

March 2020

The Mashpee Senior Connection

MASHPEE CULINARY EXPERIENCE — Monday, March

2, 10:45 am. Join us for a surprise culinary delight prepared by Mashpee's future celebrity chefs, the Mashpee Middle High School. Come learn about the Mashpee Middle High School Hospitality Pathway and watch as these students demonstrate their cooking skills using state of the art induction cooktops. Then sit back and enjoy a culinary favorite. 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.



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 of the U.S. Census Bureau. He will talk about seniors and how the census impacts you (for example, you may be a "snow bird" or may reside somewhere else during the year), and where you may turn to if you have questions completing the census. 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.



POETRY AND THE CREATIVE MIND – Tuesdays, 1:30 – 2:30 each week starting March 3.

Henry Ford said, "anyone who keeps learning stays young." Creative endeavors such as poetry can enhance people's lives as they age, engaging them socially and creatively. There is something magical about telling a story through poems. Join us in a new weekly group led by Sue Surette and Joan Forde; both discovered their love for poetry during a creative writing class and have published some poems. In this supportive, no-pressure group, you will be exposed to various forms of poetry, motivated by writing exercises



and activities to get thoughts flowing, encouraged to explore different ideas, plus share different perspectives. Come join us with like-minded friends keeping poetry alive. 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.

DISCOVERING YOUR ROOTS – GENEALOGY 101 –

Thursday, March 12, 12:00 noon. Back by popular demand. Do you ever wonder where you get your musical ability or that distinctive feature? Perhaps there was a historical event that your ancestors were part of or maybe you are related to someone famous. Our volunteer, Greg McKelvey, has researched his own genealogy extensively. Join him as he helps you discover new family histories and new connections. This 3-hour session will provide an introduction to get started, to research methods, to plot a family tree, and to unpack your DNA results. Due to space limitations, Mashpee seniors only. Please Rsvp to the Mashpee 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.



INTERNATIONAL DAY OF HAPPINESS – Friday, March

20, 1:00 pm. Did you know that Friday, March 20, is International Day of Happiness? Join us as we listen to and discuss two of the ever popular TED Talks, "What Makes a Good Life: Lessons from the Longest Study on Happiness" and the "Happy Secret to Better Work." Recognizing the importance of happiness is monumental. Enjoy some treats, enjoy some discussion, enjoy meeting other people and leave with your fill of happiness. 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.



GOOGLE “KEEP NOTES AND LISTS” PRESENTATION —

Thursday, March 5, 11:00 am.

Google Keep is a free Google product that lets you quickly take and save those notes, photos, voice memos, and checklists to Google Drive, and then access them again on any other web-connected device you use. Join us with volunteer Paul Gentile as he continues with his Google presentations and learn more about Google Keep. 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, ext 3512.



UKULELE OPEN HOUSE & SMALL GROUP BEGINNER LESSONS—Open House, Tuesday, March 24, 11:30 – 12:30 pm.

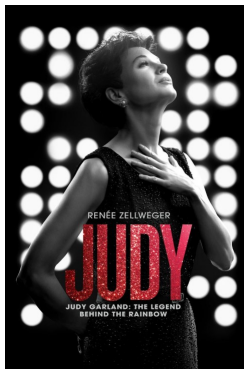
Lessons start on Tuesdays, April 7 through May 19.

Playing music not only improves memory abilities, but can provide a mood boost as well. Learn an instrument to engage memory and recall and use hand-eye coordination and listening skills. Plus, with a ukulele, you may just be the life of the party! Join us on Tuesday, March 24, for a free open house with an instructor who has been teaching ukulele and performing the ukulele for many years. See if this instrument is for you, what size would be appropriate, and where to purchase a ukulele. Come have some fun and learn something new. There is a cost for the lessons. 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.



FRIDAY FLICK – JUDY (PG - 13) Friday, March 13, 1:00 pm.

