


February 2019

# The Mashpee Senior Connection



The Mashpee Senior Center will be closed on **Monday, February 18 for Presidents' Day.** All activities including the van are cancelled.

## **POEMS OF LOVE, LOSS AND REMEMBRANCE— Thursday, February 14, 1:30 pm.**

Come join us for this heartfelt event. If you are apprehensive about reading poetry, try us — you might like it! Alice Kociemba, local poet and former guest editor of Common Threads, the poetry discussion project of Mass Poetry, will facilitate a discussion of eight poems selected from prior editions on this timely theme. Copies of poems will be available. This program is free and open to all who are interested. 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.



## **VALENTINE'S CONCERT — Tuesday, February 12, 2:00 pm.**

"Music for the Heart & Soul" by songwriter and entertainer Dawna Hammers who will perform a wide variety of soft-rock, jazz, bossa nova, blues and standard love songs to celebrate Valentine's Day! Join us for songs by Elton John, Fleetwood Mac, Nat King Cole and others! She will masterfully lead everyone in singing, moving and drumming together on a few tunes also. It will be a moving, fun and inspiring concert! 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.



## **PRESENTATION ON BARNSTABLE COUNTY'S HEALTHY AGING— CAPE COD SURVEY — Wednesday, February 13, 10:00 am.**

On this date, Barnstable County staff will be coming to the Mashpee Senior Center to talk about the survey. An assessment process is underway in all 15 towns on Cape Cod, and they are seeking your responses to a regional survey — you can help. 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? Are you receiving help or services from others which allow you to stay in your home or community as you age? The survey is one of the tools that the Healthy Aging—Cape Cod project is using to help assess the "age-friendliness" and livability of our community. Light refreshments will be served during the talk, and surveys will be available for you to take at that time if you want your feedback included. If you would like to take the survey prior to this discussion, please feel free to pick up a paper survey from the Mashpee Council on Aging, or take the survey online at the following link: <https://www.surveymonkey.com/r/Aging-CapeCod-Regional> Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up for the presentation on February 13.



## **DIGITAL PHOTO APPLICATIONS (SMART PHONE AND DESKTOP USERS) — Wednesday, February 20, 10:00 am.**

This hands-on workshop will discuss some digital photo applications and will



delve deeper into Google photos. While on the surface it's primarily for backing up photos, there are more ways to edit and share hidden inside.

You'll learn how to decide which folders get backed up, which image quality you upload to your photos, searching your photos, how to create albums, slideshows, and more. Mashpee seniors only, please. Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. For more information, please contact our Activity Coordinator, Julie Silva, at (508) 539-1440, x3512.

## **EMPOWERING OURSELVES AND OTHERS — PRESENTATION BY INDEPENDENCE HOUSE AND MASHPEE POLICE DEPARTMENT —**

**Tuesday, February 19, 11:00 am.** Abuse comes in many forms and is often difficult to talk about, but we should. Silence keeps abuse alive. Older adults are just as vulnerable to abuse as anyone else.



Sometimes they don't know what resources are available. Join us for a conversation about the signs of abuse and the resources available. You will also learn how to help others. We all deserve to be treated with respect. Program is for Mashpee residents and their care partners only. Light lunch served at noon. 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.

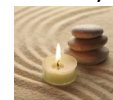
## **LIVE LOVE CHOCOLATE — Tuesday February 5, 1:00 pm**

Come join Chef Patti Ericson-Taylor for a mouthwatering cooking demonstration at which she will share samples of her delicious chocolate creations. Sponsored by Bridges by EPOCH. 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.



## **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, breath work, 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. For more information, please contact our Activity Coordinator, Julie Silva, at (508) 539-1440, x3512.



## **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 has begun at the Mashpee Senior Center with the last available appointments on Monday, April 15, 2019. Appointments will be available on Monday's between 9:15 and 2:00 and on Friday's between 9:15 and 2:00.

