

February 2020

# The Mashpee Senior Connection



*The Mashpee Senior Center will be closed on Monday, February 17, for Presidents Day. All activities including the minibus are cancelled for that day.*

## **VALENTINE'S DAY SMOOTH JAZZ AND SAVORY**

### **TREATS – Friday February 14, 1:00 pm.**



Valentine's Day is a day to show others and yourself some love. Join us, sit back, and relax while the smooth sounds of the Bart Weisman Jazz Group fill the room. Enjoy some sweet and savory treats. Due to space limitations, this is open to Mashpee seniors only. Sponsored in part by Laurentide at Mashpee Commons. 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.

### **1ST ANNUAL REMEMBRANCE DAY — Tuesday, February 18, 2:00 pm.**

The month of February is often associated with Valentine's Day and love. It tends to be a time to rededicate your love to someone special. This month can be difficult if that



someone special, be it a spouse, partner, friend, family member or neighbor, is no longer with us, especially the first year without them. This gathering will be held to remember those members of the Mashpee Senior Center community who passed away in 2019. Join us as we remember and take the opportunity to connect with others who knew that special someone. Please Rsvp to the Mashpee Senior Center (508) 539-1440, or stop by the front desk to sign up by February 11. For more information or to include the name of a Mashpee senior to be remembered, please contact our Activity Coordinator, Julie Silva at (508) 539-1440, x3512.

### **TALK BY THE VNA ON VERTIGO, DIZZINESS AND CONCUSSIONS — Thursday, February 6, 12:00 noon.**



us and learn about the common causes of and treatments for vertigo and dizziness as well as about concussion causes, symptoms and treatments. Learn to

manage imbalance and protect your head when you fall! 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.

### **GOOGLE GMAIL WORKSHOP — Wednesday, February 12, 11:00 am.**

Gmail is Google's free web-based email product with a large amount of storage space. All that storage space allows users to archive emails. With its search function one can easily access archived emails. By adding a few search keywords in the search box, you can find emails and attachment types. Join us with volunteer Paul Gentile as he continues with his presentations and learn more about Gmail. Prior internet use is recommended. 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.



### **BIKE TRIP ACROSS AMERICA PRESENTATION – Thursday, February 13, 1:00 pm.**

What's it like to bike 3,411 miles across America? Join us as we welcome adventure-seeking Patrick McGinty and find out how he averaged 80 miles per day over 43 days. Find out about some of the interesting people he met along the way and



hear about his other trials, tribulations and rewards of achieving a dream. If you too are an adventurer, have an adventurer spirit, wondered about biking across America or just love to hear about travel stories, this presentation is for you. 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.

### **REMEMBERING THE BLIZZARD OF '78 - Tuesday February 11, 1:00 pm.**



Old Man Winter gave the Northeast a beating 42 years ago that we would never forget. The Blizzard of '78 dropped catastrophic amounts of snow, forcing motorists to be stranded in cars along roads and major highways, and schools were closed for

days. Come in from the cold and enjoy some hot chocolate and a twist to our "Meet and Greet" series as our Director Lynne Waterman and our Activity Coordinator Julie Silva reminisce and hear your stories of this unforgettable storm. 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.

**"SHIFTING HOPE", A HOSPICE PRESENTATION — Wednesday, February 19, 11:00 am.**



for a loved one with a complex illness, you know what an ordeal it can be. Sometimes you don't know what to expect or prepare for, or perhaps the goals of the medical provider may be different from our goals and the goals of our loved ones. This talk will provide strategies to help families struggling with decisions such as goals of treatment, medical interventions, and others. It will provide valuable tools for communicating with medical providers to understand what is important to you. This talk will also give you the opportunity to ask a nurse practitioner specializing in palliative care questions relating to any aspect of the hospice journey. 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.

**FIT & STRONG! MEN'S ONLY CLASS - Mondays and Thursdays beginning Thursday, February 27, through the end of May, 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.

**INTERMEDIATE/ADVANCED BEGINNER BRIDGE LESSONS – Wednesdays February 12, 19 and 26, 1:00 – 3:00 pm.**

This is an excellent opportunity to continue to improve upon your already basic understanding of this popular game. Improve your skills with supervised hands on play.



It is a great refresher program with instruction. Please rsvp for this 3-week commitment 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.

**BOOK CLUB – Friday, February 21, 2:00 pm. "Dutch Girl" by Robert Matsen.**



Twenty-five years after her passing, Audrey Hepburn remains the most beloved of all Hollywood stars, known as much for her role as UNICEF ambassador as for films like *Roman Holiday* and *Breakfast at Tiffany's*. Several biographies have chronicled her stardom, but none has covered her intense experiences through five years of Nazi occupation in the Netherlands. Come and learn more about her. Join us on the third Friday of each month. Reservations not required — just pop in.

