

January 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.*



## JANUARY HOLIDAY OBSERVANCE

The Mashpee Senior Center will be closed on Monday, January 2nd, in observance of New Year's Day and Monday, January 16th in honor of Dr. Martin Luther King, Jr. Day.

All activities, including the minibus, are cancelled on these days.

## JANUARY NEW EVENTS & PROGRAMS



### NEW YEAR'S LUNCHEON

Tuesday, January 3rd from 12:00pm-2:00pm

Who says the party needs to end at midnight? Ring in the New Year and join us as we continue to celebrate with a special luncheon. Enjoy a delicious lunch and listen to the beautiful sounds of John Moriarty on piano.

Due to space limitations, this is open to Mashpee seniors only. This event is sponsored in part by Royal Health Group.

Please call the Mashpee Senior Center at 508-539-1440 to register. Seating is limited, so please call early.

### COMPUTER ESSENTIALS CLASS

January 17th to February 17th (Tuesdays & Fridays)

Time: 9:00am-10:30am

The Mashpee Senior Center will be hosting this 5-week course and will cover the essentials of how to use the basic functions of a personal computer, internet use, how to organize electronic files, emails and much more! This course is designed for people who have never used a computer or have very little experience and want a solid introduction. Sign up today by calling Denise at Elder Services at 508-394-4630, Ext. 366 or email her at [Denise.Magnett@essci.org](mailto:Denise.Magnett@essci.org) Space is limited call early!

### CAPE ORGANIZATION FOR RIGHTS OF THE DISABLED (CORD) PRESENTATION

Tuesday, January 10th from 2:00pm-3:00pm

Are you having difficulty completing tasks in your daily routine like dining, cooking or self-care? Did you know there are devices out there designed to help with such tasks?

If you would like to learn more then please join the Mashpee Council on Aging and Cape Organization for Rights of the Disabled on Tuesday, January 10th, for an interactive demonstration of these devices and information on how to obtain them.

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



### SURVIVING A CLOSE ENCOUNTER

WITH A GRIZZLY BEAR

Tuesday, January 24th from 1:00pm-2:30pm

"The grizzly bear was so close I could have touched its head". Yikes! Come hear what happened next as Patrick McGinty, an avid Mashpee, MA adventurer, presents (with pictures and videos) about his recent extraordinarily dangerous close encounter with a grizzly bear sow with two cubs in the Canadian Rockies as well as other close encounters with bears in the Olympic, Grand Teton, Yosemite, and North Cascades National Parks. He will also share very practical lessons learned when having a close bear encounter that you can use to feel more comfortable when out in the wilderness with bears.

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

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)

## CLIMATE CHANGE AND ITS IMPACT ON NEW ENGLAND

Friday, January 27th from 1:00pm-2:00pm

Christopher Skinner is a climate scientist and assistant professor in the Department of Environmental, Earth and Atmospheric Sciences at the University of Massachusetts Lowell. He is interested in climate change and its impacts on humans and the natural world.

Earth's climate is currently changing faster than at any other point in human history. In this talk, we will examine how this unprecedented global climate change is impacting New England. From heat waves to extreme cold, and drought to heavy rainfall, we will explore the science underlying these changes and the influence they have on our ecosystems and livelihoods.

Register at the Senior Center by calling  
508-539-1440.

# ACTIVITIES

## LEARN TO PLAY MAHJONGG

Thursdays, January 26th to February 23rd  
10:00am-12:00pm

On your bucket list? Learn the fun and always challenging game of Mahjongg. Easy to get started with step-by-step hands on learning under the guidance of Eda Stepper, a teacher and player of Mahjongg for many years. The National Mahjongg 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 or call 508-539-1440.

## NEW SESSION - QI-GONG

Thursdays, January 5th to February 16th  
From 3:15pm to 4:15pm

A new five week session of Qi Gong is starting on Thursday, January 5th to February 16th. Participants will learn different breathing patterns to activate Qi/Chi-our life force energy. Gentle stretching, warm-ups, standing postures and the "flows" of the Five Elements (metal, water, wood, fire and earth) will circulate the Qi throughout the body. This class is for both beginners and those who have practiced Qi Gong before.

