

THE MASHPEE SENIOR CONNECTION



SEPTEMBER-OCTOBER 2023

MASHPEE SENIOR CENTER

Senior Center hours are Monday through Friday, 8:30am - 4:30pm.

We encourage you to sign up to receive our emails for up-to-date news regarding activities, important information, volunteer opportunities, upcoming events, programs and more.

◇ **Contact the Mashpee Senior Center at 508-539-1440 to be added to our email list or email: coaofficeassistant@mashpeema.gov**

◇ **Like Mashpee Senior Center on Facebook for up-to-date information on special events, programs, activities and helpful resources!**



Welcome letter from Heidi McLaughlin, Director of the Mashpee Council on Aging:

Summer is coming to an end, but here's to hoping we have a beautiful Indian summer! Fall is a great time to enjoy Cape Cod, so get out and take a walk, attend a festival or just relax outdoors in the fresh air!

September is recognized as National Senior Center Month. A month dedicated to highlighting the vital role that senior centers play in the lives of residents 50 and older. It's time to celebrate the beautiful center we have right here in Mashpee. If you have not visited us lately, please stop by to see what might be of interest to you!

Every day, senior centers give aging Americans a place they can gather, attend an event, improve their fitness and health, learn something new or devote time to a favorite hobby. September is a perfect opportunity to come experience all we have to offer!



IN THIS ISSUE:

Town Updates & Important Information	2
Special Programs	3-6
On-going Programs	6-7
Support Services & Appointments	8
Outreach Services	9
September 2023 Calendar	10
October 2023 Calendar	11
Senior Community Member Spotlight	12
MassHealth Information	12
Veteran Information	13
On-going Health & Wellness Programs	14
Medicare Open Enrollment	14
Travel Information	15
Elder Services of Cape Cod & the Islands	15
FOMCOA Thrift Shop	15
Transportation	16
Senior Center Information	16
COA Staff Directory/Board Members	16

Scan the QR code for additional information from the Mashpee Council on Aging's webpage.

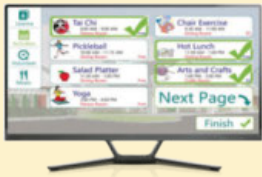
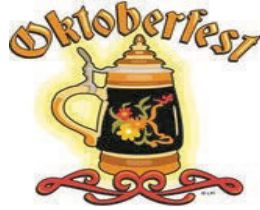




TOWN OF MASHPEE GENERAL INFORMATION

OKTOBERFEST

Oktoberfest will be held on Saturday, September 30th from 10:00am to 4:00pm on the Mashpee Commons Green.



MY SENIOR CENTER

Why is it important to scan in every time you come to the Mashpee Council on Aging?

- ◆ Some of the reasons why it is important for you to scan in to all programs and activities are because:
- ◆ In case of an emergency, it lets us know who is in the building;
- ◆ It allows tracking and attendance of programs for statistical data; and,
- ◆ It provides us with data to validate the need for funding for additional services, projects and upgrades, etc.
- ◆ If you have completed a registration form and have not yet picked up your key fob, please stop by the front desk to receive it.

Through My Senior Center we are able to send out activity reminders and cancellation notices. Please note that your phone will not display the call coming from Mashpee Senior Center, instead the phone number will come through as 617-855-0125. Please note that it is not a spam call if you see that phone number displayed on your caller ID.

HURRICANE SEASON INFORMATION

Hurricane season is upon us and continues through November 30th, and now is the time to prepare in case Mother Nature pays us an unwelcome visit. You can find detailed preparedness information on the National Weather Service's website: <http://www.nhc.noaa.gov/prepare/ready.php> and at FEMA's ready.gov site for hurricanes <http://www.ready.gov/hurricanes>

⇒ And please don't forget about your pets! Check out Cape Cod DART at www.ccdart.org for complete details.

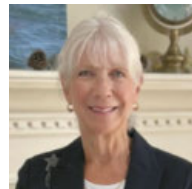
HOLIDAY OBSERVANCES



The Mashpee Senior Center will be closed in observance of the following holidays:

- Monday, September 4th - Labor Day
- Monday, October 9th - Indigenous People's Day

All activities, including the mini-bus, will be cancelled on these dates. Please stay safe!



**Select Board Member
Michaela Wyman-Colombo
Tuesday, September 5th and
October 3rd
9:00am-10:00am**

Mashpee Select Board Member Michaela Wyman-Colombo will hold office hours at the Senior Center from 9:00am-10:00am on the 1st Tuesday of each month. She looks forward to meeting you and hearing your thoughts and concerns. No appointment needed.



MASHPEE POLICE DEPARTMENT'S TIP OF THE MONTH

SUICIDE can be prevented

For every death by suicide there are other 25 attempts

Learn the warning signs and reach out and help those with suicidal thoughts and feelings. <https://988lifeline.org>

The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.

For questions or more information, please contact Special Officer and Advocate Tara Carline at 508-539-1480, Ext. 7253.

SPECIAL PROGRAMS

TRANSITIONS NAVIGATOR
Monday, September 11th and 25th
Monday, October 23rd
2:00pm to 3:00pm



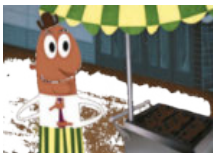
The Discovery Center for Civic Engagement is a program being launched at the Mashpee Council of Aging. Through this program, retirees seeking volunteer opportunities within the community

can visit the Senior Center and meet with a trained Transition Navigator (TN), who can assess their skills, find out what they are passionate about, and match them with volunteer work in the nonprofit sector. The repositioning process can help the "young" seniors (55+) make a difference in their communities, as well as to seek a stronger purpose in their life.

Apart from these special programs aiming to enhance the life quality of older adults, the Senior Center also provides numerous special events for educational, entertainment, health and wellness purposes.

This program will normally be held on the 2nd and 4th Monday of each month. Are you looking for meaningful ways to use your skills and talents? Have you thought about volunteering in a purposeful way? Does our local community and government need you? Visit the Discovery Center and meet with a Transition Navigator to find out more.

For more information, please visit our website at: <https://www.mashpeema.gov/council-aging> or call 508-539-1440 to contact the Mashpee Senior Center to register.



JOIN US FOR LUNCH WITH THE SAUSAGE GUY
Tuesday, September 12th
12:00pm-1:30pm

Freshly grilled sausages, cheese burgers, hot dogs, chicken fingers & fries will be served.

- * Call the Senior Center at 508-539-1440 to sign up for lunch. **(For Mashpee Seniors only.)**
- * **Please note:** The congregate lunch to be served by Elder Services will be cancelled on this date.

THE LOVE OF ABIGAIL ADAMS

Friday, September 8th from 1:00pm-2:30pm

RICHARD NICHOLS, SPEAKER



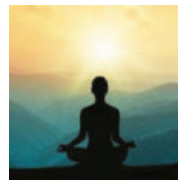
Make your event unforgettable with a full understanding of the life of Abigail Adams!

After a career in the accounting field and serving as a company controller for many years, Speaker Richard Nichols has turned his attention to public speaking during retirement. Join Richard for an engaging discussion of the many topics on the life of Abigail Adams. She was a wife of a president and a mother of a president. She also fought for women's rights.

Topics include the following:

Growing Up	The War
Home Life	The Reunion
New Life	Mrs. President
Boston Life	Peacefield
Epidemics	

Please call the Senior Center at 508-539-1440 to register for this historical event.



MINDFUL AWARENESS
Mondays (Six Sessions)
September 11th & 18th,
October 2nd, 16th, 30th and
November 6th
10:00am-11:00am

Join Sally Palmer, Mindful Educator, to learn how you can change your life by learning to live in the present moment with more awareness of yourself in mind and body.

In this six-session workshop, you will learn and practice skills that allow you to let go of thoughts that cause stress and anxiety to help you relax for overall wellness. Everyone will receive written resources. The cost is \$60 paid by check/cash at the first class to the instructor.

Please call the Senior Center at 508-539-1440 to register.

**VNA FALL PREVENTION AND
BRAIN HEALTH
PRESENTATION**

**Friday, September 15th
11:00am-12:00pm**



SEPTEMBER IS FALL PREVENTION MONTH!

Learn how you can decrease your risk of falling, the affects your health and medication can have on balance, and exercises that can help. Presented by Nikki Courtney, Exercise Physiologist, from the VNA of Cape Cod.

To reserve your seat, please contact the Mashpee Senior Center by calling 508-539-1440. Space is limited, so please call early.

This presentation is brought to you by the Mashpee COA and the Public Health Division of the VNA of Cape Cod.



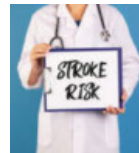
**VNA STRONG AT
HEART
EXERCISE PROGRAM**
Tuesdays
**September 19th to
November 7th**
1:30pm-2:30pm

This eight-week exercise program is recommended for generally healthy older adults. A mix of interval training and circuit training to keep your heartrate up and muscles engaged, building strength and endurance! Class is led by an Exercise Physiologist from the VNA of Cape Cod.

