

January 2020

The Mashpee Senior Connection

The Mashpee Senior Center will be closed on Wednesday, January 1, for New Year's Day, and Monday, January 20, for Martin Luther King Day. All activities including the minibus are cancelled for these days.



BOB MORTON'S RETIREMENT — After thirteen years



as the Mashpee Senior Center's minibus driver, Bob Morton is retiring. Thank you, Bob, for your service to Mashpee's older adults, your kind and compassionate manner, helpfulness, and your positive attitude. Bob will be missed by both our riders and our staff. Enjoy your retirement, Bob; you earned it!

NEW YEAR'S LUNCHEON AND PARTY — Thursday, January 2, 2020, 12:00 noon.



Who says the party needs to end at midnight? Come join us as we continue to welcome in the New Year with a special luncheon/party. Put on those dancing shoes as this party

comes complete with a DJ, dancing, noisemakers, our own countdown and a toast to the New Year! Join us with your old friends and meet some new ones. Due to space limitation this is open to Mashpee seniors only. Sponsored in part by Royal Health Group. 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.

THE REAL ID PRESENTATION - Thursday, January 23,

1:00 pm. Presented by the Registry of Motor Vehicles. Beginning October 1, 2020, you will need a passport or a REAL ID, which is a federal ID, to fly within the United States or enter federal buildings. Join us as we welcome a representative from the RMV who will review the new federal and state requirements. Topics include: What is the difference between "Standard ID" and "Real ID" driver's licenses and ID cards; how to renew a Massachusetts Driver's License or Massachusetts Identification (ID) Card; and what are the new federal and state requirements for renewing a Driver's License or ID card. 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.



"MEET AND GREET SERIES" WITH JACK MEADE, BARNSTABLE COUNTY REGISTER OF DEEDS — Wednesday,

January 29, 10:00 am. Come meet the Register of Deeds and find out how the Registry's public records protect your private property ownership. 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.



HOME MODIFICATION LOAN PROGRAM — Thursday,

January 16, 11:00 am. Come to the Senior Center on January 16, and imagine being able to help yourself or a loved one to live more independently at home. This state-funded lending program provides loans to homeowners and small landlords to fund necessary changes to keep elders or disabled family members in their own homes and communities. Some examples of projects funded ramps, lifts, and bathroom and kitchen adaptations. Join us to learn more about the program, the eligibility requirements, the loan information and the application process. More information is available at Mass.gov at <https://www.mass.gov/home-modification-loan-program-hmlp>. 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.



NATIONAL LAW ENFORCEMENT APPRECIATION DAY

BREAKFAST - Thursday, January 9, 10:00 am Join us as we celebrate, acknowledge and appreciate our men and women in blue, the Mashpee Police. They do so much for the Mashpee community and our senior center community — here is your opportunity to share a cup of coffee with them (and yes, a donut) and thank them for all they do. 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, ext. 3512.



NEW SESSION! MATTER OF BALANCE — Classes starting Thursdays, January 9 through February 27, 1:00 — 3:00 pm

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



MASHPEE FIRE DEPARTMENT — Tuesday, January 14, 9:00 - 11:30 am. In response to the positive feedback and follow-up questions from their December winter preparedness presentation, a representative from the Mashpee Fire Department will join us in the Mashpee Senior Center lobby to give folks the opportunity to ask specific questions. Learn and get to know better this valuable department and its wonderful resources. Come on by — get your questions answered and pick up an emergency preparedness bag for your use for emergency supplies.



SMART TV PRESENTATION — Wednesday, January 15, 11:00 am.

In today's connected world, our TV's are getting smarter. Smart TV's have an internet connectivity which supports a whole range of applications such as browsing the web, streaming video such as You Tube, playing games, and controlling a whole house full of connected gadgets. At times it can feel overwhelming. Join us as Gadget Man, Greg McKelvey helps to demystify the Smart TV. 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.



KAREN'S KRAFTS — Come join us as leader Karen Thurber will help you make beautiful crafts. She will provide needed supplies. Come on in and create! There is a fee. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. For more information, please contact our Activity Coordinator Julie Silva at (508) 539-1440, ext. 3512.

♦ **Chunky Yarn Blanket — Thursday, January 9, 2:00 pm.**

"Oh Baby Its Cold Outside" - Come and enjoy making a really soft lap blanket with your hands in an hour. These blankets are sooo easy to make and are heavy warm lap blankets. There is a fee which includes 3 skeins of yarn to create one lap blanket. Come join us and have fun knitting with your hands.



