

APRIL 2023

# The Mashpee Senior Connection

## 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, programs and more. **Contact the Mashpee Senior Center at 508-539-1440 to be added to our email list.**

### HOLIDAY OBSERVANCE

**Patriots' Day is on Monday, April 17th. The Mashpee Senior Center will be closed. All activities, including the mini-bus will be cancelled. Have a safe and happy holiday.**



**\*LIKE MASHPEE SENIOR CENTER ON FACEBOOK\***



### A Message from Heidi McLaughlin, Mashpee Council on Aging Director

Dear Friends,

I am excited to announce an important update regarding the Council on Aging's newsletter.

Starting in May, we will be transitioning to a bi-monthly newsletter; this means you will receive two months worth of information in one newsletter. The number of pages will increase from 12 to 20 to accommodate two months of programming, as the newsletter will be issued six times each year starting with the May/June 2023 issue. We will continue to email a digital version of the newsletter monthly to all of our members, as well as continue to mail a printed copy to members who are 80 years of age or older and to those who request a printed copy be mailed to them. **If you are a person who prefers a printed copy over a digital copy you can either pick one up at the Council on Aging, Mashpee Library, Town Hall and other various locations or fill out a form requesting a copy be sent to you.** All of our current members will continue to receive a digital version of the newsletter each month.

This shift will help us reduce extraneous paper use, and cut down on mailing costs, allowing us to spend additional funds on enhanced programming for our members. I wish everyone a Happy April! Bring on the warmer weather!



### BEATLES AND BEYOND CONCERT WITH ROGER TINCKNELL

Tuesday, April 4th  
2:00pm - 3:00pm

**Beatles and Beyond** is an upbeat program that includes classic rock and pop songs primarily from the 1960's and early 1970s. The program will feature songs by the Beatles. The audience will be invited to sing, dance, and play percussion instruments.

**Please call the Senior Center at 508-539-1440 to reserve your seat for this concert.**



This program is supported in part by a grant from the Mashpee Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.

### DISCOVER YOUR PURPOSE Thursday, April 13th from 1:00pm - 2:00pm

"Discover Your Purpose" will educate, inspire, and motivate attendees to understand and explore purpose, develop their own personal purpose statements, and share them with others. The seminar uses an integrative framework that focuses on purpose, connections, and life balance and their impacts on health, longevity, and happiness. In structured discussions with peers, attendees will gain confidence about their own next steps and emerge ready to move forward in pursuing their goals for work with a social purpose.

Join in with others from your community to find your own purpose and "discover what's next!"

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



### MANAGING VEGETABLE PESTS AND DISEASES Thursday, April 6th from 1:00pm - 2:00pm

Do you enjoy growing your own vegetables? Insect pests and fungal diseases can be a vegetable gardener's biggest challenges. Learn how to assess common vegetable problems and how to manage them organically.

**Join us for this informative discussion by registering at the Senior Center at 508-539-1440.**

Mashpee Senior Center/Council on Aging 26 Frank E. Hicks Dr. Mashpee, MA 02649  
Phone: 508-539-1440 Fax: 508-539-2791 [www.mashpeema.gov](http://www.mashpeema.gov) Email: [coa@mashpeema.gov](mailto:coa@mashpeema.gov)

**THRIFTING 101**  
**From Trash to Treasure Presentation**  
**With Karyn Wendell**  
**Thursday, April 20th from 11:00am — 12:00pm**

**DONATING - RESELLING - RECYCLING - OH MY!!**

Whether you are cleaning out your closet, basement or cupboards, this 45-minute interactive talk will give you lots of ideas and options as to what your next steps should be!