Renée Zellweger won her Oscar as Performance by an Actress in a Leading Role for her transformative performance as the late, great Judy Garland, the legend behind the rainbow. Join us for some popcorn and a showing of the film, “Judy”, a 2019 biographical drama film about American singer and actress Judy Garland. 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.

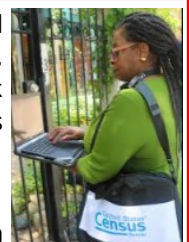


BOOK CLUB – Friday, March 20, 2:00 pm.

“Tough Love: My Story of the Things Worth Fighting For” by Susan E. Rice, National Security Advisor to President Barack Obama and US Ambassador to the United Nations. A revealing memoir of life behind the diplomatic curtains. Join us on the third Friday of each month. Reservations not required — just pop in.



2020 CENSUS — ADDRESS CANVASSING — Just a reminder: Census Bureau Address Canvassers will be out and about in the community. They are verifying addresses for the upcoming 2020 Census. If they stop by your home, you can ask for identification. They should have a Census Bureau tablet, ID, and messenger bag. They do not ask for donations, Social Security information, bank accounts, etc. Thank you for supporting the upcoming Census that will take place mid-March through July 2020.



TO BOCCE OR NOT TO BOCCE? HELP US DECIDE! You may know that bocce ball is a fun source of exercise and can be one of the most exciting, easy and relaxing sports, all while enjoying the great outdoors. We are looking for your input to see if you would be interested in playing bocce. If you are interested in playing bocce ball, please call Julie Silva, Activity Coordinator at (508) 539-1440, ext 3512.

SEA MIST RESORT SWIMMING — The Sea Mist Resort kindly allows Mashpee seniors to swim in its Sea Mist pool for no cost. This is a benefit which we appreciate. The Sea Mist swimming program continues on Tuesdays and Thursdays from 11:00 am to 2:00 pm from September to June. Each senior is required to complete a liability form each year. *For the enjoyment of the owners and guests, we ask that you do not arrive before 11:00 am and that all seniors be finished with swimming at 2:00 pm. Please remember that you must sign in and out. Also note that the exercise room is not part of the program.*



Save the Dates! More info in the April Newsletter!

Thursday, April 2 2:00 pm	Holistic Pain Management presented by the VNA	Tuesdays, April 21 and April 28, 1:00 pm	2-Part Nutrition Series presented by the VNA
Tuesday, April 7 2:00 pm	Herring Count Presentation	Thursday, April 23 11:00 am	Elder Services of the Cape & Islands Presentation
Wednesday, April 8 11:00 am	Google Drive Presentation	Friday, April 24 9:45 am — 3:00 pm	AARP Safe Driving Course (spring session)

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 – 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	\$23,600

* 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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Ned Eastman
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schwab.com/mashpee



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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 rd)	9:00-12:00	Woodcarving	10:00-3:30	@ Foot Care Clinic (3rd) *
9:45-10:45	@ Gentle Yoga	9:00-11:00	Attorney Services (2nd) *	10:00-11:00	@ Zumba Gold
10:00-11:30	Sight Loss Support Group (4 th)	10:00-12:00	Men's Club (1 st)	10:00-12:00	Independence House Relationship Education and Advocacy (2 nd)
10:00-12:00	Beginners Art Class	10:00-11:00	@ Zumba Gold		
11:00-12:00	@ Chair Yoga	10:00-12:00	Attorney Services (4th every other month) *	12:30-3:00	Canasta
12:00-4:00	SHINE *	11:00-12:00	Aerobics for the Brain (2 nd & 4 th)	1:00-3:00	@ Wednesday Painting Class
12:30-4:00	Mah Jongg	11:00-2:00	Sea Mist Swimming ***	1:30-3:30	Cape Cod Healthcare Dementia & Alzheimer's Services (2 nd & 4 th)
12:30-3:00	Pinochle	1:00-3:00	Attorney Services (1st) *	2:30-4:00	Tai Chi for Healthy Aging **
1:00-4:00	Hand and Foot/Pony Canasta	1:30-2:30	Poetry and the Creative Mind		
		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	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	
9:30-11:30	Singing Seniors	9:15	Bowling (Falmouth)		
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)				

- ◆ **Singing Seniors** will resume on **Thursday, March 5, at 9:30 am.**
- ◆ **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 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.