♦ **Finger Loop Knitting for Gloves and Infinity Scarfs,**

Thursday, January 16, 2:00 pm. Finger looping yarn is designed for fun, fast hand-knitting projects! No knitting or crocheting is needed. Learn to make a beautiful infinity scarf or warm gloves. There are lots of colors to chose, and they are great for this winter weather — and they make great gifts!



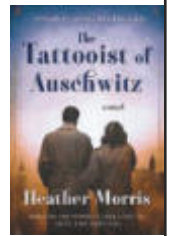
MONDAY MORNING MOVIE MUSINGS — Monday, January 6,

9:30 am. John Grisham has written many novels which Hollywood has turned into films. Please watch the film, "Runaway Jury" (2003) on your own (like reading a book for a book club). Then come prepared to discuss. This DVD is available through the public library CLAMS catalogue. Did the film follow the book's writing? Did you like the acting? Directing? Music? Join us and share your insight. Looking forward to an exciting discussion on this noteworthy author's material. No need to Rsvp; just drop in.



BOOK CLUB — Friday, January 17, 2:00 pm.

The book "The Tattooist of Auschwitz" is based on the true story of Lale and Gita Sokolov who met and fell in love while imprisoned in a Nazi concentration camp. It is their story of beauty, hope, courage and survival against the odds. Join us on the third Friday of each month. Reservations not required — just pop in.



A WELCOME MESSAGE FROM LORI NELSON, M.Ed in Counseling,

Outreach Coordinator for the Mashpee Council on Aging -- Hello Everyone! I am very fortunate and excited to be working with the seniors here in Mashpee. I started on November 4th. During my first month, I've been orientated to all the incredible work the Council on Aging and Senior Center provide on a daily basis. My role as the Outreach Coordinator is to assist Mashpee older adults to remain independent and safe in the community. Mashpee has been my home for over 30 years. My entire career has been devoted to helping others. I am passionate and committed to working with you in my new position. I look forward to a long term relationship with you and the Town of Mashpee. We live in an incredible and supportive community and I will work hard to gain your trust. My job is to help support you! If I haven't said hello to you yet, please feel free to stop by the Senior Center or call me, (508) 539-1440, ext. 3502.



VOLUNTEERS BUILD RESILIENT COMMUNITIES



VOLUNTEER OPEN HOUSE — Do you have some time to contribute? Want to use your talents and good cheer in a purposeful way? Are you looking for something to do occasionally? Maybe regularly? Have some questions or a curiosity about opportunities? **Come on in for Thursday, January 9th, from 10:00 am – 2:00 pm.** Our Volunteer Coordinator Nina Cocomazzi will be available to give info and address all inquiries!



Sea Mist swimming will start again on Tuesday, January 7, 2020.

Save the Dates! More info in the February Newsletter!

| | | | |
|---|--|--|--|
| Thursday, February 6 12:00 -1:00 pm | Talk by the VNA on Vertigo, Dizziness and Concussions | Tuesday, February 18 2:00 pm | 1st Annual Remembrance Ceremony |
| Wednesdays 1:00 — 3:00 pm | Intermediate Bridge Lessons February 12, 19, 26 | Wednesday, February 19 11:00 am | “Shifting Hope” — A Hospice Presentation |
| Friday, February 14 1:00 pm | Valentine’s Social | Mondays and Thursdays 2:00 — 3:30 pm | Fit and Strong Men’s Class (starting February 27) |

AARP TAX-AIDE INCOME TAX PREPARATION PROGRAM —



The Mashpee Senior Center is a site for the AARP Tax-Aide Income Tax Preparation Program whose mission is to assist low to moderate income taxpayers file their Federal and State returns. The following is a message from the volunteers who conduct this program. The Tax-Aide Program will begin at the Mashpee Senior Center on Friday, January 31, 2020, with the last available appointments on Monday, April 13, 2020. 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 – Appointment scheduling will start mid-January. Call the Senior Center at (508) 539-1440 to schedule your appointment. You will be given an appointment time; no special requests for a particular tax preparer will be taken. After making your appointment, please stop by the Senior Center to pick up the Income Tax Questionnaire. Please fill out the questionnaire and bring it to your appointment. Please note: Appointments are limited – please book yours for as soon as you think you

will have all of your tax documents.

