

November
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.**



IN OBSERVANCE OF NOVEMBER HOLIDAYS, THE MASHPEE SENIOR CENTER WILL BE CLOSED ON THE FOLLOWING DAYS:

- ♦ VETERANS' DAY - FRIDAY, NOVEMBER 11
- ♦ THANKSGIVING DAY - THURSDAY, NOVEMBER 24, AS WELL AS FRIDAY, NOVEMBER 25.

MASHPEE EARLY VOTING SCHEDULE



State Election
November 8, 2022
MASHPEE TOWN HALL
Front Entrance ONLY
16 Great Neck Road North

Saturday, October 22, 2022/11 a.m. – 5:00 p.m.
Monday, October 24, 2022/8:30 a.m. - 4:30 p.m.
Tuesday, October 25, 2022/8:30 a.m. – 4:30 p.m.
Wednesday, October 26, 2022/8:30 a.m. - 4:30 p.m.
Thursday, October 27, 2022/8:30 a.m. - 4:30 p.m.
Friday, October 28, 2022/8:30 a.m. - 4:30 p.m.
Saturday, October 29, 2022/11 a.m. - 5:00 p.m.
Monday, October 31, 2022/8:30 a.m. – 4:30 p.m.
Tuesday, November 1, 2022/8:30 a.m. - 4:30 p.m.
Wednesday, November 2, 2022/8:30 a.m. - 4:30 p.m.
Thursday, November 3, 2022/8:30 a.m. - 4:30 p.m.
Friday, November 4, 2022/8:30 a.m. - 4:30 p.m.

MASHPEE COUNCIL ON AGING EVENTS



INTRODUCTION TO WINE 101

Thursday, November 10 from 3:00pm-4:00pm

To swirl or not to swirl? Have you ever wondered about certain wine etiquette

such as corking, smelling, storage and event the particular glassware used for certain wines? Get a better understanding and appreciation of wine including an introduction to the wine industry, various appellations, deciphering restaurant wine lists, pairing with food and learn about various nearby New England wineries in this fact-filled, fun class. **Call the Senior Center to reserve your seat at 508-539-1440. All are welcome.**

VNA SKIN CANCER SCREENINGS

Thursday, November 10th from 9:00-11:00am

Skin cancer screenings, in conjunction with the VNA of Cape Cod, Dr. Bentivegna, will be performing free cancer screenings at the Mashpee Senior Center. Screenings will be full-body (gowns will be provided) or clothed if you choose. Appointments are approximately 10 minutes. Registration is required, no drop ins are allowed. **To sign up, please call the VNA of Cape Cod at 508-957-7423.**



AARP SAFE DRIVING CLASS



Wednesday, November 16 from 9:30am-3:00pm

Take the AARP Smart Driver classroom course and you could save money on your auto insurance! Learn techniques for handling left turns, right-of-way and roundabouts. Understand how to reduce traffic violations, crashes and the risk of injury. Discover proven driving methods to help keep you and your loved ones safe on the road. \$20 for AARP members, \$25 for non-members. **Call Mashpee Senior Center to register 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 Email: coa@mashpeema.gov

ILLUSIONIST SHOW FEATURING LYN DILLIES

Friday, November 18th starting at 2:30pm



Lyn's show is jam packed with jaw-dropping magic and audience participation but it's also carefully balanced with beautiful lighting, choreography, humor, and exciting music as well. Because of Lyn's

unique brand and stature in the magic industry, she garners extensive media coverage. What Lyn Dillies performs isn't just a magic show. It's an experience, surpassing all expectations. **Please call the Senior Center to reserve your seat at 508-539-1440. All are welcome.**



ELDER SERVICES OF CAPE COD

Elder Services of Cape Cod & the Islands will be providing a Thanksgiving meal to individuals 60 years of age and older residing in Barnstable County. Each meal is free of charge and will contain traditional Thanksgiving menu items. Meals will be distributed via a "grab and go" on Monday, November 21st between 2:00pm-3:30pm at the Falmouth Senior Center located at 780 Main Street, Falmouth, MA. There are a limited number of meals, so reservations are required.

To reserve a meal please call the Nutrition Department at Elder Services at 508-394-4630, Ext. 412. All reservations must be made by Wednesday, November 16th at 3:00pm.



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 is 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.

FUEL ASSISTANCE RECERTIFICATION



If you receive fuel assistance, be prepared to recertify for the 2022-2023 season. You will receive a letter and new application in the mail soon if you have not already. Every year you need to requalify for the next year. Fill out the application and submit copies of the following documentation: (income, ID, utility bills, rent/mortgage, house insurance and real estate taxes) for

all members living in the same household. **For more information on recertification or general fuel assistance inquiries, please contact Lori Nelson, Outreach Coordinator by calling 508-539-1440.**