ADVANCED REGISTRATION IS REQUIRED

A completed VNA application is required prior to start of program. No walk ins accepted.

**For more information or to sign up,
please contact the VNA of Cape Cod at
(508) 957-7423**



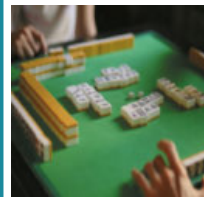
**VNA STROKE AWARENESS
PRESENTATION**

**Monday, September 25th
11:00am-12:30pm**

This hour-long presentation talks about what happens when someone has a stroke. The risks for stroke and ways to decrease those risks, symptoms of stroke, and how to act F.A.S.T. with any signs of stroke are some of the topics covered.

There will be an open discussion period at the end of the presentation.

Call the Senior Center to register at 508-539-1440.



**LEARN TO PLAY
MAH JONGG**
**Tuesdays, September 19th to
October 17th**
1:00pm-3:00pm

On your bucket list? Learn the fun and always challenging game of Mah Jongg. Easy to get started with step-by-step, hands-on learning under the guidance of Eda Stepper, a teacher and player of Mah Jongg for many years. The National Mah Jongg League you pick to play. Samples of this card, which comes out yearly, will be provided for the class. Nothing is needed except your enthusiasm!

- ⇒ **Fee: \$65 for 5 weeks**
- ⇒ **Please register at the Senior Center by calling 508-539-1440.**

NEW PROGRAM

WOMEN'S SUPPORT GROUP
**Mondays, September 25th to
October 30th**
1:00pm to 2:00pm



Please join Judie Scofield, RN/MSW, as she facilitates this new program. This group is a safe and welcoming place to receive support from other women.

This group provides an opportunity for women to share personal experiences, feelings, coping strategies and to hold on to independence.

To register, please call the Senior Center at 508-539-1440 for this six-week session. (No drop-ins.)



STOP THE BLEED
Thursday, October 5th
10:00am-11:00am

Minutes count! Severe bleeding is the #1 cause of preventable death after injury. Quick intervention by a person on the scene to control bleeding can mean the difference between life and death. Stop the Bleed training will show you how to recognize life-threatening bleeding and how to act quickly to slow bleeding. With hands-on training, you will learn and demonstrate 3 actions you can use to help save a life as an immediate responder. No medical training is needed. This class is for anyone who would like to learn these skills, and will take about 1 hour.

To register, please call the Senior Center at 508-539-1440. Space is limited.

NORDIC WALKING DEMONSTRATION

Thursday, October 19th

10:00am-11:00am

(Rain date: October 20th)

Come and join us for a unique and fun way to get active and improve your overall health!



We offer group walks around beautiful Cape Cod that are designed to help you get fit and stay healthy.

Our certified instructors will guide you through the basics of Nordic walking and help teach you the Nordic technique. We will provide all the equipment for this instructional class. So come and enjoy the fresh air and get in shape with us!

Please call the Senior Center at 508-539-1440 to register for this exciting demonstration.

Turning 65 this fall?
Attend a SHINE Birthday Party
to learn about your
Medicare Options.



MEDICARE OVERVIEW
October 12th from 11:00am-12:00pm

The session will review Medicare coverage options including:

- Medicare parts A & B,
- Medicare Advantage Plans (Part C),
- Medicare Prescription Drug Plans and Coverage (Part D),
- Medicare Supplement Plans (Medigap).

Information about Public Assistance programs such as Prescription Advantage, Extra Help from Social Security, MassHealth, and other programs to assist beneficiaries with limited resources to pay for health care costs will be addressed.

SHINE provides FREE unbiased health insurance counseling information and assistance to Massachusetts residents with Medicare, their caregivers, and those approaching Medicare eligibility.

Save the Date of October 12th and join other residents at the Mashpee Senior Center.

Please register by calling 508-539-1440. We look forward to seeing you!

SEA MIST SWIMMING
Every Tuesday and Thursday
From 11:00am to 2:00pm



We are excited to announce that Sea Mist Swimming will resume on Tuesday, September 19th.

Please note the following:

1. You must fill out a new registration form at the Senior Center prior to starting this activity even if you have filled out a form out in the past.
2. **Registration forms are available at the front desk of the Senior Center. Registration for this program will be accepted on Mondays & Thursdays from 9:00am-11:00am at the Senior Center.**
3. **You must be at least 59-1/2 years old and a Mashpee resident to participate.**
4. You will also need to provide identification that you are a Mashpee resident (i.e., driver's license or utility bill).
5. Please do not arrive early to swim, and be aware that the exercise room is not part of the swimming program.
6. This is a seasonal program that runs from September through May only.

PICKLEBALL DEMONSTRATION

Monday, October 16th

1:00pm to 2:30pm

Curious About Pickleball?



Join us at the Mashpee Senior Center on Monday, October 16 from 1:00pm - 2:30pm to learn about the details of the game and watch a demonstration.

Please register by calling the Senior Center at 508-539-1440

AARP Smart Driver Course

Monday, October 23rd

9:30am to 3:30pm



Should You Take the AARP Smart Driver Course?

Cars have changed. So have traffic rules, driving conditions, and the roads you travel every day. Even the most experienced drivers can benefit from brushing up on their driving skills.

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 fifty and older. By taking the AARP Smart Driver Course you will 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. In addition, you will learn:

- ◆ How to minimize the effects of dangerous blind spots.
- ◆ How to maintain the proper following distance behind another car.
- ◆ The safest ways to change lanes and make turns at busy intersections.
- ◆ Proper use of safety belts, air bags, anti-lock brakes, and new technology found in cars.
- ◆ Ways to monitor your own and others' driving skills and capabilities.
- ◆ The effects of medications on driving.
- ◆ The importance of eliminating distractions, such as eating, smoking, and using a cell phone.

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 \$20 for AARP members and \$25 for non-members.

Please call the Mashpee Senior Center to register at 508-539-1440.

END OF LIFE PLANNING

Thursday, October 19th

11:00am-12:00pm

No one ever plans to be sick or disabled. Yet, planning for the future can make all the difference in an emergency and at the end-of-life. Being prepared and having important documents in a single place can give you peace of mind, help ensure your wishes are honored, and ease the burden on your loved ones.

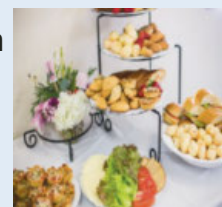
When you're getting your affairs in order, it's important to prepare and organize important records and files all in one place. Typically, you will want to include personal, financial, and health information. This seminar will focus on the documents you need, where to find them and distribute them after they are completed.

To register, please call the Senior Center at 508-539-1449.

BRUNCH BUFFET

THURSDAY, OCTOBER 26th

10:30am to 12:00pm



Join us for a delicious brunch buffet sponsored by **Bridges by Epoch at Mashpee**, a memory care community.

Please call the Senior Center to register by calling 508-539-1440. Space is limited. We hope you will join us! This event is for Mashpee residents only.

ON-GOING PROGRAMS



MOVIE AND A SNACK!

Wednesdays at 1:00pm

September 6th and 20th

October 4th and 18th

September 6th: "80 for Brady," (PG-13/Sports/Comedy).

September 20th: "Hachi: A Dog's Tale," (PG-13/Drama).

October 4th: "42," (PG-13/Sports/Drama).

October 18th: "Hocus Pocus," (PG-13/Supernatural Comedy).

Call the Senior Center to register at 508-539-1440. Please visit: <https://www.imdb.com/> for movie information and reviews.

**COFFEE & CONVERSATION
WITH A COA STAFF MEMBER**
Thursday, September 7th and October 5th
from 9:30am-10:00am

Join us for coffee with one of our staff members on the 1st Thursday of each month! Join a different staff member between 9:30am - 10:00am in the multi-purpose room!

- ♦ **September 7th:** Sarah Fenton, Activities Coordinator
- ♦ **October 5th:** Lisa Witkus, Office Assistant

We look forward to chatting with you and getting to know you better, as well as you getting to know us better!

Mashpee Senior Center Book Club
Monday, from 2:00pm to 3:00pm
September 18th and October 16th

Join us to discuss book selections, meet new people, and see what the Mashpee Senior Center Book Club is all about. New members are always welcome.

- ♦ **September 18th:** Any book written by Robert Galbraith (pen name of J.K. Rowling).
- ♦ **October 16th:** Any book written by Jodi Picoult.

There is no registration or charge to join the Book Club! Please stop by for a lively book discussion.

NEW SESSION-UKULELE CLASSES

Absolute Beginner Ukulele

Fridays, September 8th to October 27th
From 9:00am to 10:00am

Learn the basic chords, C-F-G7, G D7 Am, Dm, Em, A and D. Learn how to use a tuner and tune your uke, and basic strumming. The fee is \$50 for this session.