We will cover the following topics:

- ⇒ Reselling: Consignment shops and on-line groups
- ⇒ Thrift Shops: Donating, shopping and blogs
- ⇒ Recycling: Where to donate & MA Textile Waste Disposal Ban
- ⇒ Collectibles: What they are really worth and who is collecting them
- ⇒ Questions & Answers



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

- \* Also joining us at this seminar will be a volunteer from the Friends of Mashpee COA Thrift Shop to talk about its history. We encourage everyone to visit the Thrift Shop during their open hours of operation: Thursday, Friday & Saturday from 10:00am-2:00pm. Donations may be dropped off between 10:00am and 1:00pm, Thursday through Saturday. Please note occasionally the Thrift Shop may be closed as a result of volunteer unavailability.

**OPEN STREET MAPPING**  
**Monday, April 24th**  
**1:00pm - 3:00pm**



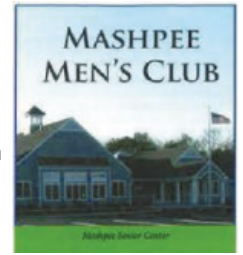
***Together we map; Together we change the World!***  
***SENIOR TO SENIOR - Humanitarian Mapathon***

Want to make a difference in the World? Join the Humanitarian Mapathon hosted by the Mashpee High School *OSMTeenMaptivists* mapping workshops for anyone who wants to learn how mapping can make stronger and more resilient communities.

This is a free event. Participants will need to bring a fully charged computer device with internet access. Our Teen Mappers can't wait for you to join them in connecting Mashpee to the global community and making the World a better place!

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

**MASHPEE MEN'S CLUB**  
**Tuesday, April 4th**  
**from 10:00am-12:00pm**



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

Town Planner Evan Lehrer will be the speaker at this meeting. There is much going on in his department with respect to zoning and development in Mashpee. Join us for this informative meeting and learn first-hand what is going on in our Town.

Membership in the Club is open to all men 50 or older. Applications for membership are available at the meeting. Dues are \$20 for the year.



**VETERANS' SOCIAL GROUP**  
**Tuesday, April 4th 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.

**Join us for light refreshments, share stories and connect with other senior veterans. No registration is needed.**

**MINDFUL AWARENESS**  
**Friday, April 21st**  
**11:30am - 12:30pm**

Do you want to learn to live each day with happiness and wellbeing. Meet Sally Palmer, Mindful Educator, to learn how you can change your life by living in the present moment, and how to let go of thoughts for more happiness.

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



## HEARING SCREENINGS

Friday, April 21st  
9:00am to 12:00pm (by appointment)  
Alan Palanzi, Provider, from HearingLife



Free Hearing Screenings will be provided by appointment at the Mashpee Senior Center.

What will I learn at this screening?

- Why do I keep asking "what" or ask people to repeat themselves?
- Why are people saying your television is too loud?
- Find out information on the most advanced hearing technology?
- The benefits of finding out about hearing loss, and how we can help?
- Clean and check your hearing devices if time allows.

**Please call 508-539-1440 to schedule your appointment.  
Sign up early to reserve your spot!**



**BINGO!**  
Tuesday, April 18th  
from 1:00pm-2:30pm

- ⇒ Come a little early at 11:30am for a congregated lunch (call Elder Services at 508-477-0910 to reserve your lunch).
- ⇒ Register for BINGO by contacting the Senior Center at 508-539-1440. We hope you will join us!
- ⇒ Light refreshments will be served during BINGO.



## MEDICARE SAVINGS PROGRAM

There are several programs under the MassHealth umbrella. MassHealth Standard is for those with very low income and, if 65 or over, have only \$2000 in the bank, \$3000 for a couple.

The layers above Standard are Medicare Savings Programs, otherwise called Buy-In in Massachusetts. The asset limits for these programs are now \$18,180 for an individual and \$27,260 for a couple. The income limit has just increased to \$2734 per month for an individual, \$32,808 annual, or \$3698 per month for a couple, \$44,376 annual.

If your income and assets are now below these limits, a Medicare Savings Program may indeed save you money. One way these programs save money is by paying your Medicare Part B premium for you; thus the Social Security income you actually receive would be higher. You would need to complete one of two applications and send it to MassHealth for them to verify you qualify.