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



**REMINDER: SEA MIST SWIMMING  
RESUMES THURSDAY, JANUARY 5TH FROM  
11:00am-2:00pm**

## MASHPEE SENIOR CENTER BOOK CLUB

Monday, January 23rd from 2:00pm-3:00pm

If you are interested in attending this fun welcoming group, just drop in. January's book choice is: "The Road to Gandolfo," written by Robert Ludlum.

## VETERANS' SOCIAL GROUP

Tuesday, January 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. So come grab a snack, share stories and connect with other senior veterans. No registration is needed.

## MOVIE AND SNACK!

Wednesday, January 4th and 18th at 1pm

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

Please read reviews in advance on RottenTomatoes.com or IMDB if you want to make sure one of the movie choices suits your interest.

## JANUARY CRAFTS

Tuesday, January 10th - Create greeting cards for all occasions. Fee of \$8.00 includes all materials.

Tuesday, January 24th - Create a puzzle piece heart wreath. \$6.00 includes all materials.

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

## BINGO!

Tuesday, January 17th from 1:00pm-2:30pm

Bingo is held on the 3rd Tuesday of each month from 1:00pm-3:00pm. Light refreshments will be served.

⇒ Come a little early at 11:30am for a congregate lunch (call 508-477-0910 to reserve your lunch). Contact the Senior Center at 508-539-1440 to register for Bingo.

## PAINTING CLASSES

Wednesdays, from 10:00am-11:00am and  
1:00pm-3:00pm

Morning and afternoon sessions are offered. Each participant works in his or her choice of media on their choice of subject. No pre-registration is necessary and drop-ins, including beginners are welcome. The cost is \$10 per session. For the morning session, the fee is waived through March.

## MASHPEE MEN'S CLUB

Tuesday, December 6th from 10:00am-12:00pm

Our Men's Club meets the first Tuesday of each month at 10:00am for coffee with the meeting starting promptly at 10:30am. The guest speaker at each meeting is chosen for his or her ability to provide knowledge and information about matters affecting the town or otherwise of interest to Club members. 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.



# HEALTH & WELLNESS

## Exercise

**Every Tuesday & Thursday from 8:30am-9:30am**

This class focuses on a total body workout. 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.**

### Strength Training

**Every M / W / F from 8:30am-9:30am**

Exercise as a group w/ one of the many wonderful options chosen from our YouTube Library! No charge.

## Yoga

**Gentle Yoga - Mondays, 9:45am-10:30am**

Please bring a yoga mat. There is a fee.

**Chair Yoga - Mondays, 11:00am-12:00pm**

Modified for seniors who prefer to practice yoga seated in a chair. There is a fee.

**Ageless Yoga - Fridays, 11:30am-12:30pm**

Gently-led Hatha yoga class with focus on stretching, improving balance and building strength. Bring a mat. Free will offering.

## 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.

## 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**

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.

# SERVICES & INFORMATION

**ELDER SERVICES  
WEEKLY  
LUNCHEON**



**Elder Services**  
of Cape Cod and the Islands

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! 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. As a reminder, lunch reservations are required.

## ELDER SERVICES – AMERICORPS SENIORS

### RSVP RADON TESTING

RSVP Senior Environment Corps (SEC) volunteers will be conducting home radon testing for any homeowner on Cape Cod and the Islands. The cost of the test, including postage and a confidential lab report, is \$35.00. Radon testing is available now until March 31, 2023. **Homeowners may register for a radon test by calling Elder Services at 508-394-4630, Ext. 524. AmeriCorps Seniors Staff will explain the radon testing process and complete your registration. AmeriCorps is a program of Elder Services.**

## 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 following is a message from the volunteers who conduct this program. The Tax-Aide Program will begin at the Mashpee Senior Center on **Friday, February 3, 2023** with the last available appointments on **Friday, April 14, 2023**. "Drop-off" appointments will be available on Mondays between 9:00 and 10:00 and on Friday's between 9:00 and 10:00.