Beginner Ukulele 1

Fridays, September 8th to October 27th
From 11:30am to 12:30pm

Already taken Absolute Beginner Class, but still learning chord progressions and strumming. Not ready for Beginner 2 class. The fee is \$50 for this session.

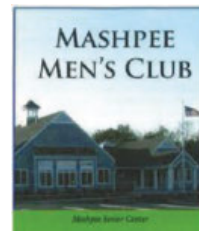
Beginner Ukulele 2

Fridays, September 8th to October 27th
10:15am to 11:15am

Already have taken Absolute Beginner and Beginner 1 classes. Learn more strumming patterns and chord progressions and bar chords. Will use music for the Cape Cod Ukulele Club. The fee is \$50 for this session.

Call the Senior Center at 508-539-1440 to register!

MASHPEE MEN'S CLUB
Tuesday, September 12th
Tuesday, October 3rd
10:00am-12:00pm



The Mashpee Men's Club meets the first Tuesday of each month at 10:00am for coffee with the business meeting and a speaker starting promptly at 10:30am.

Throughout the year, not necessarily on a Tuesday, the Men's Club have a variety of interesting field trips on and off the Cape, followed by lunch.

- ♦ **The Speaker for September 12th will be Captain Tom Rose of the Mashpee Police Department.**
- ♦ **The Speaker for October 3rd will be author Marty Sandler.**

Membership in the Club is open to all men 50 or older. Applications for membership are available at the meeting. Dues are \$25.00 for the year.

NEW PROGRAM:

INTRODUCTION TO HAND AND FOOT
Every Thursday from 10:00am-11:00am

Hand and Foot card game is a game related to Canasta. In Hand and Foot, players are dealt two sets of cards: the **hand**, which is played with first, and the **foot**, which is then played after.

This game does not have standard rules and is also played with a variety of variations. There is no registration or fee required.

CRAFT CLASSES
2:00pm to 4:00pm

- * **Tuesday, September 12th:** Make two pairs of resin earrings. The fee is \$6.00 and includes all materials and supplies.
- * **Tuesday, September 26th:** Craft a mini birdhouse. The fee is \$12.00 and includes all materials and supplies.
- * **Tuesday, October 10th:** Create affirmations with stencils on wooden blocks. The fee is \$8.00 and includes all materials and supplies.
- * **Tuesday, October 24th:** Design assorted Halloween ceramic craft items. Prices vary but the maximum fee amount is \$15.00 and includes all materials and supplies.

Please call to register at 508-539-1440. Space is limited.

SUPPORT SERVICES & APPOINTMENTS

Call the Mashpee Senior Center at 508-539-1440 to schedule appointments for the following services, unless otherwise indicated.

⇒ The dates below are for September and October appointments.

- ◆ **Alzheimer's Family Support Center Group:** Thursdays, September 7th and 21st/October 5th and 19th from 1:00pm-2:30pm. Call the Alzheimer's Family Support Center at 508-896-5170 to register or for more information. Meetings are held at the Mashpee Senior Center on the 1st and 3rd Thursday of the month.
 - ◆ **Aphasia Support Group:** Wednesday, September 6th/October 4th from 10:00am-11:30am.
 - ◆ **Bereavement Support Group:** Tuesday, September 5th and 19th/October 3rd and 17th from 2:30pm-4:00pm*
 - ◆ **CCHC Dementia Support Group:** September 13th and 27th/October 11th and 25th. To preregister, please call Cape Cod Healthcare at 508-775-5656.
 - ◆ **Foot care appointments:** Friday, September 22nd and October 20th between 9:00am-2:00pm. Call the Senior Center to schedule an appointment.
 - ◆ **Independence House:** Wednesday, September 13th and October 11th. Walk-in between 10:00am-12:00pm at the Senior Center.
 - ◆ **Legal appointments (SCCLS) :** September 12th and 26th/October 10th and 24th. You may apply for services by calling South Coastal Counties Legal Services (SCCLS) Hyannis Law Office at 774-487-3251 or the intake line at 1-800-244-9023. Atty. Connie Baker's Office has appointments on the 2nd Tuesday of the month at 1:00pm. Her office handles trusts, wills, probate, estate planning, Medicaid and long-term care/nursing home planning. Meetings are held at the Mashpee Senior Center.
 - ◆ **New Member Information appointments:** Appointments every Monday between 10:30am-12:00pm
 - ◆ **Ostomy Support Group:** - Tuesdays, September 5th and October 3rd from 11:00am-12:00pm.
 - ◆ **Parkinson Support Group (ZOOM MEETING):** Wednesday, September 20th and October 18th from 10:00am-11:15am. (See notice below)*
 - ◆ **PC Gadgets/Laptop/Cell Phone/Tablet appointments:** Thursdays, September 7th and 21st/October 5th and 19th. Appointments are held between 12:00pm to 2:00pm. Call the Senior Center for an appointment.
 - ◆ **SHINE Program:** Health insurance information and counseling—Wednesdays from 12:00pm-3:00pm and Thursdays from 12:00pm-3:00pm by appointment.
 - ◆ **Sight Loss Services Peer Support Group:** Mondays, September 18th and October 23rd from 10:00am-11:30am. Meetings are normally held on the 4th Monday of the month at the Senior Center.*
 - ◆ **Veteran's Agent appointments:** Fridays September 1st and 15th/October 6th and 20th. Appointments are held between the hours of 1:00pm and 4:00pm. Call the Senior Center to register for an appointment.
 - ◆ **VNA Town Nurse Services / Blood Pressure Clinic:** Monday, September 11th and October 16th from 9:30am-10:30am. No appointment needed.
 - ◆ **VNA Town Nurse Wellness Check:** A VNA nurse is available to provide free medical wellbeing checks to Mashpee seniors who are at risk. The VNA nurse will conduct an overall assessment of the home environment and will check vital signs. Please call Lori Nelson, Outreach Coordinator, for a referral, at 508-539-1440.
- ⇒ ***Bereavement Support Group:** This group is facilitated by experienced bereavement professionals and are free of charge. Masks and advance registration are required by the VNA. Please contact Emily Davern, LICW, Bereavement Coordinator at VNA Hospice, at 508-740-2342 for additional information and to register.
- ⇒ ***Parkinson Support Group** - This Group is for both those with Parkinson's and their caretakers. Registration is required. Contact Jeanne Jackson at 508-367-4267 or email her at jahjackson@comcast.net or call APDA I&R at 800-651-8466 to join the group and receive Zoom information.
- ⇒ ***Sight Loss Services Peer Support Group:** The Sight Loss Services Peer Support Group meets on the 4th Monday of every month from 10:00am-11:30am. It 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.

OUTREACH SERVICES



By: Lori Nelson, M.Ed. Outreach Coordinator at the Mashpee Senior Center

Below are some outreach programs you may not be aware of which have proven to be successful. You are welcome to contact me to discuss any of these resources at 508-539-1440.

Local Farmers Markets

Here are some Local Farmers Markets which not only support local business, provide fresh produce and foods, but also accept SNAP benefits (formerly called Food Stamps). In addition, as part of the HIP (Healthy Incentives) Program, your purchase will add points to your EBT card. Another way to focus on healthy aging.

Market Name	Day	Operations	Contact Information	Address
Falmouth Farmers' Market	Thursday	May 25 - October 5 12 PM to 5PM	falmouthfarmersmarket.org	180 Scranton Ave.- Marine Park at Falmouth Harbor Falmouth
Osterville Farmers' Market	Friday	June 16- September 22 9AM to 1PM	ostervillefarmersmarket.org	155 West Bay Road- Osterville Historical Museum Barnstable
Sandwich Farmers' Market	Tuesday	June 20 - October 20 10AM-1PM	sandwichfarmersmarket.com	20 Main Street Sandwich, American Legion Post #188

Fuel Assistance

The 2023-24 Renewal Applications for the upcoming Fuel Assistance season will be mailed out to last year's participants soon. Please take notice of this document and take the action needed to avoid any possible delays in your application processing. (This year's application color is blue.)

The Fuel Assistance Program provides low income households with help paying home heating bills. The program runs from November 1st until April 30th. Eligibility is based on gross income, household size and vulnerability to heating costs. Fuel Assistance can assist with any primary heat type: oil, electricity, propane, kerosene, wood or coal.

Those residents living in nonsubsidized housing and heat is included in the rent, Fuel Assistance may reimburse you for a portion of your rent. If you are renting an apartment that is subsidized and the cost of heat is included in your rent, you may not be eligible for Fuel Assistance; however, you may wish to apply to be enrolled in a Massachusetts utility discount program strictly based on income.




If you need assistance making sure you have the correct documents for fuel assistance, please give Outreach a call. For those of you who are interested in applying for the first time, please call so that we can discuss the process and help you apply once applications for new applicants are available.

