

March 2019

The Mashpee Senior Connection

BARNSTABLE COUNTY'S HEALTHY AGING-CAPE COD PROJECT —

Thank you to all who completed the Barnstable County's Healthy Aging — Cape Cod survey. The survey is closed as of March 1, and we are pleased that Mashpee residents were among the highest number who completed the survey. Stay tuned — when the report is completed, we'll keep you informed.

**WE JUST WANT TO SAY...
THANK YOU!**

NAVIGATING PUBLIC HOUSING FOR SENIORS BY THE MASHPEE



SENIOR HOUSING

HOUSING AUTHORITY — Monday, March 4, 1:00

pm. Are you someone or the family member of someone who has questions about senior housing? Do you want to know what's available, costs, and how to apply? Carol Mitchell of the Mashpee Housing Authority will be at the Mashpee Senior Center to answer your questions regarding this very important topic. Housing applications will also be available should you like to apply for senior housing. 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.

DISCOVERING YOUR ROOTS - GENEALOGY 101 — Thursdays,

March 7, 14, 21, 28, 11:00 am. Do you ever wonder where you get your musical ability or that distinctive feature? Perhaps there was a historical event that your ancestor was part of or maybe you are related to someone famous. One of our volunteers, Greg McKelvey, has researched his own genealogy extensively. Join him as he helps you discover new family histories and new connections with 4-week genealogy sessions. The sessions will provide an introduction to get started, to research methods, and to plot a family tree. He has information that will get you started on your journey. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. Mashpee seniors only, please. For more information, please contact our Activity Coordinator, Julie Silva, at (508) 539-1440, x3512.



CAPE COD — THE CRADLE OF INVASION IN WW II — Friday, March 8, 1:00 pm.

Join Joe Yukna of the Cape Cod Military Museum who will tell the story of how Cape Cod hosted the Amphibious Training Command and the Engineer Amphibious Command at Camp Edwards and its satellites. Amphibious theories, vehicles, tactics and equipment were all tested and developed on Cape Cod and the Islands. Men trained here landed on beaches from Normandy to Okinawa! 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.



3-PART NUTRITION SERIES BY THE VISITING NURSE

ASSOCIATION OF CAPE COD — Tuesdays, March 12, 19, 26, 1:00 pm. Eating healthy is a journey shaped by many factors, such as our stage of life, preferences, access to food, culture, and traditions. Learn about the Nutrition Facts Label that is found on packaged foods and beverages. But exactly what can it tell you about a product? And more importantly — how can it help you make healthier dietary choices? This series will help you to navigate the complexity of understanding food labels and making healthy food choices. We will discuss portion control, sugar and salt limits. Together we will create some healthy breakfasts and find creative ideas for lunch and dinner. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. Mashpee seniors only, please. For more information, please contact our Activity Coordinator, Julie Silva, at (508) 539-1440, x3512.



GETTING TO KNOW YOU BREAKFAST WITH JULIE SILVA, ACTIVITY COORDINATOR — Wednesday,

March 27, 10:00 am. *Getting to know you, getting to know all about you....* You have likely seen me over the past few months ogling over the woodworking projects, dancing at my desk to the Zumba music or just going round and round with a "granny square" stitch in the knitting and crocheting class. Join me, the Senior Center new Activity Coordinator, for a very fun interactive icebreaker with a "What if..." segment. Two words with endless possibilities. **What if** ... you could have any super power, what would it be? ... you were stranded on a deserted island what 3 things would you bring? ... you had to leave your home immediately, what one item would you take? Join me for a light breakfast and a fun-filled session. Mashpee seniors only, please. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.



MASHPEE K9 GUNNER RETIREMENT PARTY — Tuesday, March 19, 10:00 am.

Have you heard? Mashpee K9 Gunner has retired. Well, we know a thing or two about retirement here at the Senior Center. Come join us as we celebrate Gunner who was a Mashpee second generation drug sniffing dog. We will all enjoy cake (except of course Gunner) and hear from his handler Sergeant John Petrosch. Learn things such as what his training entailed, his involvement in several narcotics operations and what civilian life for him is like. Let's give him a warm send off as he starts his adventures into retirement. 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.



Mashpee Senior Center/Council on Aging • 26 Frank E. Hicks Dr. • Mashpee, MA 02649

Phone: (508) 539-1440 • Fax: (508) 539-2791 • www.mashpeema.gov • Email: coa@mashpeema.gov

BURIED IN TREASURES WORKSHOP — Wednesdays, mid-March (starting date to be confirmed), 12:30 pm for 16 weeks.



