

April 2020

The Mashpee Senior Connection



The Mashpee Senior Center will be closed on Monday, April 20, for Patriot's Day. All activities including the minibus are cancelled for that day.

THE THIRST PROJECT DISCUSSION AND VIDEO — Tuesday, April 14, 10:00 am.



Join us as we welcome Julie Cambra, a Mashpee High School Senior and member of the Key Club, a student-led organization that encourages leadership through serving others. Julie will show a video and facilitate a discussion on the Thirst Project. This project works to help end the water crisis in Africa. 43% of African children don't have access to clean water, and 1.6 million kids will die every year due to waterborne illnesses. As of now, the Thirst Project has created 13,018 wells and has helped over 413,427 people get access to clean drinking water in 13 different countries. 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.

A HOME AWAY FROM HOME: EVALUATING NURSING HOME OPTIONS — Thursday, April 16, 2:00 pm.

Skilled nursing facilities serve a variety of patients — both young and old — and can be a critically important resource. Whether it is a temporary stay after a surgery, or a loved one may need extra care at some point, there are so many things to consider when evaluating skilled nursing homes. Join us as we welcome Sarah Franey, Long Term Care Ombudsman Program Director of Elder Services of Cape Cod & the Islands. Learn how to ask the right questions, compare the quality of different facilities and make a good choice if nursing home care is needed. 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.



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HOLISTIC PAIN MANAGEMENT — Thursday, April 2, 2:00 pm.



HOLISTIC PAIN MANAGEMENT

Treatment without medication may be possible. Join us and learn more about holistic pain management. This informative and interactive session will cover pain theories, pain categories and results of pain. The session will review best pain management practices and specific holistic pain relief techniques such as heat, cold, exercise, physical therapy, and mind body

therapies as well as emotional support. You will have the opportunity to practice correct posture and ask specific questions relating to your own pain experience. The goal of this session is to provide you with the information needed to formulate the most optimal pain management plan for improved quality of life. Presented by the VNA of Cape Cod. 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.

LYME AND OTHER TICK-BORNE DISEASES — Wednesday, April 22, 11:00 am.

Learn about Lyme disease, other tick-borne diseases, and its symptoms and treatment. Handouts will include tick ID cards and a pamphlet on ticks and mosquitoes. Presented by Rita Mitchell, RN, Barnstable County Department of Health and Environment. 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.



2-PART NUTRITION SERIES — Tuesday, April 21 and April 28, 1:00 pm.



Presented by the VNA of Cape Cod. This series will help you to navigate the complexity of understanding food labels and making healthy food choices. We will discuss portion control, sugar and salt limits. Together we will create some healthy breakfasts and find creative ideas for lunch and dinner. Please commit to attending both sessions. 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.

ELDER SERVICES OF CAPE COD & THE ISLANDS PRESENTATION — Thursday, April 23, 11:00 am.

Come join us for an educational talk on "How to Stay Independent". Learn about Elder Services of Cape Cod & Islands (ESCCI) and its wide variety of services and programs. You may not need help now, but learning about services can help your friends and neigh-



bors too! Elder Services of Cape Cod and the Islands, Inc. (ESCCI) is a private, not-for-profit community-based organization dedicated to serving older adults in the twenty-two towns of Barnstable, Dukes, and Nantucket counties. It is the federally designated Area Agency on Aging and the state designated Aging Services Access Point as well as the Aging and Disability Resource Consortium for its three county area. 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.

HERRING COUNT PRESENTATION — Tuesday, April 7, 2:00

pm. As the weather warms up, so does the water which means the river herring will start "running." Join us as we welcome Katelyn Cadoret, Mashpee's Assistant Conservation Agent and learn about Mashpee's three active herring runs and about the importance of the Citizen Science-based Herring Count Program. 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 SMALL GROUP BEGINNER LESSONS — Tuesdays, April 7 through May 19, 11:30 – 12:30 pm.

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! Come have some fun and learn something new. There is a cost for the lessons. Class is limited, and a 6-week commitment is required. 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.