A MESSAGE FROM THE REGIONAL SHINE OFFICE

Barnstable County Dept. of Human Services



MEDICARE'S OPEN ENROLLMENT IS HERE... Don't wait until it is too late! The Open Enrollment Period (Oct 15th – Dec 7th) for Medicare Advantage Plans (Part C) and Prescription Drug Plans (Part D) begins this month and it is very

important to re-evaluate your Medicare options for 2023 during this period. Each year Medicare plans can change premiums, deductibles, co-pays and the prescription formulary (list of drugs they cover). In addition, Medicare Advantage Plans (HMOs, PPOs) often add and/or drop primary and specialty physicians, skilled nursing facilities and hospitals. Your current plan was required to notify you by September 30th of any changes for the coming year. If you decide to stay with your current plan, no further action is required. If you switch your Medicare Advantage Plan or Medicare Prescription Drug (Part D) Plan during the Open Enrollment Period, it will take effect January 1, 2023. If you would like the Regional SHINE office to assist you, please call 508-375-6762 for a telephone appointment. You may also contact Medicare at (800)-633-4227, they are available 24 hours, 7 days a week. Remember- don't wait until it is too late. If you don't make a change to your Medicare prescription plan during the Open Enrollment Period (Oct 15th- Dec 7th), you may have to stay with your existing plan for another year.

UPCOMING COMBINED FLU CLINIC AND COVID BOOSTER CLINIC

The Town of Mashpee will be offering combined clinics for the Flu Vaccine and COVID Booster at Christ the King Parish Hall, 5 Jobs Fishing Road, Mashpee.

⇒ **An afternoon/evening clinic will be held on Thursday, November 10, 2022 from 3:00pm to 6:00pm.**

There is NO COST for the combined flu/COVID clinics and are open to residents and non-residents of the Town of Mashpee. They are being held by the Mashpee Board of Health, in cooperation with Cape Cod Healthcare Pharmacy, the VNA of Cape Cod and volunteers of the Mashpee Council on Aging.

PRE-REGISTRATION REQUIRED:

Schedule an appointment using one of the following ways. You will be sent an important questionnaire after the appointment is scheduled:

- ♦ Contact Cape Cod Healthcare Central Scheduling by calling 508-862-7000 and choosing Option #3
- ♦ Schedule an appointment in MyChart

- ◆ Schedule an appointment online by visiting the Vaccination Appointments page of the Cape Cod Healthcare website, or by clicking the following link <https://www.capecodhealth.org/medicalservices/pharmacy/vaccination-appointments/>

If you have any questions, please call the Mashpee Board of Health at 508-539-1426.



VETERANS' SERVICES
Friday, November 4th and 18th
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 them at 508-778-8740 for assistance and information. No charge.**

VETERANS' SOCIAL GROUP

Tuesday, November 1st 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 appointment is needed.

PC AND GADGETS CLINIC

Thursday, November 3rd and 17th
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.

MOVIE AND POPCORN!

Wednesday, November 2nd and 30th at 1pm

November 2 - Rise (PG-13 Drama/Comedy)
November 30 - And So It Goes (PG-13 Drama/Comedy)

Please read reviews in advance on RottenTomatoes.com or IMDB if you want to make sure one of the movie choices suits your interest. **Contact the Senior Center to register, 508-539-1440.**

CRIBBAGE PLAYERS WANTED!

November 7th at 2:00pm-3:00pm

All are welcome! New and experienced players are invited to attend a one-hour informational meeting to plan

for the future of Cribbage at the Mashpee Senior Center. This will include instruction for new players and fun-filled competition for experienced players. Light refreshments will be provided by the Senior Center. No registration is necessary.

BINGO!

Tuesday, November 15th from 1:00pm-3:00pm

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.**

NOVEMBER CRAFTS

Tuesday, November 8th and 22nd
from 2:00pm-4:00pm

Back by popular demand! Paint pour on a mini vase and trivet/or 4 coasters, plus magnets. These make great gifts! There is a fee of \$25.00 that includes materials. **Contact the Senior Center at 508-539-1440. to register.**

MASHPEE MEN'S CLUB

Tuesday, November 1st 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.

MASHPEE SENIOR CENTER BOOK CLUB

Monday, November 21st from 2:00pm-3:00pm

This book club meets the 3rd Monday of each month. If you are interested in attending this fun welcoming group, just drop in.

November's Book Choice is: *The Personal Librarian* written by Marie Benedict.

ABSOLUTE BEGINNER UKULELE

Friday, November 4th from 9:00am - 10:00am

Are you brand new to the ukulele, have one sitting around and don't know where to start?? Learn to tune and strum a few songs with Cathy. You will be introduced to the language of ukulele, and a few hints and tricks to get thru tunes as a beginner. You do not have to read sheet music. Students must bring their own ukulele. **For more information and to register, call the Senior Center at 508-539-1440. This is an 8-week class; \$45 for 8 classes.**

BEGINNER 1 UKULELE

Friday, November 4th from 10:15 - 11:15am

This class is for those who know the basic chords and want to go further in playing. This session will work on basic strumming, and learning an instrumental tune. The class will work on different chord progressions to make smoother transition in songs. You do not need to read sheet music. You do need to practice. **Contact the Senior Center to register, 508-539-1440. This is an 8-week class; \$45 for 8 classes.**