**MAKING APPOINTMENTS** – 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. ***It is very important that you pick up and complete the questionnaire.***

**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.

**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.

◆ **Resin Picture Frames** – Thursday, February 21, 2:00 pm.

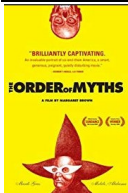
◆ **Resin Sun Catchers** – Thursday, February 28, 2:00 pm.

**BOOK CLUB** – Friday, February 15, 2:00 pm. Book Club meets on the third Friday of the month at 2:00 pm at the Senior Center. For the month of February's book is the latest book by Sue Grafton "Y is for Yesterday", a crime fiction novel about a gutsy, independent woman who just happens to be a detective in the 1980's. 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** – Monday, February 11, 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 talking about the documentary "The Order of Myths" to get an idea of the workings of a documentary. Please watch this documentary on your own, and then join us for a discussion. New members and drop in's are welcomed!



**CITIZENS POLICE ACADEMY** – The Mashpee Police Department would like to offer a mini version of its Citizens Police Academy to Mashpee seniors at the Mashpee Senior Center. The goal of the Mashpee Police

Department's Citizens Police Academy is to interact with and educate the citizens of Mashpee on police procedures, investigations, and operations as well as to foster a deeper understanding between its police officers and the members of the community. This session will give seniors a better idea of what the Mashpee Police Department does for its community. If you are interested in participating in this Citizens Police Academy, please contact Outreach Coordinator, Lauren Haddad, at the Senior Center at (508) 539-1440, ext. 3502, to fill out a brief questionnaire by March 1 so we may ensure adequate attendance and that topics you want to learn about are addressed.



**INCONTINENCE PRODUCTS DISTRIBUTION** – Wednesday, February 6,

**10:00 am.** The Mashpee Senior Center is starting a pilot program on Wednesday, February 6, 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 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, 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; distribution will be subject to availability.



**MAILBOX STICKER PROGRAM** – The Mashpee Council on Aging offers a program to help seniors stay safe in their homes. Working with the Mashpee Post Office, we have a sticker that you can put inside the lid of your mail box. This sticker instructs the mail carrier "if there is an accumulation of 5 days of mail in your mail box, please notify the Mashpee Senior Center." The sticker is accompanied with a confidential emergency contact sheet to be used in case of an emergency. This is an added layer of support and awareness, and is not meant to replace other emergency systems. Please note if your mailbox is in a common mailroom, place the sticker on the side of the mailbox that the mail carrier will see.



If your mail carrier sees mail accumulated in your mail box over the previous 5 days, the carrier will call the Mashpee Senior Center to notify the Outreach Coordinator, Lauren Haddad. If the Outreach Coordinator is unable to make contact with you or your emergency contact, she will contact the Mashpee Police Department to request a wellbeing check and make sure all is well.

This program is free and completely voluntary. If you are interested in participating, please call Lauren Haddad at the Mashpee Senior Center at (508) 539-1440, ext. 3502. You will be given a sticker to place on the lid of your mail box so your mail carrier will be aware of your participation. You will also be given an emergency contact form to be filled out. Registration forms are also available at the Mashpee Post Office.

**CIRCUIT BREAKER TAX CREDIT** – Are you aware that there is a Massachusetts Circuit Breaker Income Tax Credit for homeowners and renters age 65 and older? You may get a cash refund on your 2018 state income taxes. The value of the refundable credit can be as high as \$1,100 for 2018 tax filers.



To obtain the credit, you must file a MA Income Tax "Form 1" <https://www.mass.gov/files/documents/2019/01/09/dor-2018-inc-form-1.pdf> and the "Schedule CB Form and Instructions". (<https://www.mass.gov/files/documents/2019/01/09/dor-2018-inc-sch-cb.pdf>)

You must meet guidelines to qualify for this refundable tax credit. For more information, please contact the Massachusetts Department of Revenue ([www.mass.gov/dor/seniors](http://www.mass.gov/dor/seniors)). If you need additional information, please speak with the Mashpee Council on Aging Administrative Secretary, Linda Wicks, at ext. 3501, and she will connect you to the AARP Tax Aide Coordinator.