The Buried in Treasures workshop is based on the book *Buried in Treasures: Help for Compulsive Acquiring, Saving and Hoarding*. During this 16-week action-oriented self-help support group, you will receive support from others, get help to develop strategies to de-clutter the home, and work on ways to change problematic acquiring and discarding behavior. Pre-registration is required for the program. Space is limited, and Mashpee seniors will be given preference. Individuals who have attended a previous session of the group are welcome to attend, but please be aware that sessions will run from the beginning. Please sign up by calling Erika Woods at (508) 375-6620. There is no fee for this program, and each person will receive a book at no charge.

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.

◆ **Lap Blankets** — **Thursday, March 14, 2:00 pm.** Back by popular demand! Enjoy making this really soft lap blanket by hand.



◆ **Finger Looping** — **Thursday, March 28, 2:00 pm.** Finger looping yarn is designed for fun, fast hand-knitting projects! No knitting or crocheting is needed. Learn how to use finger loop yarn to make a beautiful infinity scarf or baby blanket. Class includes 3 skeins of yarn.

BOOK CLUB — **Friday, March 15, 2:00 pm.** Book Club meets on the third Friday of the month at 2:00 pm at the Senior Center. The book selection for this month is “The Reckoning” by John Grisham. Reservations not required. Just pop in for a fun hour. 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.



MONDAY MORNING MOVIE MUSINGS — **Monday, March 11 and 25, 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 documentaries “Walt: The Man Behind the Myth” on March 11 and “The Cove” on March 25. Please watch this documentary on your own, and then join us for a discussion. New members and drop-in’s are welcomed!

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.

HEALTH FAIR — **Monday, April 29, 10:00 am — 12:00 noon.** The Visiting

Nurse Association of Cape Cod will be hosting a free health fair at the Mashpee Senior Center. During the event, VNA nurses and staff members will be providing FREE screenings, education materials, wellness services and so much more — nutrition demo and food samples, blood pressure, cholesterol, glucose, bone density, falls prevention, aromatherapy, health and wellness materials, and giveaways! Join us for a fun-filled event with free information and giveaways! Rsvp’s are not necessary. Drop in and meet us! Mashpee Human Services is sponsoring this event in collaboration with the Visiting Nurse Association of Cape Cod .



THE MASHPEE SENIOR CENTER IS ON TV — MASHPEETV, THAT IS! Check



out the **Senior Center News** on Channel 99 on MashpeeTV that airs every Monday through Friday at 8:00 am, 10:00 am, and 4:00 pm. MashpeeTV sponsors the programming from the Mashpee Senior Center, and our volunteer Linda Bliss showcases the newscast about our various activities. Find out more at MashpeeTV.com.

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. For more information, please contact Lauren Haddad, Outreach Coordinator, at (508) 539-1440.



Save the Dates! More info in the April Newsletter!

<p>Fridays, April 5 through May 10, 1:00-3:30 pm</p>	<p>My Life, My Health — The Chronic Disease Self-Management Program presented by the VNA</p>	<p>Thursday, April 18 10:00 am</p>	<p>Destination and Dessert — Croatia</p>
<p>Tuesday, April 16 1:00 pm</p>	<p>Spring Wreath Class</p>	<p>Thursday, April 25, 1:00 pm</p>	<p>“The Answer is You” — continue to grow and celebrate more in life with Magdalana Grace Siegel</p>
<p>Wednesday, April 17 10:00 am</p>	<p>Citizen’s Police Academy</p>	<p>Monday, April 29 10:00 am</p>	<p>Health Fair with the Visiting Nurse Association of Cape Cod sponsored by the Mashpee Human Services</p>


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

COFFEE FOR HEALTH TALKS — Monday, March 18, 9:30 am Join us for coffee, a healthy snack, and casual conversation about managing your healthcare. In addition, we invite you to get your blood pressure checked and a 1-on-1 consult with your Town Nurse, Julie Tooher 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 from 9:30 am - 10:30 am. Bring a friend; walk-in's are always welcome!