Medicare Subsidies

This spring, the Social Security Administration mailed over 24,000 letters to Massachusetts Medicare beneficiaries who may be eligible for, but are not enrolled in, key Medicare subsidies. Each May and June, the Social Security Administration (SSA) mails letters to people enrolled in Medicare who are likely eligible for but not receiving the Part D Low-Income Subsidy (LIS), also known as Extra Help, and the Medicare Savings Programs (MSPs). There are two variations of these letters;

- ◆ Form SSA-L447 is sent to individuals whose countable income appears to be less than 135% of poverty, and the beneficiary has Extra Help but does not have MSP.
- ◆ Form SSA-L448 is sent to beneficiaries whose countable income appears to qualify them for Extra Help and MSP, but the beneficiary has neither.

During these challenging financial times, every little bit helps. If you received the letter, please be sure to take the required action as indicated. The letter itself doesn't guarantee you are eligible for the subsidies, but their data shows you *may* qualify. Please contact Lori Nelson, Outreach Coordinator, at 508-539-1440 if you have any questions.

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>*LIKE MASHPEE SENIOR CENTER ON FACEBOOK FOR UP-TO-DATE INFORMATION ON EVENTS, ACTIVITIES AND HELPFUL RESOURCES!</p> 		<p>1 8:30-9:30 Strength Training 10:00-11:00 Zumba (fee) 11:30-12:30 Ageless Yoga 12:30-4:00 Mah Jongg 1:00-4:00 Veterans Services (by appt)*</p>
<p>4</p>  <p>LABOR DAY HAVE A SAFE AND HAPPY HOLIDAY!</p> <p>The Senior Center will be closed in observance of Labor Day on September 4th. All activities, including the mini-bus, will be cancelled on this date.</p>	<p>5 8:30-9:30 Exercise 9:00-12:00 Woodcarving 9:00-10:00 Select Board Member Wyman-Colombo 10:00-12:00 Rummikub 10:00-11:00 Zumba (fee) 11-12 Ostomy Support Group 12:30-3:00 Beginner Mah Jongg 1:00-3:00 Veterans Social 2:30-4:00 Bereavement Support*</p>	<p>6 8:30-9:30 Strength Training 10:00-11:30 Aphasia Support* 10:00-11:00 Zumba (fee) 10:00-12:00 Sports Group 10:00-12:00 Painting 12:00-1:00 Osteoporosis Exercise * 1:00-3:30 Canasta 1:00 Movie* - ("80 For Brady") 1:00-3:30 Cribbage Group 1:00-3:00 Painting 1:00-3:15 Tai Chi Intro/Class*</p>	<p>7 8:30-9:30 Exercise 9:00-10:30 Travel Info 9:30-10:00 Coffee with COA 9:30-10:30 Singing Seniors 10:00-11:00 Cribbage & More 10:00-11:00 Knitting/Crochet 11:00-1:00 Scrabble 12:00-3:00 SHINE (by appt)* 12:00-2:00 PC & Gadgets (appt)* 1:00-2:00 Line Dancing (fee) 1:00-2:30 Alzheimer's Support* 3:00-4:00 Ballroom Dance (fee)</p>	<p>8 8:30-9:30 Strength Training 9:00-10:00 Absolute Beg. Ukulele (fee)* 10:15-11:15 Beg. 2 Ukulele (fee)* 11:30-12:30 Beg. 1 Ukulele (fee)* 10:00-11:00 Zumba (fee) 11:30-12:30 Ageless Yoga is cancelled today only 12:30-4:00 Mah Jongg 1:00-2:30 Abigail Adams Presentation by Richard Nichols.*</p>
<p>11 8:30-9:30 Strength Training 9:30-10:30 VNA Wellness / Blood Pressure Clinic 9:45-10:45 Gentle Yoga (fee) 10:00-11:00 Mindful Awareness* 10:30-12 New Member Info.* 11:00-12:00 Chair Yoga (fee) 12:30-4:00 Mah Jongg 2:00-3:00 Transitions Navigator* 2:00-4:00 Cornhole*</p> 	<p>12 8:30-9:30 Exercise 9:00-12:00 Woodcarving 10:00-12:00 Men's Club 10:00-12:00 Rummikub 10:00-11:00 Zumba (fee) 12:00-1:30 Sausage Guy Lunch* (No congregate lunch will be served) 12:30-3:00 Beginner Mah Jongg 1:00-4:00 Legal Services (appt)* 2:00-4:00 CRAFT (fee)*</p>	<p>13 8:30-9:30 Strength Training 10:00-11:00 Zumba (fee) 10:00-12:00 Sports Group 10:00-12:00 Painting 10:00 Independence House 12:00-1:00 Osteoporosis Exercise * 12:00-3:00 SHINE (by appt) * 1:00-3:30 Canasta 1:00-3:30 Cribbage Group 1:00-3:00 Painting 1:00-3:30 Tai Chi * 1:30-3:00 Dementia Support *</p>	<p>14 8:30-9:30 Exercise 9:00-10:30 Travel Info 9:30-10:30 Singing Seniors 10:00-11:00 Cribbage & More 10:00-11:00 Knitting/Crochet 11:00-1:00 Scrabble 12:00-3:00 SHINE (by appt) * 1:00-2:00 Line Dancing (fee) 1:30-3:30 Sketching 3:00-4:00 Ballroom Dance (fee)</p>	<p>15 8:30-9:30 Strength Training 9:00-10:00 Absolute Beg. Ukulele (fee)* 10:15-11:15 Beg. 2 Ukulele (fee)* 11:30-12:30 Beg. 1 Ukulele (fee)* 10:00-11:00 Zumba (fee) 11:00-12:00 VNA Fall Prevention & Brain Health Presentation* 11:30-12:30 Ageless Yoga 12:30-4:00 Mah Jongg 1:00-4:00 Veterans Services (by appt)*</p>
<p>18 8:30-9:30 Strength Training 9:45-10:45 Gentle Yoga (fee) 10:00-Sight Loss Support 10:00-11:00 Mindful Awareness* 10:30-12 New Member Info.* 11:00-12:00 Chair Yoga (fee) 12:30-4:00 Mah Jongg 2:00-3:00 Book Club 2:00-4:00 Cornhole*</p>	<p>19 8:30-9:30 Exercise 9:00-12:00 Woodcarving 10:00-12:00 Rummikub 10:00-11:00 Zumba (fee) 10:00-12:00 Legal Services (appt)* 11:00-2:00 Sea Mist Swimming 12:30-3:00 Beginner Mah Jongg 1:00-3:00 Learn to Play Mah Jongg* 1:30-2:30 VNA Strong at Heart 2:30-4:00 Bereavement Support*</p>	<p>20 8:30-9:30 Strength Training 10:00-11:00 Zumba (fee) 10:00-12:00 Painting 10:00-12:00 Sports Group 10:00-11:15 Parkinson Support* 12:00-1:00 Osteoporosis Exercise * 12:00-3:00 SHINE (by appt) * 1:00 Movie* - ("Hachi: A Dog's Tale") 1:00-3:30 Canasta 1:00-3:00 Painting 1:00-3:30 Cribbage Group 1:30-3:00 Dementia Support * 1:00-3:30 Tai Chi *</p>	<p>21 8:30-9:30 Exercise 9:00-10:30 Travel Info 9:30-10:30 Singing Seniors 10:00-11:00 Cribbage & More 10:00-11:00 Knitting/Crochet 11:00-1:00 Scrabble 11:00-2:00 Sea Mist Swimming 12:00-2:00 PC & Gadgets (appt)* 12:00-3:00 SHINE (by appt) * 1:00-2:30 Alzheimer's Support* 1:00 BINGO!* 1:00-2:00 Line Dancing (fee) 1:30-3:30 Sketching 3:00-4:00 Ballroom Dance (fee)</p>	<p>22 Strength Training 8:30-9:30 9:00-10:00 Absolute Beg. Ukulele (fee)* 10:15-11:15 Beg. 2 Ukulele (fee)* 11:30-12:30 Beg. 1 Ukulele (fee)* 9:00-2:00 Foot Clinic (fee, by appt)* 10:00-11:00 Zumba (fee) 11:30-12:30 Ageless Yoga 12:30-4:00 Mah Jongg</p>
<p>25 8:30-9:30 Strength Training 9:45-10:45 Gentle Yoga (fee) 10:30-12 New Member Info.* 11:00-12:00 Chair Yoga (fee) 11:00-12:30 VNA Stroke Awareness Presentation* 12:30-4:00 Mah Jongg 1:00-2:00 Women's Support Group* 2:00-3:00 Transitions Navigator* 2:00-4:00 Cornhole*</p>	<p>26 8:30-9:30 Exercise 9:00-12:00 Woodcarving 10:00-12:00 Rummikub 10:00-11:00 Zumba (fee) 10:00-12:00 Legal Services (appt)* 11:00-2:00 Sea Mist Swimming 12:30-3:00 Beginner Mah Jongg 1:00-3:00 Learn to Play Mah Jongg* 1:30-2:30 VNA Strong at Heart 2:00-4:00 CRAFT (fee)*</p>	<p>27 / 8:30-9:30 Strength Training 10:00-11:00 Zumba (fee) 10:00-12:00 Painting 10:00-12:00 Sports Group 12:00-1:00 Osteoporosis Exercise * 12:00-3:00 SHINE (by appt) * 1:00-3:30 Canasta 1:00-3:00 Painting 1:00-3:30 Cribbage Group 1:30-3:00 Dementia Support * 1:00-3:30 Tai Chi *</p>	<p>28 / 8:30-9:30 Exercise 9:00-10:30 Travel Info 9:30-10:30 Singing Seniors 10:00-11:00 Cribbage & More 10:00-11:00 Knitting/Crochet 11:00-1:00 Scrabble 11:00-2:00 Sea Mist Swimming 12:00-3:00 SHINE (by appt) * 1:00-2:00 Line Dancing (fee) 1:30-3:30 Sketching 3:00-4:00 Ballroom Dance (fee)</p>	