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

Monday, March 4, 1:00 pm	Navigating Public Housing for Seniors by the Mashpee Housing Authority	Friday, March 8, 1:00 pm	Cape Cod — The Cradle of Invasion in WWII
Thursdays, March 7, 14, 21, 28, 11:00 am	Discovering Your Roots - Genealogy 101	Tuesdays, March 12, 19, 26 1:00 pm	3-Part Nutrition Series by the Visiting Nurse Association of Cape Cod



**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**

### Stay Active As You Get Older: Quick tips

Physical activity is good for people of all ages. Staying active can help lower your risk of heart disease, stroke, type 2 diabetes, and some types of cancer. \* Improve your strength and balance so you can prevent injuries and stay independent. \*Improve your mood. \* Feel better about yourself. \* Improve your ability to think, learn, and make decisions. Before you start, if you have a health problem like heart disease, diabetes, or obesity, talk to your doctor about the types and amounts of physical activity that are right for you.

**Aim for 2 hours and 30 minutes a week of moderate aerobic activities.** If you were not exercising before, start slowly. Begin with 10 minutes of aerobic activity and gradually build up to doing 30 minutes at a time. Tell your doctor if you have shortness of breath, chest pain, or unplanned weight loss.

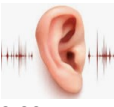
**Do strengthening activities 2 days a week.** Try using exercise bands or lifting hand weights.

**Do balance activities 3 or more days a week.** Practice standing on one foot (hold onto a chair if you need to at first, **Sign up for Tai Chi or Yoga classes.**

~Julie Tooher RN BS VNA of Cape Cod ([Healthfinder.gov](http://Healthfinder.gov))

**Note that the monthly Candid Coffee will not meet in February due to Presidents' Holiday. It will resume in March.**

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



**FOOT CARE — Wednesday, February 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 — By appointment.** The South Coastal Counties Legal Services, Inc. (SCCLS) Elder Law Project is scheduled every other month on the 4<sup>th</sup> Tuesday on March 26, May 28, July 23, September 24, November 26. Other



**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.

**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. This is a fabulous way for you and a friend to volunteer together as a team!

**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.



**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.



attorneys on the 1<sup>st</sup> and 2<sup>nd</sup> 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, February 13, 10:00 am.** Every 2<sup>nd</sup> Wednesday from 10:00 am — 12:00 noon at the Mashpee Senior Center, an Independence House volunteer can confidentially assist you with information and referrals for services if you or someone you know is experiencing domestic, sexual, and elder violence. Appointments are not necessary; just stop by.



**PARKINSON SUPPORT NETWORK OF CAPE COD — Thursday, February 14, 10:00 am** at the Mashpee Senior Center. February's guest speaker is Minal Kadam, Speech Pathologist at Spaulding Cape Cod. She will show some basic exercises that can be done at home to improve or maintain voice and speech changes that often occur in Parkinson's. 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, February 25, 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. 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 CAREGIVER SUPPORT GROUP — Wednesdays, February 13 and 27,** 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.