**MAKING APPOINTMENTS – Appointment scheduling will start mid-January.** Call the Senior Center at 508-539-1440 to schedule your appointment. You will be given an appointment time; no special requests for a particular tax preparer will be taken. After making your appointment, please stop by the Senior Center to pick up the Income Tax Questionnaire Package. Please fill out the questionnaire and other documents and bring them to your appointment.



## INCLEMENT WEATHER INFORMATION

- ◆ When Mashpee schools are closed, the Senior Center Council on Aging activities and programs (including minibus services are cancelled).
- ◆ However, the Senior Center building will remain open, and the Council on Aging staff will report unless Town Hall is closed.
- ◆ Please listen to local radio stations and check out the Mashpee Police Department and the Mashpee Schools' Facebook pages for updated information.
- ◆ We now have Robo call and text capability through our new MySeniorCenter program. We are now able to send automated calls and texts to our members. Please note: The caller ID for our Robo calls may come up as possible spam.
- ◆ Thank you and stay safe.

## OFFICE HOURS

**Tuesday, January 3rd—9:00am-10:00am**

**Select Board Member Michaela Wyman-Colombo**

Newly-elected Mashpee Select Board Member Michaela Wyman-Colombo will be 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.

# OUTREACH AND SERVICES

## SUPPORT SERVICES & APPOINTMENTS

- Aphasia Support Group (see notice below)\*
- Bereavement Support Group (see notice below)\*\*
- CCHC Dementia Support Group
- Foot care appointments
- Independence House
- Legal appointments
- New Member Information appointments
- Ostomy Support Group
- Parkinson Support Group (ZOOM MEETING)
- PC Gadgets/Laptop/Cell Phone/Tablet appointments
- SHINE Program: Health insurance information and counseling
- Sight Loss Services Peer Support Group
- Veteran's Agent appointments

- ⇒ \*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.
- ⇒ Bereavement Support will be meeting on January 3rd and January 17th from 2:30pm-4:00pm at the Senior Center.

## PC AND GADGETS CLINIC Thursday, January 5th and 19th 12:00pm-2:00pm (by appointment)

Unsure about how to get started or have questions, The "Gadget Guy" will answer your questions about gadgets (cell phones, GPS, email, Facebook, Zoom etc.). Please bring your devices fully charged as power sources are limited. No charge. Call to make an appointment at 508-539-1440.

## VETERANS' SERVICES Friday, January 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, make an appointment to meet with one of the representatives at the Mashpee senior center.

**To schedule an appointment, please call the Mashpee Senior Center 508-539-1440 or contact the VSO at 508-778-8740 for assistance and information. No charge.**



## FUEL ASSISTANCE PROGRAM

The Fuel Assistance Program provides low income households with help paying home heating bills. The Program runs from 11/1/22 through 4/30/23. The eligible income guidelines extend to households with incomes up to \$42,411

for 1 member, up to \$55,461 for 2 members. All income must be

documented by providing information/documentation and an application will need to be completed. Applicants must fill out the application and submit copies of the following documentation: (ID, income, utility bills, rent/mortgage, house insurance and real estate taxes) for all members living in the same household to South Shore Community Action Council (SSCAD, Inc.), or call 508-746-6707. **For more information or assistance on applying, or general fuel assistance inquiries, please contact Lori Nelson, Outreach Coordinator, by calling 508-539-1440.**



## EMERGENCY PREPAREDNESS FOR SENIORS

Before and during a disaster, the 3 most important things to do when disaster strikes: 1) Stay Informed: Monitor the news and emergency alerts for updates and guidance. 2) Stay or Go? Be ready to stay at home or leave right away. Know how you'll decide and who will help. 3) Ask for Help: Tell people what you need.