AARP SAFE DRIVING COURSE — Friday, April 24, 9:45 am to

3:00 pm. The AARP Smart Driver Course, offered by AARP Driver Safety, is the nation's largest driver safety course and is designed especially for drivers age 50 and older. You'll learn the current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment. You may be eligible to receive a multi-year auto insurance discount upon completing the course (consult your insurance agent for details). AARP membership is not required to take the course, and there are no tests to pass. The class fee is \$15 for AARP members and



\$20 for non-members. The classroom course will run from 9:45 am to 3:00 pm with a 30-minute break; bring your own lunch or a snack. Please try to arrive before 9:45 am to fill out paperwork. Space is limited, so register now by calling (508) 539-1440. For more information please contact our Activity Coordinator Julie Silva at (508) 539-1440 x3512.

GOOGLE DRIVE WORKSHOP — Wednesday, April 8, 11:00

am. Google Drive is a free cloud-based storage service that enables users to store and access files online. The service syncs stored documents, photos and more across all of the user's devices, including mobile devices, tablets and PCs. Join us with volunteer Paul Gentile to learn more about Google Drive as he continues with his Google presentations. 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.



POETRY AND THE CREATIVE MIND — Tuesdays, 1:30 – 2:30

each week. 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.

COMING IN MAY! COMEDY KICK OFF FOR OLDER AMERICANS MONTH — DAVE ANDREWS "FUNNY MUSICIAN" —

Friday, May 1, 2:00 pm. Join us for a comedy kick off of Older Americans Month. With his signature hat and guitar, comedian Dave Andrews hits the stage running with an arsenal of impressions and one liners. Dave is known as a lively entertainer, singer, guitar player and comedian. Come take a break from all you do and join us for a fun filled comical afternoon. Refreshments will be served. 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, April 17, 2:00 pm. “*The Day the World Came to Town: 9/11 in Gander, Newfoundland*” by Jim Defede. When 38 planes bound for the United States were forced to land in Gander International Airport, Newfoundland, by the closing of U.S. airspace on September 11, the citizens were called upon to care for thousands of distraught travelers. Their response was truly extraordinary. Join us on the third Friday of each month. Reservations not required — just pop in.

Save the Dates! More info in the May newsletter!

Friday, May 1 2:00 pm	Dave Andrews "Funny Musician"	Wednesday, May 13 11:00 am	TED Talk Session on the Power of Gratitude
4 weeks, May 3-30	Spring 4-week Step Challenge	Thursday May 14 1:00 pm	Women's Wellness Presentation by the VNA of Cape Cod
Tuesday, May 5 1:00 pm	4 Weeks and 460 Miles: Walking the Camino de Santiago	Tuesday, May 19 10:00 pm	Meet & Greet Series - Jeff Smith, Mashpee Harbormaster
Tuesday, May 12 1:00 pm	Keto, Paleo, Whole 30, Atkins , Intermittent Fasting and Everything In Between — Talk presented by the VNA of Cape Cod	Thursday, May 28 1:00 pm	“In the Dark of the Night” Play



Due to the popularity of our events, we would like to remind you of the importance of signing up for an event. This ensures that the appropriate meeting rooms are set up and that enough refreshments are available. Please Rsvp to the Mashpee Senior Center (508) 539-1440, or stop by the front desk to sign up. Thank you for your cooperation.

NATIONAL VOLUNTEER WEEK — APRIL 19 THROUGH 25. CELEBRATE SERVICE — National Volunteer Week is an opportunity to

celebrate the impact of volunteer service and the power of volunteers to tackle society’s greatest challenges, to build stronger communities and be a force that transforms the world. Each year, it shines a light on the people and causes that inspire to serve, recognizing and thanking volunteers who lend their time, talent and voice to make a difference in their communities. Whether online or by person or at the office, whether with a vote, a voice, or a wallet – doing good comes in many forms, and we recognize and celebrate them all.



TO ALL OUR VOLUNTEERS: During the month of April, please visit the Senior Center and fill out an entry for a beautiful live plant! While here, would you write a few words about “What do you like about volunteering at the Mashpee COA/Senior Center?” A drawing for the plant will be held on May 1.

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.