# 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 <sup>rd</sup> )	9:00-12:00	Woodcarving	10:00-3:30	@ Foot Care Clinic (3 <sup>rd</sup> ) *
9:30-11:00	Movie Musings (see details on page 2)	9:00-11:00	Attorney Services (2 <sup>nd</sup> ) *	10:00-11:00	@ Zumba Gold
9:45-11:00	@ Gentle Yoga	10:00-12:00	Men's Club (1 <sup>st</sup> )	10:00-12:00	Independence House Relationship Education and Advocacy (2 <sup>nd</sup> )
10:00-12:00	@Beginners Art Class	10:00-11:00	@Zumba Gold	10:00-12:00	@ Mashpee Senior Painting Class Canasta
10:00-11:30	Sight Loss Support Group (4 <sup>th</sup> )	10:00-12:00	Attorney Services (4 <sup>th</sup> every other month) *	12:30-3:00	@Mashpee Senior Painting Class
11:00-12:00	@Chair Yoga	11:00-12:00	Aerobics for the Brain (2 <sup>nd</sup> & 4 <sup>th</sup> )	1:00-3:00	Hope Dementia & Alzheimer's Service's Caregiver Support Group (2 <sup>nd</sup> & 4 <sup>th</sup> )
12:30-4:00	Mah Jongg	11:00-2:00	Sea Mist Swimming ***	1:30-3:30	Tai Chi for Healthy Aging **
12:30-3:00	Pinocle	12:00-4:00	SHINE *		
1:00-4:00	Hand and Foot/Pony Canasta	1:00-3:00	Attorney Services (1 <sup>st</sup> ) *		
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)	<b>NOTES: Transportation is available for activities,</b> either through our van or Cape Cod Regional Transit Authority at (800) 352-7155. <b>* Appointments required;</b> please call the Senior Center (508) 539-1440 or stop by the front desk to schedule <b>**Waiting list sign up required.</b> Please stop by the front desk or contact the Mashpee Senior Center at (508) 539-1440 to add your name to the wait list. <b>*** Liability forms</b> are required prior to swimming at Sea Mist. Please obtain the form from the Senior Center Receptionist. @ 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 <sup>nd</sup> )	11:00-12:00	@ Zumba Gold		
11:00-2:00	Sea Mist Swimming ***	12:30-4:00	Mah Jongg		
12:00-2:00	PC and Gadgets *	1:00 - 4:00	Veterans Services (1 <sup>st</sup> & 3 <sup>rd</sup> ) *		
12:15-1:15	Ballroom Dancing	2:00-3:00	Book Club (3 <sup>rd</sup> )		
1:00-2:30	Sketching (as of Jan. 10)				
2:00-3:00	Hearing Tests ( 3 <sup>rd</sup> )				
1:00-4:00	Social Bridge				
6:30-9:30	@ Cape Cod Tai Ji Club (Beginners, please come 1 <sup>st</sup> Thursday)				

**ACTIVITY UPDATE: MASHPEE SINGING SENIORS** will be back rehearsing at the Senior Center starting on **Thursday, March 7, 9:30 am.**



**SHINE NEWS — ARE YOU OR SOMEONE YOU KNOW TURNING 65 SOON?** Every day there are 10,000 baby boomers turning 65 and are now eligible for Medicare. Those new to Medicare can make costly mistakes resulting in higher health care costs, gaps in coverage and possibly a lifetime late enrollment penalty. If you are collecting Social Security, you will automatically receive your Medicare card 2-3 months before turning 65. If you are not collecting, you are responsible for signing up for Medicare Part A (hospital insurance) and Part B (medical insurance) either online at [www.socialsecurity.gov](http://www.socialsecurity.gov) or at your local Social Security office. There are federal rules as to when you can enroll into Medicare Part A, Part B, Part C (Medicare Advantage Plans-HMOs, PPOs) and D (prescription coverage). If you miss these enrollment periods you may have to pay a late enrollment penalty and could have a gap in health care coverage. If you are covered by a group health plan through the company you or your spouse is still actively working (not Cobra), you may delay taking Medicare Part B at 65 without a penalty.

However, if the employer has less than 20 employees, then Medicare is primary and the employer coverage is secondary. In this case you may

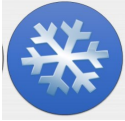
need to have Medicare Parts A and B for complete coverage. This is only one example; each situation is unique and more questions need to be asked, options to look over and costs to compare. That is why it is very important to sit down with a SHINE (Serving the Health Insurance Needs of Everyone) counselor and go over your particular situation. SHINE volunteer counselors are trained and certified by the Executive Office of Elder Affairs and are re-certified each year to help those on, or eligible for Medicare, navigate the complex health insurance system. If you or someone you know will be turning 65 soon please call the senior center to make an appointment with a SHINE counselor or call the Regional SHINE Office, Barnstable County Department of Human Services, at 508-375-6762.