You may want to meet with or talk to a SHINE Counselor to explore Medicare Savings Programs. Call the Senior Center at 508-539-1440 to schedule an appointment with a SHINE representative.



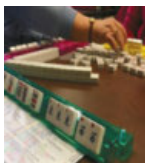
## VOLUNTEER APPRECIATION BRUNCH

Thursday, April 27th  
10:00am-12:00pm

We're celebrating all of our volunteers, past, present and future! If you are a past volunteer, current volunteer, or maybe you are thinking about volunteering at the Mashpee Council on Aging in the near future, join us for a lovely brunch as we recognize *and* honor those individuals who dedicate themselves to helping others. Please RSVP, by calling the Senior Center at 508-539-1440. We look forward to seeing you!

## LEARN TO PLAY MAH JONGG

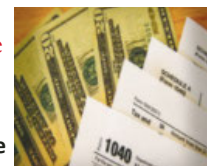
Thursdays, starting April 20th  
to May 18th  
1:00pm to 3:00pm



Is learning to play Mah Jongg 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! There is a fee of \$65 for 5 weeks.

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

## AARP Foundation Tax-Aide Income Tax Preparation



The Mashpee Senior Center is a site for the AARP Foundation Tax-Aide Income Tax Preparation Program whose mission is to assist low to moderate income taxpayers file their Federal and State returns.

The Tax-Aide Program will be held at the Mashpee Senior Center with the last available appointments on **Friday, April 14, 2023.**

**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 Package and bring the completed packet to your appointment.

- ◆ **Thank you to the AARP volunteers who give their time and expertise to make the AARP Foundation Tax-Aide Income Tax Preparation Program a success! We appreciate all that you do for our community.**

# I ♥ Book Club

**Mashpee Senior Center  
Book Club**  
Monday, April 24th from  
2:00pm to 3:00pm

Join us to discuss book selections, meet new people, and see what the Book Club is all about. New members are always welcome. There is no registration or charge to join!

- \* **The April book selection is: "Woman Talking," written by Miriam Toews.**
- \* **The May book selection is: "The Soul of America," written by Jon Meacham.**

## TRAVEL NEWS WITH KARYN WENDELL

### SPECIAL EVENT

#### TRAVEL PRESENTATION & LOBSTER LUNCHEON TUGBOATS-HYANNIS MARINA

Tuesday, May 16, 2023 - 10:30AM - \$30 pp

(Paid Reservation Required) - Discounts - Door Prizes - Special Guests! Learn about NEW trips and shows! Meal choices: Lobster Roll or Salad, Chicken Parmesan

ENCORE CASIO - 4/04, 5/9 \$49pp

*Beetlejuice The Musical* - 4/29, 2 PM - \$128/\$92pp

Art In Bloom at MFA - 4/30, \$83pp

*Stayin Alive* World's #1 Bee Gees Tribute & Lunch 5/24, \$119pp

Rick Steve's *Symphonic Journey & Boston Pops* 6/08, \$138/\$119pp

Newport Flower Show 6/23, \$79pp

Red Sox vs New York Mets 7/23, \$159pp

Corvettes Doo Wop Revue & Fosters Maine Lobster bake 8/09, \$129pp

Carnival P-Town "Land of Toys" 8/17, \$49pp

### 2023/2024 BROADWAY SEASON ANNOUNCED!

\$25 Holds Your Seat! - Balance Due 60 Days Before Show

*Funny Girl* - PPAC- 9/10-6:30 \$119/\$109pp

*Mrs. Doubtfire* - PPAC - 10/22-1 PM \$120/\$89pp

*How The Grinch Stole Christmas* - PPAC 3 PM 12/03 1 PM \$120/\$89pp

*Moulin Rouge* - PPAC - 12/28 2 PM \$125/\$113pp

*Aint' Too Proud* - PPAC- 1/28 \$112-/\$89pp,

*To Kill A Mocking Bird* - PPAC - 2/07 \$128/\$90pp,

*Disney's FROZEN* - PPAC - March TBA,

*Company* - PPAC - 1 PM 4/28 \$120/\$109pp

*CLUE The Musical* - Emerson Boston - TBA May 2024

*MJ The Musical* - Boston Opera House - TBA June 2024

⇒ **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: [Karynmw1@comcast.net](mailto:Karynmw1@comcast.net)

