

THE MASHPEE SENIOR CONNECTION



JANUARY—FEBRUARY 2024



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, upcoming events, programs and more.

- ◇ Contact the Mashpee Senior Center at 508-539-1440 to be added to our email list or email: coaofficeassistant@mashpeema.gov
- ◇ See the Mashpee Senior Center on Facebook for up-to-date information on special events, programs, activities and helpful resources!



Classic Jazz Visions Valentine's Performance!
Thursday, February 8th
6:00pm to 8:00pm



Join Mashpee Senior Center for a live performance of Michael Persico's "Classic Jazz Visions".

Persico's Classic Jazz and Swing Orchestra is made up of some of the top musicians from the New England area and the combination of their swinging music set to the glorious images of Jack Bradley's photography makes for an irresistible show. For anyone who loves Louis Armstrong, jazz music, beautiful photography, and the important cultural history of the 20th century, don't miss Classic Jazz Visions! Put on your dancing shoes or sit back, relax and enjoy the show.

We'll enjoy some sweet and savory Valentine treats during the intermission. The event is free and open to ALL Mashpee residents. If space permits after the registration deadline, non-residents will be welcome.



Call the Mashpee Senior Center to register for this event at 508-539-1440.
Registration deadline: Thursday, February 1st.

Please visit Classic Jazz Visions' website to enjoy a sample of this exciting, upcoming performance at: https://classicjazzvisions.org/js_videos/what-a-wonderful-world-song/



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Mashpee Senior Center/Council on Aging 26 Frank E. Hicks Dr. Mashpee, MA 02649

Phone: 508-539-1440 Fax: 508-539-2791 Email: coa@mashpeema.gov <https://www.mashpeema.gov/council-aging>



TOWN OF MASHPEE GENERAL INFORMATION



**Select Board Member
Michaela Wyman-Colombo
Tuesdays, January 2nd and
February 6th
9:00am-10:00am**

Mashpee Select Board Member Michaela Wyman-Colombo will hold office hours 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.



HOLIDAY OBSERVANCES

The Mashpee Senior Center will be closed in observance of the following holidays:

- ◆ Monday, January 1, 2024: New Year's Day.
- ◆ Monday, January 15, 2024: Dr. Martin Luther King, Jr. Day
- ◆ February 19, 2024: Presidents' Day

All activities, including the mini-bus, will be cancelled on these dates.



Happy New Year to All!

Every New Year brings new opportunities, challenges, and changes, some good and others no so good, it's how we handle them that matters most! Try your best to embrace them with a positive attitude, and most important, if you need help don't be afraid to ask for it. The Senior Center is here to help you as best we can, so don't be afraid to give us a call.

We have had a lot of changes over the past year, Linda Wicks retired, after 23 years as the Administrative Secretary; the resignation of our part-time Activities Coordinator, Sarah Howes-Fenton; the addition of Carolyn Thompson, our new Administrative Assistant; as well as another minibus driver, Ron Pauline, and our new Activities Coordinator, Jon Shuman. Carolyn joined our team after working at Mashpee Recreation Department for 10 years, Ron is a retired Postmaster of 46 years, and Jon is a retired professional from ADP and has experience working at a 55+ community. If you haven't met Carolyn, Ron and Jon, please introduce yourself!

Medicare Open Enrollment was extremely busy, however, we were very pleased with how smoothly it went, thanks to our dedicated SHINE counselors, Dick, Ed, and Sherry. We thank you for your time and effort!

As we begin the New Year, we will soon be taking appointments for AARP Tax Preparation. You may call to make your appointment starting on Wednesday, January 17th. Tax preparation appointments will begin on Monday, February 2nd and end on Friday, April 12th.

Lastly, we are excited to be launching an online activity/event registration process called "My Active Center!" My Active Center will enable anyone with a Mashpee Senior Center key tag to register for classes and events online. We will hold several trainings to demonstrate how to access the website, and successfully register for a program/event without having to call the Senior Center or stop by our reception desk. The first training will be held on Friday, January 5th at 1:30PM.

The Mashpee Senior Center staff is grateful to be part of such a wonderful community! We wish you a happy and healthy new year!

Sincerely yours,
Heidi McLaughlin, Director
Mashpee Council on Aging/Senior Center

AARP TAX-AIDE



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 2, 2024** with the last available appointments on **Friday, April 12, 2024**.

"Intake appointments" will be available on Mondays between 9:00am and 10:30am and on Friday's between 9:00am and 10:30am.

MAKING APPOINTMENTS:

Beginning on Wednesday, January 17, 2024, you may 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 [2022] 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 2023 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.

SPECIAL PROGRAMS

LET'S PLAY TRIVIA!
Thursday, January 4, 2024
1:00pm – 2:30pm



January 4th is National Trivia Day. Join us in a friendly competition to clear your head of some of the "trivia" floating around. If you were wondering, the word is derived from the Latin triviae meaning place where the road splits in two. "Tri" three "viae" roads. Roads is then interpreted as a public place or a common place. Common usage of trivial being slightly unimportant. College students in the 60's began playing games of nostalgia around the years they grew up and that evolved into games like "Trivial Pursuit."

Get your friends together to create a team or play solo.

Call the Senior Center to register at 508-539-1440 and join in the fun!

MY ACTIVE CENTER OVERVIEW
Friday, January 5, 2024
1:30pm to 2:30pm

My Active Center provides you with the option of registering for programs online. Think of all the times you were reading the newsletter over the weekend and realized you had to wait until Monday to sign up. You were busy and when you did get the opportunity to sign up, the program was already full.

My Active Center is an easy way to sign up when you're thinking about it. You can even load the app on your cell phone and sign up when your friend tells you about it.

Join us for an overview and individual assistance as well. Call the Senior Center today to register at 508-539-1440.

SOCIAL GROUP
Monday, January 8th and
February 12th
2:00pm-3:00pm



"ATTENTION" - Don't sit home by yourself. Come to the Mashpee Senior Center and meet others like yourself. Join us and share your ideas with ours. We will make our aging years fun and exciting!

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

BANANA SPLIT EVENT
Tuesday, January 9th
1:00pm - 2:00pm



Join us to create your very own delicious banana split with all the toppings, and with any luck, you'll be entertained by the sweet sounds of Mashpee COA's very own "Singing Seniors!"

This event is sponsored by Cape Heritage Rehabilitation & Health Care Center.

Call the Senior Center to register at 508-539-1440.
 (This event is for Mashpee residents only.)

Qi-Gong Class Offerings

Qigong is an ancient practice (similar to Tai Chi) that moves the entire body, mind and spirit. In class, participants will learn how to slow the mind down, focus on the present moment - calming the nervous system/body - stretching, balancing, and more. No special equipment or experience is necessary.

QI-GONG FOR VETERANS AND FIRST RESPONDERS (Free Classes)

Wednesdays, January 10th and February 14th
8:45am-9:30am

The Mashpee Council on Aging and Qi-gong Instructor Margie Mitchell, invite all military active and retired veterans AND our "domestic service personnel" police and fire staff, to participate in a free Qi-gong classes. This is a wonderful opportunity to begin the new year with a new focus on an activity that has many health benefits-lowering blood pressure, better sleep, reduced stress and muscular tension, and increased vitality.