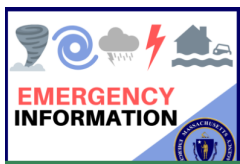
For more information, please call Eversource at (800) 592-2000. Representatives are available Monday through Friday, from 8:00 am. to 6:00 pm.



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, 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

PHONE SCAMS — MORE THEN 70% OF REPORTED FRAUD ATTEMPTS START WITH A PHONE CALL!



MARCH TRAVEL CLUB NEWS

KING TUT Exhibit Boston-On Sale Now!
Foxwoods "Luck of the Irish" 3/10, \$35;
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;
MAYFLOWER EVENTS: Mayflower Historic Sail Boston 5/14, \$139 and Mayflower Historic Return Boston Naval Yard Festival-Board Mayflower, lunch Venezia 5/19, \$99;
Dear Evan Hansen PPAC-Matinee 5/31, \$139;
Cirque du Soleil CRYSTAL PVD 6/06, \$118;
Newport Flower Show 6/19, \$60;
Boston Pops Gospel Night-1st balcony, 6/13, \$99;
Red Sox vs Seattle Mariners 6/29, \$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@ com-cast.net](mailto:Karynmw1@com-cast.net). Mail payments: Karyn Wendell, P. O. Box 161, Center-ville, MA 02632. See "Adventures with Karyn" ad every Sunday in the Cape Cod Times



RECOGNIZE:

- ◆ An unsolicited call from a government agency or big company
- ◆ Threats of harm if you don't provide personal or financial info
- ◆ Product or travel offers that sound too

good to be true

RESPOND:

- ◆ Don't answer calls from unknown numbers
- ◆ Don't provide sensitive data to unknown callers
- ◆ Don't follow instructions like "press 1 to get off the call list"

REPORT

- ◆ FCC: 877-382-4357 or <https://consumercomplaints.fcc.gov>
- ◆ FCT: 888-225-5322 or <https://www.ftccomplaintassistant.gov>

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

Mashpee Senior Center Minibus

To schedule a ride, call the Mashpee Senior Center at (508) 539-1440

Are you looking for a ride to a doctor's appointment, hair salon appointment, rehab appointment or for some other appointment in Mashpee? We will pick you up at your home, drop you off at your appointment, and then bring you back home when you are finished.

Hours of minibus operation:

- ◆ 8:30 am to 2:00 pm, Monday, Wednesday and Friday.
- ◆ Plan your appointment no earlier than 9:30 am
- ◆ Please be ready for pickup at 2:00 pm at the latest to be transported home.

To schedule a minibus ride:

- ◆ Call the Mashpee Senior Center no later than 48 hours before your ride.
- ◆ The driver will confirm all riders at the end of the day 2 days prior to confirm for the next scheduled minibus day (in other words, if the ride is scheduled for Wednesday, the driver will confirm you the prior Monday. If the event is a Monday holiday, confirmation calls will be made on the prior Friday).



The minibus is handicapped-accessible with a wheelchair lift. However, if not in a wheelchair, riders must be independently mobile. We ask that if you need assistance, an aide/companion is welcome to ride our minibus with you. Please include this information in your minibus reservation. If you need more information, please contact Lori Nelson, our Outreach Coordinator, at (508) 539-1440. 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. (see below)

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, March 16. VISITING NURSE ASSOCIATION OF CAPE COD

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:

Medication reminders (Mayo Clinic Jan 2020)

Prescribed medications don't work if you don't take them. To help you to remember to take your medications, try to:

- ◆ Keep it simple; work with your doctor and pharmacist to keep your drug regimen to the fewest pills possible.
- ◆ Create a routine; try to take your drugs at the same time each day and connect it with a part of your routine.
- ◆ Keep track; write a complete list of current medications, including doses and how often you take them.
- ◆ Use reminders; pill containers can help you organize your medications and help you to take them.
- ◆ Travel smart; pack extra medications when traveling in case your trip is extended or delayed.

