

April 2019

The Mashpee Senior Connection



The Mashpee Senior Center will be closed on **Monday, April 15 for Patriots' Day**. All activities including the van are cancelled.

MY LIFE, MY HEALTH — **Fridays, April 5 through May 10, 1:00-3:30 pm.** My Life, My Health provides information and teaches practical skills on managing chronic health problems. It also gives people the tools and motivation they need to manage the challenges of living with a chronic health condition. The overall goal is to enable participants to build self-confidence to assume an active role in maintaining their health and managing their chronic health conditions. The workshop is conducted over six sessions, meeting weekly for two and one-half (2½) hours per session. Presented by Healthy Living Cape Cod. For Mashpee seniors only, please. Rsvp to VNA Public Health and Wellness by phoning Amy on (508) 957-7423. Each participant receives a free reference book and relaxation cd.



way talking about aging issues. She will ask compelling questions allowing you to gather insights about yourself along the way. Feel fully alive and not afraid to learn more about yourself. Join us as she inspires, entertains and gives you the ability to grow and celebrate more in life. 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.



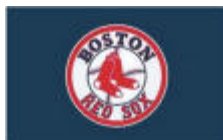
DESTINATION AND DESSERTS ABOUT CROATIA — **Thursday,**



April 18, 10:00 am. Relax in our comfortable chairs and enjoy goodies as we travel during a video presentation from the majestic Slovenian Alps to the sweeping panoramas of Croatia's Adriatic

Coast. 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.

RED SOX PARTY — **Wednesday, April 17, 12:00 noon.** Our Boys of Summer are back in Boston!!!! Come join us for a start-of-the-season Red Sox party. Complete with hotdogs, get ya' popcorn here and Red Sox trivia. Show your spirit and wear your Red Sox gear. 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 x3512.



CITIZEN'S POLICE ACADEMY — **Wednesday, April 17, 10:00 am.**



Would you like to know more about the Mashpee Police Department? Please join Mashpee Police Officer Joseph Catanese who will provide an overview for older adults of the MPD's police procedures, investigations and operations as well as an open discussion on common topics of older adults of interest. Please come and learn more about what the Mashpee Police Department does for its community. Please Rsvp by April 10 to the Mashpee Senior Center at (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.

NATIONAL PICNIC DAY LUNCHEON — **Tuesday, April 23, 12:00 noon.**

"Hey Boo Boo, let's go get us a picnic basket." Join us as we celebrate National Picnic Day (indoors). Luncheon starts at noon with games to follow. Due to space limitation, this is open to Mashpee seniors only. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. Sponsored by Royal Health Group. For more information, please contact our Activity Coordinator, Julie Silva, at (508) 539-1440, x3512.



SPRING WREATH CLASS — **Tuesday, April 16, 1:00 pm.**



Give guests a warm welcome as they approach your front door. Join us for a fun, free craft class. Attendees will make a beautiful spring wreath with yarn, tissue paper and wooden clothespins! Supplies are included. Class size is limited. Sponsored by Cape Heritage Rehabilitation & Health Care Center. 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.

THE ANSWER IS YOU — **Thursday, April 25, 1:00 pm.** Join us as we welcome motivational speaker Magdalana Grace Siegel for a light hearted and humorous session of "The Answer is You." Well known amongst Senior Centers, Magdalana Grace has a unique

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



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 and the Mashpee Council on Aging.

MEDITATION DROP IN CLASS — **Tuesdays, April 2 through April 30, 1:00 pm.** Meditation is the process of training your mind to focus and redirect your thoughts. In addition to helping to reduce

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@mashepeema.gov



stress, control anxiety, and improve sleep, a study conducted by Harvard researchers determined that meditation literally rebuilds the brain's grey matter. Instructor Lynnette Walker guides you through and helps you to develop your meditation practice. This is a drop in class and 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.

BURIED IN TREASURES WORKSHOP — Wednesdays through July 3, 12:30 pm. 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 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. 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.

♦ **Resin Picture Frames** — Thursday, April 25, 2:00 pm. Back by popular demand! Plus new frame: Show the sea glass pouring from a bottle. If you would like to bring your own sea glass, you may, but Karen always supplies the glass too.



♦ **Hanging Air Terrariums** — Thursday, April 18, 2:00 pm. The terrariums can be hung or placed on a vase filled with lights, sea glass, or shells of their own. The terrarium will include one air plant.