Pre-registration is helpful. The class has room for 18 people. Please register by calling the Mashpee Senior Center at 508-539-1440. Thank you for your service to our country and community.

NEW SESSION
QI-GONG (6-WEEK SESSION)
Wednesdays, January 10th-February 14th
9:45am-10:45am

- * All are welcome to attend the new 6-week session of Qi-gong.
- * The fee is \$48, with checks being made payable to the "Town of Mashpee" or \$10 drop-in fee if space is available.
 Please register at the Mashpee Senior Center by calling 508-539-1440.
- * More information is available at instructor Margie Mitchell's website, capechigong.com



NEW SESSION
LET YOUR YOGA DANCE
Thursdays
January 11th—February 29th
1:00pm - 2:00pm

Let Your Yoga Dance is an enjoyable fusion of yoga, dance, movement, the chakras, and meditation combined with a delightful variety of music. No dance or yoga experience necessary. Heart health, brain health, body health, and soul health all benefit.

- ⇒ Call the Senior Center to register at 508-539-1440.
- ⇒ Fee: \$50 for 8-week session.
- ⇒ Payment must be made by check on the 1st day of class, payable to the Town of Mashpee.

NEW SUPPORT GROUP

CANCER CHAT GROUP
Thursday, January 25th from 10:00am-11:00am

We've all been touched by the disease of cancer in one way or another. If you have or had cancer, a family member has or had cancer, or a friend or colleague, it can often be a difficult topic to talk about. Sharing your experiences can be very healing and beneficial to everyone.



Whomever you are, if you had/have cancer, it does become part of your life story. Participants can share their experiences, ask questions, receive support and discuss common themes related to life after a cancer diagnosis. No matter what or when your cancer story began, your story matters.

We've heard from some members who are interested in this new opportunity. If you would be interested in such a connection, please reach out to Lori Nelson, Outreach Coordinator, at lnelson@mashpeema.gov or call 508-539-1440 to register.

LEARN TO PLAY MAHJONGG
Tuesdays, January 30th to February 27th
1:00pm to 3:00pm

Learn the fun and always challenging game of Mah-Jongg. 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.

Samples of the National MahJongg League you pick to play card, which comes out yearly, will be provided for the class. Nothing is needed except your enthusiasm!

- * **The fee is \$65, payable to the instructor at the first class.**
- * **Call the Senior Center at 508-539-1440 to register.**

UPCOMING PROGRAMS OFFERED BY THE VISITING NURSE ASSOCIATION OF CAPE COD



STEPPING STONES TO FITNESS
Tuesdays (6-week session)
January 16th to February 20th
1:30pm- 2:30pm

Learn basic home exercise programs to improve your strength, balance, and flexibility- keeping you independent and stay active at home.

Participants must be able to safely ambulate, though a low tolerance to walking/standing is acceptable. Class is led by an Exercise Physiologist from the VNA of Cape Cod and will meet on Tuesdays from 1:30pm- 2:30pm, January 16- February 20, 2024.

- * Advanced registration is required- no drop-ins are accepted.
- * Please call the VNA of Cape Cod directly to register at 508-957-7423.
- * This program will be held at the Mashpee Senior Center.

FALL RISK ASSESSMENT CLINIC
Thursday, February 1st
10:00am - 1:00pm

Are you concerned about your balance and falling?

Come meet one-on-one with Physical Therapists from the VNA of Cape Cod at the Fall Risk Assessment Clinic.

Each 30-minute appointment will involve a health screening, balance tests, and a home exercise program.

- * Advanced registration is required and there are limited appointments: no walk-ins will be accepted.
- * Please call the VNA of Cape Cod Public Health directly to register at (508) 957- 7423.
- * Appointments will be held at the Mashpee Senior Center.

This clinic is brought to you by the VNA and the Town of Mashpee.

Scan the QR code for additional information from the Mashpee Council on Aging's webpage.



NEW SESSION
TAI CHI FOR HEALTHY AGING
Wednesdays,
starting
January 10th
to February 28th
2:00pm-3:00pm

Tai Chi for Healthy Aging is an adapted Tai Chi training program designed to teaching older adults how to improve their strength and balance, reduce their fear and risk of falling, be more relaxed, flexible, and socially engaged through group Tai Chi classes. The instructor is Clifton Genge who received training sponsored by the Massachusetts Department of Public Health and provided by instructors from Brookline Tai Chi..

Participants should be ambulatory, eager to engage with others and interested in improving flexibility, balance, muscle strength and reducing their risk of falling. Participants will be expected to attend a 1 ½ hour class weekly for 8 weeks.

- * The free introductory class will start on Wednesday, January 10th from 1:00pm-2:00pm for new attendees only.
- * All subsequent classes will be Wednesdays, starting on January 10th to February 28th from 2:00pm-3:00pm.
- * Students should wear pants, t-shirt, & flat flexible soled shoes or sneakers).
- * Masks are optional.
- * Class size is limited and people will be accepted on a first come basis.
- * People not attending the first class or missing 2 regular classes will be dropped.
- * This class is for Mashpee residents only.
- * Call the Senior Center at 508-539-1440 to register.



WINTER EMERGENCY PREPAREDNESS
Thursday, January 18th from
10:00am to 11:00am

Winter can bring with it potentially dangerous weather and dangerous conditions such as power outages.

Being prepared for this can bring you and your family some peace of mind this winter season. Join us as we welcome members of the Mashpee Fire Department and Mashpee Emergency Medical Services as they discuss issues such as shoveling properly, the importance of keeping ventilation pipes clear of snow, holiday decoration safety, cooking safety, heat detectors, smoke detectors, carbon monoxide detectors and when to test and replace these units.

To register, please call the Senior Center at 508-539-1440.

PLANNING FOR MEDICARE
Thursday, February 8th
10:00am to 11:00am

The session will review Medicare coverage options including: Medicare parts A & B; Medicare Advantage Plans (Part C); Medicare Prescription Drug Plans and Coverage (Part D); Medicare Supplement Plans (Medigap).

Information about Public Assistance programs such as Prescription Advantage, Extra Help from Social Security, MassHealth, and other programs to assist beneficiaries with limited resources to pay for health care costs will be addressed.

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



LINE DANCING CLASSES
Thursdays, February 15th
to March 7th
9:45am to 10:45am

A fun low-impact class offers a variety of line dances, steps and routines.

- * The fee is \$28. You will need to sign up for all four weeks. Payment is made to the instructor on the first day of class.
- * Call the Senior Center to register at 508-539-1440.



**INTERGENERATIONAL
JOB FAIR**

Mashpee Council on Aging/Senior Center is looking for residents ages 60+ interested in participating in an intergenerational job fair! This coming May, Mashpee COA plans to host a job fair for Mashpee Middle/High School juniors. Would you be willing to share your expertise and knowledge with our local high school students? Your participation will provide students with career guidance, networking opportunities, and, most importantly, an opportunity to explore various career pathways.

Interested residents should contact Heidi McLaughlin, Director, at hmclaughlin@mashpeema.gov or call her at 508-539-1440.



ON-GOING PROGRAMS



MOVIE AND A SNACK!

Wednesdays at 1:00pm
January 3rd and 17th
February 7th and 21st

We apologize that we are unable to provide the movie titles due to copyright regulations. Please call the Senior Center for more information and to register at 508-539-1440.