March is NATIONAL NUTRITION MONTH
Here are some Heart Healthy Tips for preparing meals: Limit *trans* fats often found in foods such as cakes, cookies, crackers, pastries, pies, muffins, doughnuts and french fries. Check the Nutrition Facts Label on food packaging to see if *trans* fats are listed. *** Include plant foods as sources of protein, including soybeans, pinto beans, lentils and nuts. *** If you eat meat, select lean cuts of beef and pork, especially cuts with "loin" or "round" in their name. *** Cut back on processed meats high in saturated fat, such as hot dogs, salami and bacon. *** Drain the fat off of cooked, ground meat. *** When you make a stew or soup, refrigerate leftovers and skim off the fat with a spoon before reheating and serving. *** Eat fish regularly. *** Try different ways of cooking such as baking, broiling, grilling and poaching to add variety. *** Replace higher-fat cheeses with lower-fat options such as reduced-fat feta and part-skim mozzarella.

Julie Tooher, RN BS Visiting Nurse Association of Cape Cod (Academy of Nutrition and Dietetics www.eatright.org)



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

FOOT CARE — Wednesday, March 20, 10:00 am — 3:30 pm by appointment. Available the 3rd Wednesday of each month. There is a fee. Call the Senior Center at (508) 539-1440 for an appointment.

LEGAL ASSISTANCE — Attorneys visit the Mashpee Senior Center every monthly or bimonthly. **By appointment.**

SCCLS, Tuesday, March 26, 10:00 am. The South Coastal Counties Legal Services, Inc. (SCCLS) Elder Law attorneys visit the Cape and Islands' senior centers bi-monthly 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. They are available every other month on the 4th Tuesday.



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



PARKINSON SUPPORT NETWORK OF CAPE COD — Thursday, March 14, 10:00 am at the Mashpee Senior Center. 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, March 25, 10:00 am. 4th Monday of each month, 10:00 — 11:30 am. This support group meets at the Mashpee Senior Center, and is open to anyone with vision issues from diagnosis to legal blindness and provides access and information on services available. For more information, call Sight Loss Services at (508) 394-3904 or visit their website: <http://www.sightloss.org/>. Drop in's are welcome.



CAPE COD HEALTHCARE DEMENTIA & ALZHEIMER'S SERVICES SUPPORT GROUP — Wednesdays, March 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 Cape Cod Healthcare Dementia & Alzheimer's Services at (508) 775-5656.



INCONTINENCE PRODUCTS DISTRIBUTION — Wednesday, March 6, 10:00 am. The Mashpee Senior Center distributes incontinence products to low income Mashpee seniors (both men and women) on the first Wednesday of every month from 10:00 am to 12:00 noon. Participants will be given one pack of products. For more information regarding the style/type of products that are available and to register for the program, please call our Outreach Coordinator, 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.



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.



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. There is still time in March and April for fuel assistance applications. Please call the Mashpee Senior Center, (508) 539-1440, to complete an application.



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 (2 nd) *	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	12:30-3:00	Canasta
10:00-11:30	Sight Loss Support Group (4 th)	10:00-12:00	Attorney Services (4 th every other month) *	1:00-3:00	@ Mashpee Senior Painting Class
11:00-12:00	@ Chair Yoga	11:00-12:00	Aerobics for the Brain (2 nd & 4 th)	1:30-3:30	Cape Cod Healthcare Dementia & Alzheimer's Services (2 nd & 4 th)
12:30-4:00	Mah Jongg	11:00-2:00	Sea Mist Swimming ***	2:30-4:00	Tai Chi for Healthy Aging **
12:30-3:00	Pinochle	12:00-4:00	SHINE *		
1:00-4:00	Hand and Foot/Pony Canasta	1:00-3:00	Attorney Services (1 st) *		
THURSDAYS		FRIDAYS		SATURDAYS	
8:30-9:30	Exercise	8:30-9:30	Strength Training	8:30-9:30	Exercise
9:30-11:30	Singing Seniors	9:15	Bowling (Ryan Falmouth)		
10:00-11:30	Cribbage	9:45-10:45	Ageless Yoga Neighborhood	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	10:00-2:00	SHINE *		
10:00-11:30	Parkinson Support Group (2 nd)	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 st & 3 rd) *		
12:15-1:15	@ Ballroom Dancing (partner is necessary)	2:00-3:00	Book Club (3 rd)		
1:00-2:30	Sketching				
1:00-4:00	Social Bridge				
2:00-3:00	Hearing Tests (3 rd)				
6:30-9:30	@ Cape Cod Tai Ji Club (Beginners, please come 1 st Thursday)				

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



SHINE NEWS – Are you happy with your 2019 Medicare health insurance plan? Now that you are a few months into 2019, let's think about your 2019 Medicare health and prescription plans. Have you had some out-of-pocket expenses you did not anticipate? Were your co-payments more than you thought they should be? Are you struggling with premium expenses? Do you just need someone to explain what you have for coverage? SHINE counselors can help explain your policies so you have a better understanding of what your financial obligations are. A counselor can also look to see if you qualify for any assistance programs to help alleviate some of the out-of-pocket expenses. SHINE counselors are here to help. Don't hesitate to give them a call if you have any questions regarding your Medicare coverage.