SHINE NEWS

Are you happy with your 2020 Medicare health Insurance plan? Now that you are a few months into 2020, let’s think about your 2020 Medicare health and prescription plans. Have you had some out of pocket expenses you did not anticipate? Were your co-payments more than you thought they should be? Are you struggling with premium expenses? Do you just need someone to explain what you have for coverage? SHINE counselors can help explain your policies so you have a better understanding of what your financial obligations are. We can also look to see if you qualify for any assistance programs to help alleviate some of the out of pocket expenses. We are

here to help. Don’t hesitate to give us a call if you have any questions regarding your Medicare coverage. You can make an appointment with a SHINE counselor at your local senior center or call the Regional SHINE Office, Barnstable County — Department of Human Services, at (508) 375-6762.

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.



FUEL ASSISTANCE — The Low Income Home Energy Assistance Program (LIHEAP), more commonly known as the fuel assistance program, provides low-income households with help in paying heating bills. **There is still time in April for fuel assistance applications.** Please call the Mashpee Senior Center, (508) 539-1440, to complete an application.

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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
9:00-12:00	PC Laptops Skills (1st and 3rd) *	9:00-12:00	Woodcarving	10:00-3:30	@ Foot Care Clinic (3rd) *
9:30-10:30	Candid Coffee Hour (Jane Bollin, RN, VNA of Cape Cod) (3 rd)	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	Sports Group (starting April 22)
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	11:00-12:00	Aerobics for the Brain (2 nd & 4 th)	1:00-3:00	@Wednesday Painting Class
12:00-4:00	SHINE *	11:00-2:00	Sea Mist Swimming ***	1:00-3:00	Memory Café (1 st)
12:30-4:00	Mah Jongg	1:00-3:00	Attorney Services (1st) *	1:30-3:30	Cape Cod Healthcare Dementia & Alzheimer's Services (2 nd & 4 th)
12:30-3:00	Pinochle	1:30-2:30	Poetry and the Creative Mind	2:30-4:00	Tai Chi for Healthy Aging **
1:00-4:00	Hand and Foot/Pony Canasta	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 1st Thursday)				

PC Laptops Skills held the 1st and 3rd Mondays is resuming on Monday, April 6.



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!



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 now through July 2020.



Emergency Preparedness

EVERSOURCE 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.

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 TIP OF THE MONTH

As of February 23, driving with a cell phone in your hand is illegal. People are allowed to use electronic devices **ONLY** in hands-free mode. **Drivers under 18 cannot use any electronic device while driving.** Police may issue a warning but **starting April 1**, drivers violating the new hands-free law can face fines.

The fines for violating the hands-free law are as follows:

- 1st offense – \$100 fine
- 2nd offense – \$250 fine, plus mandatory completion of a distracted driving educational program
- 3rd and subsequent offenses – \$500 fine, plus insurance surcharge and mandatory completion of distracted driving educational program

Drivers will be allowed to use a cell phone to call 911 for an emergency but are advised, if possible, to pull over safely before calling 911. Any questions please contact Special Officer and Advocate Tara Carline at (508) 539-1480, ext 7253.



APRIL TRAVEL CLUB NEWS

King Tut Exhibit Boston 7/28 & 8/18, \$69; 9/12, \$79; **Riverdance Boston Wang-Orchestra** 4/05, \$95; **Foxwoods "Spring Fling"** 4/14, \$35; **Art In Bloom & Monet at MFA** 5/04, \$69; **Mayflower Sails 2020 Historic Return & Lunch Venezia** 5/19, \$99; **Dear Evan Hansen PPAC -Matinee** 5/31, \$139; **Cirque du Soleil Crystal PVD** 6/06, \$118; **Boston Pops "Gospel Night"** 1st balcony, 6/13, \$99; **Newport Flower Show** 6/19, \$60; **Red Sox vs Seattle Mariners** 6/29, \$139; **"Ain't Too Proud" Temptations Musical PPAC** 7/22, \$119/\$105; **"Summer" The Musical Boston** 8/16, \$149. 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 - 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

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 and Sandwich? 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 (Mashpee and Sandwich), Wednesday (Mashpee), and Friday (Mashpee).
- ◆ 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 your ride on Monday. In the event of 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 accompany you on the minibus. 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/>.