HEARING TESTS — Thursday, March 19, 2:00 — 3:00 pm **by appointment.** 3rd Thursday. Call the Senior Center at (508) 539-1440 for an appointment.



FOOT CARE — Wednesday, March 18, 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 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, March 11, 10:00 am.

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



PARKINSON SUPPORT NETWORK OF CAPE COD — Thursday,

March 12, 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, March 11 and 25, 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.



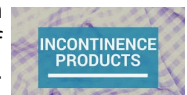
SIGHT LOSS SERVICES PEER SUPPORT GROUP — Monday, March 23, 10:00 am.

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, March 4, 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.





Memory Café, first Wednesday of each month, starting April 1

1:00 through 3:00 pm at the Mashpee Senior Center

The Mashpee Senior Center welcomes older adults living with memory changes and their care partners to its free monthly memory café. A memory café is a place where you can talk to others who understand what you are going through, to leave behind limitations and instead focus on strengths. It includes programming, refreshments, and the experience of being with peers facing similar challenges. Please note, we do ask attendees to bring their care partners. Please call our Part Time Outreach Coordinator, Darlene Perkins, at (508) 539-1440, ext 3506, to Rsvp or for any questions.

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!

MARCH SPOTLIGHTS

SKETCHING — Thursday, 1:00 — 2:30 pm. Do you like to sketch? Are you interested in joining a beginners sketching group where individuals get together to share their sketching talents? All levels welcome. No prior experience or knowledge expected. Introductory class. Leader will let

students know what supplies participants need to bring. No charge.

AEROBICS FOR THE BRAIN — Tuesday, 11:00 am — 12:00 pm. (2nd and 4th week each month) Like our bodies, we need to keep our minds fit. Join our Aerobics for the Brain program, and join a fun, social group to help keep your mind sharp and focused. Expect to have fun and a challenge. In every class, the volunteer leader uses “a myriad of activities” to try and exercise different parts of the brain, such as problem solving, observing patterns, language, math, pictures and other games. Drop ins are welcome! No commitment. No charge for the class.

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.







BAY COVE CAPE COD — Bay Cove operates the Cape Cod Emergency Services Program serving communities throughout Cape Cod and the Islands. The Mobile Crisis Team provides 24/7 mental health crisis intervention to individuals of all ages in the community, in hospital emergency departments and in schools. The Mobile Crisis Team responds directly to the site of a mental health crisis situation where the responding clinician will identify and refer individuals to the most appropriate level of service. Referrals for service may include adding additional supports in a person’s home, inpatient treatment, day treatment programs, addiction support services, or short-term programs such as Community Crisis Stabilization. Bay Cove also operates a Community Crisis Stabilization program. The Community Crisis Stabilization program is a voluntary three- to five-day program for adults who are in acute behavioral health crisis. The Community Crisis Stabilization program’s goal is to offer the person in crisis a brief admission to a supportive clinical environment to stabilize, to strengthen their coping resources and supports, and to develop a plan to promote their long-term recovery. Please call Bay Cove at (833) 229-2683 for more information. Bay Cove is located at 270 Communication Way, Hyannis.



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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Alzheimer's Family Support Center of Cape Cod

The Alzheimer's Family Support Center provides an array of free services to Cape Cod's 10,000 families and individuals living with Alzheimer's and other dementia-related diseases.

- Support groups
- Care Consultation and Planning
- Counseling
- Education
- Social and Cultural Events
- Memory Screenings
- Phone Support
- Insurance Consultation
- Connection to other community supports

If you or someone you know is in need of support, please call (508) 896-5170, email info@capecodalz.org, or visit our website: www.alzheimerscapecod.org

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

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.

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

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