shifts are 4 hours. Volunteer must have good mobility, and this is a great way to stay active. If you are interested in helping, please call Eleana at (508) 681-8391.

SHINE
Serving the Health Insurance Needs of Everyone

SHINE NEWS — Can I change my Medicare Plan after Open Enrollment?

Even though Medicare's Annual Open Enrollment ended on December 7, 2018 (that's the period in which you can change your Medicare Part D Drug Plan or Medicare Advantage Plan —Part C) you may still have some options. Please contact your SHINE counselor for those with Medicare Parts A and B (Original Medicare); or with a Medicare Advantage Plan (HMO or PPO; or Prescription Advantage members or if you are getting "Extra Help" paying for prescription drugs; or Five Star Special Enrollment Period (SEP); or other special enrollment periods. Please call the Senior Center to schedule a SHINE appointment at (508) 539-1440. For Mashpee residents, for more information on these programs or assistance with any Medicare issue, the SHINE counselor is available twice a 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.





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

CIVIL DEFENSE EMERGENCY — The Mashpee Council on Aging maintains a list of seniors who are homebound, and/or frail to help the town provide assistance to them during a civil defense emergency such as hurricane or blizzard. If you would like to be on the list, please call the Senior Center at (508) 539-1440 and request a simple registration form for you to complete and return. Should you need assistance completing the form, please call Outreach Coordinator, Lauren Haddad.



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>.

SAFETY TIPS FOR YOU AND YOUR PET DURING WINTER—



- ◆ Have your chimney flue checked for any buildup of creosote and cleaned if necessary to lessen the risk of fire.
- ◆ Install storm windows or cover windows with plastic from the inside to provide insulation.
- ◆ Make sure your home is properly insulated. Caulk and weather-strip doors and windows to keep cold air out.

- ◆ To keep pipes from freezing, wrap them in insulation or layers of newspapers, covering the newspapers with plastic to keep out moisture. Let faucets drip a little to avoid freezing.
- ◆ Be leery of frozen bodies of water. Always keep your pets on a leash when walking them near suspected frozen bodies of water. The ice may not be sturdy enough to support your pet. If a pet falls through the ice, do not attempt to rescue your pet yourself; call 9-1-1 or go for help.
- ◆ Warm automobile engines are dangerous for cats and small wildlife. To avoid injuring hiding animals, bang on your car's hood to scare them off before starting your engine.

For more information about winter safety or pet safety, visit Cape Cod Disaster Animal Response Team www.ccdart.org/, Massachusetts Emergency Management Agency www.mass.gov/mema and Smarter Pets www.smart-mass.org

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.



Mashpee Senior Center Van — **REVISED JANUARY 2019**

DOOR TO DOOR SERVICE! Are you getting tired of driving? Reluctant to drive in bad weather? Or just trying to save on gas? Don't be shy, give us a try; you're sure to love our van service! Are you looking for a ride to a doctor's appointment, hair salon appointment, rehab appointment or for some other appointment in the towns we serve? How about shopping trips? We will pick you up at your home, drop you off at your appointment, and then bring you back home when you are finished! The van will take you wherever you wish to go in each town it serves. To schedule rides, please call our receptionist at (508) 539-1440 at least 24 hours ahead of time. Our van cannot guarantee time of pick up or drop off.



REVISED SCHEDULE: *On Mondays, the van goes to Mashpee and Sandwich; on Wednesdays, Mashpee only. On Mondays and Wednesdays, please make sure that appointments must be made between 10:00 am and 1:30 pm. On Fridays, the van goes to Mashpee and Falmouth except for the first Friday at which the van does not go to Falmouth. Please make sure that appointments on Fridays must be made between 10:00 am and 1:00 pm.*

PLEASE NOTE: The van is handicapped-accessible with a wheelchair lift. If not in a wheelchair, riders must have independent mobility as safety is very important to us. We ask that if you need assistance, aides and companions are welcome to ride our van with you. Please include this information in your van reservation. If you need special assistance, please contact the Outreach Coordinator, at (508) 539-1440, x3502. Van rides are free of charge. If we are not able to meet your transportation need, please call the Cape's public transportation service, the Cape Cod Regional Transit Authority (CCRTA) at (800) 352-7155 for a ride.