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.

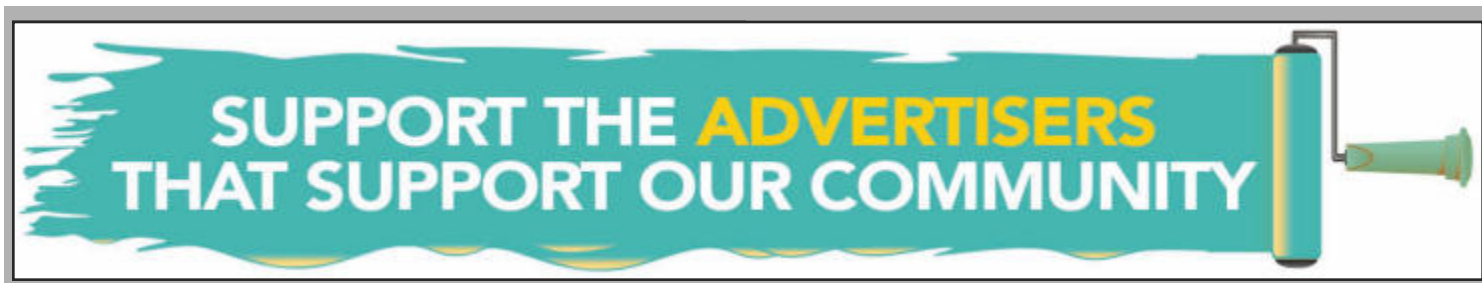


NAMI NATIONAL ALLIANCE OF MENTAL ILLNESS — The National Alliance on Mental Illness (NAMI) Cape Cod is a grass-roots non-profit organization serving the families and friends of people with mental illness, as well as the individuals who have a mental illness themselves, on Cape Cod and The Islands.

Local Support Groups For Family and Friends of People with Mental Illness

- ◆ **SANDWICH:** 2nd Tuesday of month, Spaulding Rehab Hospital, 311 Service Road, 1st Floor Conference Room, 6:30– 7:50 pm. Contact: NAMI (508) 778-4277
- ◆ **BARNSTABLE:** 3rd Tuesday of month, St. Mary's Episcopal Church, 3055 Main St. (Rt. 6A), 7:00 – 8:30 pm. Contact: NAMI (508) 778-4277
- ◆ **FALMOUTH:** 4th Monday of month, Gus Canty Recreation Center, 790 Main St., 7:00–8:30 pm. Contact: Bill (508) 428-4351 or fisher62045@hotmail.com.

NOTE: Meeting dates and contacts can change. Please check the NAMI Cape Cod & The Islands website or call the office for information. Phone: (508) 778-4277; E-Mail: info@namicapecod.org; Website: www.namicapecod.org.



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/.



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

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

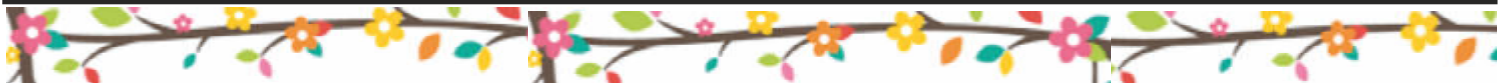
- Mondays** Mashpee and Sandwich — Please make sure that appointments must be made between **10:00 am and 1:30 pm**
- Wednesdays** Mashpee — Please make sure that appointments must be made between **10:00 am and 1:30 pm**. Please note that Wednesdays are food pantry days.
- Fridays** Mashpee and Falmouth 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

Alcohol affects you in a way that changes your judgment, depth perception as well as vital motor skills required to drive safely. It is easy to think you are driving normally when truly you are not. When the police take action, you will be arrested for Operating Under the Influence (OUI); this is the best case scenario.

About 1 in 3 traffic deaths in the United States involve a drunk driver. In Massachusetts, it is unlawful for any person to operate a motor vehicle while the person:

- ◆ Has a blood alcohol content (BAC) of 0.08% or greater of alcohol in his or her blood
- ◆ Or is under the influence of intoxicating liquor, or marijuana, or narcotic drugs, or depressants, or stimulants, or the vapors of glue

Please remember: NEVER drive under the influence. One poor decision can change your life forever and possibly someone else's. Any questions, please contact Special Officer and Advocate Tara Carline at (508) 539-1480, ext. 7253.

