

MARCH 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.**



St. Patrick's Day is Friday, March 17th

“For each petal on the shamrock, this brings a wish your way: Good health, good luck, and happiness for today and every day.”
—Irish blessing.

St. Patrick's Ukulele Concert Friday, March 10th at 1pm

Come and enjoy a festive concert with the Cape Cod Ukulele Club under our Ukulele Teacher Cathy Hatch and students. Wear your green!!



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

NEW UKULELE CLASSES

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

Absolute Beginner Ukulele Fridays, March 10th to April 14th 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. \$45 for this session.

Beginner Ukulele 1 Fridays, March 10th to April 14th From 11:30am to 12:30pm

Already taken Absolute Beginner Class, but still learning chord progressions and strumming. Not ready for Beginner 2 class. \$45 for this session.

Beginner Ukulele 2 Fridays, March 10th to April 14th 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. \$45 for this session.

CPR Certification Course Tuesday, March 7th From 2:00pm-3:30pm

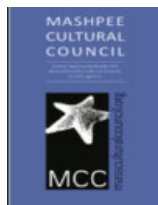
The course will teach hands-only CPR, Choke Saving, and use of an AED for adults and children. Instruction will be both classroom, with use of video, and hands-on with certified instructors so that participants can practice all skills. **Call the Senior Center to register at 508-539-1440.**



The Mashpee Council on Aging presents:
A Celtic Celebration
Songs & Stories for the Season
Tuesday, March 21st 1:00pm

This event is a lively participatory program by Davis Bates. Parents' Choice Award-winning singer and storyteller. The Mashpee Council on Aging will celebrate St Patrick's Day and the impending arrival of spring by presenting a performance by Parents' Choice Award winning performing Davis Bates. Entitled **A Celtic Celebration**, the program will involve the audience in a variety of cultural traditions. It will include traditional songs and tales from Ireland, Scotland & Wales, sea songs & chanteys, ghost stories and family tales.

There will also be plenty of sing-alongs, a short lesson in how to play music with spoons from a kitchen drawer, and an appearance by an Irish dancing wooden dog named Bingo.



Please 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 Email: coa@mashpeema.gov



MOVIE AND SNACK!
Wednesday, March 1st and
March 15th at 1pm

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



**COUNTRY FLAVORED
BAND CONCERT**
Tuesday, March 7th
1:30pm-3:30pm

Country Flavored Band plays the vintage country and western music that was popular during the Golden Era of country music.

Country Flavored Band has evolved from a group of semi-retired musicians who enjoyed jamming and playing music together to an active, performing band.

Please call the Senior Center to register for this event at 508-539-1440 or stop by the front desk.



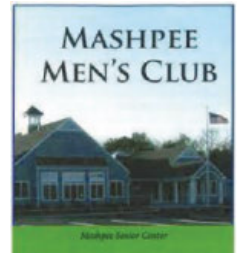
VETERANS' SOCIAL GROUP
Tuesday, March 7th from 1:00pm-3:00pm

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.

MASHPEE MEN'S CLUB
Tuesday, March 7th
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.



The Guest Speaker, Pat McGinty, will speak about lessons learned during his life-long adventures hiking, biking and having a close encounter recently with a grizzly bear and her two cubs.

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.

SEPSIS AWARENESS PRESENTATION
Tuesday, March 14th
1:00pm—2:30pm

Have you heard the word SEPSIS? Many people have not. Gerry Bedard, lost his wife to Sepsis because they had never heard the word and did not know of it. Gerry became an Advocate for Sepsis Awareness because there were no informational/support groups on the Cape. He is attempting to educate, so others do not have to go through something that is preventable, if caught early. He partnered with the Sepsis Alliance to help raise awareness "So more survive." He's passionate about raising awareness because of his lack of Sepsis knowledge that sadly changed his life.

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

**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.





Singing Seniors

Thursdays, from 9:30am to 11:30am

Singing Seniors will resume on Thursday, March 2nd. This is an informal singing group who rehearse a variety of musical tunes, from old to new. This session will run from March to June. It is not necessary to read music. There is no charge. All are welcome.

MARCH CRAFTS

Tuesday, March 14th and 28th
2:00pm-4:00pm

March 14th—Make and Take Ceramics. Paint a pencil cup or candle holder in acrylics. The cost is \$15.00 and includes all supplies and instructions.

March 28th—Craft a grapevine wreath with spring-time colored silk flowers. The cost is \$15.00 and includes all supplies.