## **OFFICE HOURS**

**Select Board Member Michaela Wyman-Colombo**  
**Tuesday, April 4th from 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.

## **STEPPING STONES TO FITNESS** Tuesdays, starting April 11th - May 16th 1:30pm-2:30pm



An exercise program designed to get you moving again! Learn basic home exercise programs to improve your strength and endurance, keeping you independent and build confidence to stay active at home. Participants must be able to safely ambulate, though a low tolerance to walking/standing is acceptable. Home exercise programs can be done with or without the use of equipment.

⇒ This class is led by an Exercise Physiologist from the VNA of Cape Cod. Advanced registration is required- please call the VNA of Cape Cod directly at 508-957-7423.

## **MOVIE AND SNACK!** Wednesday, April 5th and April 19th at 1pm

We are sorry, but due to copyright compliance, we are prohibited from listing movie titles in public communications.

Please contact the Senior Center to register, 508-539-1440, and for more information on movies to be shown on each date.



## **APRIL CRAFTS** Tuesday, April 11th and April 21st 2:00pm to 4:00pm



**Tuesday, April 11th:** Learn the technique of "Paint Pour." Participants will make a vase, 4 coasters and magnets. There is a fee of \$25.00, that includes all materials. Please sign up by April 7th.

\*\*\*\*\*

**Tuesday, April 25th:** Decorate glass bottle angels during this craft class. There is a fee of \$6.00, that includes all supplies. Please sign up by April 21st.

**Class size is limited, so please sign up early! Call the Senior Center at 508-539-1440 to register.**



# Veteran Information

## VETERANS' SERVICES

Friday, April 7th and 21st

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

Veteran's 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, Veteran's 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 Veteran's 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](http://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.

# SUPPORT SERVICES & APPOINTMENTS

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

- ◇ Aphasia Support Group—April 5th (see notice below)\*
  - ◇ Bereavement Support Group—April 4th and April 18th from 2:30pm-4:00pm
  - ◇ CORD (Cape Organization for the Rights of Disabled)—Wednesday, April 5th at 10:00am\*
  - ◇ CCHC Dementia Support Group—April 12th and April 26th. To preregister, please call Cape Cod Healthcare at 508-775-5656.
  - ◇ Foot care appointments—April 14th between 9:00am-2:00pm. Call the Senior Center to schedule an appointment.
  - ◇ Independence House—April 12th. Walk-in between 10:00am-12:00pm at the Senior Center.
  - ◇ Legal appointments— April 11th and April 25th. Call the Senior Center to schedule an appointment.
  - ◇ New Member Information appointments—Appointments every Monday between 10:30am-12:00pm
  - ◇ Ostomy Support Group - Tuesday, April 4th from 11:00am-12:00pm
  - ◇ Parkinson Support Group (ZOOM MEETING) - April 19th from 10:00am-11:15am. (See notice below)\*
  - ◇ PC Gadgets/Laptop/Cell Phone/Tablet appointments—April 6th and April 20th. Call the Senior Center for an appointment.
  - ◇ SHINE Program: Health insurance information and counseling—Thursdays from 12:00pm-3:00pm by appointment.
  - ◇ Sight Loss Services Peer Support Group—April 24th. Call the Senior Center to register.
  - ◇ Veteran's Agent appointments—April 7th and April 21st (see information below)
  - ◇ VNA Town Nurse Wellness / Blood Pressure Clinic - April 10th—9:30am-10:30am
- ⇒ **\*The Aphasia Support Group** has resumed in-person meetings at Spaulding; or if you choose, you may continue to participate in a Zoom Meeting. The Group will meet on the 1st Wednesday of each month. For more information contact Eileen at Spaulding Rehabilitation Hospital at 508-833-4232. Various monthly speakers.
- ⇒ **\*CORD** will set up a table in the lobby of the Senior Center to display assistive technology items at 10:00am on April 5th.
- ⇒ **\*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](mailto:jahjackson@comcast.net) or call APDA I&R at 800-651-8466 to join the group and receive Zoom information.
- ⇒ **\*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, 508-539-1440.