<p>29 Strength Training 8:30-9:30 9:00-10:00 Absolute Beg. Ukulele (fee)* 10:15-11:15 Beg. 2 Ukulele (fee)* 11:30-12:30 Beg. 1 Ukulele (fee)* 10:00-11:00 Zumba (fee) 11:30-12:30 Ageless Yoga 12:30-4:00 Mah Jongg</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>8:30 –9:30 Strength Training 9:45-10:45 Gentle Yoga (fee) 10:00-11:00 Mindful Awareness* 10:30-12 New Member Info. * 11:00-12:00 Chair Yoga (fee) 12:30-4:00 Mah Jongg 1:00-2:00 Women’s Support Group* 2:00-4:00 Cornhole*</p>	<p>3</p> <p>8:30-9:30 Exercise 9:00-12:00 Woodcarving 9:00-10:00 Select Board Member Wyman-Colombo 10:00-12:00 Rummikub 10:00-12:00 Men’s Club 10:00-11:00 Zumba (fee) 11-12 Ostomy Support Group* 11:00-2:00 Sea Mist Swimming 12:30-3:00 Beginner Mah Jongg 1:00-3:00 Learn to Play Mah Jongg* 1:00-3:00 Veterans; Social 1:30-2:30 VNA Strong at Heart 2:30-4:00 Bereavement Support*</p>	<p>4</p> <p>8:30-9:30 Strength Training 10:00-11:30 Aphasia Support* 10:00-11:00 Zumba (fee) 10:00-12:00 Sports Group 10:00-12:00 Painting 12:00-1:00 Osteoporosis Exercise * 12:00-3:00 SHINE (by appt) * 1:00-3:30 Canasta 1:00 Movie* - (“42”) 1:00-3:30 Cribbage Group 1:00-3:00 Painting 1:00-3:30 Tai Chi *</p>	<p>5</p> <p>8:30-9:30 Exercise 9:00-10:30 Travel Info 9:30-10:00 Coffee with COA 9:30-10:30 Singing Seniors 10:00-11:00 Cribbage & More 10:00-11:00 Knitting/Crochet 10:00-11:00 Stop the Bleed* 11:00-1:00 Scrabble 11:00-2:00 Sea Mist Swimming 12:00-3:00 SHINE (by appt)* 12:00-2:00 PC & Gadgets (appt)* 1:00-2:00 Line Dancing (fee) 1:00-2:30 Alzheimer’s Support* 1:30-3:30 Sketching 3:00-4:00 Ballroom Dance (fee)</p>	<p>6</p> <p>8:30-9:30 Strength Training 9:00 –10:00 Absolute Beg. Ukulele (fee)* 10:15-11:15 Beg. 2 Ukulele (fee)* 11:30-12:30 Beg. 1 Ukulele (fee)* 10:00-11:00 Zumba (fee) 11:30-12:30 Ageless Yoga 12:30-4:00 Mah Jongg 1:00 –4:00 Veterans Services (by appt)*</p>
<p>9</p>  <p>INDIGENOUS PEOPLE'S DAY</p> <p>HAVE A SAFE AND HAPPY HOLIDAY!</p> <p>The Senior Center will be closed in observance of Indigenous People’s Day on October 9th. All activities, including the mini-bus, will be cancelled on this date.</p>	<p>10</p> <p>8:30-9:30 Exercise 9:00-12:00 Woodcarving 10:00-12:00 Rummikub 10:00-11:00 Zumba (fee) 11:00-2:00 Sea Mist Swimming 12:30-3:00 Beginner Mah Jongg 1:00-3:00 Learn to Play Mah Jongg* 1:00-4:00 Legal Services (appt)* 1:30-2:30 VNA Strong at Heart 2:00-4:00 CRAFT (fee)*</p>	<p>11</p> <p>8:30-9:30 Strength Training 10:00-11:00 Zumba (fee) 10:00-12:00 Sports Group 10:00-12:00 Painting 10:00 Independence House 12:00-1:00 Osteoporosis Exercise * 12:00-3:00 SHINE (by appt) * 1:00-3:30 Canasta 1:00-3:30 Cribbage Group 1:00-3:00 Painting 1:00-3:30 Tai Chi * 1:30-3:00 Dementia Support *</p>	<p>12</p> <p>8:30-9:30 Exercise 9:00-10:30 Travel Info 9:30-10:30 Singing Seniors 10:00-11:00 Cribbage & More 10:00-11:00 Knitting/Crochet 11:00-1:00 Scrabble 11:00-12:00 Medicare Overview* 11:00-2:00 Sea Mist Swimming 12:00-3:00 SHINE (by appt) * 1:00-2:00 Line Dancing (fee) 1:30-3:30 Sketching 3:00-4:00 Ballroom Dance (fee)</p>	<p>13</p> <p>8:30-9:30 Strength Training 9:00 –10:00 Absolute Beg. Ukulele (fee)* 10:15-11:15 Beg. 2 Ukulele (fee)* 11:30-12:30 Beg. 1 Ukulele (fee)* 10:00-11:00 Zumba (fee) 11:30-12:30 Ageless Yoga 12:30-4:00 Mah Jongg</p>
<p>16</p> <p>8:30 –9:30 Strength Training 9:30-10:30 VNA Wellness / Blood Pressure Clinic 9:45-10:45 Gentle Yoga (fee) 10:00-11:00 Mindful Awareness* 10:30-12 New Member Info. * 11:00-12:00 Chair Yoga (fee) 12:30-4:00 Mah Jongg 1:00-2:00 Women’s Support Group* 1:00-2:30 Pickleball Demo* 2:00-3:00 Book Club 2:00-4:00 Cornhole*</p>	<p>17</p> <p>8:30-9:30 Exercise 9:00-12:00 Woodcarving 10:00-12:00 Rummikub 10:00-11:00 Zumba (fee) 10:00-12:00 Legal Services (appt)* 11:00-2:00 Sea Mist Swimming 12:30-3:00 Beginner Mah Jongg 1:00-3:00 Learn to Play Mah Jongg* 1:30-2:30 VNA Strong at Heart 2:30-4:00 Bereavement Support*</p>	<p>18</p> <p>8:30-9:30 Strength Training 10:00-11:00 Zumba (fee) 10:00-12:00 Painting 10:00-12:00 Sports Group 10:00-11:15 Parkinson Support* 12:00-1:00 Osteoporosis Exercise * 12:00-3:00 SHINE (by appt) * 1:00 Movie* - (“Hocus Pocus”) 1:00-3:30 Canasta 1:00-3:00 Painting 1:00-3:30 Cribbage Group 1:00-3:30 Tai Chi *</p>	<p>19</p> <p>8:30-9:30 Exercise 9:00-10:30 Travel Info 9:30-10:30 Singing Seniors 10:00-11:00 Cribbage & More 10:00-11:00 Knitting/Crochet 10:00-11:00 Nordic Walking Demo* 11:00-12:00 End of Life Planning* 11:00-1:00 Scrabble 11:00-2:00 Sea Mist Swimming 12:00-2:00 PC & Gadgets (appt)* 12:00-3:00 SHINE (by appt) * 1:00-2:30 Alzheimer’s Support* 1:00 BINGO!* 1:00-2:00 Line Dancing (fee) 1:30-3:30 Sketching 3:00-4:00 Ballroom Dance (fee)</p>	<p>20</p> <p>Strength Training 8:30-9:30 9:00 –10:00 Absolute Beg. Ukulele (fee)* 10:15-11:15 Beg. 2 Ukulele (fee)* 11:30-12:30 Beg. 1 Ukulele (fee)* 9:00-2:00 Foot Clinic (fee,by appt.)* 10:00-11:00 Zumba (fee) 11:30-12:30 Ageless Yoga 12:30-4:00 Mah Jongg 1:00 –4:00 Veterans Services (by appt)*</p>
<p>23</p> <p>8:30 –9:30 Strength Training 9:30-3:30 AARP Safe Driving Course (fee)* 9:45-10:45 Gentle Yoga (fee) 10:00-Sight Loss Support 10:30-12 New Member Info. * 11:00-12:00 Chair Yoga (fee) 12:30-4:00 Mah Jongg 1:00-2:00 Women’s Support Group* 2:00-3:00 Transitions Navigator* 2:00-4:00 Cornhole*</p>	<p>24</p> <p>8:30-9:30 Exercise 9:00-12:00 Woodcarving 10:00-12:00 Rummikub 10:00-11:00 Zumba (fee) 10:00-12:00 Legal Services (appt)* 11:00-2:00 Sea Mist Swimming 12:30-3:00 Beginner Mah Jongg 1:30-2:30 VNA Strong at Heart 2:00-4:00 CRAFT (fee)*</p>	<p>25</p> <p>8:30-9:30 Strength Training 10:00-11:00 Zumba (fee) 10:00-12:00 Painting 10:00-12:00 Sports Group 12:00-1:00 Osteoporosis Exercise * 12:00-3:00 SHINE (by appt) * 1:00-3:30 Canasta 1:00-3:00 Painting 1:00-3:30 Cribbage Group 1:30-3:00 Dementia Support * 1:00-3:30 Tai Chi *</p>	<p>26</p> <p>8:30-9:30 Exercise 9:00-10:30 Travel Info 9:30-10:30 Singing Seniors 10:00-11:00 Cribbage & More 10:00-11:00 Knitting/Crochet 10:30-12:00 - Brunch sponsored by Bridges by Epoch at Mashpee* 11:00-1:00 Scrabble 11:00-2:00 Sea Mist Swimming 12:00-3:00 SHINE (by appt) * 1:00-2:00 Line Dancing (fee) 1:30-3:30 Sketching 3:00-4:00 Ballroom Dance (fee)</p>	<p>27</p> <p>Strength Training 8:30-9:30 9:00 –10:00 Absolute Beg. Ukulele (fee)* 10:15-11:15 Beg. 2 Ukulele (fee)* 11:30-12:30 Beg. 1 Ukulele (fee)* 10:00-11:00 Zumba (fee) 11:30-12:30 Ageless Yoga 12:30-4:00 Mah Jongg</p>
<p>30</p> <p>8:30 –9:30 Strength Training 9:45-10:45 Gentle Yoga (fee) 10:00-11:00 Mindful Awareness* 10:30-12 New Member Info. * 11:00-12:00 Chair Yoga (fee) 12:30-4:00 Mah Jongg 1:00-2:00 Women’s Support Group* 2:00-4:00 Cornhole*</p>	<p>31</p> <p>8:30-9:30 Exercise 9:00-12:00 Woodcarving 10:00-12:00 Rummikub 10:00-11:00 Zumba (fee) 11:00-2:00 Sea Mist Swimming 12:30-3:00 Beginner Mah Jongg 1:30-2:30 VNA Strong at Heart</p> <p>HAPPY HALLOWEEN!!</p>			<p>*LIKE MASHPEE SENIOR CENTER ON FACEBOOK FOR UP-TO-DATE INFORMATION ON EVENTS, ACTIVITIES AND HELPFUL RESOURCES!*</p> 