FIT & STRONG! FOR MEN — Mondays and Thursdays, May 2 through July 29 (except May 27 and July 4), 2:00 pm. Fit & Strong! is an evidence-based, multiple component exercise program. It combines flexibility, strength training and aerobic walking with health education for sustained behavior change among older adults with lower extremity osteoarthritis. This men-only class is a twelve-week program that improves lower extremity stiffness, lower extremity pain, lower extremity strength, aerobic capacity, participation in exercise and caloric expenditure, self-efficacy for exercise. Presented by the Visiting Nurse Association of Cape Cod. Registration is required. Please call Amy from VNA at (508) 957-7423 to sign up. Please be aware that a physician release is required in advance before you can participate.



BOOK CLUB — Friday, April 19, 2:00 pm. The selection for April is "The Man Without a Face: The Unlikely Rise of Vladimir Putin" by Masha Gessen. Come and join us on the 3rd Friday of each month. Reservations not required — just pop in for a fun hour. New members are always welcome to join this lively group. 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 — Mondays, April 1, 8, and 22, 9:30 am. Please join our friendly group as we watch each movie on our own and then meet different Mondays to discuss each leading man's performances. Hollywood leading men, Rod Steiger, Warren Beatty, Dustin Hoffman, Paul Newman, and Spencer Tracy, were all contenders for best actor for films of 1967. Only one person won.



April 1 Rod Steiger — *In The Heat of the Night*; April 8 Warren Beatty — *Bonnie and Clyde*; April 22 Dustin Hoffman — *The Graduate*. New members and drop-in's are welcomed!

NATIONAL VOLUNTEER WEEK — April 7 through 13. National Volunteer Week is an opportunity to celebrate the impact of volunteer service and the power of volunteers to come together to support one another and our communities. We at the

Council on Aging wish to express our heartfelt gratitude for each and every one of our volunteers. Your commitment to donate time and talent, energy and giving spirit, are qualities that are recognized and appreciated every day of the year. And in our continuing wish to celebrate those that serve, we will be holding our annual volunteer event again this June!

TO ALL OUR VOLUNTEERS -- During the month of April, please visit the Senior Center and fill out an entry for a beautiful live plant! While here, would you write a few words about "What do you like about volunteering at the Mashpee COA/Senior Center?" A drawing for the plant will be held on May 1, and some of the collected responses will be read at our volunteer event in June.



LIFELINE PROGRAM: WHAT CONSUMERS SHOULD KNOW — The Lifeline Program is a government benefit program that provides eligible low-income consumers a monthly discount on telephone service to help them stay connected to the nation's communications networks, find jobs, access healthcare services, and call for help in an emergency. There are two ways to qualify for the Lifeline Program: income-based eligibility or program-based eligibility. You may be able to complete a provider's application process online, by telephone, or by mail. For additional information regarding the Lifeline Program, contact the Consumer Division of the Massachusetts Department of Telecommunications and Cable at their website at www.mass.gov/service-details/lifeline. If you are a Mashpee senior and have questions or need help, please call the Mashpee Senior Center's Outreach Coordinator, Lauren Haddad, at (508) 539-1440. Please note that this Lifeline Program is not a medic alert device.



Save the Dates! More info in the May Newsletter!

Mondays and Thursdays, May 5 through July 29 (except May 27 and July 4), 2:00 pm	Fit & Strong for Men	Wednesday, May 15, 10:00 am	Perkins Library Presentation
Tuesday, May 7, 1:00 pm	Travel Safety presented by the VNA	Thursdays, May 16 and 23, 2:00 pm	Crafts with Karen May 16 — Jute bottles; May 23 — Mason jar wood cutouts to decorate a front door
Wednesday, May 8, 11:00 am	Tick Awareness Presentation	Tuesday, May 21, 1:00 pm	May Cabaret Show with Liz Saunders
Tuesdays, May 14 through July 9, 1:30 pm	Group Health Coaching presented by the VNA	Wednesday, May 29, 10:00 am	Amsterdam and Tulip Presentation

Health, Wellness, and Appointments

PLEASE NOTE: If you are age 59 1/2 or over and a Mashpee resident, you are eligible for the outreach services we offer such as our transportation service; assistance filling out forms for SNAP or fuel assistance; referrals from our Outreach Coordinator; SHINE appointments; attorney appointments; the mailing of our newsletter; etc. If you reside in another town, please contact your own town for those services.