# OUTREACH AND SERVICES

A message from Lori Nelson, M.Ed. Outreach Coordinator:

“Here at the Mashpee Council on Aging, we continue our community outreach by providing social services support and advocacy to our over 60 community. As always, feel free to reach out to me at the Senior Center by calling 508-539-1440 or email me at [lnelson@mashpeema.gov](mailto:lnelson@mashpeema.gov) if you have any questions or are in need of any support.”

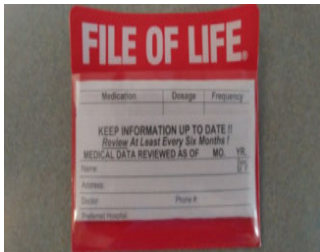
## Fuel Assistance Program Update

The Massachusetts' home energy assistance program (LIHEAP) most commonly known as Fuel Assistance has extended the application period from April 28<sup>th</sup> to May 12<sup>th</sup>.



Fuel Assistance is provided by the [South Shore Community Action Council \(www.sscac.org/fuel-assistance\)](http://www.sscac.org/fuel-assistance). You can apply online or in person. If you need any assistance, I can help you out the application at the Senior Center. For more information, or to schedule an appointment, contact Lori Nelson at 508-539-1440.

## File of Life



**It's April 2023.....Do you have one of these magnets on the side of your refrigerator?**

This product saves lives when every second counts in a medical emergency. The File of Life benefits first responders, emergency staff at the hospital, and you. Thousands of communities and millions of households across the nation have embraced the File of Life. Mashpee first responders are trained to look for these critical File of Life decals.

### What is a File of Life?

File of Life details medical conditions and instructions in case of emergency. These are safeguards against medical intervention that may be unwelcome or unnecessary – experts say. We all deserve prompt, quality medical care, especially when it matters most – in an emergency. File of Life is designed to make the difference between life and death by providing absolutely vital information to first responders. File of Life is an asset not only for emergency preparedness, but also for keeping medical information organized for any visit to the doctor.

**Next Steps to Stay Safe:** We want every older resident of Mashpee to have an up to date refrigerator magnet version of the File of Life. If you have a File of Life in place, Great! Please review and update it as needed. If you need one, call or email Lori Nelson, Outreach Coordinator at the Senior Center at 508-539-1440 or [lnelson@mashpeema.gov](mailto:lnelson@mashpeema.gov).

## Medical Equipment -- Donations or Borrowing

The Mashpee Senior Center has the ability to lend out and accepts some medical equipment (such as rollators, wheel chairs, canes, transport chairs etc.) to Mashpee residents over 60. Unfortunately our center does not have much storage space for donated equipment. If you would like to donate medical equipment, please call Lori Nelson, Outreach Coordinator, at 508-539-1440. Equipment is sanitized before it is loaned out to Mashpee older residents. Equipment may be kept for a limited short time period to ensure it's available for other older residents. All borrowers must sign liability waiver. If you are in need of medical equipment, please speak with Lori Nelson, Outreach Coordinator at 508-539-1440 or email her at: [lnelson@mashpeema.gov](mailto:lnelson@mashpeema.gov).