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 [2018] 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 2019 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.

REGIONAL SHINE PROGRAM



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

Can I change my Medicare Plan after Open Enrollment?

Even though Medicare’s Annual Open Enrollment ended in December, (that’s the period in which you can change your Medicare Part D Drug Plan or Medicare Advantage Plan – Part C) you may still have some options:

For those with Medicare Parts A and B (Original Medicare): You can add a Medicare Supplement (Medigap Plan) at any time of the year in Massachusetts. If you already have a Massachusetts Medigap Plan, you can upgrade, downgrade or end your coverage at any time during the year. If you missed your initial period to sign up for Medicare Part A (hospital) and/or Medicare Part B (medical) now is the time. Then general open enrollment period for Medicare A and B is January 1 – March 31 with an effective date of July 1. Please call or visit your local Social Security office.

For those with a Medicare Advantage Plan (HMO or PPO):

Between January 1 and March 31, you can drop your Medicare Advantage Plan, effectively switching back to Original Medicare. You will be able to join a Medicare Prescription Drug Plan (Part D) at this time and you may also add a Medicare Supplement (Medigap Plan). You may also switch your Medicare Advantage plan from one to another during this time frame.

There may be special enrollment periods available to change your prescription plan outside of Medicare Open Enrollment. Please talk to your SHINE counselor if your 2020 Prescription plan is not working for you.

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. Please call the Mashpee Senior Center to schedule a SHINE appointment at (508) 539-1440. **Please remember to bring your list of current medications to your appointment.** For Mashpee residents, for more information on these programs or assistance with any Medicare issue, a Barnstable County SHINE counselor is placed once each week at the Mashpee Senior Center. If you are a resident of a town other than Mashpee, please call your town for SHINE locations/appointments. If you need immediate help or have an urgent question, please contact the Barnstable County Regional SHINE office at (508) 375-6762, (508) 362-5885 TTY.

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



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Regular Events Schedule

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

| MONDAYS | | TUESDAYS | | WEDNESDAYS | |
|-------------|--|-------------|--|---|--|
| 8:30-9:30 | Strength Training | 8:30-9:30 | Exercise | 8:30-9:30 | Strength Training |
| 9:30-10:30 | Candid Coffee Hour (Jane Bollin, RN, VNA of Cape Cod) (3 rd) | 9:00-12:00 | Woodcarving | 10:00-3:30 | @ Foot Care Clinic (3rd) * |
| 9:30-11:00 | Movie Musings (1 st) | 9:00-11:00 | Attorney Services (2nd) * | 10:00-11:00 | @ Zumba Gold |
| 9:45-10:45 | @ Gentle Yoga | 10:00-12:00 | Men's Club (1 st) | 10:00-12:00 | Independence House Relationship Education and Advocacy (2 nd) |
| 10:00-11:30 | Sight Loss Support Group (4 th) | 10:00-11:00 | @ Zumba Gold | | |
| 10:00-12:00 | Beginners Art Class | 10:00-12:00 | Attorney Services (4th every other month) * | 12:30-3:00 | Canasta |
| 11:00-12:00 | @ Chair Yoga | 11:00-2:00 | Sea Mist Swimming *** | 1:00-3:00 | @ Wednesday Painting Class |
| 12:00-4:00 | SHINE * | 1:00-2:00 | @ Mindful Meditation | 1:30-3:30 | Cape Cod Healthcare Dementia & Alzheimer's Services (2 nd & 4 th) |
| 12:30-4:00 | Mah Jongg | 1:00-3:00 | Attorney Services (1st) * | | Tai Chi for Healthy Aging |
| 12:30-3:00 | Pinochle | 3:15-4:15 | @ Ballroom Dancing (a partner or friend is necessary) | 2:30-4:00 | ** |
| 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 | Singing Seniors | 9:15 | Bowling (Falmouth) | NOTES: Transportation is available for activities , either through our minibus or Cape Cod Regional Transit Authority at (800) 352-7155. * Appointments required ; please call the Senior Center (508) 539-1440 or stop by the front desk to schedule. ** Waiting list sign up required. Please stop by the front desk or contact the Mashpee Senior Center at (508) 539-1440 to add your name to the wait list. *** Liability forms are required prior to swimming at Sea Mist. Please obtain the form from the Senior Center Receptionist. @ There is a fee | |
| 10:00-11:30 | Cribbage | 9:45-10:45 | Ageless Yoga | | |
| 10:00-11:00 | Knitting and Crocheting | | Neighborhood | | |
| 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 | Gadgets and PC Clinic (1st and 3rd) * | 1:00 - 4:00 | Veterans Services (1st & 3rd) * | | |
| 1:00-2:30 | Sketching | 2:00-3:00 | Book Club (3 rd) | | |
| 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) | | | | |