Please visit: <https://www.imdb.com/> for movie information and reviews.



WOMEN'S SUPPORT GROUP
Mondays from 1:00pm to 2:00pm

Please join Judie Scofield, RN/MSW, and Ellen Ford, RN, as they facilitate this program. This group is a safe and welcoming place to receive support from other women.

This group provides an opportunity for women to share personal experiences, feelings, coping strategies and confidence and joy and to hold on to independence.

To register, please call the Senior Center at 508-539-1440. We are welcoming new participants.

BINGO!

Tuesdays, January 16th and
February 13th
1:00pm-2:30pm



Join us for Bingo on Tuesdays! All are welcome!
Please call to register at 508-539-1440.



**COFFEE & CONVERSATION
WITH A COA STAFF MEMBER**
Thursdays, January 4th and
February 1st
from 9:30am-10:00am

Join a different staff member between 9:30am - 10:00am in the multi-purpose room for coffee!

- * Thursday, January 4th: George Martin, Maintenance
- * Thursday, February 1st: Tim Peterson, Mini-bus Driver

We look forward to chatting with you and getting to know you better, as well as you getting to know us better!

MASHPEE SENIOR CENTER BOOK CLUB
Mondays, January 22nd and February 26th
from 2:00pm to 3:00pm

Join us to discuss book selections, meet new people, and see what the Mashpee Senior Center Book Club is all about. New members are always welcome. Book selections are:

- * January 22nd: "The Wind Knows My Name," written by Isabel Allende.
- * February 26th: "Ghosts of Honolulu," written by Mark Harmon and Leon Carroll.

There is no registration or charge to join the Book Club! Please stop by for a lively book discussion.

**NEW SESSION
UKULELE CLASSES**



Absolute Beginner Ukulele

**Fridays, January 19th to February 23rd
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. The fee is \$50 for this session.

Beginner Ukulele 1

**Fridays, January 19th to February 23rd
From 11:30am to 12:30pm**

Already taken Absolute Beginner Class, but still learning chord progressions and strumming. Not ready for Beginner 2 class. The fee is \$50 for this session.

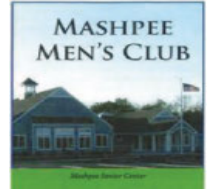
Beginner Ukulele 2

**Fridays, January 19th to February 23rd
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. The fee is \$50 for this session.

⇒ **Please call the Senior Center to register at 508-539-1440 and be sure to mention which class you will be taking.**

MASHPEE MEN'S CLUB
Tuesday, January 2nd and
Tuesday, February 6th
10:00am-12:00pm



The Mashpee Men's Club meets the first Tuesday of each month at 10:00am for coffee with the business meeting and a speaker starting promptly at 10:30am.

Membership in the Club is open to all men 50 or older. Applications for membership are available at the meeting. Dues are \$25.00 for the year.

CRAFT CLASSES

**Tuesdays, January 9th and 23rd
Tuesdays, February 13th and 27th
2:00pm to 4:00pm**

January 9th: Design Occasion Blocks. 1.5 inch, 6-sided blocks will be painted with a stenciled letter to spell out holidays, birthdays, family names, etc. The fee is \$25.00.

January 23rd: Create a marbled heart plaque. 8-inch, heart-shaped plaque will be decorated with swirls of red, pink and white. The fee is \$8.00.



February 13th: Make a lighted, decorated wine bottle. Decoupage and diamond dust transform a bottle that looks lovely lit from within (light provided). The fee is \$9.00.

February 27th: Craft a mini crystal window angel. Plastic beads are strung to create an angel ornament that looks lovely in a window. The fee is \$6.00

- * **Class size is limited; please sign up early! The fee for each class is payable to the instructor and includes all supplies and instructions. Call the Senior Center at 508-539-1440 to register by the Friday prior to the class.**



**THANK YOU TO OUR SHINE
COUNSELORS!!**

Every appointment ended with happy clients feeling empowered to make educated decisions around their healthcare thanks to our knowledgeable, dedicated volunteers. They were always willing to do whatever was necessary to make sure everyone was taken care of. They went above and beyond! We are very appreciative!

SUPPORT SERVICES & APPOINTMENTS

Call the Mashpee Senior Center at 508-539-1440 to schedule appointments for the following services, unless otherwise indicated.

⇒ The dates below are for January and February appointments.

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- ◆ **Alzheimer's Family Support Center Group:** Thursdays, January 4th and 18th/February 1st and 15th from 1:00pm-2:30pm. Call the Alzheimer's Family Support Center at 508-896-5170 to register or for more information. Meetings are held at the Mashpee Senior Center on the 1st and 3rd Thursday of the month.
- ◆ **Aphasia Support Group:** Wednesdays, January 3rd and February 7th from 10:00am-11:30am at Spaulding Rehabilitation. (See notice below)*
- ◆ **Bereavement Support Group:** Tuesday, January 2nd and 16th/February 6th and 20th from 2:30pm-4:00pm. Advanced registration are required by the VNA. Please contact the Bereavement Coordinator at VNA Hospice, at 508-740-2342 for additional information and to register.
- ◆ **CCHC Dementia & Alzheimer's Caregiver Support Group:** January 10th and 24th/February 14th and 28th from 1:30pm-3:30pm. (See notice below)*
- ◆ **Foot care appointments:** Wednesdays, January 10th and February 14th between 9:00am-2:00pm. Call the Senior Center to schedule an appointment. This service is for Mashpee residents only. There is a fee of \$50.00.
- ◆ **Independence House:** Wednesdays, January 10th and February 14th. Walk-in between 10:00am-12:00pm at the Mashpee Senior Center.
- ◆ **Legal appointments (SCCLS):** Tuesdays, January 9th and 23rd/February 13th and 27th: You may apply for services by calling South Coastal Counties Legal Services (SCCLS) Hyannis Law Office at 774-487-3251 or the intake line at 1-800-244-9023. Atty. Conni Baker's Office has appointments on the 2nd Tuesday of the month at 1:00pm. Her office handles trusts, wills, probate, estate planning, Medicaid and long-term care/nursing home planning. Meetings are held at the Mashpee Senior Center.
- ◆ **New Member Information appointments:** Appointments every Thursday between 10:30am-12:00pm.
- ◆ **Ostomy Support Group:** - Tuesdays, January 2nd and February 6th from 11:00am-12:00pm. All are welcome; no registration required.
- ◆ **Parkinson Support Group (ZOOM MEETING):** Wednesdays, January 17th and February 21st from 10:00am-11:15am. (See notice below)*
- ◆ **PC Gadgets/Laptop/Cell Phone/Tablet appointments:** Thursdays, January 4th and 18th/February 1st and 15th. Appointments are held between 12:00pm to 2:00pm. Call the Senior Center for an appointment.
- ◆ **SHINE PROGRAM:** Providing Medicare, health insurance information and counseling appointments. Appointments are held on Thursdays. Call the Senior Center to schedule an appointment.
- ◆ **Sight Loss Services Peer Support Group:** Mondays, January 29th and February 26th from 10:00am-11:30am. Meetings are normally held on the 4th Monday of the month at the Senior Center. (See notice below)*
- ◆ **Veteran's Agent appointments:** Fridays, January 5th and 19th/February 2nd and 16th. Appointments are held between the hours of 1:00pm and 4:00pm. Call the Senior Center to register for an appointment.
- ◆ **VNA Town Nurse Services / Blood Pressure Clinic:** Mondays, January 8th and February 12th from 9:30am-10:30am. No appointment needed.
- ◆ **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. Please call Lori Nelson, Outreach Coordinator, for a referral, at 508-539-1440.
- ◆ **Women's Support Group:** The Women's Support Group meets every Monday from 1:00pm to 2:00pm. Call the Senior Center to register for this on-going program. All are welcome.