*Together, we can improve emergency medical care and provide some peace of mind for Mashpee seniors and their loved ones.*

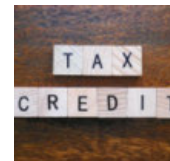
## CIRCUIT BREAKER TAX CREDIT

### Have you heard about the Massachusetts Senior Circuit Breaker Tax Credit?

As a senior citizen (**65 or older by December 31 of the tax year**), you may be eligible to claim a refundable credit on your Massachusetts personal income tax return. The Circuit Breaker tax credit is based on the actual real estate taxes or rent paid on the Massachusetts residential property you own or rent and occupy as your principal residence. Here is the link to information; <https://www.mass.gov/info-details/massachusetts-senior-circuit-breaker-tax-credit>.

The maximum credit amount for tax year 2022 is \$1,200. If the credit you're owed exceeds the amount of the total tax payable for the year, you'll be refunded the additional amount of the credit without interest. Tax Professionals are aware of this tax credit. For those who aren't aware of this tax credit benefit, it's not too late to file. You may be eligible if:

- You must own or rent residential property in Massachusetts and occupy it as your primary residence.
- For tax year 2022, your total Massachusetts income doesn't exceed:
  - \$64,000 for a single individual who is not the head of a household.
  - \$80,000 for a head of household.
  - \$96,000 for married couples filing a joint return.
- If you are a homeowner, your Massachusetts property tax payments, together with half of your water and sewer expense, must exceed 10% of your total Massachusetts income for the tax year.
- If you are a renter, 25% of your annual Massachusetts rent must exceed 10% of your total Massachusetts income for the tax year.
- The assessed valuation of the homeowner's personal residence as of January 1, 2022, before residential exemptions but after abatements, cannot exceed \$912,000.



The **Schedule CB** must be completed within 3 years from the last day for filing the return, without regard to any extension of time to file. For more information, please call Lori Nelson, Outreach Coordinator, at 508-539-1440.

# TRANSPORTATION INFORMATION

⇒ To schedule a ride, call the Mashpee Senior Center, Minibus Service, at 508-539-1440

- **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 must be made two weeks prior to your appointment date).
- **To reserve 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.)

## 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/>.**



## Elder Services of Cape Cod and the Islands

### 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 11:30am. 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 by calling the Mashpee Senior Center at least 48 hours in advance, at 508-539-1440.

### PLEASE CONSIDER VOLUNTEERING! WE NEED YOUR HELP!

Volunteers are always needed at the Mashpee Senior Center. Contact Volunteer Coordinator, Kathy Urquhart at 508-539-1440, Ext. 3508 if you are interested in sharing knowledge, skills, talent and kindness.

Volunteer opportunities include:

- \* Activity Leader/Instructor
- \* Greeter
- \* Council on Aging Board
- \* Volunteer Drivers
- \* Thrift Shop
- \* Newsletter Mailing



### MASHPEE SENIOR CENTER INFORMATION



Senior Center hours are Monday through Friday, 8:30am-4:30pm. Please drop by to attend an activity, if you need assistance, have a question, or want to learn more about our minibus service 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](mailto:coaofficeassistant@mashpeema.gov)

### STAFF MEMBERS

Heidi McLaughlin, Director, [hmclaughlin@mashpeema.gov](mailto:hmclaughlin@mashpeema.gov)

Lori Nelson, Outreach Coordinator, [lnelson@mashpeema.gov](mailto:lnelson@mashpeema.gov)

Linda Wicks, Administrative Secretary, [lwicks@mashpeema.gov](mailto:lwicks@mashpeema.gov)

Peggy Rose, Receptionist, [prose@mashpeema.gov](mailto:prose@mashpeema.gov)

Sarah Fenton, Activities Coordinator, [coaactivitiescoordinator@mashpeema.gov](mailto:coaactivitiescoordinator@mashpeema.gov)

Kathy Urquhart, Volunteer Coordinator, [coavolunteercoordinator@mashpeema.gov](mailto:coavolunteercoordinator@mashpeema.gov)

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