- ◆ **Wednesday Painters:** Please be aware that the morning Wednesday painting class is on recess through Wednesday, April 29, 2020. The morning class will resume on Wednesday, May 6. The afternoon Wednesday painting class continues as usual.
- ◆ **PC Laptops Skills** held the 1st and 3rd on Mondays is on recess from January through March.
- ◆ **Aerobics for the Brain** held the 2nd and 4th Tuesdays is on recess in January, resuming on February 11.
- ◆ **Exercise for Longevity** held Fridays is on recess through March, resuming in April.



FOMCOA THRIFT SHOP — The Friends of the Mashpee Council on Aging are grateful to the many wonderful people who donate to its thrift shop! Your help goes to support the Senior Center as well as other needs of seniors in the Mashpee community. We do ask, however, that you do not leave donations outside the shop when it is not open. We have had too many wonderful donations ruined by weather because our volunteers were not at the shop to accept the donations when they were left.

PLEASE drop off your donations ONLY during open hours. Open days are Tuesday, Wednesday,

Thursday, Friday, and Saturday from 9:00 am — 1:00 pm, but please note that occasionally the Thrift Shop hours may be closed as a result of volunteer unavailability. **Can you give us some time? The FOMCOA Thrift Shop needs volunteers to help!**

The Thrift Shop is located across the parking lot from the Mashpee Senior Center. Retail experience helpful, but not necessary. Shifts are 4 hours. Volunteer must have good mobility, and this is a great way to stay active. If you are interested in helping, please call Eleana at (508) 681-8391. This is a fabulous way for you and a friend to volunteer together as a team!

FALL STEP CHALLENGE RESULTS — Last October concluded our Mashpee Senior Center 1st Fall Step Challenge. We had 14 dedicated walkers who logged their steps through sickness, doctor appointments, rain, thrown-out backs and even chemo treatment. Such an incredible inspiration and so wonderful to connect with each walker to hear their progress and chat about the importance of just moving. One walker increased her steps from week 1 to week 4 by 51% and another by 23%. As a group we averaged 6,427 steps per day. Such a great job! Get those sneakers ready and be sure to join us as we look forward to the Spring Step Challenge.



Emergency Preparedness

INCLEMENT WEATHER — When the Mashpee schools



are closed, the Senior Center/Council on Aging activities and programs (including the minibus) are cancelled. However, the Senior Center building will remain open, and Council on Aging staff will report unless the Town Hall is closed. Please listen to the local radio stations for updated information.

We are strongly encouraging all seniors to be as

proactive as possible. ***Before the snow flies, line up a snow plowing service you can depend upon before the snow emergency begins.*** ** Verify that this service can plow the driveway and shovel your walkway. ** Make sure that you are able to leave your home safely. ** Make sure that services such as the Visiting Nurse and Meals on Wheels are able to access your home. ** ***We know of no service that does plowing or shoveling free of charge.*** For help making a plan, please call our Outreach Coordinator at (508) 539-1440, ext. 3502.

MASSACHUSETTS EMERGENCY MANAGEMENT AGENCY (MEMA) EMERGENCY ALERTS — Receiving advance



warnings for severe weather, timely emergency alerts, and information during a disaster is critical to staying safe during an emergency. Click here <https://www.mass.gov/info-details/be-informed-and-receive-emergency-alerts> to find more information on the MEMA emergency alerts programs.

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

CIVIL DEFENSE EMERGENCY — The Mashpee Council on Aging maintains a list of seniors who are homebound, and/or frail to help the town provide assistance to them during a civil defense emergency such as hurricane or blizzard. If you



would like to be on the list, please call the Senior Center at (508) 539-1440 and request a simple registration form for you to complete and return. Should you need assistance completing the form, please call the Outreach Coordinator at (508) 539-1440, ext. 3502.