The two most important things you can do before disaster strikes: **1) Create an Emergency Supply Kit.** After an emergency, you may not have access to clean water or electricity. Make sure you are prepared with your own supply of food, water, and other items to last for at least 72 hours. Visit [Ready.gov](https://www.ready.gov) for a list of basic items to gather for your Disaster Supply Kit.

- ⇒ Medical-Related Items: A 3-day supply of medicine, at a minimum. If medications need to be kept cold, have a cooler and ice packs available.
- ⇒ ID band (full name, contact number for family member/caregiver, and allergies)
- ⇒ Hearing aids and extra batteries; Glasses and/or contacts and contact solution
- ⇒ Medical supplies like syringes or extra batteries ; Information about medical devices such as wheelchairs, walkers, and oxygen including model numbers and vender.
- ⇒ Documents (Keep physical copies in a waterproof bag and take photos of each document for backup):
- ⇒ Contact information for family members, doctors, pharmacies and/or caregivers
- ⇒ List of all medications, including the exact name of the medicine and the dosage, and contact information for pharmacy and doctor who prescribed medicine
- ⇒ List of allergies to food or medicines
- ⇒ Copies of medical insurance cards and photo ID
- ⇒ Durable power of attorney and/or medical power of attorney documents, as appropriate.

**2) Make a Plan.** Create a support network of family, friends and others who can assist you during an emergency and share your disaster plans with them. Practice your plan with them.

- ⇒ Make sure they have an extra key to your home, know where you keep your emergency supplies and how to use lifesaving equipment or administer medicine.
- ⇒ If you undergo routine treatments administered by a clinic or hospital, find out their emergency plans and work with them to identify back-up service providers.
- ⇒ If you have a communication-related disability, note the best way to communicate with you.





**A MESSAGE FROM HEIDI McLAUGHLIN, DIRECTOR OF THE MASHPEE SENIOR CENTER / COUNCIL ON AGING**  
**Tuesday, January 31st between 9:30am and 11:30am**

Happy New Year! We hope you had a Happy Holiday and enjoyed a little time with loved ones or a special friend. For those of you who weren't able to share the holiday with anyone, we want you to know we care about you and we are here for you! Why not start the New Year off by trying a new activity or joining a group at the Senior Center. We have something for everyone.

Join us on Tuesday, January 31st between 9:30am - 11:30am for our Open House. Come see all of the activities and services available to you. "Opportunities don't happen, you create them," Chris Gosser said. Make the best of each day by creating a new opportunity for yourself each day. Stop by and visit our instructors and volunteers, pick up some information and get connected! We will have refreshments and coffee.

Try our Congregate Luncheon (Braised Beef & Mashed Potatoes) right after the open house at 11:30am. A voluntary suggested donation is \$4.00. Transportation will be available on Tuesday, Jan. 31st for the Open House and Congregate Luncheon. To make a reservation for lunch, please call Elder Services 508-477-0910, at least 24 hours in advance. To schedule your transportation, please call the Mashpee Senior Center, at 508-539-1440 at least 48 hours in advance. Join us and make 2023 a great year!

**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.

**TRANSPORTATION INFORMATION**

**Mashpee Council on Aging (COA) - Minibus Service**

To schedule a ride, call the Mashpee Senior Center 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/>.**



## MASHPEE SENIOR CENTER HOURS

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.

Contact the Mashpee Senior Center at 508-539-1440 or email [coaofficeassistant@mashpeema.gov](mailto:coaofficeassistant@mashpeema.gov) to be added to our email list.

**We're here  
to help!**

### Staff

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)

Elisa Witkus, Office Assistant, [coaofficeassistant@mashpeema.gov](mailto:coaofficeassistant@mashpeema.gov)

Tim Peterson, Mini-Bus Driver

George Martin, Maintenance

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## Alzheimer's Family Support Center of Cape Cod

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

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[www.CapeSeniorHomeHealthcare.com](http://www.CapeSeniorHomeHealthcare.com)