

October 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 INDIGINOUS PEOPLES DAY ON MONDAY, OCTOBER 10TH, THE MASHPEE SENIOR CENTER WILL BE CLOSED.

Medicare Overview and Open Enrollment Presentation

Tuesday, October 18th at 9:30am

Mashpee Senior Center will be hosting a Medicare overview and open enrollment presentation for Medicare beneficiaries, family members, caregivers, case-workers and representatives. A quick review of your coverage could save you money. Open enrollment is **October 15 - December 7**. Information regarding appointment times will be available soon.



A MESSAGE FROM THE REGIONAL SHINE OFFICE Barnstable County Department 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 is 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. (Please note - this enrollment period may not affect you if you have retiree coverage). SHINE appointments fill up quickly so don't forget to

call your senior center early. The Regional SHINE office is also available to help. 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. This may also be the time of year where you have hit the gap or "donut hole" and your medication costs have increased. Fortunately, there are programs that may be able to assist with these costs. Please call the Regional SHINE office or make an appointment with a SHINE counselor at your local Senior Center to find out more about these assistance programs. 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.

Fuel Assistance Recertification - It's that time of year again.

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. You will need to follow the same procedure. 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, Mashpee COA Outreach Coordinator by calling (508) 539-1440.



MASHPEE COUNCIL ON AGING EVENTS

Plants & Pollinators in the Cape Cod Garden

Friday, October 14th from 1:00pm-2:00pm



Presented by: Dr. Alibrandi -The role of pollinators has attracted much more attention with changing climate patterns. Was this past summer's drought a portent of things to come?

Ecosystems are dependent on pollinators, and the more you get to know them, the brighter they make your life! "There's always something to learn about gardening," and the world of our local pollinators is ever-fascinating!

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

SPOTLIGHT ON ONGOING ACTIVITIES



Exercise

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

Osteoporosis Exercise Class

Wednesdays, 12:00pm-1:00pm

Strength Training

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

Gentle Yoga

Mondays, 9:45-10:30am

Chair Yoga

Mondays, 11:00am-12:00pm

Ageless Yoga

Fridays, 11:30am-12:30pm



Ballroom Dancing

Every Thursday from 3:00pm-4:00pm

Singing Seniors

Every Thursday, 9:30am-11:30am

Mashpee Men's Club

Tuesday, October 4th from 10:00am-12:00pm

Mashpee Senior Center Book Club

Monday, October 17th from 2:00pm-3:00pm

Social Bridge

Thursdays from 1:00pm-4:00pm



SEA MIST SWIMMING

Tuesday and Thursday, starting
October 4th, 11:00am-2:00pm, each week.

Please note: You must fill out a new form at the Senior Center prior to starting this activity even if you have filled out a form in the past. The forms are available at the front desk. You must be at least 59-1/2 years old and a Mashpee resident to participate. You will also need to provide identification that you are a Mashpee resident (driver's license or a utility bill, for example).

Please do not arrive early to Sea Mist, and be aware that the exercise room is not part of the swimming program.

OCTOBER CRAFTS

Thursday, October 6th from 2:00pm-4:00pm

Decorate a mini ceramic pumpkin; includes battery-operated light to show off cut out jack-o-lantern face. The cost is \$9.00 (includes all of the materials). **Contact the Senior Center at (508) 539-1440. to register.**

Thursday, October 20th from 2:00pm-4:00pm

Customized candle holder (can also be used as a vase) with a family photo or decoupage design. Plus, make paper shades for wine glass candle lamps. The cost is \$6.00 that includes materials. **Contact the Senior Center at (508) 539-1440 to register.**

Bingo! Tuesday, October 18th 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.**

SUPPORT SERVICES & APPOINTMENTS

- CCHC Dementia Support Group
- Parkinson Support Groups (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

Ostomy Support Group

Tuesday, October 4th from 11:00am - 12:00pm

We are pleased to announce the start of an Ostomy Support Group at the Mashpee Senior Center, something that fills a void, not only in Mashpee, but surrounding towns as well. Anyone with an ostomy or continent diversion, from any town, is welcome. The leader of the group is Nancy Difinizio, a retired RN who recently became an ostomate herself. The group will meet the first Tuesday of the month. **Please call the Mashpee Senior Center to register, (508) 539-1440.**

ELDER SERVICES OF CAPE COD

Elder Services of Cape Cod and the Islands presently serves a luncheon at the Mashpee Senior Center two days per week, **Tuesday and Wednesday** (new days, previously Tuesday and Thursday) at 11:30 am. This is a good way to help keep your food costs down — plus it is fun and social! A voluntary suggested donation is \$3.00. Transportation is available on Wednesdays by calling the Mashpee Senior Center at least 48 hours in advance, (508) 539-1440. As a reminder, lunch reservations are required.

