

June, 2022

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.

**THE SENIOR CENTER IS CLOSED MONDAY, JUNE 20TH,
IN OBSERVANCE OF JUNETEENTH INDEPENDENCE
DAY**

MASHPEE COUNCIL ON AGING EVENTS

Matter of Balance

Wednesdays, June 1st -July 20th, 9:30am-11:30am

The VNA's Matter of Balance program acknowledges the risk of falling but emphasizes practical coping strategies to reduce this fear. These strategies include promoting a view of falls and fear of falling as controllable, setting realistic goals for increasing activity, changing the environment to reduce fall risk factors, and promoting exercise to increase strength and balance. The program's goal is to reduce fear of falling, stop the fear of falling cycle, increase activity levels and confidence among older adults. Registration is required, please call the Visiting Nurse Association of Cape Cod and the Islands at (508) 957-7423 to sign up.

New Osteoporosis Exercise Class

Wednesdays, June 8, 15, 22 & 29, 12:00pm-1:00pm

Classes are structured to help individuals diagnosed with osteoporosis or who are at risk for osteoporosis, maintain strength, flexibility and function. The class is led by a trained Senior AmeriCorps volunteer. This free class is sponsored by Elder Services of Cape Cod and the Islands and the Mashpee COA. Participants are required to complete a medical release form prior to joining. Call the Senior Center at (508) 539-1440 to register and pick up the release form.

Bone Density Screening

Monday, June 13th, 1:00pm-3:00pm

The VNA of Cape Cod and the Islands will conduct a bone density screening at the Senior Center. The imaging is done on the individual's non-dominant hand. The screening takes about 5 minutes. To learn more or to register call the VNA at (508) 957-7423.

Nutrition Presentation

Tuesday, June 14th, 2:00pm-3:00pm

Emily Pacetti, Clinical Nutrition Manager for Cape Cod Healthcare, will be discussing eating habits for healthy aging including important nutrients for brain health, muscle mass, and tips for cooking for one or two. Advanced registration is required. Call the Senior Center at (508) 539-1440 to register.

SPOTLIGHT ON ONGOING ACTIVITIES

Mashpee Senior Veterans Service Social

Monday, June 6th, 1:00pm-3:00pm

Are you a Mashpee senior veteran? Which US branch did

you serve in: the Army, Coast Guard, Marine Corps or Navy? Whether you served in peacetime or in times of conflict, you are all connected and have stories to tell. Join us the first Monday of every month, grab a snack, share stories and connect with other senior veterans. For Mashpee veterans 60 and older.

Mashpee Senior Center Book Club

Monday, June 20th, 2:00pm - 3:00pm

Join us at the Mashpee Senior Center on the 3rd Monday of every month for book club. June's book selection is Mercy by #1 New York Times bestselling author, David Baldacci. If you are interested in attending this fun welcoming group just drop in.

Travel Information—Thursdays, 9:00am-10:30am

Drop in to meet Karyn Wendell at the Senior Center to learn about upcoming Broadway shows, future day trips and destination adventures every Thursday from 9am-10:30am. You may contact Karyn directly for more information at (508) 420-5288 or email her at Karynmw1@comcast.net. Visit her website, www.adventureswithkarynwendell.com, to see what's new.

SUPPORT GROUPS AT THE SENIOR CENTER

Dementia & Alzheimer's Services Caregiver Support Group—Wednesday, June 8th & 22nd, 1:30pm-3:30pm

Please join the CCHC Dementia & Alzheimer's Services Caregiver Support Group on the 2nd and 4th Wednesdays of each month at the Mashpee Senior Center. The support group is for people with memory impairment and their care partners. It provides information, guidance, and respite to caregivers; and conversation and socialization for those with memory impairment. To preregister, please call Cape Cod Healthcare at (508) 775-5656.

Independence House Relationship Education &

Advocacy —Wednesday, June 8th, 10:00am-12:00pm

Every 2nd Wednesday of the month, at the Mashpee Senior Center, an Independence House volunteer can confidentially assist you with information and referrals for services if you or someone you know is experiencing domestic, sexual, and elder violence. Just stop by, appointments are not necessary.

Sight Loss Support Group

Monday, June 27th, 10:00am-11:30am

This support group meets on the 4th Monday of each month at the Mashpee Senior Center. 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 at (508) 394-3904 or visit their website: www.sightloss.org.

OUTREACH PROGRAMS AT THE SENIOR CENTER

Friendly Visitor Program

- The Council on Aging has an option if you are feeling socially isolated and would enjoy an occasional visit from a new friend. The friendly visitor program may be a way for you to become more connected and engaged. The program provides trained volunteers to visit Mashpee older adults in their home.

**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**

Police Reassurance Program - The Mashpee Police Reassurance Program is a beneficial service offered to Mashpee older adults who live alone. The program provides support to Mashpee seniors to ensure their safety and well-being. The program requires the senior to call the Mashpee Police Department every day between 6:00am and 10:00am. The dispatcher has a list of all the members of the program and will make a note if the older adult has not called in. If an older adult has not called in by 10:00am, Dispatch will call their residence directly. If Dispatch is unable to make contact with the older adult or there is a busy signal, an officer will be sent to the residence for a wellbeing check.

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. Someone experiencing mild memory loss, a history of frequent trips to the hospital, no support system, and/or multiple medications/conditions would fit the criteria for a medical wellbeing check.

File of Life - The File of Life details medical conditions and instructions in case of a medical emergency. This document saves lives when every second counts in a medical emergency. The File of Life benefits first responders, emergency staff at the hospital and you. Mashpee first responders are trained to look for these critical File of Life decals. File of Life is an asset not only for emergency preparedness, but also for keeping medical information organized for any visit to the doctor.

If you would like more information regarding these programs, call Outreach Coordinator Lori Nelson at the Mashpee Senior Center at (508) 539-1440.

THE FOLLOWING IS A PUBLIC HEALTH & WELLNESS

MESSAGE FROM THE VISITING NURSE ASSOCIATION OF CAPE COD AND THE ISLANDS

Combating the Blues - According to a report from the National Academies of Sciences, Engineering, and Medicine, more than one third of adults over 45 years old feel lonely and almost one fourth of adults over the age of 65 are considered socially isolated. Being isolated can significantly increase the risk of premature death and other major health concerns. The CDC reports that social isolation in older adults is associated with a 50% increased risk for dementia, 29% increased risk for heart disease, and 32% increased risk for stroke. Luckily, there are community resources and lifestyle changes that can help.

Local Community Centers: Senior Centers and Community Centers provide services including transportation services, congregate meals, fitness classes, recreational activities, day programs, outreach services, and more. Joining different programs and resources are a great way to make new friends in a safe, fun, welcoming environment.

Support Groups: There are many organizations dedicated to advocacy in areas that affect us. Whether it's for a health condition, bereavement, or making a lifestyle change, being around others you can relate with is a great way to combat loneliness.

Learn a new hobby: It's never too late to learn something new! Take a seminar, learn to play a new game, learn a new skill or join an activity you enjoy.

Physical Activity: The US Department of Health and Human Services Physical Activity Guidelines for Americans recommend that older adults should do at least 150- 300 minutes of moderate intensity physical activity a week. Aerobic, strength, balance, and flexibility training have proven to boost your mood and keep you independent.