**PLAN AHEAD! CENSUS PRESENTATION — Wednesday, March 4, 1:00 pm.**

Join us to learn about the 2020 United States Census from a staff member from the Field Division U.S. Census Bureau. He will talk about the senior population and how the census impacts you (for example, you may be a "snow bird" or may reside somewhere else during the year), where you may turn to if you have questions completing the census, and how the census impacts someone who is a senior citizen. 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.





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

<b>Wednesday, March 4</b> 1:00 pm	Census Presentation	<b>Friday March 20</b> 1:00 pm	International Day of Happiness Event
<b>Wednesday, March 11</b> 11:00 am	Google "Keep Notes and Lists" Presentation	<b>Thursday, March 26</b> 2:00 pm	Holistic Pain Management

**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 has begun at the Mashpee Senior Center 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.

**Medicare Savings Programs**

Because of a new state law, Massachusetts is expanding several Medicare Savings Programs (also known as "MassHealth Buy-In" programs). These programs help older residents and people living with disabilities save money on their Medicare coverage. If you are a Massachusetts resident with limited income and assets, who is eligible for Medicare, you may qualify for a Medicare Savings Program that will pay your monthly Medicare Part B premium, which is now deducted from your Social Security benefit. Starting January 1, 2020, the income and asset limits for the Medicare Savings Programs are increasing. If you qualify for a Medicare Savings Program, you will also automatically qualify for Extra Help, a program that will help pay for your prescription drugs under Medicare.

For more information, contact your local SHINE counselor at the Senior Center or the regional SHINE office (508-375-6762). You can also contact MassHealth directly

You are:	Your income is at or below*:	And your assets are at or below**:
Single Individual	\$1,738/month	\$15,460
Married Couple	\$2,346/month	\$15,460

\* Note these amounts may increase as of 03/01/20  
 \*\* Note these amounts may increase as of 01/01/20

to request a MassHealth Buy-In application (1-800-841-2900) or download one from: <https://tinyurl.com/MassMSP>.

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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*Own your tomorrow.*



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





## Emergency Preparedness

### DID YOU KNOW? EVERSOURCE MEDICAL LIFE SUPPORT PROGRAMS

Eversource offers a number of programs to assist senior customers and those who may have a medical condition:

- ◆ **Medical Hardship Status:** If you're experiencing financial hardship and have a serious illness, you can have a medical protection added to your account which will prevent shut-off due to nonpayment. Documentation from your doctor is required for this program.
- ◆ **Life Support Customer:** If you have a serious medical condition that requires life supporting equipment, you can enroll in Eversource's critical care notification program. In the event of a storm or planned outage, you will be notified in advance of the outage so that you can make other arrangements.

For more information, please call Eversource at (800) 592-2000. Representatives are available Monday through Friday, from 8:00 am. to 6:00 pm.



**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



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](http://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

With the month of February comes frigid and often stormy weather. Here are some winter safety tips for seniors and their caregivers:

- ◆ **Take caution when walking around.** Flat footwear with rubber soles provides better traction on ice and snow than leather-soled or high-heeled shoes. Use handrails where you can. Take small steps to keep your center of balance under you and avoid carrying lots of heavy shopping bags, especially on steps.
- ◆ **Dress for the weather.** Hypothermia occurs when a person's body temperature drops below normal and stays low for a prolonged period of time. With advancing age, the body's ability to endure long periods of exposure to cold is lowered.
- ◆ **Check your car.** Make sure your car's registration and inspection is up-to-date, check your tires and have an emergency kit: with portable phone charger, flashlight, snacks, blanket, extra clothes and an ice scraper for your vehicle.
- ◆ **Fight wintertime depression.** Stay active and involved in your community. If you are feeling depressed CALL your primary physician immediately. Call or text the Samaritans 1 (877) 870-HOPE(4673).
- ◆ **Prepare for power outages.** Have bottled water, blankets and warm layers, supply of medications, canned foods and portable charger.

◆ **Prevent carbon monoxide poisoning and fires.** Make sure you have a working smoke alarm and carbon monoxide detector in your home.

If you have any questions on how you can stay safe this winter, please contact Special Officer and Advocate Tara Carline at (508) 539-1480, ext 7253.