DISABILITY INDICATOR FORM - Are you a disabled elder? Disabilities would include life support system, mobility impaired, blind, deaf and hard of hearing, teletypewriter, speech impaired, cognitive impairment, etc. If you have any of the listed disabilities, Clay Nicholson, Mashpee's 911 Municipal Coordinator, recommends that a **911 DISABILITY INDICATOR FORM** be completed and forwarded to him so that if an emergency occurs, public safety officials will be alerted that an individual residing at your address communicates over the phone via TTY and/or has a disability that may hinder evacuation or transport. **This information is confidential and will only appear at the dispatcher's location when a 911 call originates from your address.** Please contact Clay Nicholson, (508) 539-1400 ext. 8499, with any questions and to pick up a form. You can also pick up this form at the Mashpee Senior Center.



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





MASHPEE POLICE DEPARTMENT'S TIP OF THE MONTH

SCAM ALERT!

Mashpee Police Department continues to see scams involving prepaid cards. Always question any requests by family or friends that involve prepaid cards. Check with your family and friends before purchasing prepaid cards for them. The most recent scam that has been reported to MPD is a scammer disguised as a social media friend stating they made thousands of dollars in a small investment. The scammer then asks the friend if they wanted to get in on the deal. The scammer then advises the friend to go to a store and purchase prepaid cards. If you have any question regarding the legitimacy of a call or social media request please contact Mashpee Police Department. Any questions, please contact Special Officer and Advocate Tara Carline at (508) 539-1480, ext. 7253 for support services.

JANUARY TRAVEL CLUB NEWS



Foxwoods "Be My Valentine" 2/11, \$35; **Mean Girls-Boston Opera** 2/09, \$145; **Fiddler on the Roof-PPAC** 2/14, \$110/\$75; **Peabody Essex Museum-NEW Wing Open!** 2/22, \$65; **Blue Man Group PPAC-Matinee** 2/21, \$105/\$75; **Riverdance Boston Wang-Orchestra** 4/04, \$95; **Jesus Christ Superstar PPAC-Matinee** 4/05, \$110/\$75; **Art In Bloom-MFA** 5/04, \$69; **Great Trains and Grand Canyons-Sedona** 5/17; **Dear Evan Hansen PPAC-Matinee** 5/31, \$139; **Newport Flower Show** 6/19, \$60; **Red Sox 2020** tickets on sale NOW! For a complete listing of all trips, stop by the Senior Center or visit adventureswithkarynwendell.com. Karyn is here Thursdays from 9:00 to 11:00 am. For more information, contact Karyn Wendell at (508) 420-5288 - Karyn-mw1@comcast.net. Mail payments: Karyn Wendell, P. O. Box 161, Centerville, MA 02632. See "Adventures with Karyn" ad every Sunday in the Cape Cod Times.

Mashpee Senior Center Minibus

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



Minibus Schedule

Mondays: Mashpee and Sandwich — Please make sure that appointments must be made between **10:00 am and 1:30 pm.**

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

Fridays: Mashpee and Falmouth except for the first Friday at which the minibus does not go to Falmouth — Please make sure that appointments on Fridays must be made between **10:00 am and 1:00 pm.**

PLEASE NOTE: The minibus is handicapped-accessible with a wheelchair lift. If not in a wheelchair, riders must have independent mobility as safety is very important to us. We ask that if you need assistance, aides and companions are welcome to ride our minibus with you. Please include this information in your minibus reservation. If you need special assistance, please contact the Outreach Coordinator at (508) 539-1440, ext. 3502. Minibus rides are free of charge. If we are not able to meet your transportation need, please call the Cape's public transportation service, the Cape Cod Regional Transit Authority (CCRTA) at (800) 352-7155 for a ride.

Cape Cod Regional Transit Authority (CCRTA) Information



The Cape Cod Regional Transit Authority (CCRTA) has been providing public transportation services since 1976 to residents and visitors for all 15 Cape Cod communities. **Large print directory schedules are available for the following fixed route bus service routes:** Barnstable Villager, Sealine, H2O Hyannis-Orleans, Flex, Bourne Run, Sandwich Line, and Hyannis Loop. They are year-round fixed routes. Download the large print files of the schedule by selecting "Rider Alerts — Large print schedule is available [here](http://www.capecodtransit.org/)" by visiting its website's home page at <http://www.capecodtransit.org/>. In addition to fixed route bus service routes, **Dial-A-Ride Transportation (DART) Service** is a daily general public service that is a door-to-door, ride-by-appointment, transportation service. This service is available to all Cape Cod residents for any purpose. Also, **Boston Hospital Transportation** is a transportation service to Boston area hospitals that runs Monday through Friday, by reservation. For more information about CCRTA, please call the toll free number (800) 352-7155; local number (508) 385-1430; or TTY (800) 439-0183 or visit its website: <http://www.capecodtransit.org/>.