MARCH TRAVEL CLUB NEWS

— Boston Flower Show-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 — MFA Boston, 4/29, \$65; Boston Pops — all first balcony: Summer of '69 with special guest Arlo Guthrie, 5/15, \$99; Cirque de la Symphonie, 6/08, \$95; Rick Steves' Symphonic Journey, 6/13, \$95; 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; Boston Red Sox Games — 8/01 Tampa and 8/21 Philly, Pavilion Box 13, \$139.

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.



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) 364-3898. This is a fabulous way for you and a friend to volunteer together as a team!

➤ Reach the Senior Market

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Steve Twomey to place an ad today!
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Alzheimer's Family Support Center

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2035 Main Street, Brewster, MA 02631 www.alzheimersupport.org

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

- ◆ **Savvy Caregiver Training: Six-week-long Caregiver training with respite care available.**
 - Brewster Ladies Library, Thursday, March 7 - April 11, 10 - 11:30 am.
 - Falmouth Senior Center, Friday, March 8 - April 12, 10 a.m. - noon.
 - Mill Hill Residences, West Yarmouth, Monday, March 11 - April 15, 10-11:30 am.
 - Harwich Council on Aging, Tuesday, April 23 - May 28, 10 - 11:30 am.
 - Sandwich Council on Aging, Thursday, April 25 - May 30, 1 - 2:30 pm.
- ◆ **Men's Alzheimer's Monthly Coffee & Conversation Group**
 - Maplewood of Brewster, 3rd Thursday, 9:30-11 am.
 - Lauretide at Mashpee Commons, 1st Wednesday, 11 AM-12:30 pm.
- ◆ **Art Fridays for People with Cognitive Loss and Their Caregivers**
 - Cape Cod Museum of Art in Dennis partnering with the Alzheimer's Family Support Center. Every Friday, 2:00-3:30 p.m., at the Art Museum. Questions: 508-385-4477.
- ◆ **Support Groups for caregivers and people with dementia.**
 - Offered in all 15 Cape towns. See listing on website: alzheimersupport.org/support-groups, or call office 508-896-5170.
- ◆ **Care Consultations with the Alzheimer's Family Support Center staff, for families living with dementia.**
 - Neurologists of Cape Cod, Hyannis, Wednesdays, 11 - 1 pm.
 - Bridges at Mashpee, Wednesdays 2-4 pm.
 - Seashore Point, Provincetown, 2nd & 4th Thursdays, 1-3 pm.
 - Atria in Falmouth, Wednesdays, 11 pm-1 pm.
 - Spaulding Rehabilitation Hospital Cape Cod, Sandwich, 1st Wednesday, 5:30-7 pm.
 - Alzheimer's Family Support Center, Brewster, Mondays, 9 am - 12 pm, Wednesdays, 12 - 3 pm, Fridays, 12-4 pm.
 - Harbor Point, Centerville, as needed. Call to schedule an appointment.
- ◆ **Re-Memorable Multigenerational Chorus of Cape Cod with Eastham Elementary School 4th and 5th Grade Students.**
 - Eastham Senior Center, 2nd & 3rd Wednesday of every month, 9:45-10:45 a.m.
- ◆ **Dave Birtwell Memorial Alzheimer's Walk.**
 - Brooks Park, Harwich, Saturday, May 11, 11 am - 2 pm. Live music by the Sound Dunes, dancing, barbecue lunch. Register to walk at www.alzheimersupport.org.
- ◆ **Teepa Snow Seminar and Lecture: "Positive Approaches to Living With Dementia" Learn practical skills from this nationally recognized expert.**
 - Barnstable Performing Arts Center, Wednesday, June 26, 2019: 8:30 a.m.-4 p.m. Sponsored by the Alzheimer's Family Support Center.

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Mashpee Council on Aging, Mashpee, MA

06-5131



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

Please note:

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

Lynne Waterman, Director waterman@mashpeema.gov	Lauren Haddad, Outreach Coordinator lhaddad@mashpeema.gov	Nina Cocomazzi, Volunteer and Program Support Coordinator coavolunteercoordinator@mashpeema.gov	Linda Wicks, Administrative Secretary lwicks@mashpeema.gov
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MASHPEE COUNCIL ON AGING MISSION STATEMENT

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

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DISCLAIMER

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

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.