In the Spotlight



I was fortunate to have the opportunity to chat with Virginia McIntyre here at the Senior Center recently. Like so many, “Ginny” has longevity and many happy memories here at the Mashpee Senior Center.

Ginny grew up in the Boston area. After Ginny married Jack, they moved to Canton, MA and raised 3 sons. Ginny is very proud of her sons as all of them became engineers. Two of her sons live out of state. One lives in California and the other in New Jersey. Her third son lives in Mansfield. Ginny is also blessed with 7 grandchildren.

During her working career, Ginny was successful and enjoyed her work experiences. Most notably, she worked for the head of the Razor Division at Gillette in downtown Boston. Amtrak was also fortunate to have her talents at the end of her career. At the age of 70, she decided to retire from Amtrak. She stated, “I really don’t know why I kept working.” Upon retirement, Jack and Ginny chose to live in the beautiful Southport area of Mashpee after many years of vacationing on Cape Cod.

Ginny and Jack have been staples here at the Senior Center for a long time. Ginny started at the Senior Center around the time the new building was constructed. She stated, “I saw a sign in the Town Hall advertising a New Senior Center.” Once Ginny started exploring the Senior Center/Council on Aging, Ginny became actively engaged and remains a vital part of our community.

My first impression of Ginny was her caring attitude and commitment to helping others. Ginny has a strong work ethic and a getting the job done attitude. Ginny’s mom passed away when she was 30 years old. She stated at that point, “It was only my sister and I and that really forced independence.” Her compassion for others and her willingness to step up and do what is needed is evident by her time at the Senior Center. Ginny has been involved in volunteering with every aspect of the Senior Center, from the monthly newsletter creation, the Holiday Gift program, our low-income food security program, eye glasses program, and a regular volunteer for special events. Until recently, Ginny was a long time member of the COA Board of Directors, where she actively participated with the goal of serving Mashpee’s older residents. Ginny is so vital to this community, she was voted most valued volunteer in 2014 & 2018. She still volunteers today!

Ginny believes “there is something for everyone at the Senior Center with so much to do!” Ginny knows that we need to stay more connected as we age. She says it’s all here at the Senior Center! Thank you for the reminder and thank you for your service to all of us at the Mashpee Council on Aging.

Written by: Lori Nelson, Outreach Coordinator

Attention MassHealth members 65 or older



You will need to renew your coverage this year.

Take three steps to renew your coverage:

- 1. Update your info**
The easiest way to update your information is to call Customer Service at (800) 841 2900 TDD / TTY: 711
- 2. Check your mail**
- 3. Respond to MassHealth**

Note: if you turned 65 since March 2020, this year’s renewal form will look a little different. We will now review your assets along with your income.

If you are no longer eligible for MassHealth, there are other programs available to meet your healthcare needs.

Loss of MassHealth is a Special Enrollment Period (SEP) that allows you to enroll in Medicare outside of standard enrollment periods.

Individuals who do not qualify for Medicare may be eligible for Connector coverage.

Other programs include: The Medicare Savings Program (MSP), The Frail Elder Waiver (FEW), Prescription Advantage, and PACE.

If you need help from a family member or friend to fill out your renewal, you can fill out and sign the Permission to Share Information (PSI) or Authorized Representative Designation (ARD) Form.
 • This form lets us share your eligibility information with the persons listed on the form (the “designee”).
 • If you filled out a PSI more than 12 months ago, you will need to fill out a new one.

Act now. Stay covered. masshealthrenew.org
800-841-2900 (TTY: 711)





DOMESTIC VIOLENCE and abuse can happen to anyone.

SOME SIGNS OF AN ABUSIVE PARTNER

- >Unpredictable Mood Swings
- >Extreme Jealous
- >Explosive Behavior
- >Verbally/Emotionally Abusive
- >Threatening Violence

DO YOU:

- Feel afraid of your partner ?
- Fearful of angering your partner?
- Feel isolated from family and friends
- Feel controlled?

Are you or someone you love being abused?
We all have a right to be safe!

**For questions or more information, please contact
Special Officer and Advocate Tara Carline
at 508-539-1480, Ext. 7253.**



Veteran Information

VETERANS SERVICES

Friday, September 1st and 15th

Friday, October 6th and 20th

1:00pm - 4:00pm (by appointment)



Veterans Services Officers (VSO) in the Commonwealth help veterans learn about, apply for, and in some cases receive benefits. If you are a veteran or a spouse of a veteran, Veterans Services provides in person appointments at the Senior Center on the 1st and 3rd Friday of each month.

⇒ **To schedule an appointment, please call the Mashpee Senior Center at 508-539-1440 or contact Veterans Services at 508-778-8740 for assistance and information.**

WHAT IS CHAPTER 115?

Helping veterans get the benefits they have earned.

Under Chapter 115 of Massachusetts General Laws (M.G.L. chapter 115) the Commonwealth provides a uniform program of financial and medical assistance for veterans and their dependents. For more information on eligibility benefits, contact Veterans Services at 508-778-8740 or visit the Veterans Services website at: www.capevets.org Eligible veterans and/or family members must meet certain income criteria and their military experience must meet the Commonwealth's requirements. Please see the Benefits calculator on the website.

CAPE & ISLANDS VETERANS OUTREACH CENTER FOOD PANTRY

Please call 508-778-1590 (Cape & Islands Veterans Outreach Center) if you would like to sign up for the Outreach Center's Veterans Food Pantry. This food pantry is for qualified veterans and their families and is open every Thursday between 9:00am and 1:00pm. The Veterans Food Pantry is located at 247 Stevens Street, Hyannis, behind the VA Community Clinic. Please call prior to your visit to ensure veteran qualification and eligibility. Emergencies can call any time. This program is for veterans and their families only. Homebound veterans and dependents can call to make other arrangements to receive food. After becoming a member of the food pantry, a family is allowed 2 visits per month.