- ⇒ ***Aphasia Support Group:** Email jgeoffrion@mgb.org at Spaulding Rehabilitation Hospital or call 508-833-4270 for information. Pre-registration is not required. Individuals with Aphasia, their caregivers and family members may attend.
- ⇒ ***CCHC Dementia & Alzheimer's Caregiver Support Group:** This educational support group provides an opportunity for caregivers to share their experiences in a confidential supportive environment and receive information and guidance regarding care planning strategies, communication, and behavior management strategies. A facilitated social group is held simultaneously for those with dementia. To register call 774-552-6080. Sponsored by Cape Cod Healthcare.
- ⇒ ***Parkinson Support Group:** This Group is for both those with Parkinson's and their caretakers. Each month will feature a speaker providing a different aspect of Parkinson's. Registration is required. Contact Jay Zavala, VP APDAMA at 508-561-7149 or email him at jayzavala@comcast.net or call APDA I&R at 800-651-8466 to join the group and receive Zoom information.
- ⇒ ***Sight Loss Services Peer Support Group:** The Sight Loss Services Peer Support Group normally meets on the 4th Monday of every month from 10:00am-11:30am. 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 Services at 508-394-3904 or visit their website: <http://www.sightloss.org/> Drop-in's are welcome.

OUTREACH SERVICES



Outreach Corner: Lori Nelson, M.Ed., Outreach Coordinator

I hope everyone had a healthy, safe & joy-filled holiday season. I'm grateful to have shared the holiday season with so many of you. Here at the Mashpee Council on Aging, we continue our community outreach by providing social service supports and advocacy to our over 60 community. As always, feel free to reach out to me at the Senior Center at 508-539-1440 or email me at lnelson@mashpeema.gov if you have any questions or are in need of any assistance.

This month I want to highlight 3 resources I believe are extremely valuable and you may find useful at some point. Take a look at their websites, if you find they has some value, make note of the contact information.

MEDICAL EQUIPMENT LOAN PROGRAM - FREE:

Cape Cod HELP is a nonprofit organization involving all 14 Masonic Lodges on the Cape. Their mission is to lend medical equipment to those in need **free of charge**. They operate out of the Fraternal Lodge building at 1989 Falmouth Rd, (Route 28) in Centerville.

As our Mashpee COA has a limited supply of medical equipment to lend, Cape Cod HELP is a great resource to be aware of. Walkers, wheelchairs, commodes, safety bars, crutches, rollators are a few of the items some of us may occasionally need during our life. Maybe you're at a point where you are considering a mobility device, but still not sure. Often times, people are looking for these items for a short time, such as post-surgery, an upcoming event requiring significant walking or other recovery needs. Planning ahead can be very helpful during those times. Many Mashpee residents have used this service and are extremely pleased with their assistance and support. What a great resource for us to have on the Cape.



If you or someone you know has a need for equipment or conversely, would like to donate equipment to a worthy cause, please reach out to them via phone, email or view their website. <https://capecodhelp.org> or call (774) 552-2199.



CAPE COD SENIOR RESOURCE GROUP (CCSRG):

CCSRG is an organization of professionals who serve older residents in the Cape Cod region. Part of their mission is to provide information and referrals for residents in our communities.

Their website <https://ccsrg.org/> has a wealth of information regarding services and resources available on Cape for those over the age of 60. They provide resources for elder law, community and social services, home care services, case management, home safety etc. All the information is listed in an organized and easy to access format. All you need to do it go to the website and click on any of the categories for specific services listed.

I suggest you take a look at their website, become familiar with the resources available on Cape Cod. You never know when you may need assistance. <https://ccsrg.org/>

FUEL ASSISTANCE:

This financial assistance program provides assistance for the cost of the primary source of heat between November 1st through April 30th 2024. Eligibility for home energy assistance is based on several factors, including but not limited to household size and combined gross annual income of household members. Homeowners and renters, including households whose cost of heat is included in rent, can apply. 2023/24 Heating service income guidelines are:



HOUSEHOLD SIZE	GROSS ANNUAL INCOME
Family of 1	\$45,392
Family of 2	\$59,359



Fuel Assistance for the Cape is provided by the [South Shore Community Action Council](https://www.sscac.org/fuel-assistance) <https://www.sscac.org/fuel-assistance>. You can apply online or in person. [South Shore Community Action Council](https://www.sscac.org/fuel-assistance) now has a fuel assistance office in **Mashpee**. They are located at **Shellback Place at 133 Falmouth Rd., Building 1 Suite E**. Their office hours are **Monday, Wednesdays and Fridays, from 9:00AM to 3:45PM**. Their office is closed from 11:30-12:30 for lunch. Drop in's are welcome.