### FEBRUARY TRAVEL CLUB NEWS



**Foxwoods** "Be My Valentine" 2/11, \$35;  
**Fiddler on the Roof**-PPAC 2/14, \$110/\$75;  
**Peabody Essex Museum**-NEW Wing Open! 2/22, \$65; **Blue Man Group** PPAC-Matinee 3/21, \$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; **Dear Evan Hansen** PPAC-Matinee 5/31, \$139; **Cirque du Soleil CRYSTAL June tba**; **Newport Flower Show** 6/19, \$60; **Red Sox vs Seattle Mariners** 6/29, \$139; **Great Trains and Grand Canyons-Sedona** 5/17, on sale now! For a complete listing of all trips, stop by the Senior Center or visit [adventureswithkarynwendell.com](http://adventureswithkarynwendell.com). Karyn is here Thursdays from 9:00 to 11:00 am. For more information, contact Karyn Wendell at (508) 420-5288 - [Karyn-mw1@comcast.net](mailto: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, February 17,



**VISITING NURSE ASSOCIATION OF CAPE COD**

is cancelled for Presidents Day. 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: **Caring for dry**

**skin, Mayo clinic 5/2019.** Dry skin is the most common cause of itching in older adults. Keep your skin healthy by:

- ♦ Keeping baths and showers short and warm. Hot water can deplete natural oils in your skin.
- ♦ Most of the time, use soap on the face, underarms, genital area, hands and feet. Use mild, super fatted or glycerin soaps or dry skin cleansers.
- ♦ Brush excess water off and gently blot or pat yourself dry with a clean towel. Leave your skin moist.
- ♦ Keep yourself hydrated, drink extra water throughout the day and protect your skin from dry winds.

**HEARING TESTS** — Thursday, February 20, 2:00 — 3:00 pm **by appointment.** 3rd Thursday. Call the Senior Center at (508) 539-1440 for an appointment.



**FOOT CARE** — Wednesday, February 19, 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, March 24, 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 1<sup>st</sup> and 2<sup>nd</sup> 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, February 12, 10:00 am.



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

**PARKINSON SUPPORT NETWORK OF CAPE COD** — Thursday, February 20, 10:00 am at the Mashpee Senior Center. 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, February 12 and 26, 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, February 24, 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, February 5, 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.



### OUTREACH CORNER

**LIBRARY DELIVERY** — Are you housebound? Are you feeling isolated? Do you like to read? Would you welcome a smiling face and someone new to talk to? Then the Library Lady may be a perfect fit! The Senior Center has a volunteer who can meet with you twice monthly to pick up and deliver books, movies and audio books to your door. All you need is a library card and the love of reading. Call Lori Nelson, Outreach Coordinator, (508) 539-1440, ext 3502 to set up a visit.

**FRIENDLY VISITING** — The Mashpee Senior Center offers a friendly visitors program! You might appreciate a weekly visit from a new 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 Lori Nelson, Outreach Coordinator at (508) 539-1440, ext. 3502. Please note that this is not a respite program.

## Spotlight

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!

### FEBRUARY SPOTLIGHTS

**BEGINNER ART CLASSES - Mondays, 10:00 am.** Have you been timid about trying an art class? Let's have fun learning new and creative skills for the beginning artist. We encourage everyone to join us -- both those who have joined the class previously and especially those who are new to art classes. Materials needed will depend on each individual and will be discussed at the first class. Volunteer artist Gerry Raposa is again looking forward to sharing her art experience with you. No charge.

**BOOK CLUB – 3<sup>rd</sup> Friday of every month, 2:00 pm.** Join us

and you need not have read the book to join in; you may just want to meet new people and see what the Book Club is all about. Books that are chosen to be read are those that are easily accessible. Book selections may be chosen by the leader of the group, from member suggestions, or you may call the Activity Coordinator at the Center for more information. New members always welcome. This is a fun and social group. No charge.

**KNITTING AND CROCHETING — Thursday, 10:00 am.** Do you knit? Crochet? Instead of staying at home to knit or crochet, join us for each Thursday morning and meet new friends. It is a great way to get out and enjoy something you already do. Perhaps sharing will give you new ideas! Group members also help each other! Volunteer group leader's role is to help beginners; she does not provide instruction/formal lessons. No charge.

**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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**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.

<p><b>Lynne Waterman</b> Director <a href="mailto:lwaterman@mashpeema.gov">lwaterman@mashpeema.gov</a></p>	<p><b>Lori Nelson</b> Outreach Coordinator <a href="mailto:lnelson@mashpeema.gov">lnelson@mashpeema.gov</a></p>	<p><b>Julie Silva</b> Activity Coordinator <a href="mailto:coaactivitycoordinator@mashpeema.gov">coaactivitycoordinator@mashpeema.gov</a></p>	<p><b>Nina Cocomazzi,</b> Volunteer and Program Support Coordinator <a href="mailto:coavolunteercoordinator@mashpeema.gov">coavolunteercoordinator@mashpeema.gov</a></p>
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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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Lynne Waterman, Director  
David Egel, Chairperson, Council on Aging

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

*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.*