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



BINGO!

Tuesday, March 28th from 1:00pm-2:30pm

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.

WINTER TRAVEL NEWS

Karyn Wendell is at the Senior Center every Thursday from 9:00am-10:30am

NEW Tours and Spring favorites on sale now:

ENCORE CASIO - 3/14, 4/04 \$49

Hadestown - 3/26, 1 PM - \$128/\$92

Six The Musical - 4/22, 2 PM - \$145/\$120

Beetlejuice - 4/29, 2 PM - \$128/\$92

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

STAYIN ALIVE World's #1 Bee Gees Tribute & Lunch 5/24, \$119

Rick Steves Symphonic Journey & Boston Pops, 6/08, \$138/\$119

Newport Flower Show- 6/23, \$79

CORVETTES DOO WOP REVUE & Fosters Maine Lobsterbake 8/09, \$129

CARNIVAL P-TOWN "Land of Toys" - 8/17, \$49

Note: 2023/24 Broadway Season including: *Funny Girl*, *MJ The Musical* (Michael Jackson) on sale late March!

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

Website: www.adventureswithkaryn.com

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 be held at the Mashpee Senior Center with the last available appointments on **Friday, April 14, 2023**. "Intake appointments" will be available on Mondays between 9:00am and 10:00am and on Friday's between 9:00am and 10:00am.

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. Please fill out the questionnaire and other documents and bring them to your appointment.

WHAT ARE YOU REQUIRED TO BRING TO YOUR APPOINTMENT:

- ◆ Your Social Security Card and a photo ID
- ◆ The completed Questionnaire Documents
- ◆ A copy of last year's [2021] Federal and State tax returns with schedules and supporting documents – VERY IMPORTANT – We may not be able to properly prepare your return without them.
- ◆ All of your 2022 tax related documents.
- ◆ If you wish your refund to be directly deposited (recommended), a voided check for the account. As appointments are limited, it is important that you have all documentation with you at the time of your appointment. There will be limited opportunity to reschedule.

ABOUT YOUR APPOINTMENT: You will be contacted by phone before your appointment to confirm your attendance. If you don't confirm your attendance, we will not be able to guarantee your appointment. If you have any questions regarding this program, please bring them to your appointment as the Senior Center staff is not able to answer tax questions.

NEW SESSION

QI GONG

Starting Thursday, March 2nd through April 13th
3:15pm to 4:15pm



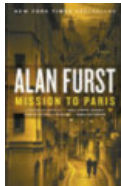
Participants will learn different breathing patterns to activate Qi/Chi, the life force energy. Gentle stretching, warm-ups, standing postures and the "flows" of the Five Elements (metal, water, wood, fire and earth) will circulate Qi throughout the body. This class is for both beginners and for those who have practiced Qi Gong before. Please call the Senior Center to register at 508-539-1440. The fee for this session is \$42; \$9 for drop ins.

* Bring a friend day is Thursday, March 16th.

Mashpee Senior Center Book Club
Monday, March 20th from 2:00pm to 3:00pm

Join us on the 3rd Monday of each month to discuss book selections, meet new people, and see what the Book Club is all about. New members are always welcome. No charge.

⇒ **The March book selection is:**
***Mission to Paris*, written by Alan Furst.**



Senior Center Library News

For now, the Library books have been sorted alphabetically on the shelves. If you have any thoughts or suggestions during this transition, please let us know by leaving your preference in the suggestion box located in the Library.

Please help by placing all donated and returned books in the bin marked for that purpose. Volunteers will sort and place them on the shelves in their appropriate place. Thank you.

MEMORY SCREENINGS

Tuesday, March 28th
(One-hour appointments scheduled between 9:00am and 3:00pm)



The Alzheimer's Family Support Center of Cape Cod (AFSC) will offer free cognitive health screenings, which includes a simple evaluation tool to check memory and thinking skills. This process can help determine if more testing is needed to support cognitive health. All AFSC programs are FREE of charge.

Please call the Mashpee Council on Aging at 508-539-1440 to schedule an appointment. Space is limited.

OFFICE HOURS

Tuesday, March 7th from 9:00am-10:00am
Select Board Member Michaela Wyman-Colombo



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. No appointment needed.

Veteran Information

VETERANS' SERVICES
Friday, March 3rd and 17th
1:00pm - 4:00pm



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

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.