Outreach can also help you fill out the application at the Mashpee Senior Center. For more information, or to schedule an appointment, call Lori Nelson, Outreach Coordinator, at 508-539-1440.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>HAPPY NEW YEAR! THE SENIOR CENTER WILL BE CLOSED IN OBSERVANCE OF NEW YEAR'S DAY.</p> <p>ALL ACTIVITIES, INCLUDING THE MINI-BUS WILL BE CANCELLED TODAY.</p> 	<p>2</p> <p>8:30-9:30 Exercise 9:00-12:00 Woodcarving 9:00-10:00 Select Board Member Wyman-Colombo 10:00-12:00 Men's Club 10:00-12:00 Rummikub 10:00-11:00 Zumba (fee) 11-12 Ostomy Support Group 11:00-2:00 Sea Mist Swimming 12:30-3:00 Intermediate Mah Jongg 2:30-4:00 Bereavement Support*</p>	<p>3</p> <p>8:30-9:30 Strength Training 10:00-11:30 Aphasia Support* 10:00-11:00 Zumba (fee) 10:00-12:00 Sports Group 10:00-12:00 Painting 12:00-1:00 Osteoporosis Exercise * 1:00-3:30 Canasta 1:00 Movie* 1:00-3:00 Cribbage Group 1:00-3:00 Painting 1:30-3:30 Tai Chi *</p>	<p>4 / 8:30-9:30 Exercise 9:00-10:30 Travel Info 9:30-10:00 Coffee with COA* 10:00-11:00 Cribbage & More 10:00-11:30 Game of Trivia* 10:00-11:00 Knitting/Crochet 10:30-12 New Member Info. * 11:00-1:00 Scrabble 11:00-2:00 Sea Mist Swimming 12:00-2:00 PC & Gadgets (appt)* 12:00-3:00 SHINE (by appt)* 1:00-2:30 Alzheimer's Support* 1:30-3:30 Sketching 3:00-4:00 Ballroom Dance (fee)</p>	<p>5</p> <p>8:30-9:30 Strength Training 9:00-10:00 Absolute Beg. Ukulele (fee)* 10:15-11:15 Beg. 2 Ukulele (fee)* 11:30-12:30 Beg. 1 Ukulele (fee)* 10:00-11:00 Zumba (fee) 12:30-4:00 Mah Jongg 1:00-4:00 Veterans Services (by appt)* 1:30-2:30 My Active Center Overview*</p>
<p>8</p> <p>8:30-9:30 Strength Training 9:30-10:30 VNA Wellness / Blood Pressure Clinic 9:45-10:45 Gentle Yoga (fee) 11:00-12:00 Chair Yoga (fee) 12:30-4:00 Mah Jongg 1:00-2:00 Women's Support Group* 2:00-3:00 Social Group*</p>	<p>9</p> <p>8:30-9:30 Exercise 9:00-12:00 Woodcarving 10:00-12:00 Rummikub 10:00-11:00 Zumba (fee) 11:00-2:00 Sea Mist Swimming 12:30-3:00 Intermediate Mah Jongg 1:00-2:00 Banana Split Event* 1:00-4:00 Legal Services (appt)* 2:00-4:00 CRAFT (fee)*</p>	<p>10</p> <p>8:30-9:30 Strength Training 9:00-2:00 Foot Clinic (Fee by appt)* 10:00-11:00 Zumba (fee) 8:45-9:30 Qi-Gong (Special)* 9:45-10:45 Qi-Gong (fee)* 10:00-12:00 Sports Group 10:00-12:00 Independence House 10:00-12:00 Painting 12:00-1:00 Osteoporosis Exercise * 1:00-3:30 Canasta 1:00-3:30 Cribbage Group 1:00-3:00 Painting 1:30-3:30 Dementia Support* 1:00-2:00 Intro to Tai Chi * 2:00-3:00 Tai Chi*</p>	<p>11</p> <p>8:30-9:30 Exercise 9:00-10:30 Travel Info 10:00-11:00 Cribbage & More 10:00-11:00 Knitting/Crochet 10:30-12 New Member Info. * 11:00-1:00 Scrabble 11:00-2:00 Sea Mist Swimming 12:00-3:00 SHINE (by appt)* 1:00-2:00 Let Your Yoga Dance (fee)* 1:30-3:30 Sketching 3:00-4:00 Ballroom Dance (fee)</p>	<p>12</p> <p>8:30-9:30 Strength Training 9:00-10:00 Absolute Beg. Ukulele (fee)* 10:15-11:15 Beg. 2 Ukulele (fee)* 11:30-12:30 Beg. 1 Ukulele (fee)* 10:00-11:00 Zumba (fee) 12:30-4:00 Mah Jongg</p>
<p>15</p> <p>THE SENIOR CENTER WILL BE CLOSED IN OBSERVANCE OF DR. MARTIN LUTHER KING, JR. DAY</p> <p>ALL ACTIVITIES, INCLUDING THE MINI-BUS WILL BE CANCELLED TODAY.</p> 	<p>16</p> <p>8:30-9:30 Exercise 9:00-12:00 Woodcarving 10:00-12:00 Rummikub 10:00-11:00 Zumba (fee) 11:00-2:00 Sea Mist Swimming 12:30-3:00 Intermediate Mah Jongg 1:00 BINGO!*</p> <p>1:30-2:30 VNA Stepping Stones to Fitness* 2:30-4:00 Bereavement Support*</p>	<p>17</p> <p>8:30-9:30 Strength Training 9:45-10:45 Qi-Gong (fee)* 10:00-11:00 Zumba (fee) 10:00-11:15 Parkinson Support* 10:00-12:00 Sports Group 10:00-12:00 Painting 12:00-1:00 Osteoporosis Exercise * 1:00 Movie* 1:00-3:30 Canasta 1:00-3:30 Cribbage Group 1:00-3:00 Painting 2:00-3:00 Tai Chi*</p>	<p>18 / 8:30-9:30 Exercise 9:00-10:30 Travel Info 10:00-11:00 Cribbage & More 10:00-11:00 Knitting/Crochet 10:00-11:00 Winter Preparedness Presentation* 10:30-12 New Member Info. * 11:00-1:00 Scrabble 11:00-2:00 Sea Mist Swimming 12:00-3:00 SHINE (by appt)* 12:00-2:00 PC & Gadgets (appt)* 1:00-2:00 Let Your Yoga Dance (fee)* 1:00-2:30 Alzheimer's Support* 1:30-3:30 Sketching 3:00-4:00 Ballroom Dance (fee)</p>	<p>19</p> <p>8:30-9:30 Strength Training 9:00-10:00 Absolute Beg. Ukulele (fee)* 10:15-11:15 Beg. 2 Ukulele (fee)* 11:30-12:30 Beg. 1 Ukulele (fee)* 10:00-11:00 Zumba (fee) 12:30-4:00 Mah Jongg 1:00-4:00 Veterans Services (by appt)*</p>
<p>22</p> <p>8:30-9:30 Strength Training 9:45-10:45 Gentle Yoga (fee) 11:00-12:00 Chair Yoga (fee) 12:30-4:00 Mah Jongg 1:00-2:00 Women's Support Group* 2:00-3:00 Book Club</p>	<p>23</p> <p>8:30-9:30 Exercise 9:00-12:00 Woodcarving 10:00-12:00 Rummikub 10:00-11:00 Zumba (fee) 10:00-12:00 Legal Services (appt)* 11:00-2:00 Sea Mist Swimming 12:30-3:00 Intermediate Mah Jongg 1:30-2:30 VNA Stepping Stones to Fitness* 2:00-4:00 CRAFT (fee)*</p>	<p>24</p> <p>8:30-9:30 Strength Training 9:45-10:45 Qi-Gong (fee)* 10:00-11:00 Zumba (fee) 10:00-12:00 Painting 10:00-12:00 Sports Group 12:00-1:00 Osteoporosis Exercise * 1:00-3:30 Canasta 1:00-3:00 Painting 1:00-3:30 Cribbage Group 1:30-3:30 Dementia Support * 2:00-3:00 Tai Chi*</p>	<p>25</p> <p>8:30-9:30 Exercise 9:00-10:30 Travel Info 10:00-11:00 Cancer Chat Group* 10:00-11:00 Cribbage & More 10:00-11:00 Knitting/Crochet 10:30-12 New Member Info. * 11:00-1:00 Scrabble 11:00-2:00 Sea Mist Swimming 12:00-3:00 SHINE (by appt)* 1:00-2:00 Let Your Yoga Dance (fee)* 1:30-3:30 Sketching 3:00-4:00 Ballroom Dance (fee)</p>	<p>26</p> <p>8:30-9:30 Strength Training 9:00-10:00 Absolute Beg. Ukulele (fee)* 10:15-11:15 Beg. 2 Ukulele (fee)* 11:30-12:30 Beg. 1 Ukulele (fee)* 10:00-11:00 Zumba (fee) 12:30-4:00 Mah Jongg</p>
<p>29</p> <p>8:30-9:30 Strength Training 9:45-10:45 Gentle Yoga (fee) 10:00-Sight Loss Support* 11:00-12:00 Chair Yoga (fee) 12:30-4:00 Mah Jongg</p>	<p>30 / 8:30-9:30 Exercise 9:00-12:00 Woodcarving 10:00-12:00 Rummikub 10:00-11:00 Zumba 11:00-2:00 Sea Mist Swimming 12:30-3:00 Intermediate Mah Jongg 1:00-3:00 Learn to Play Mah Jongg (fee)* 1:30-2:30 VNA Stepping Stones to Fitness*</p>	<p>31 / 8:30-9:30 Strength Training 9:45-10:45 Qi-Gong (fee)* 10:00-11:00 Zumba (fee) 10:00-12:00 Painting 10:00-12:00 Sports Group 12:00-1:00 Osteoporosis Exercise * 1:00-3:30 Canasta 1:00-3:00 Painting 1:00-3:30 Cribbage Group 2:00-3:00 Tai Chi*</p>		<p>*LIKE MASHPEE SENIOR CENTER ON FACEBOOK FOR UP-TO-DATE INFORMATION ON EVENTS, ACTIVITIES AND HELPFUL RESOURCES!</p>