OCTOBER TRAVEL NEWS

"Spooky Good Time" Encore 10/11, \$42

Jack O-Lantern Spectacular, Johnston's Farm Stand and Providence 10/20, \$69

New England Christmas & Food Festival at Mohegan Sun 11/05, \$69

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

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

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:

Hairspray— Boston Opera 10/23, 6:30 PM -\$159

Tootsie — PPAC 10/30, 1 PM , \$120/\$89

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

Hadestown — PPAC 3/26/23, 1 PM, \$128/\$92

SIX The Musical — PPAC 4/12/23, 2 PM, \$145/\$120

Beetlejuice—PPAC 4/29/23, 2 PM, \$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



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.

If you are interested or want to learn more about this social connections program, please contact Lori Nelson, Outreach Coordinator, at (508) 539-1440 or email her at Lnelson@mashpeema.gov.

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 9:00 am – 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).

All passengers are required to wear a facial covering from the time of boarding until the time of exiting the bus.

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.

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/>.



EMERGENCY PREPAREDNESS

HURRICANE SEASON CONTINUES THROUGH NOVEMBER 30, and now is the time to prepare in case Mother Nature pays us an unwelcome visit. You can find detailed preparedness information on the National Weather Service's website: <http://www.nhc.noaa.gov/prepare/ready.php> and at FEMA's ready.gov site for hurricanes <http://www.ready.gov/hurricanes>. And don't forget about your pets! Check out Cape Cod DART at www.capecoddart.org for complete details.

CIVIL DEFENSE EMERGENCY - The Mashpee Council on Aging maintains a list of seniors who are homebound and/or frail to help the town provide assistance to them during a civil defense emergency such as a hurricane or blizzard. If you would like to be on the list, please call the Senior Center at 508-539-1440 and request a simple registration form for you to complete and return.

MASSACHUSETTS STATE ALERTS - Join the thousands of residents of Massachusetts who receive emergency alerts and critical information about disasters and public safety incidents on their Smartphones. Massachusetts Alerts provides emergency notifications and public safety information based on your location, proximity to an event or incident, and the preferences you select. Find out more information and how to download the app to your Smartphone at: <http://www.mass.gov/eopss/agencies/mema/massachusetts-alerts.html>.

MASHPEE EMERGENCY ALERT - Did you know that you could receive automated messages by phone from the Town, helping you with storm preparedness or other Town activities? If you do not already receive important/emergency messages from the Town, or if you want to edit your contact info, please go to the Town website: www.mashpeema.gov, and select the "Emergency Alert Sign-up" box in the upper center of the page. Then select the next sign-up button and enter your contact information so local leadership may contact you with timely important messages. Please contact Lori Nelson, Outreach Coordinator at nelson@mashpeema.gov or contact the Senior Center at 508-539-1440.

Mashpee Senior Center is excited to Install an Automated Check-In System in starting soon!

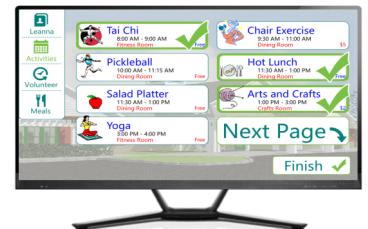
A new, automated check-in system called MySeniorCenter will soon be installed in the foyer at Mashpee Senior Center. It's specifically designed to help our staff members manage the various sign-ups and sign-ins, and improve the way we report our services to the Town of Mashpee and Executive Office of Elder Affairs.

Moreover, by quickly and accurately detailing which services we're providing, the system will increase our chances of receiving additional funding in the future. Today MySeniorCenter is being used by over 1500 senior centers across the U.S. and Canada—so it's a proven tool.

A Change for the Better!

The new system is extremely easy to use. Here's how it works:

1. All visitors and volunteers will receive a small keytar. (The card contains no personal information, but it will allow the new system to recognize you.)
2. Instead of signing our activity log sheets, you'll swipe your keytag at the scanner, or you can enter your name on the touchscreen.
3. Press the touchscreen to select the programs you'll be participating in that day.
4. Press FINISH.



A Smooth Transition

Even though MySeniorCenter is designed to be user-friendly, Mashpee COA staff members and volunteers will be available in the foyer for the first couple of weeks to help people operate the new check-in system. We want to make the transition as seamless as possible for everyone.

To reiterate, once MySeniorCenter is running smoothly, our registration process will be more efficient and we'll stand a better chance of receiving funding for future activities.

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

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