A message from Julie Tooher, RN BS of the Visiting Nurse Association of Cape Cod

COFFEE FOR HEALTH TALKS — Monday, April 15, 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!



It's Springtime! LET'S GO FOR A WALK...


What can walking do for you? Strengthen muscles! Prevent weight gain! Lower risks of heart disease, stroke, diabetes, osteoporosis! Improve balance! Lower likelihood of falling!

If it's been a long time since you exercised, you may want to start out slowly. You can start with just 5 minutes and build up to the recommended 30 minutes a day. Remember, the most important thing is to just get started.

TIPS: Wear the right shoes (sneakers are best) *** Aim for the right pace (walk and talk) *** Check with your physician *** Don't let a cane or walker stop you *** Join a walking group or walk with a buddy *** Keep hydrated *** Dress in layers *** Check with the Senior Center about current walking programs *** **Enjoy and be aware of your surroundings!**

Julie Tooher, RN BS VNA of Cape Cod , Healthinaqing.org

HEARING TESTS — Thursday, April 18, 2:00 — 3:00 pm by appointment. 3rd Thursday. Call the Senior Center at (508) 539-1440 for an appointment.




FOOT CARE — Wednesday, April 17, 10:00 am — 3:30 pm by appointment. Available the 3rd Wednesday of each month. There is a fee. Call the Senior Center at (508) 539-1440 for an appointment.



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

SCCLS, Tuesday, May 28, 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, April 10, 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, April 11, 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, April 22, 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, April 10 and 24, 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, April 3, 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 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
9:00-12:00	PC Laptop Skills (1 st and 3 rd)	9:00-12:00	Woodcarving	10:00-3:30	@ Foot Care Clinic (3 rd) *
9:30-10:30	Candid Coffee Hour (Julie Tooher, RN, VNA of Cape Cod) (3 rd)	9:00-11:00	Attorney Services (2 nd) *	10:00-11:00	@ Zumba Gold
9:30-11:00	Movie Musings (see details on page 2)	10:00-12:00	Men's Club (1 st)	10:00-12:00	Independence House Relationship Education and Advocacy (2 nd)
9:45-10:45	@ Gentle Yoga	10:00-11:00	@ Zumba Gold	12:30-3:00	Canasta
10:00-12:00	Beginners Art Class	10:00-12:00	Attorney Services (4 th every other month) *	1:00-3:00	@ Mashpee Senior Painting Class
10:00-11:30	Sight Loss Support Group (4 th)	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)
11:00-12:00	@ Chair Yoga	11:00-2:00	Sea Mist Swimming ***	2:30-4:00	Tai Chi for Healthy Aging **
12:30-4:00	Mah Jongg	12:00-4:00	SHINE *		
12:30-3:00	Pinochle	1:00-3:00	Attorney Services (1 st) *		
1:00-4:00	Hand and Foot/Pony Canasta				
THURSDAYS		FRIDAYS		SATURDAYS	
8:30-9:30	Exercise	8:30-9:30	Strength Training	8:30-9:30	Exercise
9:30-11:30	Mashpee Singing Seniors	9:15	Bowling (Ryan Falmouth)	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	
10:00-11:30	Cribbage	9:45-10:45	Ageless Yoga Neighborhood		
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)				



SHINE NEWS – Need help with prescription drug costs?
Prescription Advantage may be your answer! By now, some of you may have reached or are getting close to the gap or “donut hole” with your Medicare Prescription Drug Plan (Part D). In 2019, you fall into the Medicare Part D gap when the negotiated retail cost of your medications reach \$3,820. Once in the gap you are now responsible for 25% of the negotiated retail cost for brand name medications and 37% for generics.

Prescription Advantage, which is a state-run program, can assist you in this gap and/or put a cap on your out-of-pocket cost for medications. Eligibility is based on income only and there is no asset limit! If you are a Massachusetts resident and eligible for Medicare, the income limits are: Age 65 or over- \$62,450 or less for a single person or \$84,550 or less for a married couple. Under age 65 and disabled- \$23,481 or less for a single person or \$31,791 or less for a married couple.


There is no charge for joining Prescription Advantage if you have an annual income at or less than \$37,470 for a single person or \$50,730 for a

married couple. However, there is a \$200 per person annual enrollment fee for those with higher incomes.