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. 1) **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. 2) **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/>.



MASHPEE POLICE DEPARTMENT'S TIP OF THE MONTH

Be advised the Mashpee Police Department continues to see a significant amount of Mashpee residents being scammed.

REMEMBER: When buying items online whether through Ebay, Craigslist, or Overstock.com,

MAKE SURE YOU:

- ◆ Do your research regarding the seller
- ◆ Don't pay by cash, wire money, or gift cards. **If the seller is requesting you to wire the money or to use a gift card, that should be a red flag.**
- ◆ If you have a question regarding the legitimacy of a seller on a website contact the website before you send any money.

To report a crime or for any questions please contact Special Police Officer and Advocate Tara Carline at (508) 539-1480, ext. 7253



JANUARY TRAVEL CLUB NEWS — NEW — On sale now:

Red Sox, Celtic Woman "Ancient Lands", Phantom of the Opera, Book of Mormon, Foxwoods , 1/08, \$35; School of Rock-matinee, 3/03, \$105/\$75; Boston Flower Show-The Beauty of Balance, 3/13, \$59; Celtic Woman "Ancient Lands", PPAC-center orchestra, 4/02, \$105; A Bronx Tale, 4/14, orchestra-6:30 PM, \$130; Art In Bloom at MFA Boston, 4/29, \$65 pp; \$25 **Deposit holds your seat for these shows:** Jersey Boys-5/10, \$108/\$75; Waitress the Musical-5/31, \$115/\$95; Dear Evan Hansen-Boston Opera, matinee-orchestra \$180/\$165; The Band's Visit-6/28 (date change) \$110/\$75. For a complete listing of all trips stop by the senior center or visit adventureswithkarynwendell.com. Karyn is here Thursdays from 9:00 am to 11:00 am. For more information, contact Karyn Wendell at (508) 420-5288 - Karynmw1@comcast.net. Mail payments for travel to Karyn Wendell, P. O. Box 161, Centerville, MA 02632. See "Adventures with Karyn" ad every Sunday in the Cape Cod Times.



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.



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. SSCAC, Inc. provides fuel assistance to residents of 38 communities of the South Shore and Cape & Islands towns. Typically, the program runs from November 1 until April 30 every year. **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 \$35,510 for 1 member, up to \$46,437 for 2 members. **Where Do I Apply?** If you have never applied for Fuel Assistance 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.



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Steve Twomey to place an ad today!
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SUNDAY, OCTOBER 14TH, 2018
Walk for Alzheimer's
Provincetown Town Hall@noon

"The support I received from the Alzheimer's Family Support Center taught me that even though I couldn't stop my husband Alzheimer's disease, there were things I could do to make our lives better. I learned to not over react because what was happening was not his fault. And I learned to take care of myself while I was taking care of him. By realizing the importance of caring for myself, I could focus on the positive aspects of caring for Roland. Caring for myself is the reason I am as healthy as I am today."
 - Alzheimer's caregiver




Join us for the **Walk for Alzheimer's** to support free services for families living with Alzheimer's and dementia on Cape Cod. **All funds remain on the Cape.** Dance, eat, and celebrate your community. Everyone is welcome!
 To register online go to www.alzheimerscapecod.org or call (508) 896-5170

The Alzheimer's Family Support Center is a 501(c)3 nonprofit located at 2095 Main Street, Brewster, MA, 02631. Support services are available in every town on Cape Cod.
 Support is just phone call away.
 508 896-5170

- We provide free local services
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- Support Groups
- Family Counseling
- Education
- Memory Screens
- Art, Music & Social Programs

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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	Lauren Haddad, Outreach Coordinator lhaddad@mashpeema.gov	Linda Wicks, Administrative Secretary lwicks@mashpeema.gov	Peggy Rose, Receptionist prose@mashpeema.gov
Lisbeth Dineen, Office Assistant coaofficeassistant@mashpeema.gov	Julie Silva, Activity Coordinator coaactivitycoordinator@mashpeema.gov	Robert Morton, Van 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 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.

The cost of mailing this newsletter has been paid by the Friends of the Mashpee Council on Aging.

Lynne Waterman, Director
Lauren Haddad, Outreach Coordinator
David Egel, Chairperson, Council on Aging

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