NEW - STRONG AT HEART EXERCISE PROGRAM

Fridays, starting December 2, 2022 to January 20, 2023 from 1:30pm-2:30PM

Keep active during the holiday season with this 8 week exercise program led by an Exercise Physiologist! A mix of interval training using weights and bands that will keep your heart rate up and muscles engaged. Advanced registration is required. A completed VNA application is required prior to the start of the program. **For more information, or to sign up, please contact the VNA of Cape Cod at 508-957-7423.**

NOVEMBER TRAVEL NEWS

Holiday Pops Boston 4pm Matinee, 12/09, \$108

CIRQUE DU SOLEIL 'Twas The Night Before Christmas Matinee, 12/11, \$110

The Ugly Sweater Encore Trip, 12/13, \$42 per person

Christmas at the Newport Mansions - 3 Mansions 12/16, \$79

Rose Parade New Year Celebration 12/30 - 1/04 - 4 seats left! Call for details!

BROADWAY SHOWS:

Come From Away - PPAC 2/26/23, 1pm - \$120/\$89

Hadestown - PPAC 3/26/23, 1pm, \$128/\$92

SIX The Musical - PPAC 4/12/23, 2pm, \$145/\$120

Beetlejuice - PPAC 4/29/23, 2pm, \$128/\$92

For more information contact: Karyn Wendell at 508-420-5288 Mail payments: P. O. Box 161, Centerville, MA 02632 Email: Karynmw1@comcast.net - Website: www.adventureswithkaryn.com

SUPPORT SERVICES & APPOINTMENTS

- CCHC Dementia Support Group
- Parkinson Support Group (ZOOM MEETING)
- Bereavement Support Group
- Legal appointments
- Ostomy Support Group (New)
- PC Laptop/Cell Phone/Tablet appointments

- Veteran's Agent appointments
- SHINE Program: Health insurance information and counseling appointments
- Foot care appointments
- New Member Information appointments
- Independence House

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-1:30 pm.

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. All passengers are required to wear a facial covering from the time of boarding until the time of exiting 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. To learn more [Click Here](#)

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/>.

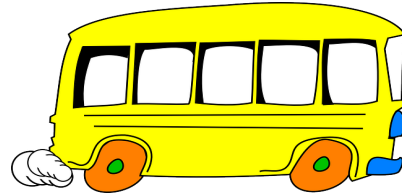
**8th ANNUAL – “FILL THE VAN”
NOVEMBER 17TH—BRING YOUR DONATION OF NON-PERISHABLE
GOODS TO THE MASHPEE COA TODAY!**

Join Mashpee Recreation as they once again “FILL THE VAN!” The Recreation Department will pick up donations at the Kids Klub Childcare Center, Fire Department, Police Department, Department of Public Works, Council on Aging, Mashpee Public Schools, Library and Town Hall.

Donations will be picked up on Thursday, November 17th beginning at 10:00am.

Suggested items for donations...

- ◆ Trash bags, toilet paper, paper towels
- ◆ Shampoo, soap, toothpaste
- ◆ Laundry detergent, cleaning products, dish soap
- ◆ Diapers, baby wipes, formula



**A MESSAGE FROM THE VISITING NURSES
OF CAPE COD**



VISITING NURSE ASSOCIATION
OF CAPE COD
Member Cape Cod Healthcare

Many of us look forward to the holiday season - opportunity to travel, time together with loved ones, and the big holiday feast. Research suggests increased cardiac morbidity and heart failure exacerbations during winter months, with a peak around the holiday season. All too often we get out of our routines of regular exercise, portioned meals, and timely medication administration and it costs us in the long run. Gluttony with excessive ingestion of high caloric and heavily sodium filled foods takes precedence over diet compliance and self-management of chronic cardiac conditions.

In addition to dietary slip ups, the holidays tend to be a time of high stress. This combination can lead to a congestive heart failure episode, which generally requires hospitalization for proper management of. Congestive heart failure (CHF) is a chronic, progressive condition in which the heart muscle is unable to pump enough blood to meet the body's needs for blood and oxygen. Basically, the heart can't keep up with its workload. Excessive eating and drinking holiday goodies increases heart rate and blood pressure and forces your heart to work harder. A strained heart increases incidence of arrhythmia (abnormal heart rhythm), heart attack, and congestive heart failure. Signs that your heart isn't working as it should include progressive shortness of breath, swelling of the lower extremities and increases in body weight.

The holidays don't have to end for those with cardiac conditions, they can still be enjoyable times if some mindful actions are put into place before the big day. Take proactive actions such as talking openly to those you share the holidays with about the importance of maintenance of routine and not over-indulging because of the danger it can have. Other conditions to remain healthy through the holidays includes getting regular exercise, staying properly hydrated, taking prescribed medications, drinking alcohol in moderation, and being selective with the intake of salty and sugary foods.

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 to be added to our email list.



Staff

Heidi McLaughlin, Director, hmclaughlin@mashpeema.gov

Lori Nelson, Outreach Coordinator, lnelson@mashpeema.gov

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Lisa Witkus, Office Assistant, coaofficeassistant@mashpeema.gov

Tim Peterson, Mini-Bus Driver

George Martin, Maintenance