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.



CANDID COFFEE FOR HEALTH TALKS — Monday, January 20, 9:30 am

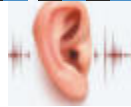


Join us for coffee, a healthy snack, and casual conversation about managing your healthcare from Jane Bollin, Public Health and Wellness RN, of the Visiting Nurse Association of Cape Cod. We invite you to get your blood pressure checked and a 1-on-1 consult with Jane Bollin, RN. This group accepts requests for specific health related topics. Please stop by and see what it's all about! We meet on the third Monday of each month at 9:30 am. Bring a friend; walk-in's are always welcome!

A message from Charles Altieri, Public Health Nurse of the Visiting Nurse Association of Cape Cod: **HEALTH TIPS:** Mayo Clinic December 2019: **New osteoporosis drug for women at risk for fractures.** Post-menopausal women who have bone thin osteoporosis may be at lower risk for fracture if they take a newly approved drug, romosozumab (Eventity). Mayo clinic doctors say that romosozumab represents a welcome new treatment option for women at high risk for fracture. This drug may be especially beneficial given the larger increases in bone mineral density that are seen compared with other osteoporosis therapies. Please see your doctor to find out more information of the drug.



HEARING TESTS — Thursday, January 16, 2:00 — 3:00 pm **by appointment.** 3rd Thursday. Call the Senior Center at (508) 539-1440 for an appointment.



FOOT CARE — Wednesday, January 15, 10:00 am — 3:30 pm **by appointment.** Available the 3rd Wednesday of each month. There is a fee. Call the Senior Center at (508) 539-1440 for an appointment.



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

SCCLS, Tuesday, January 28, 10:00 am. The South Coastal Counties Legal Services, Inc. (SCCLS) Elder Law attorneys visit the Cape and Islands' senior centers bimonthly including Mashpee, and they provide legal services to elders who are economically or socially disadvantaged. Priority areas include housing, government benefits, Medicare, Medicaid, reverse mortgage counseling, and general health law concerns. Consultation by SCCLS is free.



Other attorneys are available on the 1st and 2nd Tuesday of the month, regarding trusts, wills, probate, and estate planning. Please be aware that these appointments are for Mashpee seniors only, for consultations only, and not for dealing with on-going legal issues. The initial brief consultation at the Senior Center is free. If you choose to have any additional consultations or follow up with the attorney outside of the Senior Center, please be aware that it is not the responsibility of the Mashpee Council on Aging. We respectfully request that you limit your appointments during the year so that others may be accommodated. Please note that the lawyers do not handle questions regarding criminal matters, divorce concerns, and VA benefits. Call the Senior Center

at (508) 539-1440 for an appointment.

INDEPENDENCE HOUSE RELATIONSHIP EDUCATION AND ADVOCACY — Wednesday, January 8, 10:00 am.

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



PARKINSON SUPPORT NETWORK OF CAPE COD — Thursday,

January 9, 10:00 am at the Mashpee Senior Center. Our guest speaker, Dr. John Allen, Health Psychologist at Spaulding Cape Cod, will present "Parkinson's Partner Strain: Strategies for Mindful Caregiving". All are welcome on the 2nd Thursday of each month. For information, please contact Jeanne Jackson at (508) 367-4267.



CAPE COD HEALTHCARE DEMENTIA & ALZHEIMER'S SERVICES SUPPORT GROUP — Wednesdays,



January 8 and 22, 2nd and 4th Wednesday of each month at 1:30 pm at the Senior Center. The support group is for people with memory impairment and their care partners. It provides information, guidance, and respite to caregivers, and conversation and socialization for those with memory impairment. To preregister, please call Cape Cod Healthcare Dementia & Alzheimer's Services at (508) 775-5656.

SIGHT LOSS SERVICES PEER SUPPORT GROUP — Monday,

January 27, 10:00 am. 4th Monday of each month, 10:00 — 11:30 am. This support group meets at the Mashpee Senior Center, and is open to anyone with vision issues from diagnosis to legal blindness and provides access and information on services available.