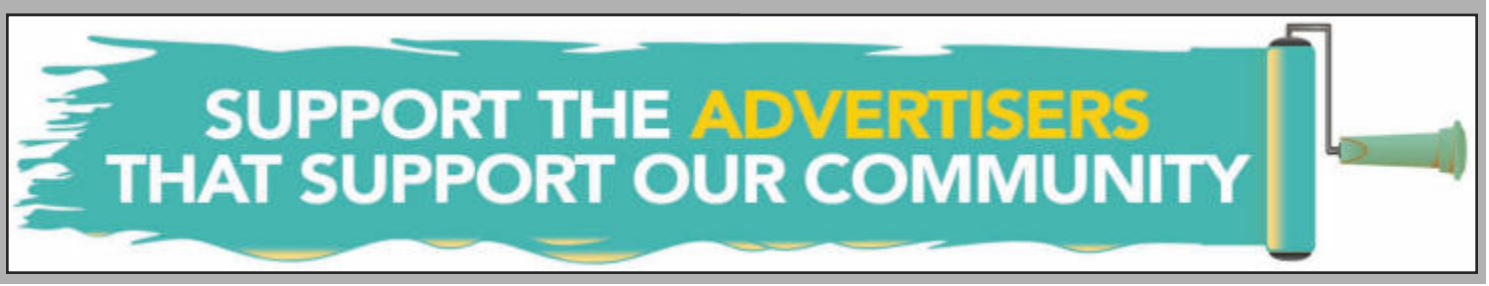
You may also join if you are 65 years or older and not eligible for Medicare. If you are not eligible for Medicare, Prescription Advantage will be your primary prescription drug plan and there is no income limit.

Medicare also has a program, called “**Extra Help**”, which can assist with the cost of your Medicare Part D plan’s premium, deductible and co-pays. Please call the Senior Center to make an appointment with a SHINE counselor for more information on these programs or assistance with any Medicare issue. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs.

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.



AARP TAX-AIDE INCOME TAX PREPARATION PROGRAM — The Mashpee Senior Center is a site for the AARP Tax-Aide Income Tax Preparation Program. The program at the Mashpee Senior Center will have the **last available appointments on Friday, April 12, 2019**. Please call the Senior Center at (508) 539-1440 for your appointment; then please stop by the Senior Center to pick up the income tax questionnaire, fill out the questionnaire, and bring it to your appointment. **It is very important that you pick up and complete the questionnaire. You are required to bring to your appointment the following:** *** 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.



Emergency Preparedness



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>.



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.

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.


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**

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/>.

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.

To our readers: Our newsletter company, Liturgical Publications, accepts advertisement from a number of area businesses and service providers. Please note that although we publish these advertisements, the Mashpee Senior Center does not receive any financial benefit from the identification of any product or service provider contained or referred to any ad, and does not constitute an endorsement, referral, guarantee, or recommendation of them.





Mashpee Police Department's Tip of the Month

As the springtime starts to knock on our door, more and more people will be outside enjoying the warm weather. Unfortunately, with the warmer weather we see an increase of motor vehicle break ins. Often times, simply locking your vehicle is enough of a deterrent for the thief.

REMEMBER: * ALWAYS lock your vehicle *** PARK your vehicle in WELL-LIT areas *** DO NOT store any valuables in your vehicle**

Please remember to take note of the area in which you live. If you see someone or something out of place, please contact Mashpee Police Department immediately at (508) 477-1212.

IF YOU SEE SOMETHING.... SAY SOMETHING

****Trust your instincts****

Any questions please contact Special Officer and Advocate Tara Carline at (508) 539-1480, ext 7253.

APRIL TRAVEL CLUB NEWS — Boston Pops Spring Concert Series — 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; Foxwoods , 4/02 and 4/30, \$35; Bronx Tale — Boston Opera, 4/14, orchestra-6:30 pm, \$130; Thrift Shops of Lower Cape, 4/19, \$25; Book of Mormon — PPAC, 4/25, \$80/\$105; Art in Bloom — MFA Boston, 4/29, \$65; Waitress the Musical, 5/31, \$95; Newport Flower Show, 6/21, \$59; Dear Evan Hansen — Boston Opera, matinee — orchestra \$180/\$165; The Band's Visit, 6/28 (date change), \$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, socioeconomic 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
ADVERTISE HERE

CONTACT

Steve Twomey to place an ad today!
stwomey@lpiseniors.com or (800) 950-9952 x5854

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Alzheimer's Family Support Center

Created by caregivers for caregivers
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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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.