VETERANS' SOCIAL GROUP

Tuesday, March 7th from 1:00pm-3:00pm

Join us on the 1st Tuesday of each month to connect and socialize with other senior veterans. No registration is needed and light refreshments are served.



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. It is currently being conducted on a drive up basis 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.

HEALTH & WELLNESS

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-10:30am. 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. Stretching, balance and building strength. Please bring a yoga mat. Various instructors; 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.

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—March 1st (see notice below)*
- Bereavement Support Group—March 7th and 21st from 2:30pm-4:00pm
- CCHC Dementia Support Group—To preregister, please call Cape Cod Healthcare at 508-775-5656.
- Foot care appointments—March 10th between 9:00am-2:00pm. Call the Senior Center to schedule an appointment.
- Independence House—March 8th. Walk-in between 10:00am-12:00pm at the Senior Center.
- Legal appointments— March 14th and 28th. Call the Senior Center to schedule an appointment.
- New Member Information appointments—Appointments every Monday between 10:30am-12:00pm
- **Ostomy Support Group - The March meeting has been cancelled.***
- Parkinson Support Group (ZOOM MEETING) - March 15th from 10:00am-11:15am. (See notice below)*
- PC Gadgets/Laptop/Cell Phone/Tablet appointments—March 2nd and 16th. 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—March 27th. Call the Senior Center to register.
- Veteran's Agent appointments—March 3rd and 17th (see information below)
- VNA Town Nurse Wellness Check - March 13th—9:30am-10:30am (see information below)*

- ⇒ ***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.
- ⇒ ***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.
- ⇒ ***VNA Town Nurse Wellness Check** - 2nd Monday of the Month 9:30am-10:30am. Walk ins are welcome. 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.
- ⇒ ***The Ostomy Support Group** - The March meeting has been cancelled and the group will resume on Tuesday, April 3rd from 11:00am-12:00pm.

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 if you have any questions or are in need of any support.”

Fuel Assistance

Fuel Assistance for the winter months is provided by the South Shore Community Action Council (www.sscac.org/fuel-assistance). You can apply online or in person. For more information, or to schedule an appointment, contact Lori Nelson, Outreach Coordinator at 508-539-1440.



File of Life

It's 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.

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 a 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.

Adult Incontinence Products

Mashpee Senior Center and St. Vincent De Paul are accepting donations of new, unopened, adult incontinence products (without tabs). All sizes welcome, however, size large and extra-large are preferred. Please drop off donations to: Mashpee Senior Center, located at 26 Frank E. Hicks Drive, Mashpee.

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

Other Local Help for Medical Equipment:



The following organizations accept or borrow medical equipment, but please check with them to confirm they have the equipment you need or can donate your medical equipment.

Cape Cod HELP – 774-552-2199 or capecodhelp.org

Cape Cod HELP is chartered and supported by the 20th & 21st Masonic Districts of Massachusetts and serve all community members in need on Cape Cod. Their mission is to loan (not rent) donated medical equipment to people in need. They operate out of the Fraternal Lodge building in Centerville and are accepting requests for equipment as well as donations of equipment and cash to support operational expenses. Several Mashpee

residents have used the service and are extremely pleased with their assistance and service. What a great resource for us to have on the Cape.

Falmouth Senior Center - 508-540-0196—780 Main Street, Falmouth , MA 02540

Often has medical equipment to borrow.

REquipment, - 800-261-9841 or dmerequipment.org

A state funded free medical equipment program. REquipment accepts and refurbishes donations of gently used medical equipment that is no longer needed and gets it into the hands of individuals who do need it. Learn more about donating or call 1-800-261-9841.

Christ the King Thrift Store – 4463 Falmouth Road, Route 28, Cotuit 508-420-0949

Often has medical equipment to purchase at a reasonable cost. They also accept, clean equipment in usable condition.

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
- * Computer Volunteer
- * Council on Aging Board
- * Volunteer Driver
- * Thrift Shop



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

STAFF MEMBERS

Heidi McLaughlin, Director, hmclaughlin@mashpeema.gov

Lori Nelson, Outreach Coordinator, lnelson@mashpeema.gov

Linda Wicks, Administrative Secretary, lwicks@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

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



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Your kitchen skills are valuable to us.

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We are more interested in what you can do.

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

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- Lori P. Resident Daughter


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508.539.1300

Visit us at 64 Great Neck Road South, Mashpee, MA
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Alzheimer's Family Support Center of Cape Cod

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

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

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

Until there's a cure, there's community.



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