For more information, call Sight Loss Services at (508) 394-3904 or visit their website: <http://www.sightloss.org/>. Drop-in's are welcome.

INCONTINENCE PRODUCTS DISTRIBUTION — Wednesday,

January 8, 10:00 am. The Mashpee Senior Center distributes incontinence products to low income Mashpee seniors (both men and women) on the first Wednesday of every month from 10:00 am to 12:00 noon. Participants will be given one pack of products. For more information regarding the style/type of products that are available and to register for the program, please call our Outreach Coordinator at (508) 539-1440, ext. 3502. No appointments are necessary, but you must preregister. Please note that you must be a resident of Mashpee and a senior; distribution will be subject to availability.



MASHPEE SUBSTANCE USE TASK FORCE — DROP-IN NIGHT

Drop-In Night provides treatment options, counseling and education to individuals and families struggling with substance use and addiction. **Date:** First Tuesday of every month. **Time:** 4:00 pm - 6:00 pm **Location:** Community Health Center of Cape Cod, 107 Commercial Street, Mashpee. No fee.



HOW DO I JOIN THE MASHPEE SENIOR CENTER?



It's easy! If you are a resident of Mashpee and at least 59 ½ years old, you are automatically eligible to participate in all offered activities and services, and there is no membership fee. Generally there is no cost to participate, but there may be a fee for some classes. Stop by the Senior Center to receive a welcome package and to fill out our contact information form. You will then receive our free Senior Connection monthly newsletter that contains information

on all our activities and services. You may also open the Town of Mashpee Council on Aging/Senior Center website for our on-line newsletter at www.mashpeema.gov/council-aging, or you can stop by the front desk at the Senior Center to pick up the newsletter if you would prefer. Non-residents and/or younger individuals may participate in most activities on a "space available" basis.

What are the major benefits of participation in the Mashpee Senior Center? Mashpee senior residents may utilize the free minibus transportation services and participate in activities and services.



The Mashpee Senior Center conducts many activities — too many to include in one paragraph in the newsletter for all the activities! Every month we will spotlight one or two Mashpee Senior Center activities. We encourage you to join us!

JANUARY SPOTLIGHTS

AGELESS YOGA – Friday, 9:45-10:45 am. Gently-led Hatha yoga class with focus on stretching, improving balance and building strength in a calm, supportive atmosphere. Students are encouraged to create an individual practice even in this group setting. This allows each person to move

forward at their own pace. For seasoned practitioners or for those who haven't touched their toes in years, this class is safe, beneficial, and fun for all. Bring a mat; wear comfortable clothing. Various instructors.

CHAIR YOGA – Monday, 11:00 am-12:00 pm. Modified for seniors who prefer to practice yoga seated in a chair. Poses are done seated in a chair or using the chair for support while standing. There is a fee. (1st class is free)

GENTLE YOGA – Monday, 9:45-11:00 am. Appropriate for those who are comfortable sitting on the floor. This slow-moving class focuses on stretching and working muscles in a gentle manner. Please bring a yoga mat. There is a fee. (1st class is free)

FUEL ASSISTANCE — The Low Income Home Energy Assistance Program (LIHEAP), more commonly known as the Fuel Assistance Program, provides low-income households with help in paying heating bills. South Shore Community Action Council (SSCAC, Inc.) provides fuel assistance to residents of 38 communities of the South Shore and Cape & Islands towns. The program runs from November 1, 2019, through April 30, 2020.



Am I Eligible to Receive Fuel Assistance? Eligibility is based on gross income, household size and vulnerability to heating costs. Fuel Assistance can assist with any primary heat type: oil, natural gas, electricity, propane, kerosene, wood or coal. In Massachusetts, the eligible income guidelines extend to households with incomes up to \$37,360 for 1 member, up to \$48,855 for 2 members.

How Do I Apply? Bring the following types of information/documentation to an intake site: 1) Last 4 weeks' gross income for everyone in the household 18 years and older; all income must be documented such as child support, odd jobs, veterans, pension, AFDC, Social Security, etc.; 2) Any adult receiving income for a minor must have proof of that income; 3) For the self employed, a copy of last year's Federal Tax Return with pages and schedules; and 4) Full time students need documentation from the school or college. You will also need a complete electric bill; heating bill; mortgage, homeowner's insurance, real estate tax or lease; photo ID; and Social Security cards and birth dates for all in household.