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, April 20, is



VISITING NURSE ASSOCIATION
OF CAPE COD



cancelled for Patriots Day. We'll see you on Monday, May 18. 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: Using Arthritis Saue's safely. (Mayo Clinic Feb 2020) A topical gel for arthritis pain that contains a non-steroidal anti-inflammatory drug (NSAID) such as diclofenac (Voltaren) gel can spare your body up to 95% of the drug exposure that would occur by taking an oral NSAID such as ibuprofen (Advil, Motrin, Aleve). Still, you need to use the gel properly by:

- ◆ Avoiding if you have cardiovascular disease or common gastrointestinal side effects, such as internal bleeding or ulcers.
- ◆ Never taking it at the same time as you take other NSAIDs.
- ◆ Applying it only to clean, dry skin that is free from scars, cracks or wounds. Avoid using skin care products immediately before and after applying diclofenac gel.
- ◆ Using only the amount that your doctor prescribes.
- ◆ Ensure full, effective coverage; apply the gel in tiny dots on front, sides and back of joints, then rub in. Don't cover the area with clothing, and don't expose it to direct sunlight for at least ten minutes afterwards.
- ◆ Avoid skin to skin contact until the gel is fully dried, this is especially true with children. Wash your hands immediately after use, unless you applied it to hand joints for pain relief.



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

FOOT CARE — Wednesday, April 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, May 26, 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, April 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,

April 9, 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, April 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, April

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, April 1, 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.



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!

APRIL SPOTLIGHTS

PC LAPTOP SKILLS - Mondays, (1st and 3rd), 9:00 am – 12:00 noon (by appointment) (NOT APPLE) — Upgrade/improve your email, word processing, or spreadsheet skills on YOUR OWN LAPTOP. One-on-one coaching appointments with Volunteer Ray Goodale. No charge.

SPORTS GROUP – Wednesdays, 10:00 am — 12:00 pm starting April 22. The Sports Group focuses on discussion of sports-related issues, from professional to college and high school levels with special emphasis on Boston and Cape Cod sports news. No charge.

SOCIAL BRIDGE – Thursdays, 1:00-4:00 pm — Socialization first! This game is meant to be friendly, fun, and respectful, it is not competitive, and scores are not reported. All are welcome, but it would be helpful to have some knowledge of how to play. Partners are not needed. No money is exchanged or played for. More advanced players may want to look into playing Duplicate Bridge. There are no card fees.



OUTREACH UPDATES from the desk of Lori Nelson, Outreach Coordinator:

As I am settling into my Outreach Coordinator seat at the Senior Center, I am actively working on many of the COA Outreach Programs. It is my goal to ensure our Mashpee older adults get as much as possible out of our programs.

- ◆ Our **Friendly Visitor** program has been successful for many years. It is a great way to stay connected and socialize with someone with similar interests. This is great for those new to Mashpee, unable to get out of the house often, dealing with a temporary or permanent physical condition, the loss of a loved one, or feeling more isolated. If you want to consider having a friendly visitor in your life, call and I will explain more to you. Visits once or twice a month may be just what you need.
- ◆ Access to nutritious food is critical to maintaining good health and quality of life for the older adult population. For many, however, issues such as decreased mobility, fixed incomes and rising health care costs can make affording enough nutritious food a challenge. Our Nutritional Support/**The Brown Bag Program** is available for some Mashpee older adults who are having difficulty making ends meet. Each month, The Greater Boston Food

Bank delivers a carefully planned selection of nutritious food items to senior centers. At the Mashpee Senior Center on the 1st Friday of each month, participants come to pick up their brown bag groceries. A typical grocery bag weighs about 15 pounds and contains roughly \$40 worth of food items such as milk, cheese, ground turkey, yogurt, spinach, carrots, dried fruit, spaghetti, peanut butter and cereal. You may be eligible for this helpful and free program.

- ◆ The Mashpee Senior Center has an **Incontinence Products Program** for lower income Mashpee older adults. Participants will be given a package of incontinence products the 1st Wednesday of every month. If you have MassHealth and have a medical necessity for incontinence products, you may be eligible to receive these products through MassHealth.
- ◆ **Library Delivery** — Do you like to read? Are you house-bound? Are you feeling isolated? 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 to read.

For information about the programs above or to sign up, please call Lori Nelson, Outreach Coordinator, (508) 539-1440, ext 3502,.



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 finish in April 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.

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.

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Counseling
Education
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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

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

MASHPEE COUNCIL ON AGING
26 FRANK E. HICKS DRIVE
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.