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>*LIKE MASHPEE SENIOR CENTER ON FACEBOOK FOR UP-TO-DATE INFORMATION ON EVENTS, ACTIVITIES AND HELPFUL RESOURCES!*</p> 		<p>1 / 8:30-9:30 Exercise 9:00-10:30 Travel Info 9:30-10:00 Coffee with COA* 10:00-11:00 Cribbage & More 10:00-11:00 Knitting/Crochet 10:00-1:00 VNA Fall Risk Assessments* 10:30-12 New Member Info.* 11:00-1:00 Scrabble 11:00-2:00 Sea Mist Swimming 12:00-3:00 SHINE (by appt)* 12:00-2:00 PC & Gadgets (appt)* 1:00-2:00 Let Your Yoga Dance (fee)* 1:00-2:30 Alzheimer's Support* 1:30-3:30 Sketching 3:00-4:00 Ballroom Dance (fee)</p>	<p>2 8:30-9:30 Strength Training 9:00-10:30 AARP Tax Aide Appt.* 9:00-10:00 Absolute Beg. Ukulele (fee)* 10:15-11:15 Beg. 2 Ukulele (fee)* 11:30-12:30 Beg. 1 Ukulele (fee)* 10:00-11:00 Zumba (fee) 12:30-4:00 Mah Jongg 1:00-4:00 Veterans Services (by appt)*</p>
<p>5 8:30-9:30 Strength Training 9:00-10:30 AARP Tax Aide Appt.* 9:45-10:45 Gentle Yoga (fee) 11:00-12:00 Chair Yoga (fee) 12:30-4:00 Mah Jongg</p>	<p>6 / 8:30-9:30 Exercise 9:00-12:00 Woodcarving 9:00-10:00 Select Board Member Wyman-Colombo 10:00-12:00 Men's Club 10:00-12:00 Rummikub 10:00-11:00 Zumba (fee) 11-12 Ostomy Support Group 11:00-2:00 Sea Mist Swimming 12:30-3:00 Intermediate Mah Jongg 1:00-3:00 Learn to Play Mah Jongg (fee)* 1:30-2:30 VNA Stepping Stones to Fitness* 2:30-4:00 Bereavement Support*</p>	<p>7 8:30-9:30 Strength Training 10:00-11:30 Aphasia Support* 9:45-10:45 Qi-Gong (fee)* 10:00-11:00 Zumba (fee) 10:00-12:00 Sports Group 10:00-12:00 Painting 12:00-1:00 Osteoporosis Exercise * 1:00 Movie* 1:00-3:30 Canasta 1:00-3:30 Cribbage Group 1:00-3:00 Painting 2:00-3:00 Tai Chi*</p>	<p>8 / 8:30-9:30 Exercise 9:00-10:30 Travel Info 10:00-11:00 Cribbage & More 10:00-11:00 Knitting/Crochet 10:00-11:00 Planning for Medicare* 10:30-12 New Member Info.* 11:00-1:00 Scrabble 11:00-2:00 Sea Mist Swimming 12:00-3:00 SHINE (by appt)* 1:00-2:00 Let Your Yoga Dance (fee)* 1:30-3:30 Sketching 3:00-4:00 Ballroom Dance (fee) 6:00-8:00 Classic Jazz Visions—Valentine's Performance*</p>	<p>9 8:30-9:30 Strength Training 9:00-10:30 AARP Tax Aide Appt.* 9:00-10:00 Absolute Beg. Ukulele (fee)* 10:15-11:15 Beg. 2 Ukulele (fee)* 11:30-12:30 Beg. 1 Ukulele (fee)* 10:00-11:00 Zumba (fee) 12:30-4:00 Mah Jongg</p>
<p>12 8:30-9:30 Strength Training 9:00-10:30 AARP Tax Aide Appt.* 9:30-10:30 VNA Wellness / Blood Pressure Clinic 9:45-10:45 Gentle Yoga (fee) 11:00-12:00 Chair Yoga (fee) 12:30-4:00 Mah Jongg 2:00-3:00 Social Group*</p>	<p>13 8:30-9:30 Exercise 9:00-12:00 Woodcarving 10:00-12:00 Rummikub 10:00-11:00 Zumba (fee) 11:00-2:00 Sea Mist Swimming 12:30-3:00 Intermediate Mah Jongg 1:00 BINGO! * 1:00-3:00 Learn to Play Mah Jongg (fee)* 1:00-4:00 Legal Services (appt)* 1:30-2:30 VNA Stepping Stones to Fitness* 2:00-4:00 CRAFT (fee)*</p>	<p>14 8:30-9:30 Strength Training 9:00-2:00 Foot Clinic (fee by appt)* 8:45-9:30 Qi-Gong (Special)* 9:45-10:45 Qi-Gong (fee)* 10:00-11:00 Zumba (fee) 10:00-12:00 Painting 10:00-12:00 Sports Group 10:00 Independence House 12:00-1:00 Osteoporosis Exercise * 1:00-3:30 Canasta 1:00-3:00 Painting 1:00-3:30 Cribbage Group 1:30-3:30 Dementia Support * 2:00-3:00 Tai Chi*</p>	<p>15 / 8:30-9:30 Exercise 9:00-10:30 Travel Info 9:45-10:45 Line Dancing (fee)* 10:00-11:00 Cribbage & More 10:00-11:00 Knitting/Crochet 10:30-12 New Member Info.* 11:00-1:00 Scrabble 11:00-2:00 Sea Mist Swimming 12:00-2:00 PC & Gadgets (appt)* 12:00-3:00 SHINE (by appt)* 1:00-2:00 Let Your Yoga Dance (fee)* 1:00-2:30 Alzheimer's Support* 1:30-3:30 Sketching 3:00-4:00 Ballroom Dance (fee)</p>	<p>16 8:30-9:30 Strength Training 9:00-10:30 AARP Tax Aide Appt.* 9:00-10:00 Absolute Beg. Ukulele (fee)* 10:15-11:15 Beg. 2 Ukulele (fee)* 11:30-12:30 Beg. 1 Ukulele (fee)* 10:00-11:00 Zumba (fee) 12:30-4:00 Mah Jongg 1:00-4:00 Veterans Services (by appt)*</p>
<p>19 THE SENIOR CENTER WILL BE CLOSED TODAY IN OBSERVANCE OF PRESIDENTS' DAY. ALL ACTIVITIES, INCLUDING THE MINI-BUS WILL BE CANCELLED TODAY.</p> 	<p>20 8:30-9:30 Exercise 9:00-12:00 Woodcarving 10:00-12:00 Rummikub 10:00-11:00 Zumba (fee) 11:00-2:00 Sea Mist Swimming 12:30-3:00 Intermediate Mah Jongg 1:00-3:00 Learn to Play Mah Jongg (fee)* 1:30-2:30 VNA Stepping Stones to Fitness* 2:30-4:00 Bereavement Support*</p>	<p>21 8:30-9:30 Strength Training 10:00-11:00 Zumba (fee) 10:00-11:15 Parkinson Support* 10:00-12:00 Painting 10:00-12:00 Sports Group 12:00-1:00 Osteoporosis Exercise * 1:00 Movie* 1:00-3:30 Canasta 1:00-3:00 Painting 1:00-3:30 Cribbage Group 2:00-3:00 Tai Chi*</p>	<p>22 / 8:30-9:30 Exercise 9:00-10:30 Travel Info 9:45-10:45 Line Dancing (fee)* 10:00-11:00 Cribbage & More 10:00-11:00 Knitting/Crochet 10:30-12 New Member Info.* 11:00-1:00 Scrabble 11:00-2:00 Sea Mist Swimming 12:00-3:00 SHINE (by appt)* 1:00-2:00 Let Your Yoga Dance (fee)* 1:30-3:30 Sketching 3:00-4:00 Ballroom Dance (fee)</p>	<p>23 Strength Training 8:30-9:30 9:00-10:30 AARP Tax Aide Appt.* 9:00-10:00 Absolute Beg. Ukulele (fee)* 10:15-11:15 Beg. 2 Ukulele (fee)* 11:30-12:30 Beg. 1 Ukulele (fee)* 10:00-11:00 Zumba (fee) 12:30-4:00 Mah Jongg</p>
<p>26 8:30-9:30 Strength Training 9:00-10:30 AARP Tax Aide Appt.* 9:45-10:45 Gentle Yoga (fee) 10:00-11:30 Sight Loss Support* 11:00-12:00 Chair Yoga (fee) 12:30-4:00 Mah Jongg 2:00-3:00 Book Club</p>	<p>27 8:30-9:30 Exercise 9:00-12:00 Woodcarving 10:00-12:00 Rummikub 10:00-11:00 Zumba (fee) 10:00-12:00 Legal Services (appt)* 11:00-2:00 Sea Mist Swimming 12:30-3:00 Intermediate Mah Jongg 1:00-3:00 Learn to Play Mah Jongg (fee)* 2:00-4:00 CRAFT (fee)*</p>	<p>28 8:30-9:30 Strength Training 10:00-11:00 Zumba (fee) 10:00-12:00 Painting 10:00-12:00 Sports Group 12:00-1:00 Osteoporosis Exercise * 1:00-3:30 Canasta 1:00-3:00 Painting 1:00-3:30 Cribbage Group 1:30-3:30 Dementia Support * 2:00-3:00 Tai Chi*</p>	<p>29 / 8:30-9:30 Exercise 9:00-10:30 Travel Info 9:45-10:45 Line Dancing (fee)* 10:00-11:00 Cribbage & More 10:00-11:00 Knitting/Crochet 10:30-12 New Member Info.* 11:00-1:00 Scrabble 11:00-2:00 Sea Mist Swimming 12:00-3:00 SHINE (by appt)* 1:00-2:00 Let Your Yoga Dance (fee)* 1:30-3:30 Sketching 3:00-4:00 Ballroom Dance (fee)</p>	