How Does It Work? Typically, the program runs from November 1 until April 30 every year. Once your application is approved, both you and your primary heating company (vendor) receive a written notification from SSCAC, indicating the amount for which you have been approved. This amount is not guaranteed, but is based upon funding availability. After your household is determined eligible, the vendor will send bills to SSCAC for your usage, up to your eligibility amount, as you receive deliveries or utility bills. Although payment of these bills is dependent upon funding availability, SSCAC will make every effort to pay your bills up to your eligibility amount. Payments are made directly to the heating vendor.

How Do I Check the Status of My Application? You can call the automated interactive voice retrieval telephone system at (877) 383-5243, 24 hours/day, 365 days/year. This system will explain how the program works; what the eligibility guidelines are; and the status of your application, including any payments made. To speak with a staff member of South Shore Community Action Council, please call the Hyannis office at (508) 778-0870 starting November 1.

Where Do I Apply? If you did not receive Fuel Assistance last winter through South Shore Community Action Council, you must apply in person at either their office at 66B Willow Avenue, Hyannis, (508) 778-0870, or at one of their outreach sites. The Mashpee Senior Center is an outreach site. You may call us at (508) 539-1440 to make an appointment to fill out an application.



BOOK DONATIONS — Because of the limited shelves in our library, we can accept only a few books at a time. Mashpee residents may bring books for recycling to the Mashpee Transfer Station during normal hours of operation.



PORTABLE POCKET TALKERS — The Mashpee Senior Center has three portable pocket talkers, assistive listening devices which will help you to hear better while you are at the Senior Center. If you would like to use the pocket talker during one of our activities, please see Linda Wicks, our Administrative Secretary, and Linda will provide you with the device.



MEDICAL EQUIPMENT BORROWING OR DONATING — The Mashpee Senior Center does not accept nor loan out medical equipment such as walkers, canes, transfer benches, commodes, or shower chairs. Our center does not have storage space for this equipment. Please check with the following locations for which you may donate to or borrow from the Falmouth Senior Center or Christ the King Parish Thrift Shop.



The Mashpee Senior Center respects all aspects of people including race, ethnicity, gender expression, sexual orientation, socio-economic background, age, religion, body shape, size and ability.

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

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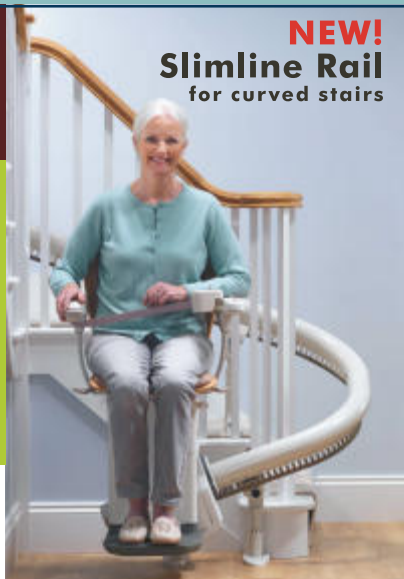
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DID YOU KNOW...that Elder Services of Cape Cod and the Islands serves a luncheon at the Mashpee Senior Center every Monday - Friday at 11:30 am? This is a good way to help keep your food costs down — plus it is fun and social! A voluntary suggested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

Please note:

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

| | | | |
|--|--|--|--|
| Lynne Waterman Director lwaterman@mashpeema.gov | Lori Nelson Outreach Coordinator lnelson@mashpeema.gov | Julie Silva Activity Coordinator coaactivitycoordinator@mashpeema.gov | Nina Cocomazzi, Volunteer and Program Support Coordinator coavolunteercoordinator@mashpeema.gov |
| Linda Wicks Administrative Secretary lwicks@mashpeema.gov | Darlene Perkins Part-time Outreach Coordinator pperkins@mashpeema.gov | Peggy Rose Receptionist prose@mashpeema.gov | Lisbeth Dineen Office Assistant coaofficeassistant@mashpeema.gov |

MASHPEE COUNCIL ON AGING MISSION STATEMENT

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

Our Core Values

Respectful Welcoming Supportive

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

Lynne Waterman, Director
 David Egel, Chairperson, Council on Aging

MASHPEE COUNCIL ON AGING
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MASHPEE, MA 02649

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