MASSACHUSETTS MILITARY SUPPORT FOUNDATION FOOD PANTRY SANDWICH EMPOWERMENT CENTER:

Veterans are eligible for up to 50 pounds of perishable and non-perishable food once a week! MMSFI is located at 115 Route 6A in Sandwich (the old Sandwich Police Station). Open Monday - Friday from 10am - 5pm. If you need a ride, no problem MMSFI can help! Call Elizabeth Eslick at 508-933-3272. For more information, please visit: www.mmsfi.org or call 508-933-3272.



VETERANS SOCIAL GROUP

Tuesday, September 5th

Tuesday, October 3rd

from 1:00pm-3:00pm



Are you a veteran? Which branch did you serve in the U.S. Army, U.S. Coast Guard, U.S. Marine Corps or U.S. Navy or the U.S. Air Force? Whether you served in peacetime or in times of conflict, you are all connected and you all have stories to share. We look forward to seeing you!

Light refreshments will be served. So come grab a snack, share stories and connect with other senior veterans. No registration is needed. We hope to see you! The Veteran's Social Group meets on the 1st Tuesday of each month.



ON-GOING HEALTH AND WELLNESS PROGRAMS!

Exercise: Every Tuesday & Thursday from 8:30am-9:30am. This class focuses on a total body workout. No charge.

Strength Training: Every Monday, Wednesday and Friday from 8:30am-9:30am. Exercise as a group w/ one of the many wonderful options chosen from our YouTube Library! No charge.

Osteoporosis Exercise Class - AmeriCorps Instructor: Wednesdays, 12pm-1pm. Classes are structured to help individuals diagnosed with osteoporosis or who are at risk for osteoporosis, maintain strength, flexibility and function.

***Call the Senior Center at 508-539-1440 to register and pick up the release form for this class.**

Gentle Yoga: Mondays, 9:45am-10:45am. Please bring a yoga mat. There is a fee of \$6 drop in or \$45/8 classes (1st class is free).

Chair Yoga: Mondays, 11:00am-12:00pm. Modified for seniors who prefer to practice yoga seated in a chair. There is a fee of \$6 drop in or \$45/8 classes (1st class is free).

Ageless Yoga: Fridays, 11:30am-12:30pm. Gently-led Hatha Yoga class. Free will offering.

Line Dancing: Every Thursday from 1:00pm-2:00pm. A fun low-impact class offers a variety of line dances, steps and routines. There is a fee for this class of \$36 for 6 classes or \$7.00 drop in per class.

Zumba®: Every Tuesday, Wednesday and Friday from 10:00am-11:00am. Come experience the benefits of this incredible fun, low-impact fitness program. Just drop in. There is a fee for this class of \$36 for 6 classes or \$7.00 drop in per class.

Ballroom Dancing: Every Thursday from 3:00pm-4:00pm. This is a great way to meet new people and learn some new steps. Partners necessary. Just drop in! \$7.50 per class per person.

***Registration required.**

Please note: If you are attending one of our health and wellness programs for the first time, please be sure to complete the Town's Hold Harmless Agreement/Waiver Form.



ARE YOU READY FOR MEDICARE OPEN ENROLLMENT? SHINE Can help!

Medicare open enrollment is **October 15 – December 7** and state certified SHINE counselors are available at your local senior center **by appointment** to help you understand health care coverage, review cost increases, and find out what's new with Medicare.

The time is **now** to review your Medicare coverage! By September 30th, each Medicare beneficiary receives an **Annual Notice of Coverage** which includes important information regarding Medicare costs and benefits. You can compare your Medicare benefits and health insurance options at no cost with your local SHINE counselor.

Meeting with a certified SHINE volunteer during open enrollment may reduce your out of pocket medical and/or prescription drug costs. In addition, a SHINE counselor can help you identify public programs that can help with premiums, copayments and health coverage based on income and assets.

Plan to have the following information available for your SHINE appointment: Medicare A/B card; Medigap or Medicare Advantage Card; Prescription Drug Plan Member Card (if you have a Part D plan); List of medications and dosages which can be obtained from your local pharmacy. If you have created an account with Medicare.gov, bring your username and password – this will save time as all medications and dosage information are stored and can be updated.

For those who prefer to view Medicare plan choices and costs online please visit www.Medicare.gov, then, click on **find a health and drug plans** tab.

Helpful telephone numbers and websites:

Medicare	www.medicare.gov	800.633.4227
Social Security	www.ssa.gov	800.772.1213
Prescription Advantage	www.prescriptionadvantagemma.org	800.243.4636

⇒ **SHINE appointments fill up fast during this busy period. Appointments may be in person, on the phone, or virtual. Please call the Mashpee Senior Center at 508-539-1440 to schedule your appointment to avoid making last-minute decisions or staying in a plan that no longer works for you.**

**TRAVEL ADVENTURES WITH
KARYN WENDELL**



**TRAVEL TALK WITH KARYN
Thursday, September 28th at 10:00am
Presentation-Door Prizes-More FREE**

Come learn about the travel program and meet Karyn at the Mashpee Senior Center. To register please call the Senior Center at 508-539-1440.

DAY TRIPS:

Encore Casino: \$20 Bonus, 9/12, 10/10 \$49
Waterfire Providence: 9/09, \$49
Turkey Train New Hampshire: 10/04, \$133
Foliage Splendor of New Hampshire w/ Common Man Lunch & More: 10/12, \$135
Splish Splash Bobby Darin Tribute w/ Lunch: 10/18, \$109
Mama Mia! The Music of ABBA w/lunch: 11/15 \$127
New England Christmas & Food Festival at Mohegan: 11/04, \$75
Christmas In Newport - 3 Mansions: 12/01, \$83
How The Grinch Stole Christmas: PPAC 3 PM 12/03 1 PM \$120/\$89
Merry Country Christmas Show w/Lunch: 12/06, \$129
Holiday Pops Boston: 12/08, 3 PM, \$153/ \$129
Moulin Rouge: PPAC - 12/28 2 PM \$125/\$113

2024 SHOWS:

Disney's FROZEN: PPAC - 6:30 PM 3/10, \$125/\$85
The CHER Show Musical: Boch Boston - 2 PM, 3/16 \$129/\$114
Company: PPAC - 1 PM 4/28 \$120/\$109
CLUE The Musical: Emerson Boston - 1 PM 5/24, \$145/\$115
MJ The Musical: Boston Opera House - 6:30 PM 6/23, \$159

For a full listing of trips and more information stop by the Mashpee Senior Center or contact:
Karyn Wendell at (508) 420-5288
Mail payments: P. O. Box 161, Centerville, MA 02632
Email: Karynmwl@comcast.net
Website: www.adventureswithkaryn.com



**ELDER SERVICES WEEKLY
LUNCHEON**

- ⇒ Elder Services of Cape Cod and the Islands presently serves a luncheon at the Mashpee Senior Center two days per week, **Tuesday and Wednesday at 12:00pm**. This is a good way to help keep your food costs down — plus it is fun and social!
- ⇒ As a reminder, lunch reservations are required. Please call 508-477-0910 to reserve your lunch. A voluntary suggested donation is \$4.00.
- ⇒ Transportation MAY be available on Wednesdays. To reserve a ride, please call the Mashpee Senior Center at least 48 hours in advance, at 508-539-1440. The driver will call you to confirm your ride.

FOMCOA THRIFT SHOP



Visit the Friends of the Mashpee Council on Aging (FOMCOA)'s thrift shop! Your purchases help Mashpee senior citizens through funding capital items and projects for the senior center. The shop is run by a rotating staff of volunteers and features new and gently used seasonal clothing, shoes, china, crystal, jewelry, handbags all that are in great condition and reasonably priced. Trying on an item is easy in their dressing room. The shop's warm, friendly atmosphere attracts repeat customers, who often drop in to chat, browse, and buy. It is the perfect place to do some of your shopping without paying full price for antiques, collectibles and other items.