In the Spotlight



My guess is, over the last year, long time COA member, Chuck Taylor has had more swipes on his COA card than any other member here at the Senior Center. Chuck has been a staple of the Senior Center since 2005, but he is finding himself coming in more often for the connections he finds here. At the end of our interview he said, "You

know, my day wouldn't be complete if I missed a day at the Senior Center!"

Every day he comes in to read the newspaper and check in with people. I asked why he started to visit the senior center. In typical Chuck fashion he stated, "I came because I'm old, and thought I should come here." Now he comes because, "It is part of my life, I plan on going every day to read the *Globe* and check in with people." Chuck always brings his humor to the Senior Center and always available if someone needs something.

Chuck grew up in Somerville, Massachusetts, remained in Somerville after he married. Chuck has 4 children that he is very proud of. In his early years, Chuck loved nature and recalls times he fished at the Alewife Brook for Herring, and his love for snake hunting as a young boy. Chuck remains a nature lover to this day. Chuck said school wasn't for him, so after HS graduation in 1957, he joined the Army. He had 2 enlistments, the first time he was in Paris for 25 months. He was proud of his service in Paris. He was out for 16 months and was called back to duty due to the Army's need for his expertise. Upon his 2nd discharge from the Army, Chuck had many jobs in his work life. One job he really enjoyed was working for the T. He drove buses, trolley, and street cars. He worked for an ambulance company as well as a trucking company.

Chuck moved to Mashpee 18 years ago to live and care for his ill brother. Chuck ended up being his brother's caregiver until his passing. For over 10 years, Chuck has also been the caregiver to his son Jerry. Chuck's love for his children is evident when he speaks of them. Chuck has been a volunteer for the Senior Center for many years. Most recently he was involved in the low income food assistance program.

As mentioned earlier, Chuck finds the Senior Center a very important part of his week and strongly supports others to participate at the Senior Center. Like so many long-term members, it's people like Chuck who enrich this Senior Center with a positive community connection. Chuck also voiced his appreciation of all the staff and their kindness. He feels a strong sense of belonging at the Senior Center. We are so fortunate Chuck chooses to be an active member of the Senior Center. For me, the day is just never the same if we miss a Chuck Sighting!

Written by Lori Nelson, Outreach Coordinator

FILE OF LIFE



It's 2024.....Do you have one of these magnets on the side of your refrigerator?

This product save 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.

There's panic, confusion, fear, a terrible sense of urgency and helplessness. Not only the person in need, but everyone around them is affected. In this scenario, could you provide an accurate medical history, list of medications, existing conditions and allergies in fewer than 10 seconds for you or your loved one? For the overwhelming majority of people, the answer is NO. That is where the *File of Life* becomes critical.

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

INDEPENDENCE HOUSE



Have you ever been in a relationship where the person you are with wants to know where you are all the time and doesn't want you to spend time with your family or friends? Do you depend on a relative or caregiver who doesn't listen to you, or is always asking for money and they don't tell you what the money is for?

Domestic abuse is a repetitive pattern of coercive and controlling behaviors that one person uses over another to gain power and control. Domestic abuse is not just physical. It also includes verbal, emotional, psychological and financial.

The Mashpee Council on Aging supports healthy relationships of all ages. If you or someone you know is struggling in a relationship, you can talk to a counselor from Independence House. A counselor will have office hours on the second Wednesday of each month from 10 -12pm. All information is confidential. You can make an appointment or drop in.

For more information, contact Freddi at Independence House 508-771-6507, Ext. 241.

Thank
you ❤️

HOLIDAY GIFT PROGRAM SUCCESS!

Many, many thanks to all those who helped with the 2023 COA Holiday Gift Program. This year, thanks to your support, we were able to provide gifts to 35 older Mashpee residents. We received a full donation box of gifts by the deadline. The local community members listed below also contributed to this program. One volunteer helped complete the holiday cards, our knitting/crochet members made hats, lap blankets and other handmade items and our volunteers were instrumental in “wrapping up” the program.

The joy and gratitude by the recipients is obvious as the Police, Fire and COA Board Members deliver the gifts personally to them. Those delivering the gifts find the program extremely rewarding & they look forward to it each year. The COA is grateful for all the support and assistance to ensure this program is a reality.

In addition to our members, we would like to especially thank the following for their generosity and support during the year: Cape Cod Elder Law Associates, P.C., Leary Hodgman Law, The Mashpee Men’s Club, Laurentide at Mashpee Common, DeOliveira Insurance Services, Inc., Friends of COA, Sally Collinson, Roche Bros. Supermarket.

From all of us at the Mashpee COA, to all of you, we wish you a happy, healthy and exciting New Year. We look forward to seeing you at the Mashpee COA many times in 2024!

Veteran Information



VETERANS SERVICES

Friday, January 5th and 19th

Friday, February 2nd and 16th

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, Veterans 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 Veterans 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.

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. The Veterans Food Pantry is located 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.



MASSACHUSETTS MILITARY SUPPORT FOUNDATION FOOD PANTRY SANDWICH EMPOWER-

MENT CENTER: Veterans are eligible for up to 50 pounds of perishable and non-perishable food once a week! MMSFI is located at 115 Route 6A in Sandwich (the old Sandwich Police Station). Open Monday - Friday from 10am - 5pm. If you need a ride, no problem MMSFI can help! Call Elizabeth Eslick at 508-933-3272. For more information, please visit: www.mmsfi.org or call 508-933-3272.





Elder Services
of Cape Cod and the Islands

ON-GOING HEALTH AND WELLNESS PROGRAMS!

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-10:45am. Please bring a yoga mat. There is a fee of \$6 drop in or \$45/8 classes (1st class is free).

Chair Yoga: Mondays, 11:00am-12:00pm. Modified for seniors who prefer to practice yoga seated in a chair. There is a fee of \$6 drop in or \$45/8 classes (1st class is free).

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 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.

***Registration required.**

Please note: If you are attending one of our health and wellness programs for the first time, please be sure to complete the Town's Hold Harmless Agreement/Waiver Form.

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 12:00pm**. 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. To reserve a ride, please call the Mashpee Senior Center at least 48 hours in advance, at 508-539-1440. The driver will call you to confirm your ride.

VISITING NURSE ASSOCIATION OF CAPE COD



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, or learn a new skill. Find a book club, knitting club, or other 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.

SEA MIST SWIMMING



Mashpee Senior Swim will resume after the holidays starting on Tuesday, January 9th. The program is held every Tuesday and Thursday, 11:00 a.m.-2:00 p.m. at Sea Mist, located at 141 Great Neck Road, S., Mashpee.

- * You must fill out a new registration form at the Senior Center prior to starting this activity even if you have filled a form out in the past. The forms are available at the Senior Center 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 (i.e., driver's license or utility bill). Please do not arrive early, and be aware that the exercise room is not part of the swimming program.



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FROZEN-The Musical: Providence, 3/10, 6:30pm, \$125/\$85

Art In Bloom: Spring 2024, TBA

Shen Yun: Providence, Center Orchestra, 2pm, 5/11, \$159

Company: Providence, 1pm, 4/28, \$120/\$109

CLUE: Emerson, 1pm, 5/05, \$145/\$115

Best of Chicago: 6 Days, May 23-28, \$3,224

Newport Flower Show: 6/21, \$85

MJ The Musical: Boston Opera, 6:30pm, Orchestra, 6/23, \$159

Red Sox vs Royals: PB 14-Fenway Park, 1:35pm, 7/14, \$159

Jimmy and The Parrots Buffet Tribute & Lobster: 7/17, \$149

Exploring Cuba's Culture, History and Colonial Cities: 10 Days, October 21-30, \$5,358

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



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 to hear if Mashpee schools are closed and check out the Mashpee Senior Center's Facebook page 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. The *Robo* call phone number is 617-855-0125.

FOMCOA THRIFT SHOP



Visit the Friends of the Mashpee Council on Aging (FOMCOA)'s thrift shop! Your purchases help Mashpee senior citizens through funding capital items and projects for the senior center. The shop is run by a rotating staff of volunteers and features new and gently used seasonal clothing, shoes, china, crystal, jewelry, handbags all that are in great condition and reasonably priced. Trying on an item is easy in their dressing room. The shop's warm, friendly atmosphere attracts repeat customers, who often drop in to chat, browse, and buy. It is the perfect place to do some of your shopping without paying full price for antiques, collectibles and other items.

◆ **Hours of operation are Thursday, Friday, and Saturday from 10:00am to 2:00pm, but please note that occasionally the Thrift Shop hours may be closed as a result of volunteer unavailability.**

Donations

The Friends of the Mashpee Council on Aging is grateful to the many wonderful people who donate to its thrift shop, located across the parking lot from the Mashpee Senior Center. Your help goes to support the Senior Center as well as other needs of seniors in the Mashpee community. Hours of operation are Thursday, Friday and Saturday from 10:00am-2:00pm.

⇒ **Donations are accepted by 1:00pm on Thursdays, Fridays and Saturdays when the Thrift Shop is open. Please do not leave donations if the Thrift Shop is closed.**

WE LOVE OUR VOLUNTEERS!!

Call Kathy Urquhart, Volunteer Coordinator, for more information on volunteer opportunities at the Mashpee Senior Center. If you are interested in sharing knowledge, skills, talent and kindness.

Various volunteer opportunities are needed for: volunteer drivers, administrative support, greeters, newsletter mailing, thrift shop, activity leaders and instructors.

Please call Kathy for more information at 508-539-1440. We look forward to hearing from you!



TRANSPORTATION INFORMATION

Mashpee Council on Aging, Minibus Service

- ⇒ **The minibus now operates on Mondays, Tuesdays, 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 should be made 5 working days prior to your appointment date).
- ⇒ **To request 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.

The Cape Cod Regional Transit Authority (CCRTA) provides medical transportation services on Monday through Thursday by reservation from Cape Cod to all the major hospitals in the Boston area. **The Boston Hospital Transportation route has bus stops at: Barnstable Commuter Lot and the Sagamore Commuter Lot. The website for more specific information can be found at <https://capecodrta.org/schedules-services/boston-hospital>. To reserve your seat call 1-800-352-7155. Reservations must be made at least one weekday before you wish to travel. Fares are \$15 One-Way | \$30 Round-Trip**

MASHPEE SENIOR CENTER INFORMATION

The Mashpee Senior Center hours are Monday through Friday, 8:30am-4:30pm. We are located at 26 Frank E. Hicks Drive, Mashpee, MA. Please drop by to attend an activity, if you need assistance, have a question, want to try something new, or want to learn more about our programs, transportation services 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

The Council on Aging is a department of the Town of Mashpee. Its charge is to sponsor, coordinate, or conduct human service, educational, social and recreational services and programs at the Mashpee Senior Center, as well as to identify and create opportunities and solutions for the empowerment and betterment of the Town's seniors and their care partners. This is accomplished with the support of a volunteer advisory board, also known as the Council on Aging.

For more information, please visit: <https://www.mashpeema.gov/council-aging>

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