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 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.



### Emergency Preparedness

**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](#).

**WINTER PET SAFETY AND PET FRIENDLY SHELTERS** — For more information about winter pet safety, visit Cape Cod Disaster Animal Response Team [www.ccdart.org/](http://www.ccdart.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](http://www.mashpeema.gov), and select the “Emergency Alert Sign-up” box in the upper center of the page. Then select the next signup button and enter your contact information so local leadership may contact you with timely, important messages.



### Mashpee Senior Center Van

**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.



**Van 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**
- Fridays** 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**

Mashpee Police Department has seen an increase in computer related scams. Residents of Mashpee have reported scammers calling claiming to be from the "security division of Apple". The scammer states the resident's devices have been compromised by hackers and they need to remove spyware and malware from their computers and smartphone. The scammer states they need the resident's IP address so they can fix the computer. The scammer goes on to say the resident needs to install "apple firewall security" to protect the resident's accounts. The scammer then instructs the resident to purchase a 'google play' card to pay for the firewall service. **REMEMBER: If someone asks you to pay via a gift card, this may be a RED FLAG. You can always contact Mashpee Police Department if you have a question regarding the legitimacy of a call.** Any questions please contact Special Officer and Advocate Tara Carline at (508) 539-1480, ext 7253.

**FEBRUARY TRAVEL CLUB NEWS: On sale now:** *Boston Pops Spring Concert Series: Summer of '69* with special guest Arlo Guthrie, Rick Steves' Symphonic Journey; *Cirque de la Symphonie* - first balcony seats! Foxwoods, 2/05, \$35; *School of Rock*-matinee, 3/03, \$105/\$75; *Boston Flower Show-The Beauty of Balance*, 3/13, \$59; MGM Springfield 3/16, \$45; *Phantom of the Opera*-PPAC, 3/27, \$75/\$99; *A Bronx Tale*, 4/14, orchestra-6:30 pm, \$130; *Book of Mormon*-PPAC, 4/25, \$80/\$105; *Art In Bloom at MFA Boston*, 4/29, \$65; *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](http://adventureswithkarynwendell.com). Karyn is here Thursdays from 9:00 am to 11:00 am. For more information, contact Karyn Wendell at (508) 420-5288 - [Karynmw1@comcast.net](mailto:Karynmw1@comcast.net). Mail payments for travel to Karyn Wendell, P. O. Box 161, Centerville, MA 02632. See "Adventures with Karyn" ad every Sunday in the Cape Cod Times.



*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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**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](http://www.alzheimerscapecod.org) or call (508) 896-5170

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

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

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

**Please note:**

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

<b>Lynne Waterman, Director</b> lwaterman@mashpeema.gov	<b>Lauren Haddad, Outreach Coordinator</b> lhaddad@mashpeema.gov	<b>Linda Wicks, Administrative Secretary</b> lwicks@mashpeema.gov	<b>Peggy Rose, Receptionist</b> prose@mashpeema.gov
<b>Lisbeth Dineen, Office Assistant</b> coaofficeassistant@mashpeema.gov	<b>Julie Silva, Activity Coordinator</b> coaactivitycoordinator@mashpeema.gov	<b>Robert Morton, Van Driver</b> 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.*

**DISCLAIMER**

MASHPEE COUNCIL ON AGING  
26 FRANK E. HICKS DRIVE  
Mashpee, MA 02649  
Lynne Waterman, Director  
Lauren Haddad, Outreach Coordinator  
David Egel, Chairperson, Council on Aging  
The cost of mailing this newsletter has been paid by the Friends of the Mashpee Council on Aging.