- ♦ **Open hours of operation are Thursday, Friday, and Saturday from 10:00am to 2:00pm, but please note that occasionally the Thrift Shop hours may be closed as a result of volunteer unavailability.**

Donations

The Friends of the Mashpee Council on Aging is grateful to the many wonderful people who donate to its thrift shop, located across the parking lot from the Mashpee Senior Center. Your help goes to support the Senior Center as well as other needs of seniors in the Mashpee community. Hours of operation are Thursday, Friday and Saturday from 10:00am-2:00pm. **Please drop off your donations by 1:00pm ONLY on open days of operation on Thursdays, Fridays and Saturdays.**

TRANSPORTATION INFORMATION

Mashpee Council on Aging, Minibus Service

- **The minibus operates on Mondays, Wednesdays and Fridays between the hours of 9:00am-1:30pm.** Trips can be scheduled to grocery stores, pharmacies, medical/dental appointments, the post office and the bank. (Ride requests for this service must be made a minimum of 48 hours in advance).
- Trips for medical/dental appointments within the towns of Sandwich and Falmouth are also offered on a limited basis during the minibus operating days and hours. (Ride requests for this service should be made 5 working days prior to your appointment date).
- **To request your ride, call the Mashpee Senior Center at 508-539-1440 and leave the following information: Your name, address, telephone number, along with the date, time and destination of your request. The driver will get back to you to inform you that your ride is confirmed.** (Please note: It is optional for passengers to wear a face mask while being transported on the bus.)
- **New:** Transportation will soon be available on Tuesdays. The mini-bus will be running 4 days per week!

The Cape Cod Regional Transit Authority (CCRTA)



CCRTA has been providing public transportation services since 1976 to residents and visitors for all 15 Cape Cod communities. CCRTA services include: **Fixed Route Bus Service** - year round routes. **Dial-A-Ride Transportation (DART) Service** is a daily general public service that is door-to-door, ride-by-appointment, transportation service. This service is available to all Cape Cod residents for any purpose. **Boston Hospital Transportation** is a transportation service to Boston area hospitals that runs Monday through Friday (no holidays), by reservation. **For more information about the CCRTA**

please call toll free 800-352-7155; local number 508-385-1430; or TTY-800-439-0183 or visit its website: <http://www.capecodtransit.org/>.

MASHPEE SENIOR CENTER INFORMATION

The Mashpee Senior Center hours are Monday through Friday, 8:30am-4:30pm. We are located at 26 Frank E. Hicks Drive, Mashpee, MA. Please drop by to attend an activity, if you need assistance, have a question, want to try something new, or want to learn more about our programs, transportation services or volunteer opportunities.

We encourage you to sign up for our emails to receive up-to-date news regarding activities, volunteer opportunities, programs and more. To be added to our email list, contact the Mashpee Senior Center by calling 508-539-1440 or email: coaofficeassistant@mashpeema.gov

The Council on Aging is a department of the Town of Mashpee. Its charge is to sponsor, coordinate, or conduct human service, 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.

For more information, please visit: <https://www.mashpeema.gov/council-aging>

COA STAFF DIRECTORY

Heidi McLaughlin, Director
hmclaughlin@mashpeema.gov
Lori Nelson, Outreach Coordinator
lnelson@mashpeema.gov
Peggy Rose, Receptionist
prose@mashpeema.gov
Sarah Fenton, Activities Coordinator
coaactivitiescoordinator@mashpeema.gov
Kathy Urquhart, Volunteer Coordinator
coavolunteercoordinator@mashpeema.gov
Lisa Witkus, Office Assistant
coaofficeassistant@mashpeema.gov
Tim Peterson, Mini-Bus Driver
George Martin, Maintenance

Mashpee Council on Aging Board Members

David Egel, Chairman
Sherry Norman, Vice Chairman
Rachel Hodgman, Secretary
Merrill Blum
Colleen Meehan
Ron Meyerowitz
Michael Murphy
Judith Scofield

SUPPORT THE ADVERTISERS

that Support our Community!

Mashpee Dental Associates

C. DARZENTA, DMD • GARY GALOVIC, DMD



Cosmetic & Family Dentistry



508-477-0070

96 Old Barnstable Rd. "Seniors are special to us"



Leanne Fletcher, Au.D.,
Doctor of Audiology
 86 Cotuit Rd., (Rt. 149) Unit B1
 Marstons Mills, MA

Visit us at our beautiful new office

508-539-9780

www.hearingonthecape.com

- Hearing Aid Sales & Services
- Hearing Evaluations



Cape Cod
RETRACTABLE
Awnings-Screens-Shutters
 RETRACTABLE SCREENS • HURRICANE SHUTTERS
 SOLAR SHADES • MOTORIZED SCREENS • WINDOW FILM

*Awning, Canopies, Retractable Screens,
 Hurricane Shutters, Solar Shades & More!*

screensNshutters.com • (508) 539-3307



PHYSICAL THERAPY FOR ALL AGES

**PT, OT, BALANCE
 SCREENS & FALL
 RISK ANALYSIS!**

**CALL
 774-247-4868**

**85 MAIN STREET
 BUZZARDS BAY**

**PTU, WHERE YOU'RE
 MORE THAN A PATIENT
 AND WE'RE MORE THAN
 PHYSICAL THERAPY!**

If you can tell us what is wrong with this picture, we would like to talk with you:



Time to come out of retirement.

Have you worked as a professional line cook?

Your kitchen skills are valuable to us.

Part time, full time: We can be flexible

We are more interested in what you can do.

Contact Chef Nick at Siena, Mashpee Commons
Just come in, or call 508-477-5929

Independent Living, Assisted Living & Memory Care



“Choosing Laurentide will hands down be the best decision you make, for you and your family.”
- Lori P. Resident Daughter


Laurentide
at Mashpee Commons
A Northbridge Senior Living Community

To learn more about our wonderful way of life call:
508.539.1300

Visit us at 64 Great Neck Road South, Mashpee, MA
or online at LaurentideMashpeeCommons.com

KEEP YOUR HOME COMFORTABLE ALL YEAR LONG!

GENERAC | **POWERPRO PREMIER**



Generac Automatic Standby Generator for your Home or Business.


MITSUBISHI ELECTRIC
HEATING & AIR CONDITIONING

DIAMOND CONTRACTOR



A BETTER WAY TO HEAT AND COOL. Any home. Any building. Anywhere.

For more information visit: rcaelectric.com or call 508-428-0449

FINANCING AVAILABLE!



RCA
ELECTRIC & GENERATORS
Generating Trust

0%
18 mos

NEVER MISS
OUR BULLETIN!

SUBSCRIBE

Have our bulletin emailed
to you every week.

Visit www.parishesonline.com




LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME
Michael Fenner

mfenner@4LPi.com

(800) 477-4574 x6808



Patricia Hart Callahan SRES®
Seniors Real Estate Specialist®
603.557.2347
patricia.callahan@compass.com

Specializing in helping seniors with their real estate needs in adult residential communities in Mashpee and the surrounding area.

® Patricia Callahan is a licensed real estate agent affiliated with Keller/Graves Realty Group, LLC, a licensed real estate broker affiliated with Compass and obtains by Equal Housing Opportunity laws.

COMPASS
KELLER
GRAVES



Mashpee
Family Medicine
at Rogers Outpatient Center

(508) 477-4282
Mon – Fri 8am – 5pm

DR. VIMAL PATEL, MD
Now Offering Non-Invasive
Cosmetic Services.

Rte 28, 5 Industrial Dr, Ste100 • MASHPEE, MA
www.mashpeefamilymedicine.net

**Cape Cod's Number ONE Choice
for Memory Care**

Our Dementia-Supportive Community
Our Team of Compassionate Experts
Our Promise of Renewed Peace, Joy & Meaning
Our All-Inclusive Price



Bridges 508.388.4436
BY EPOCH
MEMORY CARE ASSISTED LIVING
AT MASHPEE

www.BridgesbyEPOCH.com

462 Old Barnstable Road | Mashpee, MA 02649 MASS RELAY 711 



CAPE SENIOR HOME HEALTHCARE SERVICES

OUR SERVICES
Elderly Care • Personal Care • Veterans Care • Pet Care
Companion Care • End-of-Life Care • Light Cleaning • Shopping & Errands
Ambulation & Transfers • Meal Preparation • Medical Reminder

STAFFING SERVICES
Safe nurse staffing is essential to both the nursing profession and to the overall health care system. We deliver high quality nursing staffing services for your travel, temporary, nurse staffing needs. We also provide staffing for facilities and in-home.

Call us today! 508-459-5735-6

Our Locations: 923 RT 6A, Yarmouth Port, MA 02675 • 23 Steeple Street, Mashpee, MA 02649

www.CapeSeniorHomeHealthcare.com




Cape Light Compact works with you to make your home more comfortable and lower your energy costs.

Schedule a no-cost Home Energy Assessment to get started.



CapeLightCompact.org
1-800-797-6699




MASHPEE COUNCIL ON AGING
26 FRANK E. HICKS DRIVE
MASHPEE, MA 02649

PRSR STD
U. S. POSTAGE
PAID
MASHPEE, MA
PERMIT NO. 15

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



ADT Authorized Provider | SafeStreets | 833-287-3502

CASE 508.790.3050
ESTATE LAW, P.C. 1645 Falmouth Rd.
Centerville



- Wills & Trusts • Medicaid Apps
- Probate & Trust Administration

RAD CASE, ESQ.

www.CaseEstateLaw.com

ADVERTISE HERE
to reach your community



Call 800-477-4574

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator